



Responsible Organized Mountain Pedalers  
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# ROMP MOUNTAIN CYCLIST

LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

AUGUST-SEPTEMBER 2004

## Where would we be without trails?

*By Charles Jalgunas*

The trail work season is just beginning in El Corte de Madera Creek Open Space Preserve, also known as Skegg's Point, and we have started with the Blue Blossom Trail. The Midpeninsula Regional Open Space District just hosted two workdays, kicking off the volunteer portion of their three-year resource protection plan.

The District will spend the next three seasons realigning trails and roads within the preserve in the interest of increasing water quality for Steelhead Trout that make the lower sections of El Corte de Madera and San Gregorio Creeks their spawning grounds. Many miles of trail in the preserve have long



A special thanks to everyone who came out for the trailwork days at ECDM to date.



runs without grade interruptions, and are often too close to creeks and other drainages, such that trail users and rain water are contributing to sediment in the watercourses. Much of the three-year plan involves moving trails away from creeks, hardening places where trails cross drainages, and building grade reversals into current trails, as well as realigning some sections of trail that are irreparable, and narrowing others from road width to singletrack to reduce the surface area of dirt exposed to rain. These changes should help

reduce sedimentation of the creeks.

These first two workdays, June 19 and 26, had 25 and 24 volunteers pitch in, respectively. Responsible Organized Mountain Pedalers, or ROMP, sent Paul Nam, Dave Oare, Charles Jalgunas, Bern Smith, Paule Bates, Patty Ciesla, Greg Lydon, Shane Reed, Marty Peckins, and Berry Stevens to serve as Trail Bosses and keep the crew on the right track. The Trail Bosses all have many hours of experience working on trails

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**Saso** Magazine Saso Cycles. dsaso@aol.com or call at (408) 926-0183

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



Broken Spoke 782 Laurel Street, San Carlos 650-594-9210  
brokenspoke.com



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



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



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



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



Sunshine Bicycles 309 First St. Gilroy 408-842-4889



Zanotti Cycles 4396 Enterprise Place, Suite A; Fremont, CA 94538. 510-490-0460 info@zanotticycles.com



Willow Glen Cycles. 1111 Willow St. San Jose. 95125. 408-2932606



cyclecalifornia.com



955 Fremont Ave  
Los Altos, CA 94024  
(650) 224-4354 al@posturepros.net



Trail Head Cyclery **TRAIL HEAD CYCLERY**  
14450 Union Ave, San Jose 408-369-9666 trailheadonline.com



Summit Bicycles 111 East Main Street, Los Gatos 408/399-9142; 1111 Burlingame Ave., Burlingame 650-343-8483; 1820 4th Street, San Rafael 415-456-4700

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



**BikeMapDude Productions** BikeMapDude:  
MOUNTAIN BIKE TRAIL GUIDES bikemapdude.com/



Walt's Cycle and Fitness 116 Carroll Ave, Sunnyvale, CA 94086 408-736-2630

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



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

Crossroads Bicycles

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





# Sponsor Profile

## Posture Pros Personal Training

by Eric Lafferty

Posture Pros Personal Training, located in Los Altos, provides one-on-one functional fitness programs designed to improve posture, eliminate joint pain and increase the quality of daily life.

According to Al Painter, owner and trainer, "Posture is the number one thing that will affect you regularly, good or bad." Al's personal training concentrates on the "Four Pillars" of human movement: locomotion (basic walking, skipping, running, etc.), level changes (up and down), pushing / pulling and rotation. These fundamental building blocks should be the core training for everyone from the "everyday" athlete to the high-level competitor.

During Al's seven years working as a personal trainer, he has trained beginning "every day" athletes, high school and collegiate athletes looking for a competitive edge, persons recovering from hip replacement surgery needing to re-learn how to sit/stand/walk, and everything in between.

Al holds certifications from the Aerobic and Fitness Association of America, the American Fitness Professionals Association and the International Fitness Association. He also expects to attain membership in the National Academy of Sports Medicine by this August.

While in college at Santa Clara University in the early 90's, Al became interested in personal training as a result of injuries that prevented him from playing baseball. The injuries lead to his gaining weight, and no longer being in-shape. In an effort to recover, Al began seeing a personal trainer, lost the

weight and regained his strength. Afterwards he sought out personal training as a career to help other benefit as he had.

Examples of benefits that have resulted from working with Posture Pros have include:

- ?? A person who regularly used Vioxx (an industrial grade pain killer) to relieve back pain, was off of the drug within months, and ran two marathons soon thereafter without a hitch.
- ?? A person that suffered from severe knee pain during everyday movement, is now able to kneel and garden for 20-30 minutes at a time.
- ?? A baseball player increased the speed of his fastball from 86 mph to 92 mph in only eight weeks.



Al Painter provides personal training through Posture Pros.

Regardless of a person's level of ability, there is always more to learn about the most effective way for your muscles to move your bones.

Posture Pros conducts training sessions in Los Altos across from the Bicycle Outfitters at the Los Altos Training Studio. The cost is \$69 per hour for one-on-one training session, or \$90

per hour for one-on-two session. Training session meet anywhere from one to three times per week, and concentrates on what each individual needs to improve the "Four Pillars." There is also a reward program for clients who bring in referral business.

If you're interested in finding out more, or scheduling a training session, contact Al by phone at (650) 224-4354, or e-mail him at al@posturepros.net.

### Other Cycling Organizations

**Access 4 Bikes** www.access4bikes.com

PO Box 526, Pt. Reyes Station, CA 94956

**Bay Area Velo Girls**

650-347-9752 www.velogirls.com

**Bicycle Trails Council of Marin (BTCM)**

PO Box 494, Fairfax CA 94978

415-456-7512 www.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@mbosc.org www.mbosc.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 MROSD also holds Trail Policy Committee meetings which develop and implement 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.

(Continued from page 2)

the land in a way very similar to Wilderness. It prohibits mining and road building. It prohibits logging and motorized travel, with some exceptions. It promotes water quality protection and fire management.

IMBA has been advancing the idea that Congress should use a variety of designations to protect public lands, not just Wilderness. The National Scenic Areas proposed in this bill would demonstrate that it's possible to accomplish land protection without banning bicycles.

We also asked for the support and passage of the House version of the Transportation Bill and in particular to preserve funding of the Recreational Trails Program, a small element within that bill, which is threatened in the current economic climate, and reaps huge tangible rewards in terms of recreational trail. Over 23 million dollars have been apportioned to California over the past decade through this program according to the USDOT.

"There's no question this was a groundbreaking event," said IMBA executive director Tim Blumenthal. "The halls of Congress were crawling with mountain bikers. We led more than 140 face-to-face meetings with government leaders and their staff. Our people were concise, professional and credible advocates for mountain biking. IMBA's network is more talented and motivated than ever. We've got unprecedented momentum." [from IMBA.com]

It needs to be understood that our position as California cyclists concerning the Wilderness bills is that of the underdog. If you feel strongly about

### 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):

Eric Lafferty / Josh Moore

newsletter@romp.org

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

Julie Brown (650) 814 8271 ride@romp.org

losing hundreds of miles of access please let the world know.

A new annual national mountain biking event has been proposed by IMBA called "Take a Kid Mountain Biking Day". This will be October 2, 2004. The title is self-explanatory. IMBA is trying to get Congress to pass an official designation of this day. Regardless of whether or not it passes, this day will be observed, and ROMP will participate.

IMBA revealed a new logo at the Summit, rendering all the old blue and yellow elliptical chain ring stuff retro. The new logo is black and white themed on the profile of bicycle chain. Icons representing advocacy actions, speak, build, respect and ride, accompany the new logo. A new slogan to replace "Long live long rides" is set as well: "Where would we be without trails?" If you like the old stuff they have it on sale for cheap.

A beautifully produced, designed, illustrated and written new "Trail Solutions, IMBA's Guide to Building Sweet Singletrack," premiered at the Summit. On the cover is a classic shot of the Flume Trail at Lake Tahoe. This book is an essential reference for trail work. ROMP's Board has approved the purchase of a bulk order of these books to donate to area land managers and trail advocates. We are currently creating the roster of recipients. If you can suggest parties who ought to receive a copy, please let ROMP know.

The Northern California Mountain Biking Association (NorCAMBA) is up and running. They have a website at www.norcamba.org, published their first newsletter Summer 2004, held the Ales and Trails Celebration at China Camp on June 19, and have hired Sue Fry as Executive Director (Sue is also the volunteer President of FATRAC). ROMP needs to be a member of this organization and help further advocacy on a higher level. Currently Access for Bikes (A4B), BONC (Bicyclists of Nevada County), BTCEB (Bicycle Trails Council of the East Bay), BTCM (Bicycle Trails Council of Marin), FATRAC (Folsom-Auburn Trail Riders Action Coalition),

SBTC (Sierra Buttes Trail Stewardship), and SAMBA (Sacramento Area Mountain Bike Association) are member clubs. ROMP is looking for a member to devote some time in developing a relationship with NorCAMBA, attending meetings and conference calls.

ECdM trail building is now an ongoing effort. We have had full turnouts of volunteers for the first two days of work, and have accomplished a great deal. This has been wonderful so far, and the new section of Blue Blossom Trail should be a treasured bit of trail in the future. It's early days yet however in this 3 year program. We can be assured to some degree because of the work we have already completed, but the remaining trail building and realignment sections are more complex. Later this year the Midpeninsula Regional Open Space District and ROMP hope to realign Cross-Over Trail (a.k.a. Hike-a-Bike). By next year we should have plans for the remediation of problems on Giant Salamander made and ready for implementation.

Trail workers are going to be needed more and more in the future as ROMP and our local land management agencies cooperate towards better trail management and alignments. Towards this end ROMP will from time to time be conducting free classroom training sessions for volunteers based on IMBA's Trail Building 101 course developed for the Trail Care Crew. Trail work is fun and rewarding exercise and a very important component of sustainable access.

That's all I have time and room for writing in this issue, but there is much more news. Check the ROMP email distribution list and website for more details. Please feel free to call or write me with you concerns and suggests at vocinam@yahoo.com, (408) 446 - 3745.

Also, ROMP is looking for a Social Director, a Public Relations Director, a NorCAMBA Liaison, and a Volunteer Coordinator. If you are interested in any of these positions please contact me.

Happy Trails - Paul

# Letter to the Editor

## Local Bicycle Tour Fundraiser Does Not Benefit All Cyclists

Seeing the San Francisco Chronicle article that advertised the "Tour De Peninsula" for the beginning of August has prompted me to write this letter. The Tour De Peninsula is a 50 KM (33 mile) road bike tour through the San Mateo foothills with proceeds from the ride going to the San Mateo County Parks and Recreation Foundation.

This ride is billed as a fundraiser for San Mateo County Parks and Recreation. However, the San Mateo Parks and Recreation is the same governing body that forbids Bicyclists from nearly 100% of its acreage. In all of the thousands of publicly owned acres in the county, the only off-pavement "trail" where bicycles are allowed is the "Old Haul Road" located in Pescadero Creek County Park. All trails in Huddart, Wunderlich, Sam McDonald, Memorial, Edgewood, and the miles of trails along Canada Road, Sheep Camp Trail, and many others are closed to all bicycles.

Have you ever been harassed by harried commuters while riding up Kings Mountain Road in Woodside? Did you know that there are wide trails and fire roads that parallel the road from below the entrance of Huddart Park to Skyline Boulevard? These San Mateo County Parks trails are entirely off-limit to pedalers.

Because of San Mateo County's policies, I ask you to please NOT support the Tour De Peninsula on August 1st. If you are so inclined to attend this event, please make every effort to converse with the organizers regarding this injustice, and do so in such a way that other riders within earshot hear.

If bicyclists are worthy enough to directly generate funds for San Mateo County Parks, we ought to be able to ride these same bicycles on some of the trails within these parks.

How about allowing bicycles on the Mount Ellen Nature-Pomponio-Summit Trail loops across from the entrance to Memorial Park? These trails are completely overgrown in spots, and could offer cyclists a delightful beginner to intermediate skill level loop. Families with younger kids who wish to ride bikes would welcome this addition. And why are these trails overgrown in spots? My guess is from lack of users on the trail. Why not open them on a trial basis?

The Summer Bicycle Sunday on Canada Road is a great option. How about a Bicycle Weekdays policy at some of OUR Public Parks?

In my humble opinion, San Mateo County Parks and Recreation ought to remove "Recreation" from their title, it should read: "San Mateo County Hiking and Horseback Parks - No Bicycles Allowed."

Jim Sullivan, Palo Alto



The only places to mountain bike legally in San Mateo are Water Dog Lake, managed by the city of Belmont, and Cahill - Fifield ridge roads, part of the San Francisco water district, pictured above. Riders must be accompanied by a docent, such as ROMP members Berry Stevens and Linda Wegner.

### 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

**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** 9000 East Dunne Ave, Morgan Hill 95037. 408-779-2728 Gavilan Sector Supervising Ranger Mike Ferry mferry@parks.ca.gov 831-623-1659; Coe Senior Ranger Barry Breckling barryb@coepark.org; www.coepark.parks.ca.gov

**Monterey District California State Parks, Gavilan Sector; Henry W. Coe State Park.**

P.O. Box 787; 19 Franklin Street; San Juan Bautista, CA 95045. 831-623-1659. Monterey District Superintendent C.L. Price

**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, Manager, Planning & Real Estate Division, (408)355-2210; mark.frederick@prk.sccgov.org, claraweb.co.santa-clara.ca.us/parks/

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

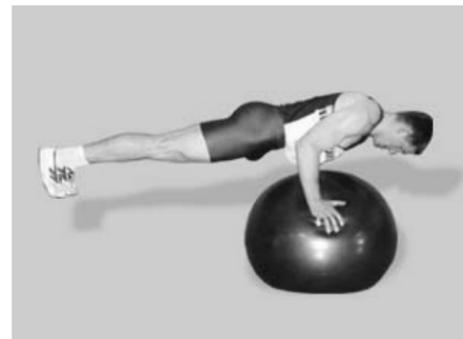
**Santa Cruz District** 600 Ocean St., Santa Cruz 95060; 408-429-2850; David Vincent, District Superintendent

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

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tered to reduce as much structural danger as possible. Anyone who has ever had a deep tissue massage, and almost passed out from the pain, has experienced one of the body's ways it will protect itself from harmful movements. These tender spots are muscle knots created by your body in its attempt to keep you from moving unsafely.

This is why it is critical to have a rock-solid core strength foundation for any recreational activity. If a rider with forward rounded shoulders spends several hours in the saddle, it will be done in an unstable, unsafe and



As you can see, good old fashioned pushups will provide a much more functional mountain bike exercise than a fully supported seated chest press.

potentially injury causing position.

The best way to combat this is to NOT have an exercise program rooted in guided resistance machines commonly found in most gyms and 30-minute fitness places. The 45-degree leg press (which increases the risk of low back disc herniation with repeated use), seated bicep curl, and seated chest press a few examples of these machines.

An exercise program should be functional in nature and have movements that have a high carryover to work, sport and everyday life. They should be designed to improve what Juan Carlos Santana, MEd, CSCS calls the "Four Pillars of Human Movement:" locomotion (basic walking, skipping, running, etc.), level changes (moving up and down), pushing/pulling and rotation.

Frequent machine use can break down

the body's neurological ability to keep you safe while you ride. Since the brain only knows movements and not muscles, this is critical to injury prevention.



Using the seated chest press teaches the brain to not use the shoulders when pushing, potentially leading to sports related injuries.

This is the equivalent of expecting Lance Armstrong to win his sixth Le Tour de France title by exclusively training on a stationary bike. He wouldn't stand much of a chance by doing this.

Machine use is not all bad, however. Isolating muscle groups with machines in an exercise program will speed up the stretching out of ligaments and help repair joint damage. Exercise programs that are progressive in nature and start with the mastery of basic human movement before progressing are the most successful methods for achieving for long term results.

With the proper functional exercise program, you not only reduce/eliminate joint pain, increase your core trunk strength, but you improve your posture and find it much easier to pedal longer and ride stronger!

*Al Painter, IFA, AFPA, AFAA is certified personal trainer specializing in sports specific functional training programs as well as postural restoration and the elimination of joint pain.*

### 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.

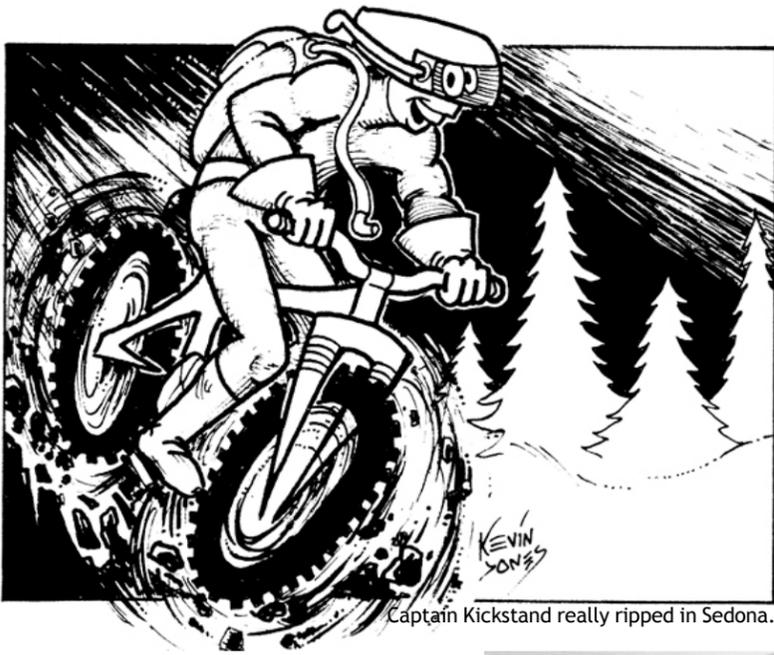
### Membership Update

#### Renewals

Cynthia Berg & Erik Cords  
Alicia Borowski  
Christopher Crim  
Logan S. Deimler  
Don Druyanoff  
Matt Dunstan  
Debbie & Tim Ellis & Family  
Jeff Farnsworth & Michele Taylor  
Esther Kim  
Tom Little  
Derek Maak  
Joan R. Murakami  
Alberto Roman  
Martin & Laura Romero & Family  
Craig & Shannon Rosa  
Kevin M. Schmidt & Family  
Rich Schwerin  
Jim Sullivan  
Paul & Jane Taylor & Family  
Janet Wagner  
Nancy E. Whyte

#### New Members

John Badger  
Patty Bajada  
Ritwik Bhatia  
Paul Bryant  
David Bullitt  
Dan Caputo  
Don Cooper  
Gary Courtright  
Joe Eyre  
Doug Hamilton  
Scott Hankins  
Dana Heimdahl  
Christine Perkins  
Lynne Pickering  
John Polony  
Richard Ramsay  
Carl Reisinger  
Thiel & Myra Ruperto  
Rick Schermerhorn  
Gena Soo  
Larry Wes



Captain Kickstand really ripped in Sedona.

October being prime.

A few other tips and suggestions for desert riding. Bring a hydration pack that can carry at least 100 oz. of water, and have at least two bottle cages on the bike. It's not only dry, but due to temperature and altitude changes during the ride, you'll want to carry more fluids and clothing. Camelbak Blowfish and HAWG hydration systems are the ticket.

With a few changes in gear you can easily ride one of the most beautiful places on Earth, having more fun than you can imagine. Go to Sedona and try it out!

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Huckaby/Jim Thompson/Jordan/Secret Trails/Seven Sacred Pools/Tea Pot/Thunder Mountain route in either direction is an all day funfest.

Another favorite is the Munds Wagon Trail, up Schnebly Hill Road (best as a Downhill). Consider arranging a shuttle to the Vista Point by Carousel Rock and dropping from there. The hardy riders can grunt up from the bottom at Huckaby Trailhead. Alternatively you can be dropped off on top of the mesa and do the uppermost portion of the trail, which is somewhat more hairball than the portion below Carousel Rock.

7) **Seasons.** You can bike Sedona year round if you're tough or hardy, but it's cold and will rain or snow December through February. June through early September can be brutally hot, and early morning or late evening rides are the best way to beat the heat. Spring or fall are the best seasons, with April and

**Interested in leading a ride?**

Contact Julie Brown, (650) 814 8271 or ride@romp.org by the tenth of the preceding month for newsletter listing. See www.romp.org for help on leading a ride or to submit your ride online.



**Romp Directory**

PO Box 1723, Campbell, CA 95009-1723 408-380-2271 x2171 www.romp.org

President	Paul Nam	408-446-3745	president@romp.org
Vice President	Ben Lagueux	650-823-6874	vicepresident@romp.org
Secretary	You?		secretary@romp.org
Treasurer	Glenn Wegner	408-257-8284	treasurer@romp.org
Beginner's Clinic Leader	Jim Sullivan	650-493-8774	beginnersclinic@romp.org
Membership Director	Linda Wegner	408-257-8284	membership@romp.org
Membership Database	David Volansky	415-334-7569	memberdata@romp.org
Social Director	You?		socialdirector@romp.org
Land Management Liaison	Scott Schlacter		landliaison@romp.org
Newsletter Layout	Joshua Moore	408-420-7342	newsletter@romp.org
Newsletter Editor	Eric Lafferty	408-733-4549	newsletter@romp.org
Newsletter Distribution	Glen Wegner	408-257-8284	news mailing@romp.org
Trail Education	You?		traileducation@romp.org
Trail Work Coordinator	Berry Stevens	650-364-6785	trailwork@romp.org
Ride Coordinator	Julie Brown	650-814-8271	ride@romp.org
Sponsor Coordinator	John Morgan	408-224-6879	sponsor@romp.org
National Mtn Bike Patrol	Dave Wieland	408-371-2729	nmbp@romp.org
Web Master	Josh Moore	408-420-7342	webmaster@romp.org

# The Street-Wise Cyclist

by Amanda Jones, Silicon Valley Bike Coalition

As roadways and bike trails become increasingly complex and congested it is increasingly important to have the skills to navigate with traffic and alongside other road users. On our roadways, bikes are treated as vehicles. Simply knowing how to ride a bike is not the same as knowing how to operate a bike safely and legally.

The Silicon Valley Bicycle Coalition (SVBC), the first coalition in the Bay Area to provide funding for bicycle education courses, currently offers several courses in bicycle safety. Courses are offered in the counties of Sonoma, Napa, Contra Costa, Alameda, San Francisco, San Mateo and Santa Clara. The Bay Area program is the only one of its kind in the nation. SVBC recently received a grant from the Bikes Belong Coalition to further expand the bicycle education program.

The League of American Bicyclists League Cycling Instructors (LCI's) offers

courses to suit the needs of any and every group of riders. From courses for civic groups to college level credits, LCI's offers the following courses for adults and children: Street Skills, Road I, Road II, Commuting, Motorist Ed, Kids I and Kids II. If your needs stray from these prescribed courses, LCI's can offer shorter duration classes, on-bike skills, classroom instruction, bike rodeos and general safety



consulting. For all audiences of all ages, League of American Bicyclists LCI's are insured for any material that they teach, in any setting.

In the San Francisco Bay Area LCI's have teamed up to create a regional network of instructors who team teach and assist one another in providing bicycle education courses. Regional instructors have agreed upon a format of Street Skills for Cyclists with an optional second day course that allows cyclists to complete the League of American Bicyclists Road I course.

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# The Beginner's Curve

by Anne Henmi

Have you ever stared down from the top of a hill trying to decide whether or not something is worth riding down, or just walking?

If so, here are some tips on the best way to deal with a scary hill.

**Scout the hill:**

After staring down it, stop. Walk down it and get an idea of the steepness first.

While you're walking down, get a feel for the terrain. Check to see if there is loose, rutted, or rocky soil. There may be rocks—some obvious, some not. These all affect how your bike will ride going downhill.

Anytime you scout a hill, make sure you observe the terrain too. Look for bike-eating trees, rocks, roots, and cliff-side exposure.

**Riding position:**

If the hill is something you're just trying to see how comfortable you are, you can drop your saddle (many bikes have a quick release for this). I don't suggest doing this all the time, but many people feel they are being pitched forward with the saddle at full height.. Make sure you're far back on the saddle with your pedals level. Having your pedals level will help you have something solid for both feet to stand on. Having your butt back will keep you from tipping forward.

**Braking:**

How you use your brakes can be dependent on the terrain.

The front brake provides the vast majority of your bike's stopping power. However, even if the trail is fairly smooth, if you panic and hit the front brake too hard, the bike stops and you

don't. Be careful.

At the same time, make sure you don't put too much pressure on the rear brake. This will cause your back wheel to skid, and you'll lose control as well as grind up the trail.

If the hill is really smooth, try going down without any brakes. You'll be more likely to enjoy the thrill.

If it's technically challenging, watch your speed. This past weekend I stared down a hill that was really steep and rocky, and it helped to be in control of where I was going.

**The eyes**

Most importantly, LOOK where you want to go. If you look over a cliff or at a bike-eating tree, that's more than likely where you'll ride. Look where you want to go, not where you don't.

If none of this works, walk the hill. If you're too psyched out, come back to the hill another time. The hill will still be there. Ride it when you're having a brave day.

(Continued from page 1)

and working with volunteer crews. Their trail workers for the first day consisted of Max Zinsman, Chris Spencer, Isaias Job, Lauren Lockwood, Tom Sharp, Otto von Stroheim, Ed Feinberg, Adrienne Harber, Loren Thomas, Jon Abernethy, Becky Grey,



Mid-Pen and ROMP have made excellent progress towards conservation goals.

John Finch, Brian Warkentine, Matt Watson, and John Jones.

These volunteer workers were replaced a week later by Ross Finlayson, Richard Andrews, Derek Lindsey, Janet Wagner, Jon Raynor, John Wetzel, Nancy Thomas, Giovanni Rey, Carrie Presnall, Bill Schmelzer, and Karen Brunton. The crew was broken up into small groups led by the Trail Bosses, some to continue forging ahead with the new Blue

Blossom alignment, and others to put the finishing touches on what had been done the week before. John Bilderbeck,



prevent further erosion. The volunteer effort on this trail is replacing the fall line section with a meandering, narrow trail with lots of rises and falls. It will need little maintenance in the future and won't add sediment to the creek below.

We started working on some really steep side slope, following a flag line laid in by the District's planners, along with consultation from ROMP and various ecologists and biologists. The ideal was to find a descending trail that would be sustainable and fun to ride in both directions, with minimal disruption to plant and animal habitat. The crew lined up on the hillside, and began scraping away leaves, twigs, branches and other organic debris, called duff, to get to pure mineral soil, working around and sometimes through natural obstructions. Mineral soil has little organic matter in it, and is necessary for a durable trail surface, or tread. Once the mineral soil is reached, the dirt is dug into and down, until, in the case of this trail,



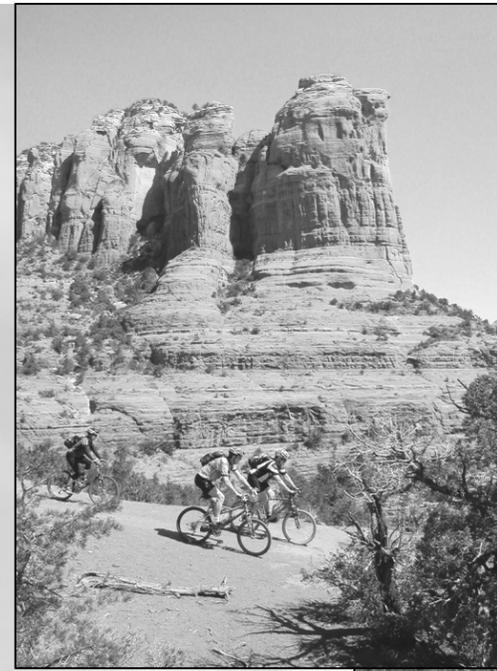
Charles and Matt listen while Craig delivers instruction on tool safety, history of the open space, and the day's objectives.

Brian Lucido, Chris Voci Nam, Julie Brown, and Tom Oshima all win the Two-Timers award for showing up for both days. Blue Blossom has a few hundred feet of trail running straight down the fall-line, and over the 10 years of public use it has seen, it has gotten wider, deeper, and channelized to the point where water can no longer be diverted off the trail to

a 2-foot wide trail surface is sculpted out of the hillside. The duff that was cast down the hill is brought up later to "repaint" the margin of the trail and cover the exposed dirt so only the 2-foot wide tread is left bare.

shoes that work great on the soft soils in the Bay Area will get you hurt on the slick rock and hard surfaces around Sedona. You'll skate on the slick rock and end up on your tush, or worse. Soft rubber soled mountain bike shoes that you've always thought were for newbies work great in this environment. You will do a fair amount of hike-a-bike, and shoes that you can walk in that grip the hard surfaces are vital to both your enjoyment and safety.

4) **Body armor.** Even if you're a very conservative rider who always stays within your ability and NEVER falls, you STILL should wear knee and shin armor around Sedona. Brushing of the trails doesn't happen. It almost seems as though cactus and other dry sharp vegetation is



intentionally left over-hanging the trail, if for no other reason than to keep you on it. Knee and shin armor will keep your otherwise exposed flesh from being shredded by passing succulents and dried branches.

5) **Maps and trail guides.** Cosmic Ray's latest edition, "Fat Tire Tales and Trails" (New Mighty Moto {Locals Only} Edition) is the most useful guide you can buy. The maps and trail descriptions are updated, and newer trails have been added.



There is no single good map for locating trails, but there are several that are helpful. The "Tan" map, "Sedona by Trail," is useful, but not current. The Sedona Chamber of Commerce offers a map by J and H Publications, which is a street guide with trailheads marked. The US Department of Agriculture's, "Coconino National Forest, Red Rock Country" map has value as well.

The best way to get to know the area is to go on any of the bike shop rides - my favorite is the "Mountain Bike Heaven" ride on Wednesdays and Sundays at 9 a.m. You'll get a great introduction to the trails, and see some truly great riders in action. "Bike and Bean" and "Absolute Bikes," both in the Village of Oak Creek, just South of Sedona, also lead shop rides. Check with these shops for days and times.

6) **Trails.** The trail network that is accessible from the end of Shelby, across from the Recycle Center, is a great introduction to the area, and provides multiple loops and access to/from Red Rock State Park and Red Rock Crossing. Carroll Canyon, Old Post, Herkenham and Ridge Trails are worth riding and using to complete larger loops. Cathedral Rock is a must in either direction.

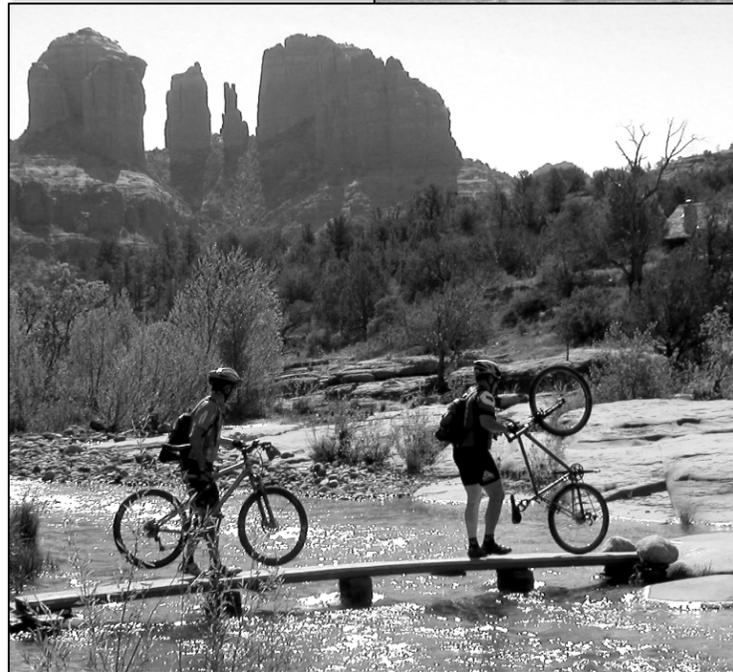
The Broken Arrow/Chicken Point/Little Horse route is THE classic Sedona ride. Be sure to do the side trip to Submarine Rock and Llama Trail. The other classic is

(Continued on page 12)

# Desert Riding in Sedona

by Berry Stevens

This past Spring I visited Arizona to mountain bike in the Sedona area. If you get the opportunity to go, the riding and scenery are excellent. However, desert riding does have it's own special requirements to make the



riding more enjoyable. Here are a few tips to better prepare you, and allow you to have a most excellent time.

1) **Slime tubes.** These are an absolute must. Cactus is EVERYWHERE in Sedona - off trail, near trail, overhanging trail, you name it. The spines will quickly ventilate your tubes and you will flat. If you go on any of the bike shop rides, they will drop you if you flat and have not Slimed your tubes. If you've Slimed and flat, then they'll wait while you fix it. Who wants to spend their vacation fixing flats? Of the four guys in my group, the ones without Slime flattened at least once every ride. 'Nuf said.

2) **Fat tires.** You'll want to run very fat tires around Sedona. At LEAST 2.35"

front and rear tires. The locals run 2.5" front and 2.35" rear at a minimum, and at low pressure (30 psi or less). Most locals seemed to be riding Maxxis tires, with a few using Nokian or Kenda. I ran 2.4" WTB Mutano Raptors front and rear at 30-32 psi and was happy, had no pinch flats (I weigh ~160 lbs.), and had great traction. Narrow, high-pressure tires will punish you and deliver little traction.

3) **Soft-soled mountain bike shoes.** Hard plastic lugged soled



The Open Space District sent several experts, including Matt Freeman, their planner, and Construction and Maintenance Supervisor Craig Beckman. Craig's own professional crew was out in advance of the volunteer work day. They opened up a portion of the trail corridor by removing some vegetation, and built a short sample section of trail that served as a template for the volunteers.

At the end of day two, we had several hundred yards of high-quality, completed trail, and had cleared brush and duff from the entire length of the 2000 foot realignment. Some unfinished sections still need to be dug deeper and wider, the tread will need to be leveled, and finally, organic material will need to be brought up to finish the trail edges.

This trail will be opened for all users as soon as we are done, and that is where you can help. I am collecting names and email

addresses from interested volunteers, and will soon be posting dates for future workdays for Blue Blossom as well as other trails within El Corte de Madera that will see similar treatment this year. IMBA recommends that each year you give \$20.00 to each your local and national trails advocacy group, and 20 volunteer hours keeping trails open for all. How's your 20/20/20 ?

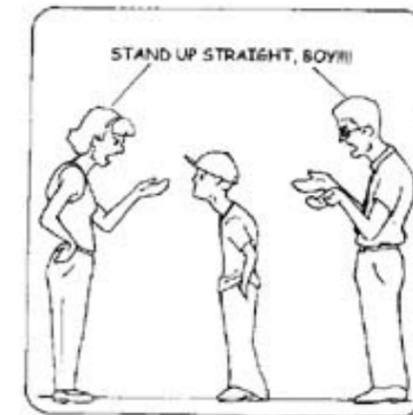


# Stand Up Straight to Bike Stronger

By Al Painter

Poor posture is the number one contributing factor to recreational athletic injuries. This usually begins with tight muscles and weak abs. In today's workplace environment, it is almost impossible to escape being seated for long periods of time. This does not translate over to an improved posture, let alone helping someone to become a stronger rider.

Even it if invokes painful childhood memories of parental prodding, if you want to become a better rider, stand up straight!



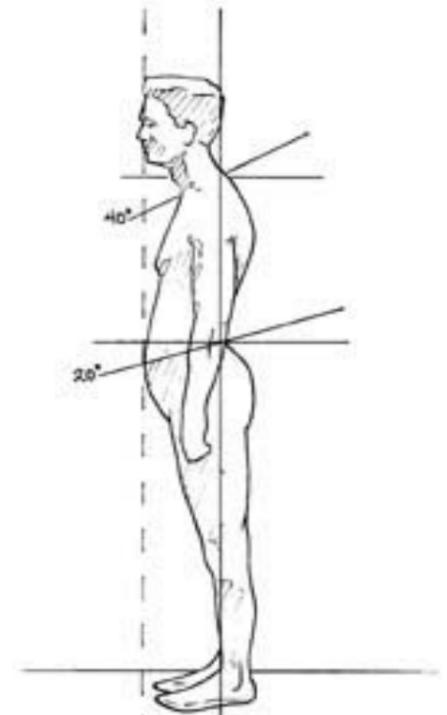
There are two kinds of posture that are vital for athletic performance of any kind: static and dynamic. Paul Chek, HHP, NMT in his book "Movement that Matters" calls static posture the position of your bones *before* you move, and dynamic posture the position of your bones *while* you move.

Since the spine and its associated muscles are responsible for transferring the force from the lower body into the trunk while you pedal, it is critical to have sound static posture. Continued movement in a poorly aligned spine severely stresses the ligaments that connect all the vertebrae together in the

spinal column by stretching them beyond normal.

Once a ligament is overstretched, **it remains overstretched permanently.** This leaves the door wide open for "slipped" or "blown" discs as we age.

One of the most common signs of poor posture is **the rounding** forward of the shoulders. People who mention post ride neck, shoulder, elbow and wrist aches are probably already experiencing this.



This individual is a common example of a spine in need of postural restoration!

Whenever our bodies perceive an activity as dangerous to the survival of a joint, a response is sent out from the brain to limit that joint's range of motion to move away from any possible of tension or pain.

This translates to joint angles being al-

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The following is a description of the courses and what is covered.

### Road I

This basic 9-hour course is perfect as a primer for those cyclists who wish to gain a full understanding of how to safely operate a bicycle in a variety of situations. The 9-hour class includes learning how to perform a bicycle safety check, fixing a flat, interactive discussion, on-bike skills practice and student manual. Students will gain confidence knowing that they are riding legally and safely. Crash avoidance techniques



and crash types will be discussed. Recommended for adults and children above 14.

### Street Skills for Cyclists

*The Know-How You Need to Ride the Roads*

In just 4 hours, learn how to safely and confidently use your bike for transportation. Whether you're a current or prospective bike commuter, a recreational rider, a touring or club cyclist, a parent who bikes with your family, or just want to get around town, you'll enjoy cycling more when you know how to operate your bike smoothly in traffic.

### Topics:

Your legal rights and responsibilities as a bicycle driver under the California Vehicle Code. Day and night visibility so you are detected and recognized.

Where to ride between intersections on all types of streets. Bike lanes, and how to ride when there are none. How to safely traverse intersections and interchanges, including 4 ways to make left turns. Direct and pleasant local and regional routes for commuting and utility trips - alternatives to the busy roads. How to take your bike on Caltrain, BART, VTA Light Rail, buses, and ferries. How to outfit yourself and your bike for convenient utility transportation

### Features:

Demonstrations of techniques and accessories, bike maps, a Street Smarts booklet, and other resources.

One of the features of the Street Skills program is a breakdown of the types of bicycle crashes, which party is at fault and how crashes can be avoided. Many cyclists don't realize that almost 50% of bicycle crashes are the cyclist's fault and a majority of crashes are solo falls. When bicycles and cars do crash the responsibility are about 50% bicyclist at fault and 50% motorist at fault. Street Skills provides practical advice on

how to reduce risk associated with crashes.

Many cyclists who have completed the courses say that they feel more comfortable handling complex road conditions and that they find themselves using their bicycles for more trips than they did before the took Street Skills.

Local Bicycle Education programs such as Street Skills for Cyclists, Road I or Kids II are listed on the Bay Area Regional Transportation Information web site [www.511.org](http://www.511.org) on the Bicycling section. If you are interested in helping to sponsor Street Skills and Road I in your community or to provide bicycle education for youth please contact Amanda Jones at (650) 329-2568 or by e-mail at [amanda.jones@cityofpaloalto.org](mailto:amanda.jones@cityofpaloalto.org).

# Ride Listings, August & September

## Weekly Rides

### Mondays 6pm MTB 101

Note: No ride on the fourth Monday of each month. A/EASY/10/1000 Prerequisite = ROMP Beginner's Clinic or Equivalent. Meet in the Fremont Older Prospect Road parking lot at 6:00 PM, ready to ride at 6:15. This ride is open to novices of all ages. We will practice our climbing, descending and cornering techniques. The preserve entrance is on Prospect Road in Cupertino. Exit Highway 85 at DeAnza Blvd. (From northbound 85 turn left on DeAnza Blvd. and from southbound 85 turn right on DeAnza Blvd.) Travel on DeAnza (toward the mountains) about 0.5 miles. Turn right on Prospect Road. At the first stop sign, turn left across the railroad tracks to remain on Prospect. Follow Prospect for 1.3 miles, turning left after the Saratoga Country Club, until you reach the preserve parking lot. Parking for approximately 15 cars is available here. Contact Rich Andrews (408) 738-1384 [randrews@arc.nasa.gov](mailto:randrews@arc.nasa.gov)

### Wednesdays, 6pm Fremont Older rides

C/INT/10/1700 We're back for another summer of Fremont Older After Work rides. Meet Glenn & Linda in the main Stevens Creek Co. Park pkg lot off Stevens Canyon Rd. It's about 1 mile S. of Stevens Creek Blvd., and about 2 miles S. of I280 (exit Foot-hill Blvd). There is a parking fee. Optional food after ride. Call 408-257-8284 if you need more info.

### Friday Night Ride 7pm, Hunting Hollow, Henry Coe State Park, Gilroy

This ride will be at a Intermediate pace with regroups at hill tops. The rides last about 4 hours and include some tough climbing. have enoughts lights for 4 hours, a small backup light is advised. Contact Chuck Schroyer 408 779-6822 [nightriders@verizon.net](mailto:nightriders@verizon.net)

## Monthly Rides

### First Sunday Social Ride at Saratoga Gap

B/EASY/11/1500 Meet at 10am at Grizzly Flat on Skyline Blvd (inbetween Junction 9 and Page Mill Road). This is a social ride so there are plenty of breaks, and we wait for everyone. Bring a helmet, water and some power bars. After the ride we will go for lunch in Saratoga. Contact Information: Dave, 408-255-3464. [tripman@scoreone.com](mailto:tripman@scoreone.com)

### Arastradero Second Saturday Social

B/EASY/7/900 This friendly, introductory ride covers most major trails in the preserve, including some moderate hills, jumps, tight switchbacks and single track. More skilled riders are encouraged to join us, socialize and provide support. Depending on skill level and time, we may go up dirt Alpine rd. after. 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. Contact Information: Josh Moore, (408) 420 7342. [josh\\_moore@comcast.net](mailto:josh_moore@comcast.net)

### 2nd Sunday Ride at Soquel Demo Forest

C/INT/12-18/2500-3000 Meet at 10am at the entrance to SDF on Highland Way. From hwy 17, take the Summit Rd exit and head SE. Go 5 1/2 miles to the first stop sign, turn right and then bear left onto Highland Way. Go another 4 miles to the entrance. More info on SDF at [www.mtb.live.com/rides/SoquelDemo.html](http://www.mtb.live.com/rides/SoquelDemo.html). Rides will vary covering single-track such as Ridge, Braille, Tractor, or Sawpit; Double loop option if you didn't have enough fun the first time down. Contact Information: Rich Andrews, 408-738-1384. [randrews@arc.nasa.gov](mailto:randrews@arc.nasa.gov)

### 3rd Tuesday Alpine Road

This year round ride has a couple options on where to meet up. 1st chance is the California ave Caltrain station in Palo Alto @ 5:05 pm, meeting the Northbound#79 and the Southbound#66 trains @ 5:05 pm. From here we pedal through Stanford's "Professorville" on lightly travelled streets, over Old Page Mill rd, through Arastradero Preserve to The Portola Valley ranch . The 2nd chance to meet up occurs here @ 6:15, corner of Alpine rd. - Willowbrook in Portola Valley, please park on Willowbrook. The ride then meanders up Alpine rd, following El Corte De Madera creek , all the way to Page Mill rd x Skyline. This 3 hour ride requires the use of lights in the fall- winter months, loaner sets are available, and rear flashing lights are highly recommended. Please contact Jim beforehand for any equipment questions. This complete ride is for intermediate level riders, however, many of our participants show up and ride a portion of the distance just to stretch the legs after work. The main concept of this ride is FUN, any hammeheads are summarily ditched and left to prove something somewhere else. Contact Information: Jim Sullivan, 650-493-8774. [ssulljm@juno.com](mailto:ssulljm@juno.com)

### 3rd Sunday Ride at ECdM (Skeggs)

D/DIFF/15/3000 -Meet at Skeggs Point on Skyline Blvd at 10am. This is a hard ride - any riders who cannot stay with the group will be dropped. Contact Information: Dave Tripier, (408) 255-3464. [tripman@scoreone.com](mailto:tripman@scoreone.com)

### 4th Saturday Beginner's Clinic

A/Easy/6/800 On the 4th Saturday of each month, meet at 1pm at the Arastradero Preserve, at the main parking area on Arastradero Road. We'll cover the basics of mountain biking while riding a combination of fireroads and singletrack. Be sure to bring a helmet, water, and something to eat. Please RSVP to Jim at 650-493-8774 or [ssulljm@juno.com](mailto:ssulljm@juno.com). RSVP is a must, as the meeting spot at the Preserve can vary with class focus. Contact Information: Jim, 650-493-8774. [ssulljm@juno.com](mailto:ssulljm@juno.com)

### Fourth Sunday Ride to Skyline

C/35/4000 Meet at the corner of Stevens Canyon Rd and Mount Eden Rd at 10:00am for a nice long ride. The route will vary from month to month depend-

ing on interest. The general plan is to head up Table Mountain or Monte Bello and explore the many parks and trails off Skyline. Contact Information: Julie Brown 650 814 8271 [jbrown@equinix.com](mailto:jbrown@equinix.com)

### Last Sunday @ Wilder Ranch

B-C/INT/16/2000' - Wilder Ranch is 2 miles past the traffic light at Western Dr. on Hiway 1 (No). We will meet in the parking lot near the restrooms. Leave the parking lot at 10:00. Lots of single track on your favorite trails: Old Cabin, Rodrigo, Twin Oaks, Zane Grey. Many regroup and "do -overs". Bring water and a snack. Be prepared for the best views of Monterey Bay, great technical single track and faces you may not have seen for a while! Lunch in Santa Cruz after for those interested. Contact Information: Michael & Jain Light, (831) 662-9744. [malight@pacbell.net](mailto:malight@pacbell.net)

## August

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## September

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## ROMP 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 (408) 736-2242

## 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 regroup 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.