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ROMP MOUNTAIN CYCLIST

LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

JULY—AUGUST 2006

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The Future of Mountain Biking

By Josh Moore
ROMP President

There is no doubt in anyone's mind reading this that mountain biking is big business. Many of us have at least one bike worth over 1,500 dollars, and one in seven Americans went on a "mountain bike" ride last year. While it is called mountain biking, I reckon it would still exist without the mountains. IMBA correctly raises the question, "where would we be without the trails?" The future of mountain biking is in the trails. Following is a few thoughts on the greatest threats to bicycling on trails and how we can insure that there will be trails to ride on in the future.

Own the Trail

One of the most popular places to mountain bike in the bay area is the Soquel Demonstration State Forest. It is popular because of the rugged primitive trails, the technical trail features, the relative isolation from other trail users, and the feeling of ownership that the mountain bike community has from maintaining and patrolling these trails. This forest is used primarily for the demonstration of sustained-yield timber management, education, research, and recreation. Combined with dwindling state forest budgets, we have a scenario ideal for mountain biking. It may even be better than owning the land.

Recently I saw a new mountain bike movie, ROAM. One of the segments



featured a father and son, who had built a large bike park in the back yard. The father said at one point that he just went out and bought his own loader to help with the construction of the massive jumps.

One of our members has started an organization called, "Own the Trail". The idea is to buy a parcel of land, build some great trails, and do what you can to limit liability. This is a great idea if you want a jump park or a few technical trail features. However, it is probably not the solution for those of us who enjoy a good 20 - 30 mile ride with 2500 or more feet of climbing.

Large expanses of land where it is possible to do such long rides exist on public lands, often owned by a variety of agencies.

ROMP is forging strong ties with agencies that provide mountain biking opportunities, such as Santa Clara County Parks, Midpeninsula Regional Open Space District, and State Parks. We need to volunteer for trail patrols, trail work as well as other restoration projects. This way we can show that we also give back to the community. This year, ROMP volunteers have already given many hours in State and County parks,

(Continued on page 4)

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El Corte de Madera Trailwork

By Josh Moore
ROMP President

El Corte de Madera Creek Open Space Preserve encompasses 2,817 acres in the upper headwaters of the San Gregorio Creek watershed. This watershed provides critical habitat for steelhead trout and coho salmon, both federally threatened species on California's Central Coast. These species have experienced dramatic population declines due to water diversion projects and from sedimentation associated with road construction, mining, grazing, and timber harvesting. Because of the Preserve's key location within the watershed, the extensive network of former logging roads that comprise many of its trails, and the incredible popularity of the Preserve among hikers and mountain bikers, the Midpeninsula Regional Open Space District has worked in partnership with the National Marine Fisheries Service, California Department of Fish and Game, and the Regional Water Quality Control Board to prepare a comprehensive program to protect downstream fish habitat.

ROMP is doing its part by helping out with trail maintenance and improvement projects at ECDM this summer. So far we have had two on May 22 and June 3rd, and are planning a third for July 15th.

About ten of us showed up for a few hours of trailwork at ECDM on



May 22nd. We worked on a section of the Methuselah trail, where it is singletrack, as it heads down to the creek crossing at El Corte De Madera Creek, just below the intersection with the bottom of the Giant Salamander Trail.

The heavy rains this winter caused drainage to overrun a creek bed at a little bridge and ran down the trail causing erosion of the trail bed. The goal was to make sure that on both sides of the bridge the trail went uphill. This meant a re-alignment of the trailbed onto a very steep sideslope.

After some initial discussion about where the trail should line up, we removed duff from above the trail and put it aside. Some of us began cutting a new bed in from above, while others tore up the old bed and built up the new trail from below.

The section closest to the bridge took shape quickly, but the rest required the removal of some serious roots and moving many cubic yards of dirt. With much discussion and hard work, we built a section of trail that I think we all can be proud of. The new trail adds a new grade reversal, two new flowing turns, and much to the trail from a cyclist's perspective. From an environmental perspective, the new trail alignment will not flood and cause siltation of the creek.

On June 3rd, ROMP, the Bay Area Ridge Trail and Midpeninsula Regional Open Space District got together to fix a problem area on one of ECDM's most popular trails, the El Corte de Madera Creek Trail. The project was to re-align a section of trail around this mud bog just uphill from the intersection of the El Corte de Madera Creek Trail and the Resolution Trail. The trail alignment we chose passes between some trees and rocks and is about two feet wide in places. While this is not the

recommended trail width, this spot has good lines of sight and the rock will serve as a visual choke point to keep riders' speed down.

First we went through the brush and flagged a line that would twist and turn and roll up and down, making the trail fun, drain well, and more sustainable. Then we began to remove the brush where the trail would go. Once the alignment was cleared, we removed the organic matter, or duff, from the lighter colored mineral soil.

Next we cut a full bench. A large amount of dirt was needed to build up the trail where we decided to have it pass through a redwood grove. At that point, we built up a retaining wall and filled it in with dirt we removed from above, out of the bench cut.

The trail took shape and we used McClouds to smooth out small bumps in the trail and pack down the trail surface. Along the edge of the trail we put the duff back that we had removed to promote plant growth, restore habitat, and make the edge of the trail look as natural as possible. The trail re-route is approximately 75 yards long, and should be an excellent change over the flat, wide muddy trail that it replaces.

The Open Space District is closing Giant Salamander and El Corte de Madera Creek trails at Skegg's this Fall. The closure, for rehabilitation and realignment, may occur as early as July. Some of the work done will involve heavy equipment to replace old culverts and install new ones. They will remain closed for 6 to 18 months and be reopened as narrow flowing singletrack through the trees. MROSD is putting tremendous resources into keeping this preserve open to bikes. Please respect the closures to ensure our continued enjoyment of this preserve.

Craig Beckman, a maintenance supervisor for MROSD, and his staff are incredibly talented and prodigious trail builders and maintainers. It is a real privilege to work with them and learn. The next opportunity to do trail work at ECDM will be on July 15th. Please contact Paul McKowan at volunteer@openspace.org to sign up.

9 Questions

Charles Jalgunas
Owner of Passion Trail Bikes in Belmont
ROMP Director & Trail Work Coordinator
Trailworkers.com Director
Stewards of Soquel Forest Founding Director
National Mountain Bike Patrol Member

1. First Mountain Bike and Year Acquired

After borrowing a friend's '82 Stumpjumper, I bought a 1983 Schwinn High Sierra, from the shop I worked at in San Bruno. That was probably around Christmas time in 1983. I think I was still making payments on the road bike I started to buy when I first started working there, but quickly got bit by the mountain bike bug. I sold the road bike a dozen years ago, but still have the High Sierra.

2. Favorite Ride

That's hard because there are so many good ones, or great ones, and each for different reasons. The McKenzie River Trail in Oregon starts out extremely technical, over roots and through lava flows, with tight narrow turns around high lakes as it runs along a river in the downstream direction. The further you get down the 26 mile length of the trail, and the more tired you get, the less technical the trail is and the faster things flow. One fine fall day, due to my perpetual poor planning, and inability to resist loitering at the spectacular vistas on the trail, I ended up chasing a very good friend down the last dozen miles of the trail at our top speed, with my wife in tow not far behind. Geoff and I were about matched in riding skills and fitness and were giving it all we had to beat the sunset and stay on this endless narrow ribbon of trail in the waning light. The woods were filled with sound of our breathing, laughter, and tires, and the constant shifting between middle and large chainrings. It was completely dark by the time we reached McKenzie Bridge.

3. Current Quiver

There are too many to list here, but in descending order by how often they get ridden, the list starts like this:
2006 Giant Reign 1
2001 Maverick ML-7
1997 Salsa La Cruz cross bike
2006 Giant STP lawnwrecker
1967 Paramount track bike
1996 Anderson mountain tandem
1983 Schwinn High Sierra
1937 Schwinn Excelsior

4. Favorite Local Trail

Oh, man. The Ridge Trail in the Demo, between Rosalia and Corral? No, wait, Blue Blossom in ECdM! Uh, Braille? No, let me get back to you on that.

5. Favorite Road Trip Trail

The trail I am looking forward to riding again more than any other right now is the Alpine Trail in Oakridge, Oregon. Typical Epic Oregon ride in that you start at the bottom, climb for a few hours, then descend until you are dead tired, and then descend a little more until you are back where you started. Atypical due to its spectacular views of the Willamette Valley and the variety of trail conditions and ecosystems on the way down, not to mention the first rate, top quality Forest Service bathroom at the trail head, suitable for a Marine shower before hitting the road for the next stop.

6. Crash to Forget

I have learned something from most of the big ones, or like to think I have. I probably forgot the ones that didn't have any educational value.

7. Most Memorable Trail Moment

Sitting in a ditch, 20 feet below the trail. I just sent Justin off to find the ranger that lives in the residence in Fremont Older. I tried, but couldn't get my Camelbak off due to the pain in my leg. I check my watch, 9:03pm, its starting to get cold. The moon comes up in about 2 hours. My wife is expecting me at 11:00. All I can hear is the wind through the Bay Trees. Ok, that's usually not the most memorable, but I was just thinking about crashes. Listening to Nigel sing B-double-E-double-R-U-N BEERRUN!... as we pedaled through Downieville on our way to river might be the most memorable most of the time.

8. Grunt - worst thing about mountain biking

That people call it a sport. For most, it's no more a sport than hiking, going to the gym, or driving. I am reluctant to be grouped with bike racers.

9. Grins - best thing about mountain biking

It's a more effective social lubricant than alcohol, burns more calories, and bonds ordinary folks to their surrounding open spaces.

(Continued from page 3)

At the top of the incline she was waiting with her friends, soaking up the experience, and she called over to me, "Keep it up! Pretty soon I'll be chasing you up the hill". Of course she was lying through her teeth, but to a new biker she was more than just motivation.

My roommate has since moved away and now I'm focusing on marathons. My bike has been reduced to transportation to the bars. The tires rarely see more action than the few miles separating my house from Downtown. Maybe that's why it bucks me off so much now. It's paying me back for my neglect and failure to ride. It's nice to know that when I hear the single track calling, the Bay Area has so many trails to offer – and incredible riders to go along with it.



Mountain Cyclist

Hey Folks! Summer is here - it's officially vacation season...and time to share your travels with everyone. Have you cruised through the red rock of Moab? Been dazzled by the cliffs in Cortina, Italy? Maybe you felt your lungs bleed during the Cascade Creampuff? Tell us about it! We have been busy little cyclists and we're sure you have, too. Here's your chance to let us know what you've been up to - and even let us in on a favorite post-ride grub spot or hot spring! Send your stories (1500 words or less please!) along with a picture or two to: newsletter@romp.org. Happy Riding!

(Continued from page 4)

I relate to the great feeling of freedom, entitlement and privilege I get when riding through the woods. I feel as though I own the top of the world. This is not the case. The vast majority of the dirt I have ridden on is public land, and we need to respect and share it with everyone. It is part of the Social Contract for us all to obey the laws of the land, no matter how good riding makes us feel. If you want to go fast, ride at night, or create B lines along the main trail. Please do it



somewhere where those activities are legal, or at least condoned. Stay off the closed trails, and be respectful of the environment.

New Riders

The future of mountain biking lies in changing the attitudes of existing riders and influencing the beliefs and riding behaviors of new riders. In order to do that, I am pleased to announce that ROMP is teaming up with the NorCal high school league to provide advocacy and stewardship outlets for teams in our area.

The NorCal High School Mountain

Bike League provides a complete mountain bike riding and racing program for all interested public and private high school teams and individuals. Matt Fritzing, a teacher at Berkeley High, founded the league with the 2001 NorCal High School Mountain Bike Series. In the first series, mountain bikers from schools all over Northern California answered the call and came to compete as semi-organized high school teams. Currently the four teams in San Mateo and Santa Clara counties are in Burlingame, Los Gatos and Cupertino. These well organized mountain bike programs operate much like other after school athletic programs. The league saw 38% growth last year, and will continue to grow. <http://www.norcalmtb.org>

ROMP will give each team member in Santa Clara and San Mateo County a one year membership. We will work with the league to provide trail work and advocacy opportunities. One such event may be building a wood bridge in the Soquel Demonstration Forest and creating a trail loop in the north-west corner of the park. We will participate in Norcal rides and help out at Norcal events. We are considering organizing a fundraiser to benefit the league. One idea that was suggested was to turn the annual Pumpkin Ride into a fundraiser for the Norcal HS League.

A lot to do

There certainly is no shortage of ways to give back to the mountain bike community. Please consider getting more involved. We could use you on a trail work day, coaching a team, volunteering at an event, or simply being a little more aware of the environment and other trail users. Often it is as easy as saying, "Hello!"

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.h
5. Never spook animals.
6. Plan ahead.

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Sawpit comes out. The project would involve volunteers from ROMP, The Stewards of Soquel Forest, Norcal High School League and REL.

Bay Area Ridge Trail Event in Santa Clara County

The Bay Area Ridge Trail Council is planning an event to raise funds and bring awareness to the trail in Santa Clara County. Hopefully, the event will take place this fall on MROSD, Santa Clara County, and State parks lands. I hope ROMP members will participate in and volunteer for this event.

Watershed Protection at ECDM

MROSD is working hard this summer to protect the environment and provide first class recreational mountain biking opportunities at El Corte de Madera Open Space Preserve. This summer will see the closure of Giant Salamander, and El Corte De Madera Creek Trail for major re-routes and culvert replacement. The re-routes on other portions of Methuselah, just below where Giant Salamander comes out and on El Corte De Madera near the intersection of Resolution are examples of how projects like these can protect the environment and make trails more fun to ride. To join us for the next trailwork event at ECDM on July 15th, send an email to volunteer@openspace.org

Socks and Bells

We are making ROMP Socks and Bells to give away to volunteers at ROMP events. The bell will be a brass Incredibell with the ROMP logo painted on the side. The socks will be black wool, with the logo, and the background of the upper will carefully match the ROMP jersey. These socks and bells will only be available through volunteering at a ROMP event. They should both be available later this summer.

The Tale of Two Wheels

A City Mouse Hunts for Single Track

By Tim Shisler

Santa Cruz is a great place to ride. Of course if you're reading this, you probably already know that. What I can't get past is the sense of community that Santa Cruz offers. Now, I'd be lying if I said I have any talent on a bike. My rides usually consist of an equal amount of laying face down in dirt and wheezing in my granny gear. I have this notion that if I pedal like a mad man, that out-of-control feeling will transcend my shortcomings, and lift me over that large root outcropping rather than right into it. Of course, this philosophy never seems to work regardless of how many times I try it.

Six months ago, my roommate, while in the middle of a Fat Tire, declared that he had decided to start mountain biking again. He then elected me as his riding partner; a role that included scouting out epic rides, which naturally led me to the Santa Cruz Mountains.

We started out strong. We made the trek up the fire road in Nisene Marks on Monday, cruised through the golden hills of Wilder Ranch on Thursday and tackled Braille in the Soquel Demo on Saturday. The variety of rides seemed endless, our options only limited to our physical excretion. If we wanted to climb a

fire road until our thighs burned, we could. If we wanted rolling single track with views of the ocean, there were places for that. If, God forbid, we wanted an epic daylong trek, that was possible too. What we didn't expect, especially in this ipod toting, cell phone gabbing, instant text messaging world, was the amount of help we received along the way. It



seemed that everywhere we went, enthusiastic bikers were willing to offer advice, training tips, and point us toward locals only rides.

"Watch out about half way down. There's a hairpin turn that you can't see coming and everyone seems to fly off of it", a spandex-clad soul would tell us. "This is a great trail, but veer right at the burned out redwood and there's awesome singletrack that most riders miss", another rider advised.

Having so many people readily offering advice solidified my opinion that outdoor recreationalists are good-natured, happy-go-lucky, adventure seekers. These are the riders that eat, live, and breathe biking. The riders who sleep with their bike next to them because they can't bear to leave it in the garage or, grimace, outside. The riders who

reminisce about the days before Camelbacks. Who remember pedaling uphill both ways between the trailhead and home, in the snow, with standard platform pedals! No clips, no cleats, no special shoes. Driven simply by raw passion for the sport. The riders who call in sick to work (because they are) but decide to complete a few loops behind UCSC because they can't stand to sit on the couch all day.

It was an ego check to watch these riders glide through the most technical

of single track, guiding their bikes instead of the bikes guiding them. I awkwardly flopped through a rock strewn trail, bouncing from right to left, knuckles turning white, only to be passed by a calm and collected thirty-something wonder woman who was gracefully rolling through with her friends. She peeled away from me on the hill, tossing a smile over her shoulder as the gap between us grew.

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and to other land management agencies. ROMP develops relationships with these agencies one person at a time. Please check our calendar for upcoming events where you too can give back to the land.

It's the environment, stupid

Probably the single most detrimental thing we can do to our cause is ride trails that have been closed for restoration. Usually these trails are in endangered habitat, or cause siltation in a nearby creek, and were closed for environmental reasons. Often a federal agency is pressuring them to clean up the environment and protect habitat. That is the case at El Corte de Madera Open Space Preserve. Continuing to ride closed trails puts MROSD's Watershed Protection Program in jeopardy, and could result in Fish and Wildlife closing the whole preserve. This is a serious problem, and riding or hiking off the trails in ECDM is a misdemeanor.

We are environmentalists first, and mountain bikers second. We should work together with the Sierra Club and similar organizations to see



where we can provide recreational opportunities and protect the environment.

The Other Cheek

As the world population increases, there is going to be more competition for the world's limited land resources. We need to support public land acquisitions by Peninsula Open Space Trust (POST), Sempervirens Fund, the Audubon Society and others, and work with land managers to provide access to the land. We need to encourage high density housing so that it is possible to have land to preserve.

While it would be nice to have some bike-only trails, where we did not have to worry about startled hikers and spooked horses, it is probably not going to happen unless we Own The Trail. Some would say that we have de-facto bike only trails in places like El Corte de Madera Open Space Preserve (ECDM). I certainly have seen more than a few hikers there, though. I don't think it is surprising that there are so few equestrians at ECDM when you consider the numerous miles of trails and thousands of acres that are closed to bikes on the bay side of that portion of the Santa Cruz range.

Since the bike-only trail system is unlikely, the future of mountain biking is in sharing the trails. ROMP is working with other user groups to appreciate their needs and desires. All mountain bikers should go for a hike in ECDM to appreciate a hiker's experience in a mountain bike environment. We should also go for a hike and possibly a horse ride in Huddart, Phleger, or Wunderlich parks to appreciate bike free parks as well, possibly from the unfamiliar perspective from the back of a horse.

ROMP is trying to partner with equestrians to provide positive trail experiences for everyone through common events, such as trail work,



ROMP n STOMPs and other group events. Look for and participate in upcoming events to form bridges with the equestrian community.

Trail Stewardship

It is more than just maintaining and building the trails we ride on. We also need to volunteer to be on land manager's trail patrols to help them better manage their lands. We need to be more active with our National Mountain Bike Patrol, offering to patrol lands of the Open Space Authority.

In places like ECDM, we need to provide education about the Watershed Protection Program, which will insure our access to this preserve into the future, provide more trail mileage, and more single track, but will result in some short term trail closures. We need to respect those closures.

I perceive the biggest threat to mountain biking is riding closed and illegal trails, and not riding within the regulations our land managers impose on their trails. I got this impression in listening to the testimony before parks planning meetings over the last few years.

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Sunday, August 6, 2006. 10:00 AM First Sunday Social Ride at Saratoga Gap (3:00)
B/EASY/11/1500 See July 2, 2006 ride listing for details.

Wednesday, August 9, 2006. 6:00 PM Fremont Older After Work Ride. See July 5, 2006 ride listing for details

Saturday, August 12, 2006. 2:30 PM Arastradero Second Saturday Social (2:00)
B/EASY/7/900. See July 8, 2006 ride listing for details

Sunday, August 13, 2006. 9:30 AM 2nd Sunday Ride at Soquel Demo Forest (4:00) C/INT/12-18/2500-3000. See July 9, 2006 ride listing for details

Tuesday, August 15, 2006. 4:30 PM 3rd Tuesday Alpine Road (3:00). See July 18, 2006 ride listing for details.

Wednesday, August 16, 2006. 6:00 PM Fremont Older After Work Ride. See July 5, 2006 ride listing for details

Saturday, August 19, 2006. 10:30 AM 3rd Saturday Social and Scenery Ride (1:30)
B/EASY/10/1000 See July 15, 2006 ride listing for details.

Sunday, August 20, 2006. 10:00 AM 3rd Sunday Ride at SDF (Demo Forest) (3:00) C-D/DIFF/15/3000 -- C-D/16-18/3000-4000. See July 16, 2006 ride listing for details.

Wednesday, August 23, 2006. 6:00 PM Fremont Older After Work Ride. See July 5, 2006 ride listing for details

Saturday, August 26, 2006. 1:00 PM 4th Saturday Beginner's Clinic (3:00). See July 22, 2006 ride listing for details.

Sunday, August 27, 2006. 10:00 AM 4th Sunday BARF Ride (5:00) C/25+/5000+ See July 23, 2006 ride listing for details.

Wednesday, August 30, 2006.

6:00 PM Fremont Older After Work Ride. See July 2, 2006 ride listing for details

TRAIL WORK

July 2006 Trail Work

Saturday, July 1, 2006. 9:00 AM Santa Clara County Parks Monthly Trail Days (4:00)
Monthly Trail Days - 1st Saturday of each month, 9am-1pm. Come on out and help repair, restore, or rebuild our County Park Trails. These Trail Days will take place at a different County Park each month. No experience needed. Tools, gloves, & refreshments provided. Please wear long pants, long sleeves, and closed toed shoes. Contact with poison oak is always a concern, please take appropriate precautions, bring a change of clothes if necessary. Contact Information: Santa Clara County Parks (408) 355-2254. Fee: Free

Sunday, July 2, 2006. 9:00 AM Wilder Ranch Trailwork (4:00)
First Sunday Every Month. See trailworkers.com for more information.

Saturday, July 8, 2006. 9:00 AM Santa Clara County Park – Harvey Bear Ranch (5:00) Please RSVP to Heidi McFarland so she can get a head count for the events. How to get there: Take Highway 101 south to Gilroy and the Leavesley Road exit. Take that exit, turn east and drive 2 miles to New Avenue. Turn left and go half mile to Roop Road. Turn right and go 3 miles (it becomes Gilroy Hot Springs Road) to park entrance on left. Contact Information: Heidi McFarland (408) 355-2254 heidi.mcfarland@prk.sccgov.org. http://www.parkhere.org/ Fee: Free

Saturday, July 15, 2006. 9:00 AM Santa Clara County Parks Monthly Volunteer Projects (3:00) Monthly Volunteer Projects - 3rd Saturday of each month, 9am-noon. Help us tackle all types of projects ranging from painting and invasive plant removal to litter

pickups at locations that desperately need it! These projects will take place at a different County Park each month. Tools, supplies, and refreshments will be provided. Contact Information: Santa Clara County Parks (408) 355-2254 Fee: Free

August 2006 Trail Work

Saturday, August 5, 2006. 9:00 AM Santa Clara County Parks Monthly Trail Day See July 1, 2006 trail work listing for details.

Saturday, August 5, 2006. 9:00 AM Santa Clara County Park – Harvey Bear See July 8, 2006 trail work listing for details.

Sunday, August 6, 2006. 9:00 AM Wilder Ranch Trailwork (4:00)
First Sunday Every Month. See trailworkers.com for more information.

Saturday, August 19, 2006. 9:00 AM Santa Clara County Parks Monthly Volunteer Projects (4:00) See July 15, 2006 trail work listing for details.

NEWS FROM THE TRAIL

501c(3)

Did you know that ROMP is a tax exempt 501.c(3) organization, and your donation to ROMP is deductible from your taxes? Also if you volunteer at a ROMP event, your mileage to and from the event may also be deductible. Your employer may also match charitable giving to tax exempt organizations. ROMP's Tax ID (EIN) is 14 – 1931867.

Thanks to Kari Olson for her hard work and dedication gathering information in putting our Tax Exempt application together.

REI Grant for the Demo Forest

ROMP just finished an application for a grant to build a bridge over Amaya Creek in SDF. The proposed bridge and trail would add a four mile loop to the north-western corner of the forest, downhill on Hinh's Mill Rd from where

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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 :
		<input type="checkbox"/> Individual (\$20.00) <input type="checkbox"/> Single Speed (\$50.00) <input type="checkbox"/> Family (\$25.00) <input type="checkbox"/> Hardtail (\$100.00) <input type="checkbox"/> Student (\$10.00) <input type="checkbox"/> Full-Suspension (\$250.00)
Send Newsletter:		<input type="checkbox"/> New <input type="checkbox"/> Renewal <input type="checkbox"/> Change of Address <input type="checkbox"/> Donation \$
<input type="checkbox"/> Via US postal service		
<input type="checkbox"/> Just send me an email		

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 INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT") IN CONSIDERATION of being permitted to participate in any way in Responsible Organized Mountain Pedalers ("Club") sponsored Bicycling Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

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

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

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

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

X_____X_____

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

FOR MINORS ONLY COMPLETE THE FOLLOWING:

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

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

X_____

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

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

Send this form with check payable to:

ROMP – Attention: Membership, PO Box 1723, Campbell CA 95009-1723

CLUB RIDES

July 2006 Rides

Sunday, July 2, 2006. 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 (in between 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. Location: Start at Grizzly Flat. Contact Information: Dave Tripier (408) 255-3464 tripier@aol.com

Wednesday, July 5, 2006. 6:00 PM Fremont Older After Work Ride

(2:00) 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 I-280 on Stevens Canyon Rd (Foothill Blvd. exit off I-280.) County Park charges for parking, also bring money for optional post-ride food. Glenn & Linda, 408-257-8284. Location: Stevens Creek County Park Foothill Blvd, Cupertino

Saturday, July 8, 2006. 2:30 PM Arastradero 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: 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. Contact Information: Josh Moore (408) 420 7342 mtbikes@gmail.com

Sunday, July 9, 2006. 9:30 AM 2nd Sunday Ride at Soquel Demo Forest (4:00) C/INT/12-18/2500-3000

The ROMP Second Sunday Demonstration Forest Ride will join the MBOSC Club ride. Both clubs will meet at the parking lot across

Calendar



the bridge at 9:30 AM. Wheels rolling by 10:00 AM, up Buzzard's Lagoon to Santa Rosilia Ridge. Consensus will determine the route down the mountain. From hwy 17, take the Summit Rd exit and head SE. Go 5 1/2 miles to the first stop sign, turn right and then bear left onto Highland Way. Go another 4 miles to the entrance. Contact Information: Rich Andrews 408-738-1384 randrews@arc.nasa.gov

Sunday, July 9, 2006. 10:00 AM Ridge Trail Cruz Scout Out (5:00)

Two Ride Options: B/Int/12/1500 and C/Int/25/4000 If you are interested in helping out with the BART event in October, please come out for this trial run. The idea is to scope out the Bay Area Ridge Trail ride / hike with a few hikers from BART and a few riders from ROMP. We need volunteers with GPS units to get accurate elevation and distance readings for the two rides, and identify areas that need attention to maintain positive user experiences for both hikers and cyclists. The "easier" ride will start at the Skyline OSP parking lot, and go out and back to Saratoga Gap along the Bay Area Ridge Trail. The "harder" ride will go

out to Rapley Ranch Road along the Ridge Trail, then back and drop into Alpine Road, down the canyon, up Table Mountain and Charcoal, out and back to Saratoga Gap, and back to the Saratoga Parking lot. There may be an easier Grizzly Flat option as well, depending on turnout (C/Int/18/3000). Location: Skyline OSP Parking lot Skyline Blvd (Hwy 35) Palo Alto CA. Contact Information: Josh Moore 408 420 7342 mtbikes@gmail.com <http://www.openspace.org/>

Wednesday, July 12, 2006. 6:00 PM Fremont Older After Work Ride. See July 5, 2006 ride listing for details.

Saturday, July 15, 2006. 10:30 AM 3rd Saturday Social and Scenery Ride (1:30) B/EASY/10/1000

Enjoy a ride for experienced beginners and intermediates who want to go slower. Meet at 10:30am to ride, socialize, enjoy the scenery, and work on your biking skills at a slow to moderate pace with frequent breaks for 1.5 hours or up to 2.5 hours depending on group wishes. Rides will be chosen from the Russian Ridge, Coal Creek, Monte Bello, and Skyline preserves, including moderate steepes, single tracks, and fire roads. Explore and learn new trails in a supportive group or share your favorites in these preserves. Directions: Take I 280 to Page Mill Rd south (going up into the hills), continue on Page Mill Rd 20+ minutes (watching out for road bicyclists on twisty road) until stop sign at intersection with Skyline Blvd/ Highway 35, go straight across onto Alpine Rd and take an almost immediate right into the parking area for the Mid-Peninsula Open Space Russian Ridge Preserve. Bring your helmet, water, sunscreen and possibly a snack. Rain cancels. Contact: Rodney Johnson (650) 326-7665 or rodney@stanford.edu

Sunday, July 16, 2006. 10:00 AM 3rd Sunday Ride at SDF (Demo