



MOUNTAIN CYCLIST

LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

MAY-JUNE 2002

Sprockids Check out the Sea Otter

There were some new biking enthusiasts showing up this year at the 2002 Sea Otter Classic. They were six young cyclists from three different Junior High Schools in the Oak Grove School District of San Jose. These young cyclists are the first Sprockids on the west coast of California to be a part of this season opening event and boy, were they excited!

The Sprockids were greeted by Kevin Stein from IMBA and introduced to Team Giant member Jeff Lenosky who is

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Survey Results Are IN!

We got our surveys back, and most of you seem to think we're doing okay, but there's room for improvement...

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Rompers Attend IMBA Summit

In April three Romp members spent three days at the IMBA Advocacy summit where 170 mountain cycling enthusiasts gathered at the recently opened Red Cliffs Lodge out side Moab. Three words; I was impressed. The logistics were executed flawlessly for accommodations, food, bikes and rides and the content was applicable to many of the issues Romp faces. Here are the high-

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Recent ROMP Accomplishments *News from The President's Desk*

The last two months have been extremely active and productive. With a small, core group of people we've gotten a lot done. Here's a list of recent accomplishments:

- + **Swap Meet:** Our biggest annual fundraiser was held April 28th at Cupertino Bikes. It was the best ever.
- + **Sea Otter:** Romp contributed event and course volunteers and received a substantial stipend
- + **ECdM Education Stations:** We spent nearly every Sunday in April (and will also in May) from 10:00-4:00 informing cyclists about illegal activities. We're committed to improving our relationship with MROSD (Midpeninsula Regional Open Space District) and will continue to focus on ECdM (El Corte de Madera) as a "hot spot". See the MROSD submitted article below for more info.
- + **MROSD 30th Anniversary Book**—3 romp members helped to submit quotes re: why we love mountain biking on MROSD lands. A photo shoot also took place at the Wildflowers on Wheels ride.
- + **IMBA Trail Care Crew Scheduled:** As part of their bay area tour, ROMP has scheduled with IMBA and MROSD trail building schools in July.
- + **IMBA Mailer Sent:** Romp obtained a list of 1365 local IMBA members. In an effort to increase our membership, a letter detailing romps activities and accomplishments along with a membership application were mailed.
- + **IMBA Summit Attended:** 3 Romp members attended the IMBA summit in Moab. Presentations were made by Romp President and our NMBP/Sprockids Coordinator. See article.

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Letter From MROSD

ROMP and Midpeninsula Regional Open Space District Partner to Preserve El Corte de Madera Creek OSP

The Midpeninsula Regional Open Space District is pleased to be partnering with ROMP and the IMBA National Mountain Bike Patrol to increase public awareness about the impacts of public use on the natural resources at El Corte de Madera Creek Open Space Preserve. With 35 miles of designated trails open to mountain biking, the preserve is a regional "Mecca" for mountain bicyclists. El Corte de Madera is also one of the few places in the Bay Area where bikes are allowed on single track trails, which is why the preserve draws visitors from all over the Bay Area, including the East Bay and Marin County.

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ROMP MOUNTAIN CYCLIST

The *Mountain Cyclist* is the monthly newsletter of the Responsible Organized Mountain Pedalers (ROMP). Mailing address:

ROMP
PO Box 1723
Campbell CA 95009-1723
info@romp.org

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

John Hillstrom
newsletter@romp.org

Send ride listings to the club ride coordinator (not to the club PO box):

Chris Voci-Nam and Paul Nam
650-493-8774
ride@romp.org

Monthly Meetings

Monthly meetings are where the vast majority of ROMP business is conducted, including policy development issues, budgets, and cyclist education. They occur at 7 PM on the fourth Monday of each month (except December) at the Round Table Pizza, Sunnyvale Town and Country
Address: 101 Town And Country Sunnyvale, CA 94086. (408) 736-2242

Newsletter Mailing Party

Many thanks to all for helping fold, tab, and label the last newsletter.

This fun is repeated monthly, usually on the fourth Wednesday or Thursday of the month in Cupertino. If you would like to help next time (and eat some pizza and talk bikes at the same time), contact Glenn Wegner at 408-257-8284 or newsmailing@romp.org for more details.

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.

Sprockids Rock the Otter

(Continued from page 1)

the 2-time North American and NORBA MTB Trials Champion. Jeff did a demonstration for the kids, jumping over various obstacles, such as garbage cans, and later met the kids at the obstacle course for some one on one instruction and skills work. After receiving Team Giant hats, Alex Wassmann from SRAM saw to it that the Sprockids got some real cool swag, including a pair of SRAM socks and a SRAM hat.

Next the Sprockids stood in line for a chance to meet Ned Overend and get his signature on one of his posters. These kids were really psyched about meeting all these biking giants and were in heaven just being a part of the whole biking scene.

For my part, I was glad to see these kids showing enthusiasm and interest in some-

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ROMP Events

Ride details are listed at the end of the newsletter. Other details can be found at <http://www.romp.org/volunteer/schedule.html>

May 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 BTCEB Join Ride	6	7 Tons of evening rides	8	9	10 Ride Deadline	11
12 Soquel Ride	13	14 Tons of evening rides	15	16	17	18
19 El Corte Rides	20	21 Tons of evening rides	22	23	24	25 Beginners Clinic
26 Wilder Ride	27	28 Tons of evening rides	29	30	31	

June 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Social Ride	3	4 ROMP Meeting	5	6	7	8
9 Soquel Ride	10	11 Tons of evening rides	12	13	14	15
16 El Corte Rides	17	18 Tons of evening rides	19	20	21	22 Beginners Clinic
23	24 ROMP Meeting	25 Tons of evening rides	26	27	28	29
30 Wilder Ride						

BTCEB Joint Ride

Sunday April 21, 2002

It was another beautiful day in Northern California, and I could not think of a more perfect way to be spending my Sunday, than doing a joint ride with the BTCEB (Bicycle Trail Council East Bay) club in the East Bay hills! Janet, Paul and myself headed out to meet the gang at Briones Regional Park. We had just ridden 25 miles and about 5000 feet of climbing on Saturday, so we were all wondering what was in store for us, as this was to be a first for all of us. I was extra excited about this, as I love to ride and experience new places.

ROMP joined up with another group, the BTCEB (Bicycle Trails Council East Bay), and we all had a blast riding the endless green hills of Briones Regional Park. Including our fearless leader Karl Vavrek, who is the ride coordinator for BTCEB, and a really swell guy, there were a total 15 riders: about 50% ROMP, 40% BTCEB; 10% other stragglers. The riders were very compatible, and we had a strong presence of some incredible women, 7 to be exact. One of the women who was there was the infamous Jacquie Phelan, who is one of the original Diva's of mountain biking in the 80's, and still going strong! There was a good mix of riding abilities, and the wait was never very long for the last person. There were some incredible

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Office Depot Supports Sprockids Program

As I was running out of ink while running off resource materials for the Sprockids program, I thought to myself, "wouldn't it be nice if someone else was paying for this ink and paper?" Then I decided to take a shot and write to Office Depot and ask them if they would be interested in being the Sprockids first corporate sponsor.

I really didn't expect anything to happen so I just kind of typed out a simple letter to Office Depot's Community Relations Director, Mary Wong. I know that when you ask for a donation, you must be specific as to what you want so I quickly estimated my future printing costs at \$300 and sent off the email.

Well, to my surprise I received a telephone call less than a week later asking me where I wanted my donation mailed. Can you believe it? I was so excited when I received a FedEx letter containing the following letter and \$300 worth of Office Depot Gift Certificates.

I would like to thank Office Depot for supporting the Sprockids Program and for being our first corporate sponsor. It is with the support from companies like Office Depot, and the people in these companies, that a program like Sprockids, that reaches today's youths, can exist and continue to grow.

ROMP Directory

Responsible Organized Mt. Pedalers (ROMP)
PO Box 1723, Campbell CA 95009-1723
www.romp.org, info@romp.org
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Ride Coordinator	Chris Voci-Nam and Paul Nam ride@romp.org
Sponsor Coordinator	Jim Sullivan sponsor@romp.org
Webmaster	Karen McAdams webmaster@romp.org

Other Organizations

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 www.btceastbay.org
Folsom Auburn Trail Riders Action Coalition	916-663-4626 www.fatrac.org
International Mt. Biking Association (IMBA)	PO Box 7578, Boulder CO 80306 303-545-9011 www.imba.com
Monterey Mt. Bike Association (MoMBA)	PO Box 51928, Pacific Grove CA 93590 408-372-2134
Mountain Bikers of Santa Cruz (MBoSC)	president@mboosc.org www.mboosc.org
Sonoma County Trails Council (SCTC)	www.sonomatrails.org/sctc/
San Jose Inner City Outings (San Jose ICO)	www.sierraclub.org/ico/sanjose/
Silicon Valley Bicycle Coalition	www.svbcbikes.org/
Western Wheelers Bicycle Club	www.westernwheelers.org
Women's Mt. Biking and Tea Soc. (WoMBATS)	www.wombats.org

Land Manager Meetings

Midpeninsula Regional Open Space District (MROSD) oversees many open space preserves throughout San Mateo and Santa Clara counties. 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. The District also holds Trail Policy Committee meetings which deal with development and implementation of trail use policy.

Los Gatos Trails Committee meets on the second Thursday of each month from 6 to 7 PM at 41 Miles Avenue, Los Gatos.

Santa Clara County Group of the Bay Area Ridge Trail Committee (BARTC) meets on the third Wednesday of each month from 7:00 PM to 9:00 PM at Greenbelt Alliance, 1922 The Alameda, Santa Clara (may change – call before attending). Call Judy Etheridge at 408-248-3900.

San Mateo County Group of the BARTC meets on the first Wednesday of each month from 9:30 AM to 12 noon at Coyote Point Museum (odd months) and other locations (even months). Call Bill Smith at 650-873-0415 for meeting locations and other information.

Land Manager Directory

Bay Area Action (Arastradero Preserve) 265 Moffett Blvd., Mountain View 94043, 650-625-1994 or 1996, fax 650-625-1995; www.arastradero.org, www.baaction.org (general), www.participation.com/arastradero

California Recreational Trails Committee Ken McKowen, Trails Coordinator, PO Box 942896, Sacramento 94296-0001, 916-653-6501

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

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

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

Henry W. Coe State Park P.O. Box 846, Morgan Hill 95038 Kay Robinson, Park Sup't. 408-848-4006, Barry Breckling, Unit Ranger 408-779-2728, Joe Harcastle, District Superintendent. 209-826-1196; www.coepark.parks.ca.gov (general), www.coepark.parks.ca.gov/biking.html (biking)

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

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

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

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

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

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

BTCEB Joint Ride

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climbs, that had us all panting and salivating like wild dogs, but the views at the top of each hill were breathtaking. There is an incredible rock "wall" we climbed on the Spengler Trail on the way to Table Top, that is worth a visit. You could see Mt. Diablo, Mt. Tam and the whole East Bay. The total mileage was 18, with about 2800 feet of climbing, and we were out for about 5 hours. One last thing worth mentioning, is watch out for all the cow crap at the bottom, lots of riders could not help but to ride right through some fresh crap, and got it all over their bikes as well as themselves! YUCK! So beware!

This was a really neat way to make some new riding friends, get out and experience new trails, and just have fun with fellow mountain bikers! I hope to see more of this in the future with other biking clubs.

See ya out on the trails.

Chris Voci-Nam

Sprockids at the Sea Otter

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thing other than computer games and shopping malls. Who knows, maybe a few of

these kids will continue to develop a real love of biking and go on to be one of the next



World Cup Champions of the mountain biking world or maybe they'll just learn that cycling is a healthy lifestyle, and they'll continue to ride a bike, even after the program ends.

Karen Morgan, Sprockids Coordinator

Rompers at IMBA

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lights.

IMBA brought together many different government organizations and land management agencies, the most notable being:

Kit Kimball, Director of External and Intergovernmental Affairs, Department of the Interior Ms Kimball (who reports directly to Gale Norton) spoke about the Department of the Interior's future directions and the positive potential for mountain cycling. Specifically, they are looking at forming closer relationships with mountain cyclists as a healthful, sustainable, low impact means of recreation. Also noted was the economic revitalization mountain cycling provides to many communities, Moab being a prime example.

Bruce Hamilton, Sierra Club Conservation Director Mr. Hamilton is a mountain biker and acknowledged mountain cycling belongs on single track. He applauded IMBA for continuing to promote conservation and identified many similar goals between the Sierra Club and IMBA.

Other government agencies represented included; US Forest Service, BLM, Army Corp of Engineers and the Federal Highway Administration.

One of the most interesting sessions I attended was titled "Taking your Club Pro". NEMBA (New England MTB Association) detailed how they have brought together many regional clubs to hire an Executive Director. NEMBA is now able to leverage and mobilize their large membership more efficiently and effectively. Examples of this include lobbying at the state and local level, increased sponsorship, grant writing, publishing a professional grade newsletter (almost a magazine) and through professional management ensuring things get done!

I presented on "Reinvigorating Your Mountain Bike Club" and Karen Morgan presented on "Sprockids—Building

Community Around Youth Mountain Biking". All in all this was a memorable event that reinforced my belief that IMBA is an organization I am proud to be associated with.

Henry Pastorelli, President



L to R Me, Shaun Reid SF IMBA rep, Karen Sprockids/NMBP coordinator and John Morgan, Pete Luptovic (past Romp VP, local Moabian)

ROMP Accomplishments

(Continued from page 1)

- + **Boccardo Trail Dedication:** Santa Clara County Open Space Authority opened their first trail to Multi-use on May 11. The trail is near Alum Rock Park. Romp and Bay Area Ridge Trail (BART) are anticipating more trails being opened by SCCOSP.
- + **Regional Summit Meeting:** To share ideas and bring cyclists closer together BTCEB coordinated a meeting of MBOSC, BTCMC, Access For Bikes, Romp and other cycling advocacy groups. Shaun Reid (President of BTCEB) has accepted a new IMBA position as the Bay Area Regional Rep.
- + **Membership Survey Summary:** Results are in. See the enclosed article for details.
- + **National Mountain Bike Patrol:** The Patrol is now 28 certified members strong. They currently patrol in Santa Clara County Parks and have recently made a strong showing at ECdM. Other activities include Search and Rescue for the SJ Police Department (2 events), registered for Search and Rescue missions

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ROMP Mountain Bike Patrollers Lend a Hand

The ROMP Mountain Bike Patrol has been out patrolling the trails at El Corte de Madera Open Space Preserve, a large, rugged, heavily-forested preserve, containing some of the best singletrack in the entire Bay Area. This effort by ROMP and Mid-Pen is trying to reach the trail users and educate them about the recent illegal trail activity and it's possible long-term environmental effects on the preserve.



From left to right: Jeff Driskell, John Morgan, Henry Pastorelli, Karen Morgan, Dave Wieland

Each week, thousands of visitors, including hikers, runners, bicyclists, equestrians, people with disabilities, and people walking their dogs, use the District's trails. With so many types of trails and users, it is crucial that visitors understand how to share the trails with others so that all preserve visitors may have a safe, pleasant experience.

The Patrollers are informing all trail users of the Trail and Safety regulations and basic trail etiquette guidelines. Cyclists are reminded to wear helmets at all times, to observe the 15-mph trail speed limit (5-mph when passing), and to ride on designated trails only (as indicated on preserve signs and maps).

Karen Morgan, NMBP Coordinator

Save a Tree: Go Paperless!

Members with web access may forgo receiving the printed version of this newsletter. By doing so, you will receive an email notifying you when the latest newsletter is posted on ROMP's website (at www.romp.org/news). If you would like to select this option, send an email to memberdata@romp.org with "No paper, please" in the subject and your name and preferred email address in the body.

ROMP Accomplishments

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- with the Vanished Children's Alliance and course marshalling at Sea Otter, Downieville Classic, Sizzler Classic, and the upcoming Xterra Games.
- + **Sprockids:** The program officially started March 1st at 3 Jr Highs in the Oak Grove School District in SJ. 51 students signed up, 26 regularly attend meetings, and 6 went on a Sea Otter field trip. 24 do not own a bike. There are too many good things to list about this. I recommend folks visit the Romp and IMBA web site for more information. We need volunteers to help out with this program.
- + **New Secretary:** Esther (Supergirl) Kim elected.
- + And not to be forgotten are our on-going activities that include; extensive ride listings, clinics, social events (Tom Ritchey May 26th), Patrols, and the thing you're reading, the Mountain Cyclist newsletter.

In closing, there's still much more to do. Please consider helping us out. We need to expand our small group of volunteers to become more successful and effective. If I could fly our volunteers to Hawaii for a week I would. They're great, but we all need a little breather. In the next few months we'll take it a little easier and do what we love to do - Ride! Thanks for your continued support.

*Henry Pastorelli
Romp, President*

"Nothing compares to the simple pleasure of a bike ride" -- John F. Kennedy

MidPen Letter

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The majority of cyclists follow the posted regulations: wearing a helmet; staying on designated trails; observing the 15 mph speed limit—but a small minority of riders consistently disregard these rules, and continue to illegally build, maintain, and ride closed trails. The construction and use of closed and illegal trails seriously threatens and counteracts the natural resource preservation efforts of the Open Space District.

Recently, several regulatory agencies, including the National Marine Fisheries Service and the California Department of Fish and Game have determined that sedimentation in El Corte de Madera may be adversely affecting populations of steelhead trout, which spawn in the lower reaches of El Corte de Madera Creek. Fine grain sediments create negative impacts to the steelhead survival by filling pools, burying spawning gravels, and smothering eggs. Steelhead trout is listed by the Federal Government as a Threatened Species. As the landowner, the Open Space District is held responsible for identifying the sources of sedimentation and taking corrective actions to protect and restore downstream water quality.

In an effort to raise public awareness of these downstream impacts, IMBA Mountain Bike Patrol volunteers will be out on the trails, while District staff, Board members, and ROMP volunteers will staff information tables at Skeggs Point on most Sundays in April and May. Please stop by and visit us, roughly between 10:00 a.m. and 4:00 p.m. To help minimize any sedimentation caused by mountain bicycling, please follow these guidelines:

- ⌘ Stay on designated trails at all times and ask other riders to do the same.
- ⌘ Schedule your visits to avoid extremely wet conditions to prevent damage to water bars and other drainage structures.
- ⌘ Ride in control, observe the 15 MPH speed limit, and avoid locking up your brakes.

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ROMP Survey Results

(Continued from page 1)

27 out of 300 surveys returned (9% response)

One tossed due to lack of info although yes “Will continue membership” checked.

Many of the “Favorite rides” section were left blank.

Most important to you; 1-5 (1 being most important)

Advocacy	Education	Trail bldg./main	Rides	Events
1.69	3.11	2.61	2.81	3.23

Favorite rides

Beginner	Intermediate	Advanced	Clinics	Family
1	9	4	2	

Rank us, How's Romp doing? 1-5 (1 being best)

Advocacy	Education	Trail bldg./main	Rides	Events
1.87	2.63	2.09	2.29	2.21
Don't know	Don't know	Don't know	Don't know	Don't know
2	7	6	2	7

Will continue membership:

Yes	No	Undecided
25	0	2

Thank you for completing the survey. Next years will be automated (no snail mail!) and on-line.

Henry Pastorelli, President

ROMP BARF

Did you know that ROMP is 20 years old? While there is no way of knowing how many vertical miles and ridges ROMP riders have covered, it is a fact that they have pioneered some of the longest mountain bike group rides known. Back in the summer of 1992 when Gary Gellin and Glenn Wegner were returning from another long and greuling ride in Marin they concieved the acronym BARF for rides like the one they had just completed. It means Bay Area Riding Fanatics. BARF wasn't a separate club or group. It was a descriptive name for such rides. A BARF ride is an extraordinary ride of over 5,000 ft. of climbing. The BARF ride turns 20 this summer!

To celebrate we will be offering monthly BARF rides this year. 1993 was the heyday for BARF rides with 9 rides listed. In those days rides attaining 5,000 feet of climbing on a mountain bike was considered near the upper limit of reasonable endurance. Typically routes of up to 40 miles and 6,000 ft. qualified as BARF rides.

May and June Rides

(check the website for updates and new rides!)

Sunday, May 5

C/INT/24/4000 Joint Ride with ROMP and BTCEB @ Henry Coe State Park.

Meet at 10:00 AM at Hunting Hollow. Meet at 10:00 am, May 5, at Hunting Hollow entrance. ROMP hosts the second Joint Ride w/ the BTCEB and other Bay Area MTB groups. Everyone welcome. Share camaraderie and enjoy hills resplendent in spring's finery. Bring plenty of water, food, low gears and good brakes; we'll be climbing up Anza/Jackson Trails to Wasno Ridge, Roch Springs Peak, Phegley Ridge, and sweet singletrack in between. From Hwy 101, S of San Jose, exit at Leavesley Rd, head east, turn left on New Ave and right on Roop Rd, head east into hills and along Coyote Creek to Hunting Hollow. This ride does not meet at Coe Park Headquarters!
For further information, contact Paul Nam at 408-446-3745 or vocinam@yahoo.com.

Sunday, May 5

B/EASY/10/1500 – ROMP 1st Sunday Social Ride.

Meet in the Grizzly Flat parking lot on Skyline Blvd. (3 mi. north of Hwy 9 and 3 mi. south of Page Mill Rd.) ready to ride at 10 AM. We'll ride the trails in Long Ridge and Saratoga Gap OSPs. The ride has several steep hills. For more info contact Claire and Dave at 408-255-3464 or crashcall@scoreone.com and tripman@scoreone.com, respectively.

Tuesday, May 7

B/INT/23/1500 – ROMP Alpine Road Auto-Free Mountain-Bike Ride.

This all-legal, mostly offroad nightride, will meet southbound Caltrain #66 at 5:02 PM, and northbound #81 at 5:05 PM at the California Ave. Caltrain station. From there we'll roll up through Arastradero Preserve to Alpine Rd. and Willowbrook in Portola Valley. At 6:15 PM we'll meet anyone driving up (please park on Willowbrook) at this intersection. Next we'll pedal up old Alpine Rd. to Page Mill Rd. at Monte Bello Ridge. Returning we meet the northbound Caltrain #95 at 8:26 PM, the southbound #66 at 9:03 PM. There are a bevy of bicycle-friendly eateries on California Ave. to hang at 'til the desired train arrives. Route will consist of 2 miles on singletrack, 5 miles on dirt roads, and 16 miles on paved roads. The pace is slow, and cloudsplitting is a must at the summit. This ride is geared for fun. For further information, contact Jim at 650-493-8774 or ssulljm@juno.com.

Tuesday, May 7

B/INT/5-10/1000 – Whine and Dine MTB Ride in Los Gatos

Meet at Summit Bikes on Main Street in Los Gatos, across the street from the Los Gatos Library. This is a social MTB ride that will ride various trails radiating out of this area. Bring the usual supplies. Rain within 48 hours or intense heat cancels. Burritos after! Nobody left behind. Ride posted at: <http://www.stevesloan.sjsu.edu/personal/tuesmtb.htm>
Steve Sloan, 448-3408 hm, sloan@jmc.sjsu.edu
Tyler French 756-7396 (work), tyler.j.french@lmco.com

Tuesday, May 7

C/INT/10/1800' – Tuesday Evening Fremont Older Rides

Unwind after work at Fremont Older. Enjoy the green hills, wildflowers and lush poison oak as we ride the fire roads and single track. Meet Glenn & Linda (408-257-8284) at 6 PM in the main Stevens Creek Co. Park parking lot off Stevens Canyon Rd. in Cupertino. From 280, exit onto Foothill Blvd and go south about 2 miles to the pkg lot entrance. From Stevens Creek Blvd, head south about 1.2 miles on Foothill to the pkg lot entrance. Bring \$\$ for optional food after the ride.

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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 training 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.

Interested in leading a ride?

Contact Paul Nam or Chris Voci-Nam at 650-493-8774 or ride@romp.org by the tenth of the preceding month for newsletter listing. Visit www.romp.org for detailed help on leading a ride or to submit your ride online.

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MidPen Letter

In order to restore areas damaged by undesignated trail use and illegal trail construction, and to reduce the potential for sedimentation caused by off-trail use, all public use in the El Corte de Madera has been restricted to the designated trail system only. Public use is permitted only on trails that are on the map and marked with directional signs. This new restriction to on-trail use only, now makes all off-trail use a **misdemeanor offense**; doubles the fines for closed trail use; and requires violators to appear in court.

The Open Space District remains committed to preserving the natural resources of El Corte de Madera Creek Preserve while allowing appropriate multi-use recreational opportunities. The Open Space District is working with an engineering geologist to assess the preserve's roads and trails in an effort to identify potential sources of downstream sedimentation. Efforts to mitigate sedimentation may range from changes in road and trail maintenance practices, to road and trail design changes, closures and reroutes.

Please feel free to contact Susannah Anderson-Minshall, the Ranger assigned to El Corte de Madera Open Space Preserve, if you have any questions or comments. The Open Space District is eager to continue cooperative efforts with the mountain biking community to preserve El Corte de Madera Creek Open Space Preserve's natural resources, while maintaining its unique multi-use recreational opportunities.

Susannah Anderson-Minshall, Ranger
Midpeninsula Regional Open Space District

ROMP Barf!

(Continued from page 7)

In those halcyon years standards were different. Camelbacks didn't exist. If you wanted to 100oz. of water, you had to carry 4 large water bottles. Most bikes only had mounts for 2 cages, so they would have to stuff the extra bottles in fanny or backpacks. This was also the dawn of front suspension, which in the early days was less of a boon and more of a curse. Half of the riders rode fully rigid bikes and a high-end bike weighed about 25 lbs. Today it is possible to get a full suspension bike with weight this low. Riding seven hours on a rigid bike takes more out of you than doing the same ride on today's state of the art cycles.

The original BARF rides happened in places like Henry Coe, Nisene Marks, Pine Mountain, Big Basin, Mt. Diablo, and of course in the hills above Cupertino, Los Altos, and Portola Valley. In August of 1996 Peter Donohue led the first 10,000 ft. BARF ride in and around the Stevens Creek Canyon. This raised the bar for the long ride standard. Not all BARF rides are 10k, but they are never easy. This year Peter Donohue will be leading another 10k BARF ride this year in July along the classic lines on the original. The exact date to be announced. While no one has yet puked on a BARF ride, we will have plenty of opportunities this year.

We will be repeating some of the original BARF ride routes and enhancing them with challenges big and burly enough to bring today's modern mtb and cyclist to their limits. Expect infamous climbs such as The "Short-Cut" trail in Henry Coe, Johansen Rd in Big Basin, Charcoal Rd in Stevens Canyon, and Burma Rd. on Mt. Diablo, and equally dramatic descents.

The BARF ride goal is fun. These rides are relaxed and social, ridden at a moderate pace to prevent bonking. After six or seven hours in the saddle you get to know everyone on the ride. Afterwards we share our experiences over pizza or Mexican food before departing. If you are interested in trying a BARF ride, keep on riding lots, and check the ROMP ride list this summer for the dates, times, and places. 1992-2002, celebrating 10 years of **ROMP BARF!**

Rides Continued

(Continued from page 8)

\$4.00 to park in the pkg. lot.
Glenn & Linda Wegner (408-257-8284)

Friday, May 10

Deadline for June Ride Submissions – Send your ride info via the scheduling page or to the ride coordinator at ride@romp.org or 408-374-6136. More details here: <http://www.romp.org/rides/rideform.html>

Sunday, May 12

C/INT/15/2500 – ROMP 2nd Sunday Ride in Soquel Demo Forest.

Meet at 10 AM on Highland Way at the SDF bridge entrance. SDF's sweet single-track can be technically challenging and there's also a fair amount of climbing on this ride, though most of it is on fireroad. We'll keep a moderate pace and do frequent regroupings. To get to SDF, take HWY 17 to Summit Rd and head south-east for about 10 miles. Summit Rd. changes to Highland along the way. About 3 miles before the SDF entrance, you'll have to make a right turn at a stop sign, then quickly bear to the left (staying on Highland). Park on road near entrance bridge to SDF. For more info on SDF, see <http://www.live.com/mtb/rides/SoquelDemo.html>. Rain within 48 hours of ride may cancel. For more info, contact Jim Lauth at 408-739-3946

Tuesday, May 14

B/INT/5-10/1000 – Whine and Dine MTB Ride in Los Gatos

See May 7th Whine and Dine for details.

Tuesday, May 14

C/INT/10/1800' - Tuesday Evening Fremont Older Rides

See May 7th Fremont Older for details.

Sunday, May 19

D/DIFF/15/2800 – ROMP 3rd Sunday Advanced Ride in El Corte de Madera.

We'll leave at 10 AM from the Skeggs Point lookout on Skyline Blvd, approximately 5 miles north of the Hwy 84/Skyline intersection. This advanced ride will be filled with technical challenges. For more info contact Dave at 408-255-3464 or tripman@scoreone.com.

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Rides Continued

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Sunday, May 19

C/DIFF/11/2100 – ROMP 3rd Sunday Not-As-Advanced Ride in El Corte de Madera. We'll leave at the same time and place as the Advanced Ride. For more info contact Clair at 408-255-3464 or crashcall@scoreone.com.

Tuesday, May 21

B/INT/5-10/1000 – Whine and Dine MTB Ride in Los Gatos
See May 7th Whine and Dine for details.

Tuesday, May 21

C/INT/10/1800' - Tuesday Evening Fremont Older Rides
See May 7th Fremont Older for details.

Tuesday, May 21

B/INT/23/1500 – ROMP Alpine Road Auto-Free Mountain-Bike Ride
See May 7th Alpine Auto-Free Ride for details.

Saturday, May 25

A/EASY/6/500 – ROMP 4th Saturday Beginners Clinic. Beginners-only ride and clinic covering trail etiquette, safety, riding technique, control, equipment and basic repair. Meet and park at the corner of Skyline Blvd. and Page Mill at 10 AM. Please RSVP to be sure of a spot, ROMP membership not required. Helmet required, water and gloves highly recommended. Ride canceled by rain within 48 hours prior to the ride. For reservations and other info, contact Jim Lauth at 408-739-3946 or jhlauth@earthlink.net.

Sunday, May 26

B/INT/12/1400+ – ROMP Last Sunday of the Month Wilder Ranch Ride. Meet in the parking lot near the rest-rooms, ready to ride at 10 AM. We like to keep this ride social and maintain a comfortable pace, with "do-overs" on some of the more technical areas. For more info contact Michael and Jain Light at 831-662-9744 or malite@bikerider.com.

Tuesday, May 28

C/INT/10/1800' - Tuesday Evening Fremont Older Rides
See May 7th Fremont Older for details.

Tuesday, May 28

B/INT/5-10/1000 – Whine and Dine

MTB Ride in Los Gatos

See May 7th Whine and Dine for details.

June Rides

Sunday, June 2

B/EASY/10/1500 – ROMP 1st Sunday Social Ride.
See May 3rd Sunday Social Ride

Tuesday, June 4

B/INT/5-10/1000 – Whine and Dine MTB Ride in Los Gatos
See May 7th Whine and Dine for details.

Tuesday, June 4

B/INT/23/1500 – ROMP Alpine Road Auto-Free Mountain-Bike Ride
See May 7th Alpine Auto-Free Ride for details.

Tuesday, June 4

C/INT/10/1800' - Tuesday Evening Fremont Older Rides
Unwind after work at Fremont Older. Meet Glenn & Linda (408-257-8284) at 6 PM in the main Stevens Creek Co. Park parking lot off Stevens Canyon Rd. in Cupertino. From 280, exit onto Foothill Blvd and go south about 2 miles to the pkg lot entrance. From Stevens Creek Blvd, head south about 1.2 miles on Foothill to the pkg lot entrance. Bring \$\$ for optional food after the ride. \$4.00 to park in the pkg. lot.

Sunday, June 9

C/INT/15/2500 – ROMP 2nd Sunday Ride in Soquel Demo Forest
See May 10th for Soquel Sunday Ride

Tuesday, June 11

B/INT/5-10/1000 – Whine and Dine MTB Ride in Los Gatos
See May 7th Whine and Dine for details.

Tuesday, June 11

C/INT/10/1800' - Tuesday Evening Fremont Older Rides
See June 4th Fremont Older Ride for details.

Tuesday, June 18

B/INT/5-10/1000 – Whine and Dine MTB Ride in Los Gatos
See May 7th Whine and Dine for details.

Tuesday, June 18

C/INT/10/1800' - Tuesday Evening Fremont Older Rides
See June 4th Fremont Older Ride for details.

Lead a ROMP Ride!

Riding season is in full swing so why not volunteer to lead a ROMP Ride. As an added incentive, ROMP will pay the membership fee for anyone who leads eight or more rides during one year.

Last minute rides can be posted to the email list and web page. To post a ride to the email list, simply send your email to romp@topica.com. To post a ride to the web page, visit www.romp.org and click "Schedule a ride", phone the ride coordinator, or forward it to ride@romp.org.

Multiple rides at the same location on the same day are fine. ROMP rides are typically well attended, sometimes in excess of the 8-10 riders that are easily managed, so the more rides the better.

Tuesday, June 18

B/INT/23/1500 – ROMP Alpine Road Auto-Free Mountain-Bike Ride
See May 7th Alpine Auto-Free Ride for details.

Saturday, June 22

A/EASY/6/500 – ROMP 4th Saturday Beginners Clinic.
See May 23rd Beginners Clinic

Sunday, June 23

D/DIFF/15/2800 – ROMP 3rd Sunday Advanced Ride in El Corte de Madera.
See May 17th for details

Sunday, June 23

C/DIFF/11/2100 – ROMP 3rd Sunday Not-As-Advanced Ride in El Corte de Madera.
See May 17th for details.

Tuesday, June 25

C/INT/10/1800' - Tuesday Evening Fremont Older Rides
See June 4th Fremont Older Ride for details.

Tuesday, June 25

B/INT/5-10/1000 – Whine and Dine MTB Ride in Los Gatos
See May 7th Whine and Dine for details.

Sunday, June 30

B/INT/12/1400+ – ROMP Last Sunday of the Month Wilder Ranch Ride.
See May 31st Last Sunday Wilder Ride for details.

Responsible Organized Mountain Pedalers

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 to help these changes come about.

Fill in all information whether you are a new or renewing member. Failure to include all information will delay your membership. Please print legibly and fill out every line.

Name	Additional names (family membership)
Address	
City	
State	Zip
Phone ()	Email

Membership Type

New	Renewal	Change of address (allow 30 days)
Individual (\$20.00)	Family (\$25.00)	Student (\$10.00)
Donation (\$____)		
Send newsletter via postal service	Just send me an email when the news is online	

Club Directory — please list my

Name	Address	Phone	Email
Do not list me in the directory			

I'd like to help with

Education	Trail work	Fundraising	Letter writing
Event coordination	Newsletter articles	Ride leadership	Social events

Release of Liability Agreement

Upon acceptance of my membership in Responsible Organized Mountain Pedalers (ROMP), and while participating in any group event sanctioned, sponsored or organized by ROMP, I hereby, for myself, my heirs, assigns, successors and administrators, release, waive and discharge any and all claims for liability or damages resulting from death, personal injury or damage to any property which may occur, or which may later become accountable to me as a result, directly or indirectly of my participation in ROMP events (group rides). I fully understand this release is intended to unconditionally release, in advance, ROMP from any and all liability pursuant to or arising from my participation in club event, EVEN WHEN SUCH LIABILITY ARISES OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF ROMP, its members, officers, and representatives.

Signature	Date
Parent signature (if under 18)	Date

Send this form with check payable to:
 ROMP – Attention: Membership, PO Box 1723, Campbell CA 95009-1723

**Did you complete all information, sign your name, and enclose your check?
 Thank you, and welcome to ROMP!**

New ROMP T-Shirts For Sale!

The new T-Shirts have white lettering on forest (dark green) or olive (light green), and are available in various sizes immediately.

These attractive shirts have the ROMP logo on the front, and "Share The Trails" in large print on the back. "www.romp.org" is on the left sleeve.

T-shirts: \$10 + \$2 shipping

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

To order, fill out the following:

Size S / M / L	Color (olive or forest)	Qty.	Subtotal

Order total \$10 ea.:	_____
Shipping \$2 ea.:	_____
Total:	_____

Name	_____
Address	_____

Email	_____
Phone	_____

Send this form with check payable to:
 ROMP – Attention: T-shirts
 PO Box 1723
 Campbell CA 95009-1723





Responsible Organized Mountain Pedalers
 PO Box 1723
 Campbell CA 95009-1723

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Crossroads Bicycles



Willow Glen Bicycles



The Bicycle Outfitter 963 Fremont Avenue, Los Altos 650-948-8092 www.bicycleoutfitter.com

Broken Spoke 890 Laurel Street, San Carlos 650-594-9210 www.brokenspoke.com

Calmar Cycles 2236 El Camino Real, Santa Clara 408-249-6907 www.calmarcycles.com

Chain Reaction 1451 El Camino Real, Redwood City 650-366-6620; 2310 Homestead (at Foothill Plaza), Los Altos 408-735-8735 www.chainreaction.com

Cupertino Bike Shop 10493 S. De Anza Blvd, Cupertino 408-255-2217 www.cupertinobike.com

Palo Alto Bicycles 170 University Ave. Palo Alto 650-328-7411 www.paloaltobicycles.com

Slough's Bike Shoppe 260 Race St., San Jose 408-293-1616

Start To Finish Bicycles 1171 Homestead Rd., Santa Clara 408-261-7420; 40922 Fremont Blvd., Fremont 510-440-9300; 2530 Lombard St., SF 415-202-9830

Summit Bicycles 100-A S. Santa Cruz Ave., Los Gatos 408-399-9142; 843 Gilman St., Berkeley 510-524-5398; 1111 Burlingame Ave., Burlingame 415-343-8483

Trail Head Cyclery 14450 Union Ave, San Jose 408-369-9666 www.trailheadonline.com

Calabazas Cyclery 6140 Bollinger Rd., San Jose 408-366-2453 www.calabazas.com

Crossroads Bicycles 217 N Santa Cruz Ave # C, Los Gatos, CA 408-354-0555

Light&Motion, 300 Cannery Row, Monterey, 831.645-1538 www.bikelights.com