



MOUNTAIN CYCLIST

LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

MAY-JUNE 2003

Dreaming of Dirt Alpine

A Portola Valley trail favored by mountain bikers and road bikers alike could gain a friendlier route in the near future, thanks in part to a six-year-old girl.

By Greg McPheeters, SVBC

Before a landslide took out a sizeable portion of the popular "Dirt Alpine" trail, Tom Malzbender used to put his young daughter Amy in a bike trailer and tow her to Skyline on his road bike. Those were good times, he recalls. If Tom gets his wish, a coalition of ROMP and SVBC (Silicon Valley Bike Coalition) will aid in building a new section of trail to bypass the landslide—and pay tribute to the daughter Tom lost in a tragic hit-and-run incident this winter.

On January 28th, six-year-old Amy Malzbender and her friend Chloe McAusland were struck while riding their bicycles to school in Palo Alto. Amy did not survive and her friend Chloe suffered injuries including a severely broken leg.

The Silicon Valley Bicycle Coalition held a memorial ride in early March to remember Amy. Over 250 people showed up to pay tribute to her by completing the ride to Nixon Elementary that she never finished that morning. During the ride, Tom reflected on times when he had taken his two children, Amy and her brother Joey, up to Skyline Boulevard in a child trailer via Alpine Road. This paved road turns into a fire road about a mile past the intersection of Portola Road and winds gradually up to Skyline. The un-

paved section, popular with cyclists, equestrians and hikers, is known unofficially as "Dirt Alpine." A huge landslide washed out a 100-foot section of the road, leaving this otherwise gradual and traffic-free climb difficult to navigate.

Seeing an opportunity to channel the support and energy generated by the tragedy of Amy's death, Tom began to talk to people about what it would take to close this gap. "If I can make something positive happen as a result of the tragedy," says Malzbender, "I'm hoping it would help me to personally deal with the loss of Amy and be meaningful to me."

ROMP has teamed up with SVBC and Tom Malzbender to explore how this project, which was already on ROMP's

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THE GIRL WE'LL REMEMBER—Amy Malzbender on the day she took the training wheels off her bike.





ROMP MOUNTAIN CYCLIST

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

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Joanna Holmes/Julie Brown
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Send ride listings to the club ride coordinator (not to the club PO box):

Chris Voci-Nam and Paul Nam
408-446-3745
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 news mailing@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.

Specialized Hosts Women's Event

By Esther Kim

Women's presence in the cycling world has grown progressively more visible year after year. On March 2nd, the Specialized bicycle company held their first ever "Women's Cycling and Fitness Day" in Morgan Hill to address the needs of women riders, show off some women-specific cycling products offered by Specialized, and present an opportunity for attendees to meet fellow female cycling enthusiasts.

Over 100 women from all over the Bay Area, and even as far as Orange County, came to attend this day. Some were road riders and others mountain bikers, but regardless of riding preference, they were there to convene and learn more about the effects of women's presence in the cycling industry. All were enthusiastic and ready to see what Specialized had to offer for the day.

After introductions for the event, the attendees were split into groups and attended different seminars, including bicycle maintenance, bike fit, yoga poses for cyclists, and training tips. The seminars were informative but concise. An expo area showcased a variety of sponsors and, of course, the latest plethora of gear for women.

The day ended with a huge raffle drawing, which included prizes such as a trip for two with Western Spirit bicycle touring company. The ultimate prize: a new, full-suspension Specialized Epic mountain bike, featuring the inventive Brain rear shock by Fox Racing Shox.

The event was coordinated by Kristi Valentine and Dee Khullar of Specialized and assisted by Kathy Loeb, the Specialized women's product manager. Summing up the positive response to the occasion, Loeb said, "Women are just so happy to be at events targeted towards them. Our focus was to get out the message that Specialized is making great bikes and products for women, and to get [the attendees] hooked up with each other to meet and hopefully ride together." Chances are good that Specialized will hold a similar event next year, drawing an even greater turnout as women continue to make their presence known in the cycling industry.

Dirt Alpine

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radar screen, can be seen through to completion. In the process, ROMP's and SVBC's mutual interest in maintaining routes from the bay to skyline and thereabouts is engendering a new partnership between the two advocacy groups. The current vision is to create a shared-use trail that for all types of bicycles, equestrians, and hikers.

The complete length of old Alpine Road falls under the jurisdiction of San Mateo County Public Works, which means that all the old roadbed is open for access around the clock. However, the current bypass trail leads through Coal Creek Preserve and thus falls solely under the jurisdiction of MROSD (Midpeninsula Regional Open Space District, or "Mid-Pen"); as preserve land, it's closed from dusk until dawn. Any solution will aim to maintain nighttime access, in addition to creating a route that is friendlier to all outdoor enthusiasts.

On May 24th at 2:30 p.m., ROMP will host a ride/walk through the slide area to visualize some suggested trail alignments. The plan is to put together a proposal to present to San Mateo County officials and MROSD for consideration of a trail dedicated to Amy's memory. If you would like to be involved in this project, please contact Jim Sullivan, ssulljm@juno.com, 650 493-8774.

Race Team Plan Pushes Ahead

The ROMP race team proposal has caused much discussion and controversy amongst club members. Opponents of the proposal are concerned that ROMP's advocacy message and focus would be diluted through association of ROMP with speeding riders on public trails. Proponents believe a race team could help increase club membership and visibility, and may help influence other members of the cycling community—specifically younger racers, downhillers and free riders.

An election on the ROMP website, which was open to all ROMP members, resulted in an even split between proponents and opponents of the race team. At the ROMP board meeting on March 24th, board members voted in favor of ROMP continuing to explore the race team concept. Towards that end, a committee will be formed with the objective of defining a race team charter that won't undermine ROMP's goals.

"ROMP is an advocacy organization first and last," says ROMP President Paul Nam, who, along with Vice President Claire Nipress, stresses that any race team under ROMP's aegis will uphold the club's values.

Sponsor Profile *Cycle! California Magazine*

By Claire Nipress

Cycle! California Magazine generously donated approximately \$600 worth of equipment to ROMP for the club's Annual Swap Meet, which took place in late April. Proceeds from the sale of these items go directly to ROMP.

Founded in 1995 by Tracy Corral and Bob Mack, *Cycle! California Magazine* caters to the interests of mountain bike, road and touring cyclists and tri-athletes, and provides regional news on advocacy work, IMBA in North Carolina and trail issues. The monthly also features a "Tools" column that reviews different products every month. The most popular section of the magazine is its calendar, which features upcoming events such as races, triathlons, fun rides and club rides. *Cycle! California Magazine* is free and can be found at most bike shops from the Oregon border to San Luis Obispo and retail chains such as REI.

To reach the editors, send e-mail, drop a line, or call Tracy or Bob at:
Phone: 650 961-2663
tcorral@cyclecalifornia.com or
bmack@cyclecalifornia.com

Lead a ROMP Ride

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 e-mail list (romp@topica.com) and the Web site (romp.org). To post a ride on the Web, click on "Schedule a ride." Alternatively, you can phone the ride coordinator (see directory) or forward it to ride@topica.com.

ROMP Directory

Responsible Organized Mt. Pedalers (ROMP)

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650-364-6785	trailwork@romp.org
Ride Coordinator	Chris Voci-Nam and Paul Nam 408-446-3745
ride@romp.org	
Sponsor Coordinator	VACANT
Webmaster	Karen McAdams
650-233-1895	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	

Free Riding and Our Parks: Multiple Use vs. Compatible Use

By Paul Nam



ROMP President Paul Nam

and space programs are extensively used in the mountain bike industry.

In the boggy, timber-strewn, second-growth forests of British Columbia, mountain bikers began expanding the boardwalk trails which are commonplace in many Northwest trail systems to protect sensitive bogs and meadows and bypass deadfall-clogged terrain. These pioneering riders rapidly developed skills that became stunts, at an enthusiastic pace that outstripped both regulations and credibility. Film and video of these riders spread quickly through the mountain bike world. The free-ride scene became show business.

There is substance to the advances in suspension, and mountain bike advocacy groups need to pay attention to the evolution of the breed.

Long-travel mountain bikers arrive at the trailhead in a wide range of forms. Some ride bikes with long-travel front and rear suspension, from 5 to 10 inches, and could be classified as free riders on downhill-specific bikes. Some ride bikes with less suspension but travel long distances on their rides, and to their rides. And now, some riders are perched on bikes that blur the boundaries between cross-country and downhill.

Nowadays, with technological advances in materials and suspension design, the state-of-the-art mountain bike is simultaneously capable of descending gnarly rock staircases and embarking on long cross-country epics. A new bike made by Santa Cruz is aptly named "The Blur." Marketing hype aside, there is substance to the advances in suspension, and mountain bike advocacy groups need to pay attention to the evolution of the breed.

The origins of the free riding movement are found in the backyards and streets of every cyclist's childhood, riding up plank ramps to get the undeniable thrill of two wheels in the air. These kids, now grown up, may have literally beaten swords into plowshares. All of the aerospace technologies developed for the Cold War era military

Free riders dreamed of and cobbled together purpose-built bikes. Stunts became more demanding and less forgiving. Armour, full-face helmets, and other technology borrowed from the moto world became de rigueur. Manufacturers wasted no time in delivering the sorts of equipment needed. Admiring mountain bikers joined the movement and bought long-travel bikes, propelling enough commercial interest to capitalize the technological development. Because of this, we now have bikes that, when mated with skilled riders, can descend mountains without need of a trail. And so free riding in its purest and most heinous form is the practice of first descents—the bicycling equivalent of extreme skiing.

The free-riding discipline of mountain biking is spectacular and awe-inspiring. The heroic skill, strength and courage of free riders is indisputable. A still photo-

graph of a rider in the midst of nature's raw beauty, suspended high in the air above what looks like an impossible landing, communicates a moment of transcendence, of liberation from technology, gravity, and mortality. It's compelling imagery. For most, these images merely entertain by evoking dread and awe. But some of us may be inspired to emulate these heroes.

Today, problems arise from riders practicing this sport in our public parks, forests and preserves. These long-travel mountain bikers run the risk of exerting negative impacts both on themselves and on our local riding venues. In the event of the former, they risk serious injury and the mitigation of complex rescue and medical costs incurred by crash landings. Other negative by-products are user conflicts and severe environmental damage caused by riding off-system or leaving the trail while recovering from big airs and fast drops.

Our all-too-limited bike-accessible parks and preserves are not places to practice racing and free riding. Riding on multi-use trails is a privilege; it's our duty to ride in a way that's compatible with other trail users. If we bear this in mind, we should also expect the same courtesy from others. For instance, imagine that your mom and dad or grand parents are out for a hike along the same trail that you're riding. Does this fact alter your riding style? It is with this sort of care in mind that riders should descend the trail ahead of them and be prepared to stop quietly, competently, and in control, before challenging mom and dad's bungled reflexes, or their reverie in a wildlife sighting, with a colliding bicycle.

An editorial in the April 2003 issue of *Mountain Bike Action* by Richard Cunningham, "Free Riding and the Future," provides some food for thought on this issue. Cunningham enumerates several reasons why free riding threatens mountain-bike access. Paraphrased, these reasons are:

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Free Riding

- Free riders are not passive users of natural resources.
- Free riders are not compatible with other non-motorized user groups.
- A code of ethics was not established early on for gravity sports.
- It is not widely understood or accepted that the free ride movement of man-made stunts, fabricated from local materials coming from B.C., was predicated on a need to “route single tracks away from fragile greenery and over bogs and twisted logs on the forest floor.”
- The free-ride bike has been sold and portrayed in the media by commercial interests in the most extreme images to exploit the movement for its appeal and not to convey its validity, responsible conduct, or promote its survival as a sport.

For each of the points Cunningham makes, corollary remedial actions can be suggested. Free riding should be practiced only where permitted, such as at lift-served ski areas and OHV areas. Unfortunately, local venues for free riding don't exist. With no legal local access, a small number of riders who practice free riding with flagrant disregard for policies could end our trail access.

The bike industry should be pressured into developing a concise statement that comes with all bikes that presents a code of ethics, including and beyond the IMBA code.

Like automobiles, bicycles could be considered weapons. How ironic it would be if this technology were to go full-circle, from plowshares into swords. But isn't a bike that's descending off the trail with rear brake locked, grooving a furrow down the face of a mountain, more sword than plow? If a negative conflict occurs, bikes could be legally ejected from the trails.

Cunningham observes, “We are all lumped together at the land-access table. Presently, free riding puts mountain-bike access groups in an indefensible position. If free riding is to flourish, it will need to be practiced in places where it will not create conflicts.”

Mountain cyclists everywhere, for the love of nature and their chosen recreation and respect for fellow trail users, must pay attention and ride with decorum. No one should be prejudged for the kind of bike they choose to ride and their selection of protective gear. These are liberties that must be upheld. In our society we value the pursuit of happiness, and free riding is a bold example of this. Let's just make it happen with respect to everyone else who doesn't get it, and not ruin the future of mountain biking in the process.

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

Acterra (Arastradero Preserve) 3921 E. Bayshore Blvd., Palo Alto, CA 94303, 650-962-9876, fax 650-962-8234; www.arastradero.org, www.acterra.org/info@acterra.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; mrostd@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

Sea Otter Classic: ROMP Volunteers Go the Distance

In early April a record 10,000 athletes from around the globe and 45,000 spectators converged for the 13th Annual Sea Otter Classic, an event affectionately dubbed the “unabashed celebration of cycling,” and ROMP was there to keep things running smoothly. Here, ROMPers Julie Brown and Chris Voci-Nam give the inside story on what it’s like to help support such an event.

Julie’s Story

Arriving at the Sea Otter on Saturday, I didn’t expect to see many people, given the dark, looming clouds overhead. Boy, was I wrong. We cyclists are a tough-spirited bunch and no storm clouds or rain can dampen our need for speed and fun! The place was packed and the usual Sea Otter excitement filled the air.

Volunteering at the Sea Otter is just a damn fun thing to do. Along with a handful of other volunteers, I was sent to field-marshal the pro men’s and women’s races, which comprised 99.5 miles of beautiful yet tough climbs, flats and descents—and of course, rain. We were stationed at the cross streets of Carmel Village, where we watched for pedestrians and cars who, for the most part, were civil and cooperative. A lot of locals had no idea what was going on, but there were also those who came to enjoy the flash of color, speed and adrenaline, with some ex-racers thrown into the mix, telling their stories to all who would listen.

Then a volunteer coordinator named Sam Marie whisked us to our next destination, which was the desolate but beautiful Fort Ord. Sam Marie is a spunky, spirited woman who should have been a professional racecar driver. She possessed an uncanny ability to get us where we needed to be—and fast.

When we arrived at Fort Ord it became painfully obvious that the left turn off the highway and into the fort would be a nightmare for the racers. There was a good six inches of gravel and debris, which had to go if we wanted to keep this event from turning into a melee. So, with our one broom and one shovel, we set to work. We had a lot of clearing to do in a very short amount of time and not much in the way of tools. By improvising with cones and our shoes, we managed to move, kick, scrape and sweep the gravel and debris out of the way. It was remarkably satisfying, knowing that we played a vital role in making sure this race stayed safe. Then Sam Marie stationed us along the desolate racecourse in Fort Ord. I lucked out and was able to camp out in an abandoned hunting club. It was quite eerie listening as the



QUICK FIX — ROMP and other volunteers take turns using the one shovel available to help move gravel and other debris before the pro riders make their pass through.

wind blew through the empty rooms and broken windows, and watching the storm clouds as I waited for the racers. Just me and the wind.

The racers finally came and went. Some were riding strong, others not. Some were friendly, others kept their heads down and cranked on. One woman could be heard giving herself a loud pep talk. But I think at that point of the race they were glad to see someone out there with a flag and a yellow vest. The weather was pretty cold and wet and they knew they were almost done.

On the ride back we ended up with one of the women racers in our van. It had been a tough race and the SAG van was full. We made room for her and her bike, but refrained from asking how it went or what it was like. Seemed the best thing to do was give her space.

Next year, come down to Laguna Seca and sign up to volunteer. You won’t regret it for a second. To be behind the scenes at one of cycling’s biggest events is a huge privilege.

Chris's Story

It's been seven years since I last attended the Sea Otter Classic, or as I like to call it, the "Sea Sloppler," given the event's history of rain, which always makes the off-road race course a real sloppest. True to tradition, a huge storm coming in from Alaska promised cold temps and, of course, lots of wind and rain. I wasn't looking forward to standing in a deluge all day, but as I arrived on Saturday there were only dark clouds and a few light sprinkles. I donned my fancy rain gear and prayed it would protect me from the elements.

I got to the volunteer booth at 8 a.m., signed in, was given a nice lunch and all the drinks I could carry and was told that I would be a course marshal on the pro dual slalom course. My heart started racing—I was psyched!



JUST IN TIME — The Pro men enter the turn from the highway into Ford Ord moments after volunteers scrambled to remove debris from the turn.

Half an hour later, I and other ROMP members were met by fellow ROMP members and Sea Otter volunteer coordinators Michael and Jain Light, who gave us some quick instructions on what we were to do and how our day would go. They outfitted us with bright yellow course marshal vests to wear on the course. There were about ten of us to be positioned on the course.

THE ADVENTURES OF CAPTAIN KICKSTAND



The first part, from 9 to 11 a.m., was practice, as riders studied the lines and turns. From 11 to 1 p.m. the qualifying events took place, and from 3 to 5 p.m. were the finals. Our job was to keep the course clear at all times and make sure everyone who was on the course was allowed to be there by virtue of either a media or a medical pass. Others we kicked off the course.

There were five radios for our use in reporting fallen riders, broken gates, missed gates and any other issues that came up. I immediately thought to myself, I hope they don't give me one of the radios. No sooner than that thought crossed my mind, Jain was making her way down the course and handing me a radio. I didn't argue. I actually felt pretty important with my course marshal vest on and the radio in hand. It was very cool that pro riders—Wade Bootes, Marla Streb, Tara Llanes, Leigh Donovan and others—respected the fact that I was a course marshal and listened to me when I told them they needed to clear the course for the qualifying event to begin.

I felt strange at first telling the pros what to do, but it got increasingly easier. I had a few negative encounters with some who weren't into following instructions. I even had one bite my head off. Later he approached me and apologized for being a jerk. He said he was just "having a moment." OK, understandable.

I felt incredibly privileged to be standing face to face with the pros and watching their superior skills on this challenging dual slalom course. Each time they had a close call and I thought for sure they'd miss a gate or not make a turn, they pulled it off flawlessly and always had a clean line. I guess that's why they're pros.

But there were heroes behind the scenes, too. Kudos to Michael and Jain Light for doing an outstanding job on the event. Their experience and expertise organizing the ROMP volunteers for such a huge event was evident. They never missed a beat in delivering clear, concise instructions and getting us into our places at the right times.

It rained all day, with the worst of it coming down during the finals, but the weather never dampened my spirits. My excitement kept the fires burning throughout. I definitely won't wait another seven years before my next Sea Otter. If you get the chance, come on out next year. It's an experience you'll rave about for years to come!

May and June Rides

Check Website for Updates!

Thursday, May 1

Whine and Dine Ride

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 or Italian food after! Nobody left behind. Steve Sloan 448-3408 (home) s_sloan@mac.com; Tyler French 756-7396 (work) tyler.j.french@imco.com.

Sunday, May 4

B/EASY/INT/11/1500 – 1st Sunday Saratoga Gap

Meet at 10:00 AM at Grizzly Flat on Skyline Blvd. (between Junction 9 and Page Mill Rd.). This is a social ride so there are plenty of breaks and we wait for everyone. Bring helmet, water and power bars. After ride, we will go for lunch in Saratoga. For further information contact Claire or Dave at 408-255-3478 or **crash-call@scoreone.com** or **tripman@scoreone.com**

Tuesday, May 6

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

This all-legal, mostly offroad night-ride, 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. This ride is for intermediate riders with 3+ hr. headlight systems; reflectors and flashing rear lights are also highly recommended. 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**.

Wednesday May 8

C/INT/15/2000 Fremont Older After Work

Join Glenn & Linda for another exciting and fun packed summer of evening rides! Yes, we've changed to Wednesday evenings after about 6 years of Tuesdays. Be ready to ride at 6PM. Meet at the main Stevens Creek Co. Park pkg lot on Stevens Canyon Rd about 1 mile south of Stevens Creek Blvd and about 2 miles south of I280 (Foothill exit). Bring \$\$ for optional post-ride food. Rain cancels. 408-257-8284 if you need more info.

Sunday, May 11

C/INT/12-18/2500-3000 – ROMP 2nd Sunday Soquel Demo Forest

Meet at 10:00 AM at the entrance to SDF on Highland Way. From Highway 17, take the Summit Rd exit and head S.E. Go 5 1/2 miles to the first stop sign. Turn right and then bear left onto Highland Way. Go another 4 miles to the entrance. More info at www.mtb.live.com/rides/SoquelDemo.html. Rides will vary covering singletrack such as Ridge, Braille, Tractor or Sawpit; double loop option if you didn't have enough fun the first time. For more information contact Jim Lauth at 408-739-3946 or **singletrck@sbcglobal.net**

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 408-446-3745 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.

MOUNTAIN CYCLIST

Membership Update

Renewals

John Combs
John Corbett
Kate Drayson
Jeff Farnsworth &
Michele Taylor
Ross Finlayson
Edwin Gackstetter
Joel Gartland
Patrick Goebel
Lynn Hoerle
Andrew H. Jordan
David & Jennifer Krull
Jim Lauth
Michael & Jain Light
Derek Lindsey
Tom Little
Matthias Loeser
Peter Luptovic
Dan Mason
Kitty Norwood & Family
Susann Novalis
Robert T. Ouye, Jr.
Eric Rendler
Karen Rice
Bill Schmeizer
Marilee Schultz
Jim Sullivan
Paul & Jane Taylor
Paul Walters
Paul Wendt

New Members

Xavier Alcaraz
Greg Crawford
Matt Dambrov
Cheryl Lanzo
Guy Maor
Andrew Muff
Jeff & Sam Muscatine
Sean Powers
Jon Rayner
Alexander Rouch &
Karen Cosentino
Josef & Diane Schwarzl
Lowell Segal
Scott & Marilyn Snapp
Jimmy Wang
Brian Warkentine

Rides

Continued from page 8

Wednesday May 14

C/INT/15/2000 Fremont Older After Work
Join Glenn & Linda for another exciting and fun packed summer of evening rides! Yes, we've changed to Wednesday evenings after about 6 years of Tuesdays. Be ready to ride at 6PM. Rain cancels. 408-257-8284 if you need more info.

Thursday, May 15

Whine and Dine Ride

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. Steve Sloan 448-3408 (home) s_sloan@mac.com, Tyler French 756-7396 (work) tyler.j.french@lmco.com

Sunday, May 18

D/DIFF/15/2800 – 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

C/DIFF/11/2100 – 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 20

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

This all-legal, mostly offroad night-ride, 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. This ride is for intermediate riders with 3+ hr. headlight systems; reflectors and flashing rear lights are also highly recommended. 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 jsulljm@juno.com.

Wednesday May 21

C/INT/15/2000 Fremont Older After Work
Join Glenn & Linda for another exciting and fun packed summer of evening rides! Yes, we've changed to Wednesday evenings after about 6 years of Tuesdays. Rain cancels. 408-257-8284 if you need more info.

Thursday, May 22

Whine and Dine Ride

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. Steve Sloan 448-3408 (home) s_sloan@mac.com Tyler French 756-7396 (work) or tyler.j.french@lmco.com

Wednesday May 28

C/INT/15/2000 Fremont Older After Work

Join Glenn & Linda for another exciting and fun packed summer of evening rides! Yes, we've changed to Wednesday evenings after about 6 years of Tuesdays. Be ready to ride at 6PM. Rain cancels. 408-257-8284 if you need more info.

Thursday, May 29

Whine and Dine Ride

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. Steve Sloan 448-3408 (home) s_sloan@mac.com Tyler French 756-7396 (work) or tyler.j.french@lmco.com

June

All regularly scheduled rides in May continue through June. These include regular ROMP rides every Tuesday, Wednesday, Thursday, Saturday, and Sunday.

See www.romp.org for updates on special rides.

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). Simply send an email to memberdata@romp.org with "No paper, please" in the subject and your name and preferred email address in the body.



The Dirt on Hygiene

By Igor Kotterkrank

A strong rider doesn't have to smell strong. Here are some tips for the aromatically impaired rider who stinks or knows a body who stank. If you prefer riding alone, don't bother washing yourself and your clothes; you will always be riding alone. Pheromones spoil quickly; don't plan on storing them in sweaty, salt-encrusted clothing to attract members of the opposite sex with your chemical footprint. In fact, potential attractees will be repelled by your omnipresent sock stink.

It is even possible for riders to offend themselves with their own stench. The bike helmet is one of those appliances that's prone to hosting unpleasant odors over time. When climbing slowly up long steep grades, a super funky helmet is no good at all. A funky helmet can be like wearing roadkill around your head.

A good way to keep a helmet fresh is by rinsing it (pads, straps and all) periodically in a clean private swimming pool and then fresh water, and letting it air dry in the shade. For the rest of us without swimming pools, take it into the shower and disinfect it with a mild solution of betadine or bleach (be careful and use low concentrations), and rinse it well. Using deodorant and scented soaps on a helmet can lead to strange and unpleasant mutations in bouquet, and are best avoided.

Keep it clean and don't be obscene. Wash your gloves to be watched by your loves. Heaven sent is heaven's scent. And by all means, stop to smell the roses.

I don't care if anyone says otherwise. Unless it's a race, it's OK to stop and smell the roses on a ride. But it's not OK when your smell wilts the roses. How to avoid rides that stink, literally, is the challenge of today's cycling and perspiring human race.

Trail riding is a combination social, nature, adventure, workout, thrill and competitive experience. All of these elements contribute in varying proportions to a mountain bike ride. And all of them conspire to make the hard-working rider perspire. Have you heard of the smell of fear? Even if you haven't, you might have sniffed it. Chances are what you smelled was the Funky Chicken.

The Funky Chicken rider stinks not because he's afraid (and the rider is usually a dude, but girls can do the Funk too), but because he is olfactorily retarded. The apocryphal commutative commandment, "Stink unto others as you would have others stink unto you," is incomprehensible to the malodorously challenged individual. From a safe upwind distance and beyond ear-shot, theories abound around the Funky Chicken phenomenon. You might hear whispered speculations such as, "Maybe he shoves his stuff into his helmet and a plastic bag after each ride and then leaves the horrible bundle in the car in the hot sun," or "Poor dude can't find the time to wash his clothes, and has money for only one outfit," or "She's really a staunch environmentalist and conserves water and therefore relies on sweat and quartz crystals, instead of showers, to cleanse the body."

Success at Coyote Lake-Harvey Bear!

Hard-working ROMP members have secured a new BMX park/bike play area. After two proposals and numerous meetings and emails, a bike park is now slated for inclusion in Gilroy's Coyote Lake-Harvey Bear Ranch Park. The exact design and location will be determined in coordination between SCCP and the biking community. For more info, contact Darius (dariusmc@cs.stanford.edu) or check out www.parkhere.org/channel/0,4770,chid%253D16558%2526sid%253D12761,00.html.

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:
 (Sorry, only size XL available)

Size XL	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
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LIGHT & MOTION

TRAIL HEAD CYCLERY



Crossroads Bicycles



Willow Glen Bicycles



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

Broken Spoke 782 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

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