

# Hope for San Mateo Parks & Rec?

Patty Ciesla, Executive Director, Northern California Mountain Bicycling Association

I attended the San Mateo County Parks Commission meeting to Recommend the Huddart / Wunderlich Master Plan with Jim Sullivan, Josh Moore, and Susan Doherty of the Woodside Bicycle Committee. Jim and Josh and Susan all spoke well, in favor of including bikes in the plan. There were also about two dozen equestrians, whose unanimous refrain was "keep bikes off the trails." I prepared a couple of maps and a letter to the commission and spoke briefly, making a specific request that accommodation for bicycles be provided to allow us to ride up to the ridge without having to be on the busy highways. I showed how a trail could be built south of Kings Mountain Road that would not intersect with other trails currently used by horses with the



We probably should not see bikes on the Chickadee trail in Huddart Park anytime soon

exception of the Bay Area Ridge Trail.

Despite the seemingly impossible odds, Commissioner Bern Smith made a motion at the end of the presentations and discussion, to forward the Draft Master Plan to the Board of Supervisors with the condition that staff identify a route for bicycles up through the parks to the ridge. The motion was seconded by Chair Richard Biederman. There was discussion about whether a route should be specified, such as a trail or perhaps Bear Gulch Road, and the motion was amended to simply state "a route." There was discussion about whether this represented a recommendation to lift the ban on bikes system wide, and Chair Biederman said that times change and maybe it's time to re-evaluate this restriction and start with this one Park. On this commission, there are five seats. One seat is vacant. Another commissioner (Mel Pincus) was absent. The fifth seat is held by a woman, Marian Vanden Bosch, who was present, and her vote was no. So the motion carried 2-1.

I left the meeting feeling rather parched. It seemed surreal. Sully was there

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outside the room and we gave each other hugs. We talked about whether we should pursue the boycott of the Tour de Peninsula, and decided it would be best to just drop the subject at this point and see if the support for cycling made it through the process with the Board of Supervisors. In the hall we met Bill Korbholz, who is on the Board of Directors of the San Mateo County Parks Foundation. I told him that we really would prefer to be supporters of the foundation rather than opponents, and given the vote, we had decided that at this time we would not be opposing the TdP fundraiser. He thanked us and said the news made him very happy. The new Director, David Holland, also stopped to talk in the hall. He said that as the Director of Recreation Programs for the US Forest Service, he's heard all these complaints about multi-use before. I told him I was really happy to see a new face and a new perspective at San Mateo County Parks and I hoped he enjoyed his new job.

So I'm very grateful for having made this small inroad with San Mateo County Parks. We owe a great deal of thanks to Commissioner Smith for listening to our requests and taking the initiative to include them in the plan. The equestrian community is sure to come out strongly against this and will be writing letters and lobbying the Board of Supervisors. They are sure to push for the route to be Bear Gulch Road and not an actual trail. With their money and connections it will be difficult to keep the support we have. It will require a lot of work on our part for this amendment to remain in the plan in the end with a trail open to bikes in Woodside. But at least the door is open a crack.

You can read my letter and look at the proposed route at www.stanford.edu/ ~imahorse/norcamba.

## **Crested Butte**

#### By Paul Nam

This is a mid vacation report from the youth hostel laundry room in Crested Butte. Chris and I have just emerged from five days in the backcountry camping exploring single track on our bikes. We've had a safe trip so far, only one flat, and had thunderstorms everyday (the latter to be expected up here in the Rocky Mountains.) We went on a guided trip this time with Rim Tours based out of Moab. This was our second trip with the outfit. They are excellent.

Crested Butte is home to the Mountain Biking Hall of Fame, which is ensconced in a corner of the city museum. We were just in there for our first time today and it was a pleasant surprise to see a large panel devoted to the "Cupertino Riders". The foremost name amongst the Cupertino Riders is Russ Mahon. There's a famous photo of retro looking riders poised at the summit of Bohlman Rd in Saratoga featured prominently amongst other lore about the Cupertino Riders.

Our guides are actually part of the fabric of mountain bike (mtb) history themselves and it was very educational hearing their stories.

One thing that really impressed me was their high involvement with trailwork in Crested Butte and Moab areas. Even though these are rural areas, they typically get at least 40 people on regular trailwork days. The mtb community is relied upon for their expertise on trail maintenance and design. The forest service has come to rely on these volunteer efforts to replace the work which the agency can no longer do due to budget cutbacks. Land managers out here have to contract out trail work projects. Much of this work falls to mountain bikers.

The town is full of bikes and the speed limit is 15 mph.

## **Ride: ECdM**

#### By Josh Moore

Tom Oshima and I went for a tour of El Corte de Madera on August 24th, 2005. We were on our new, long travel bicycles, and we were out for a technical challenge. We headed down Tafoni and El Corte de Madera Creek Trails which was a nice warm up for the thrills to come.

After a quick break we headed down the North Leaf Trail, in a direction I seldom ride it. It is amazing how different a trail seems in the other direction. The stone water bars and giant roots were much easier to clear with the extra travel. Tom thought the trail had become easier.

We then rode up to Star Hill Road and headed down to begin the "descent" on South Leaf. This narrow, rock & roll singletrack challenged us in the loose short climbs and rocky drops as always, but I found myself encouraged by my new, super stiff front shock.



Once we got to the bottom of South Leaf, there was not much to do but head down Virginia Mill, over the water bars, and across the new bridge. The bridge is at least twenty feet above

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the creek and offers an interesting perspective on the habitat below. Construction on this bridge in the spring closed Virginia Mill Trail for some months. Combined with the Crossover / Hike-a-Bike closure for realignment this winter, the park was basically split in half. Not any more.

Back on our bikes, grunted up the other side of Virginia Mill, and Lawrence Creek. On one of the short downhill sections of Lawrence Creek, I had a pleasant discussion with some rangers about public safety. I appreciate rangers and admire the job they do. I was grateful for the reminder of the MROSD 15mph speed limit.

I caught up with Tom near the top of Blue Blossom. We headed down Blue Blossom in the Twilight, and by the time we reached the top of Gordon Mill it was quite dark. Still, the tremendous amount of work MROSD is doing to keep the park open, rather than let Fish and Wildlife shut it down, is obvious. Gordon Mill now has at least a ten degree out-slope, periodic drains that are three or more feet deep, and a fresh layer of cinder. While it is not the wild, backwoods experience I seek, over time, the brush will grow in, and the cinder will sink in. Perhaps MROSD will put in some grass seed to hold the bare dirt in place.

# White Sierra Sponsors Bay Area Trail Day

White Sierra is pleased to announce its participation with the Responsible Organized Mountain Pedalers (ROMP) for the organization's upcoming Midpeninsula El Corte de Madera Trail Day on Sept.10, 2005.

White Sierra is supplying trail outfits featuring sun protection and performance fabrications for the volunteers to wear during the event.



"White Sierra is inspired by its local environment, and we're very excited to be participating in this event since ROMP helps maintain and preserve the areas in which we play," says White Sierra marketing director Al Whitworth.

White Sierra, based in the San Francisco Bay area, is inspired by both the cities and open spaces of the Bay Area (where we work) and the Pacific Coast and Sierra Nevada Mountains (where we play). For additional information , please visit www.whitesierra.com, or call 800-980-8688. White Sierra – Think Outside!

Once we got to the top of Gordon Mill, it was quite dark so we headed up the road back to Skeggs point. This 13+ mile ride is enough to challenge and exhaust even advanced riders.

While the riding at ECdM is great, we all need to do our part as well. Consider volunteering some trail work, October 8th. Please RSVP by contacting MROSD at volunteer@openspace.org to reserve your spot.

#### **Romp Directory**

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

PO Box 1723, Campbell, CA 95	408-380-22	/1 X21/1 WWW.1	romp.org
President	Paul Nam	408-446-3745	president@romp.org
Vice President			vicepresident@romp.org
Secretary			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			socialdirector@romp.org
Newsletter Layout	Josh Moore	408-420-7342	webmaster@romp.org
Newsletter Editor	Anne Henmi		newsletter@romp.org
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Trail Education			traileducation@romp.org
Trail Work Coordinator	Charles Jalgunas		trailwork@romp.org
Ride Coordinator	Julie Barott	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

#### **Other Cycling Organizations**

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

**Bay Area Velo Girls** 650-347-9752 velogirls.com **Bicycle Trails Council of Marin (BTCM)** PO Box 494, Fairfax CA 94978 415-456-7512 btcmarin.org **Bicycle Trails Council of the East Bay (BTCEB)** PO Box 9583, Berkeley CA 94709 415-528-BIKE btceastbay.org Folsom Auburn Trail Riders Action Coalition 916-663-4626 fatrac.org International Mt. Biking Association (IMBA) PO Box 7578, Boulder CO 80306 303-545-9011 imba.com Monterey Mt. Bike Association (MoMBA) PO Box 51928, Pacific Grove CA 93590 408-372-2134 Mountain Bikers of Santa Cruz (MBoSC) president@mbosc.org mbosc.org Northern California Mountain Biking Association (NorCaMBA) norcamba.org suefry@norcamba.org Sonoma County Trails Council (SCTC) sonomatrails.org/sctc/ San Jose Inner City Outings (San Jose ICO) sierraclub.org/ico/sanjose/ Silicon Valley Bicycle Coalition svbcbikes.org Western Wheelers Bicycle Club westernwheelers.org Women's Mt. Biking and Tea Soc (WoMBATS) wombats.org

ROMP MOUNTAIN CYCLIST

### Weekly Rides

#### Wednesdays Through 9/14

**06:00 PM Fremont Older After Work Rides** (2:00) C/INT/10/2000' Join us for our weekly Fremont Older rides. We leave the main Stevens Creek County Park parking lot at 6PM. The parking lot is about 2 miles south of I280 on Stevens Canyon Rd (Foothill Blvd. exit off I280.) County Park charges for parking, also bring \$ for optional postride food. Glenn & Linda, 408-257-8284.

### Monthly Rides

#### Sundays

10:00 AM First Sunday Social Ride at Saratoga Gap (3:00) 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 Tripier (408) 255-3464 tripier@aol.com

#### 10:00 AM 2nd Sunday Ride at Soquel Demo

**Forest** (4:00) 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 .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 down. Contact Information: Rich Andrews 408-738-1384 randrews@arc.nasa.gov mtb.live.com/rides/ SoquelDemo.html

**10:00 AM 3rd Sunday Ride at SDF** (Demo Forest) (3:00) C-D/DIFF/15/3000 -- C-D/16-18/3000-4000 The third Sunday ride is now changing to SDF! 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. We are going to be lot's of fun with 2 loops of super action : ) Contact Information: Dave Tripier (408) 255-3464 tripier@aol.com

**10:00 AM Fourth Sunday Ride to Skyline (**4:00) C/30/4000 New Starting place. Meet at the corner of Stevens Canyon Rd and Redwood Gulch at

# Calendar

10:00am for a nice long ride. The route will vary from month to month depending 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: Josh Moore (408) 420 7342 josh\_moore@comcast.net

#### **10:00 AM Last Sunday - Wilder Ranch Ride** (4:30) Enjoy 14 miles of single track along with breath-taking views of Monterey Bay. 1800' of elevation gain, Intermediate/Advanced ride... Regroup at each trailhead. Good food after. Meet in the parking lot near the restrooms.

For more info, please email or call... M & J Location: Wilder Ranch State Park Santa Cruz CA Contact Information: Michael & Jain Light 831-662-9744 malight@pacbell.net

#### **3rd Tuesdays**

**04:30 PM Alpine Road (3:00)** This year round ride has a couple options on

#262southbound@ 4:33 pm, + #169 northbound also @4:33 at the California Ave. caltrain station. RSVP a must if you plan on attending this ride, as

the meeting places will vary depending on weather. From here we pedal through Stanford's "Professorville" on lightly traveled streets, over Old Page Mill rd, through Arastradero Preserve to The Portola Valley ranch . The 2nd chance to meet up occurs here @ 5:45, 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

#### Saturdays

2:30PM Second Saturday Social (2:00) 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. Directions and Map. Take Oregon Expressway / Page Mill Rd south past hwy 280. Turn right on Arastradero, and right into the parking lot. Bring your helmet, a snack and water. Rain cancels. Location: Arastradero Open Space Preserve Parking lot near gate A Arastradero Rd. Palo Alto CA Contact Information: Josh Moore (408) 420 7342 josh\_moore@comcast.net

10:00 AM 3rd Sat NMBP ride (4:00) This is a ride for the NMBP and all those who wish to ride with us and just have fun. I will change the ride location from time to time. But Half the rides will be in Soquel Demo Forest. Be ready to ride at 10:00am. Riding trails and duration will be determined by who the riders are and what there abilities are. This is a social ride for intermediate riders and above. But, know one gets left behind (but me). Location: ride changes monthly Contact Information: Dave Wieland 408 371-2729 traildog@sbcglobal.net



12:00 PM 4th Sat Basic Fixit Class (1:00) The fixit clinic is for current romp members only, membership forms available at clinic for easy sign up. BRSVP is a must due to max class size limit. This hands on fixit class will go over the basic needs for preventative maintenance and trails repair of your mt bike. Fix a flat, adjust your derrailleurs, straighten a wheel, and anything else bike related that will get you back on the trail. Location: Arastradero OSP Parking lot Arastradero Rd Palo Alto. Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

**01:00 PM 4th Saturday Beginner's Clinic** (3:00) We'll cover the basics of mountain biking while riding a combination of fireroads and singletrack. Be sure to bring a helmet, water, and something to eat. Please RSVP to Jim at 650-493-8774 or ssulljm@juno.com. RSVP is a must, as the meeting spot at the Preserve can vary with class focus. Location: Arastradero Preserve Arastradero Road Palo Alto CA Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

### **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 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 regroups 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.

#### **Mountain Cyclist**

The Mountain Cyclist is the monthly newsletter of the Responsible Organized Mountain Pedalers

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

newsletter@romp.org

Send ride listings to the club web master

 Josh Moore (408) 420 7342 webmaster@romp.org



#### 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.

#### 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 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, 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; 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; info@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.santaclara.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

# **Spier Bar Recipe**

#### Valerie Spier, MPH, RD, CDE

This is a recipe for all of you who dread the thought of yet another Cliff Bar (or substitute in for your favorite). This bar is reminiscent of a cross between an oatmeal cookie and trail mix. The cookie is not too sweet, the fruit layer is moist and full of surprises. It keeps for 3 days at room temperature, in the fridge for a week. It freezes beautifully for 3-4 months if wrapped tightly. Nutritionally, it gives you fast and slow carbs, protein, a small amount of fat, potassium, sodium and loads of vitamins and minerals without any preservatives or artificial colors.

#### Ingredients

3/4 c. dried cranberries 1/2 c. raisins 1 c. dried, chopped fruit (packed) use any combination: pears, peaches, dates, figs, prunes, apples, blueberries, etc. Boiling water 3/4 c. strawberry jam 1/3 c. raw sunflower seeds 1/3 c. chopped walnuts 1 c. whole wheat pastry flour 1 tsp. baking soda 1/2 tsp. salt 1 tsp. ground cinnamon 2 c. old-fashioned rolled oats 1 c. raw or toasted wheat germ 1 package silken tofu (12.3 oz) 1/2 cup vegetable oil 2 large eggs 1/2 c. brown sugar, packed 1/4 c. honey 2 tsp. vanilla extract

#### Directions

1. Preheat oven to 350 degrees. Lightly coat 13 X 9-inch glass baking dish with cooking spray.

2. Place dried fruit in a small bowl and cover with boiling water. Set aside for 10-15 minutes.

3. Toast nuts and seeds, if desired, in oven in a pie tin for 5 to 10 minutesuntil fragrant.

4. In medium bowl, combine flour, baking soda, salt and cinnamon. Stir in oats and wheat germ.

5. Drain fruit, reserving 1-2 Tbsp. liquid and stir into preserves to make a glaze for the dried fruit. May warm in the microwave on low setting for 1 minute to make it easier to mix. Toss to coat dried fruit in small bowl.

6. In a blender, process tofu, eggs, brown sugar, oil, honey and vanilla. Process until smooth and stop once or twice to scrape down the sides with a rubber spatula. Add to bowl of dry ingredients with nuts and seeds until thick batter is formed.

7. Divide dough in half and smooth with moistened fingertips into the bottom of prepared glass dish. Drop dried fruit in teaspoons throughout the top and smooth out with rubber spatula to even out. Set aside 1/2 cup batter from bowl. Take remaining batter and drop by tablespoons on top of fruit and smooth carefully, with moistened fingertips to cover. Use reserved 1/2 cup to patch up thin areas where fruit is showing through. Smooth with rubber spatula one last time to even out if needed.

8. Bake 30 minutes on the medium position rack in oven. Cut into bars while still warm, but not hot. Let cool completely.

Yield: 16

Nutrition Information: Calories per bar 317; Total Carbohydrates 47 g; Fiber 5 g; Protein 8 g; Fat 13 g; Calcium 51 mg; Potassium 327 mg; Sodium 166 mg; Iron 3 mg.

#### **Jersey Sale!**

#### Jerseys: \$55 + \$2 shipping

The new, green, light blue, and yellow Jerseys have arrived! These Voler Jerseys run a little small so we suggest ordering one size larger than normal.

#### To order, fill out the following:

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

Size	Color (olive or forest)	Otv	Subtotal		
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Order total :					
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Name					
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Sena ra	orm with check 1	payao			
ROMP – Attention: Apparel					
PO Box 1					
Campbell CA 95009-1723					



#### **ROMP Monthly Meetings**

Monthly meetings are where the vast majority of ROMP business is conducted. 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

#### **ROMP Membership Application, Renewal, Change of Address, and Donation Form**

ROMP is a group of local, energetic mountain bikers who have discovered the need for an active representation for the mountain biking public, and for an organized, responsible attitude in the practices of off-road bicyclists. ROMP needs YOUR support.

Name			
Family Members			
Address			
	Phone		
City	email		
State Zip	Membership Type		
Send Newsletter	Individual (\$20.00) Family (\$25.00) Student (\$10.00)		
Via US postal service Just send me an email	New Renewal Change of Address Donation \$		

#### **READ AND SIGN WAIVER BELOW (Required each year to process membership)**

LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEM-NITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT") IN CONSIDERATION of being permitted to participate in any way in Responsible Organized Mountain Pedalers ("Club") sponsored Bicycling Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that:(a)BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALY-SIS, AND DEATH ("RISKS"); (b)these Risks and dangers may be caused by my own actions or inactions, the actions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c)there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAM-AGES I incur as a result of my participation or that of

the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the RELEASEES, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE

Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LI-ABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOT-WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

(Release Signature of Applicant) (Release Signature(s) Of Additional Family Members 18 and Over)

#### FOR MINORS ONLY COMPLETE THE FOLLOWING:

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILI-TIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RE-LEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

(Print Name Of Parent/Guardian) (Print Address and Phone Number If Different from Above)

X

Х

(Release Signature of Parent/Guardian) (Please print names and ages of minors)

Questions? For new member information, call Linda Wegner (408) 257-8284

#### Send this form with check payable to

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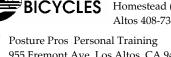
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