

MOUNTAIN CYCLIST



LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

SEPTEMBER 2008-OCTOBER 2008

Mountain Biking in British Columbia

By Josh Moore, ROMP President

I recently returned from a ten day mountain biking trip in British Columbia.

Whether you enjoy hardened trails and fire roads, technical trail riding, jumps or stunts, British Columbia has just the ticket for you.

My Journey began with a 2 hour 15 minute flight from San Francisco to Vancouver. I was fortunate to have an obliging colleague take my bike and riding gear along on the 16 hour drive. An hour after I arrived in Vancouver I was on a shuttle to Whistler, which added another 4 hours to my travel time. All told it went by pretty quickly.

Early the next day, I took my first ride in the well maintained and managed trails at Lost Lake in Whistler. The trails here vary from wide gravel fire roads to hardened gravel paths to "intermediate" single track trails. These trails are highly standardized and yet pretty challenging. They are easily as challenging as the hardest trails in the Bay Area – equal to Saratoga Gap, Cross Canyon in Henry Coe State Park, Braille Trail in Sequel

Demonstration Forest, and South Leaf in El Corte de Madera Open Space Preserve. The only trail in the Bay Area that would warrant an advanced rating that I have heard of is Mailboxes. The standardization, maintenance, and predictability of the trails in Lost Lake is what makes them a good place to start. There are some



short steep granite climbs and descents, but nothing over about four feet. There are some wood "skinnies", or narrow pieces of dimensional lumber or tree trunks laid down on the ground and sawn to have a flat surface on the top.

(Mountain biking in British Columbia continued on page 8)

2008 ELECTIONS

Date: Monday, October 27 2008

Time: 7:00 PM

Location: Kapp's Pizza, 191 Castro St, Mountain View

Every year ROMP holds "elections" at our annual board meeting for ROMP's board and the president, as well as for various coordinators and liaisons. We need all the help we can get! What would you like to do with ROMP? Please join us at this special meeting to get involved! Here are the areas in which we always need help:

Web Developer

Our post nuke installation is old. Our look is stale. Upgrading it or migrating to drupal would be cool.

Bike Shop Liaison

Do you have a local shop you stop by once a month . . . or more . . . or less? Before you go, check out the ROMP site and tell them what is going on in

(Elections continued on page 2)

PRODUCT REVIEW

By Norman Cevallos

The x2Cycle Tandem Rack is an awesome tow bar that makes it possible for cyclists of different abilities to work together and stay at the same speed. When your significant other does not share your passion for cycling but might join you with the right motivation, this is what you need. It is described as an instant tandem and is inexpensive compared to the price of an actual tandem.

In my case, I wanted the flexibility to use this device with either my spouse or kids, while also giving them the freedom to enjoy riding on their own. I had acquired the x2Cycle tandem rack and looked forward to an occasion to try it out. My wife and I were looking to take an anniversary trip and found a beginner level mountain bike tour in Escalante – Grand Staircase National Monument in Utah that was run by Escape Adventures. The daily rides involved climbs where other novices would be worn down and had to be SAG'd, but in our case the tow bar made it possible to maximize our riding. This device was amazing and completely changed our riding experience. When disconnected from a second bike, the tandem rack looks like a regular cantilever style rack attached to the seat post. Inside the rack is a telescoping tube which extends out and quickly connects a second bike. On the second bike, a re-

ceiver is wrapped around the head tube and works as a quick connect. The telescoping tube expands and contracts a few inches as the bikes come together or pull apart. The tube will also pop off from the rack if the second bike begins



swing out approximately 75 degrees to either side. x2Cycle specifies this device should not be used when riding downhill.

On my trip, I was able to test all the features of the telescoping tube. If the second bike picked up speed, I felt my bike being pushed forward. When the second bike stopped pedaling, I felt the tube fully extend and began to bear the full weight of the bike behind. If either of the bikes fell or if the bikes began to pull up to each

other, the tube did indeed disconnect as specified. The tow bar was also used on small downhill with great care, we found it worked best if the bike behind did all the braking and this system seemed to work well. Since we hadn't

tried out the rack previously, the guides did us the favor of being the guinea pigs by trying this out on the Santa Cruz Blur rentals on the first day. The lead guide popped a wheelie while pulling the second guide around the campground without breaking the rack. This surprised everyone as we were a bit skeptical of this minimally advertised product.

I did have one small complaint that I haven't quite resolved yet. At times, when not using the tow bar, the contracted tube would be rattling inside the rack. Each segment of the tube needs to be

twisted and tightened when extended, and slightly so when contracted. I believe there is a sweet spot where the rattling stops, which I would inadvertently find half the time, but other times not.

Overall, this device is fantastic and lives up to the expectations of an instant tandem. The design is sleek and most people are amazed by the secret function of the rack.

PRICE: \$120 **WEIGHT:** 2lbs

INFO: www.x2Cycle.com



(Elections, continued from page 1)

the world of advocacy. Do you work in a bike shop? Keep your co-workers informed! Print out or pick up newsletters and drop them off. I'm happy to go with you on your first official visit.

Land Manager Liaison

Do you have a good working relationship with a land manager? Help keep us informed!

Fun Makers

We need help with planning events. It would be great to get a ROMP n STOMP together and I think I know enough equestrians to make it happen this summer. We may do the Coe IMBA Epic again this year, or similar. Wouldn't it be fun to organize a weekend in Tahoe, North Bay or Oregon with ROMP? Help make our annual picnic a success! Doing this by com-

mittee is Fun! and Educational. How about a movie night or bar night?

Monthly ride gala

Did you come out for the post Holiday party at ECDM? We had 40 people show up! It would be great to do that every month. We would need a few people to show up and lead various speed groups, choose a location to ride and a place for post ride food. What else? We are open to Your ideas!

ROCK & ROLL

MOUNTAIN BIKING AND GEOLOGY

By Paul Nam

Sometimes we have to pick pieces of rock from our knees or elbows after getting ejected in the middle of a rock garden. That's not the sort of mountain biking geology we are going to talk about in this article, but it is one way into the subject. What are these rocks, how did they get in your way, and how can you better ride over and through them? Do you know much about the geology you ride through and over on your mountain bike? I think you do.

Imagine riding on one of those misty and foggy days, where you can't see too far. You can't see the crag on the other side of the canyon, but you know it is there. You can feel the undulation of the rolling landscape as you descend towards the gulch. Those sharp crenulations being muted and absorbed by your bike and your reflexes are the book-like ledges of rock layers recording a descent into history. And you hear the crackle and crunch of these ancient stones against your soles and tires as you hike-a-bike or pedal across a weathered streambed.

Rocks are beautifully broken into various shapes and sizes. Mountains, crags, boulders, cobbles, and sand, are all shaped by a patient geological process of creation, perhaps, the greatest artist acting upon the planet.

We feel the geology of the land when we ride upon it. And though mountain bikers are ground pounders and may rarely or never fly above the Earth and look down in appreciation upon the magnificent grand scale geological formations, from the seat of our pants, we form detailed impressions and a few scars, of that underlying geology. That is local knowledge.

First let's look at the dirt. Beneath a thin covering of soil, mountains have hearts of stone. When building and maintaining trails, we quickly discover the soil surface layer has a high percentage of organic material that is the nutritive base for much of life. It is a



thin, delicate, precious veneer overlying the mineral bulk beneath the surface. Compared with our atmosphere, which is eggshell thin on a planetary scale, the soil is much thinner.

The dirt that clothes these mountains is constantly being carried downstream and rebuilt. That dirt is full of life too. In addition to the burrowing critters, worms, ants, and bugs that live there, there is a huge and complex amount of bacterial and fungal life. The eroding rocks on the mountains which form the basis of the soil, also function as the scaffolding that helps retain the soil on the steep slopes. Often hidden by forest, scrubland, and tall grass, and generalized by soil, the surface of mountains is very uneven, and hints at the chaotic shapes below.

Titanic crags, blocks, pinnacles, and flakes that are cracked, faulted, and stressed by their own mass, lurk below.

Some wait for erosion or a cataclysm to reveal them to the sun, to be cloaked in lichens and moss, and provide havens for critters and aeries for birds, and to be worn down into soil, and eventually carried out to sea.

Underlying geology can determine soil types and limit the kinds of plants that can live there. This happens frequently in the Bay Area with Serpentine soils. The soil created on Serpentine

is inhospitable to most plants. This is due to high levels of nickel, chromium, and magnesium, and low levels of calcium, potassium, and phosphorous, combined with an inability to retain moisture. The chamise chaparral

in places like Henry Coe State Park is an example of this.

So what are these rocks in our Bay Area mountains (we'll limit the discussion to San Mateo and Santa Clara Counties)? By now we are familiar

with the general outlines of Plate Tectonic theory and related earthquakes. The Bay Area's Pacific Rim location ensures a future certain to be punctuated with seismic events from the family of San Andreas and Hayward faults. All the rocks we find on the surface have been conveyed and influenced by earthquake activity. In fact, the Bay Area consists of a spectacularly complex geologic puzzle, comprising a wide variety of rock types. Straddling earthquake faults, much of San Francisco, San Mateo, and Santa Clara counties consist of ancient subsumed sea floor sediments scraped off a vanished continental block known as the Franciscan Formation.

The western side of the San Andreas fault is underlain by the Salinian Block, comprised mainly of granitic rock, which pokes up to the surface in odd mountains like Montara south of Pacifica, and Pine Mountain in Big Basin State Park.

At the eastern edge of the Bay Area, lies the Great Valley Sequence, a fairly complete depositional record of sub-

marine origin made of the eroded and settled sediments of ancestral Klamath and Sierra Nevada mountain ranges.

In between the Franciscan Formation and the Great Valley Sequence, is the Coast Range Ophiolite, an exhumation



of rocks formed in the depths of a spreading oceanic rift. Rocks which signal this Ophiolite are serpentine, pillow lava, and greenstone.

In 1965 California was the first state to designate a State Rock and it chose Serpentine. Unfortunately, the car-

The soil created on Serpentine is inhospitable to most plants . . . due to high levels of nickel, chromium, and magnesium.

cinogen asbestos, is associated with serpentine. It is probably present in the trail dust (in various forms) on many mountain bike rides in the Bay Area. BLM's access to Clear Creek

Management Area is controversial due to asbestos. It was common practice at one time to quarry greenstone associated with serpentine and crush it into gravel for use on roads and construction. Because of this practice and others including use of asbestos in architecture, ship building, and aviation, exposure to asbestos was widespread in years past.

Rocks associated with Serpentine are a remarkable element of the mountains comprising the Coast Range Ophiolite. These rocks are identified as ultramafic, meaning they originated deep within the Earth beneath the crust. The occurrence of this rock at the continental surface is unusual. Besides the signature green soil outcrops of Serpentine, we see the Coast Range Ophiolite in rocky knobs and crags east of the San Andreas fault. These are often called knockers, particularly when they emerge on grassy hills appearing as stranded glacial erratic boulders.

One theory advanced to explain the emergence of knockers within the California landscape is that these blocks of rock rock sometimes behave as ball-bearings in fault systems getting rolled

and squeezed up to the surface over epochal time.

Quick identification of rocks in the Bay Area is challenging because tectonic force has moved, disjoined, jumbled, compressed, cooked, ground, distorted and altered them. Henry Coe State Park, by way of example, is a complete geological mess.

Sag ponds are often located along fault lines where accumulated forces from sustained earthquakes have ground soil into such fine clay it is virtually waterproof causing depressions to fill with water. Examples can be seen along Upper Stevens Canyon and the dirt road below Bella Vista Trail just south of Page Mill Road.

Many parts of the Franciscan Formation are marine alluvial agglomerations containing a variety of individual stones. Good examples are found along road cuts in Fremont Older OSP. Another striking Franciscan feature are the massive sandstones found in Castle Rock and Big Basin. These contain fantastic solution pocket shapes, the namesake of the Tafoni trail in El Corte Madera OSP. There are a variety of sandstones within the association. Above this are more recent fossiliferous foram chinks as appear in Butano State Park occasionally bearing shell fossils. The chalk is largely composed of tiny, sometimes microscopic, husks

of dead organisms high in calcium acting as a precursor to limestone. This type of soil is excellent for viticulture, or wine cultivation. There are limestone outcrops at the summit of Black Mountain above Cupertino and the Ridge Winery.

Really nasty mud is a common hazard due to fine clay pulverized by earthquake activity. One of the worst places is Santa Teresa County Park where the serpentine association is especially pronounced. Also notable is new Almaden Quicksilver an area of mercury mining due to extensive deposits of Cinnabar. Asbestos deposits occur here as well and have curtailed recreational use of this area. During the Gold Rush of the 1850s this area provided a huge economic boost to California, as mercury was essential to separate gold from ore in a process called amalgamation. The incidence of mercury and asbestos in soil, water, and reservoirs in the region is likely a health hazard. However, since there are few single track trails, mountain bike usage is minimal

Bay Area mountains are steep-sided and actively contorted by earthquakes in the region. We live in an area with diverse minerals and rock types that are geologically unusual. Because of this, our trails traverse a great variety of terrain. Enjoy the Earth and Rock!



King Range National Conservation Area Mountain Bike Trail Grand Opening

By Timothy Daniels

Join us on September 27th 2008, National Public Lands day, as we celebrate the grand opening of the brand new trail designed by mountain bikers for mountain bikers. The loop is over 14 miles of winding, twisting, roller coaster single track with jumps, berms, and fun technical features with alternate lines. The celebration will take place at Tolkan Campground off King Ridge Road. The campground has been reserved by the BLM for the occasion. There will be a hosted BBQ on Saturday evening, and we'll be raffling off some goodies. Plan on camping or just come for the day. See Bigfoot Bicycle Club website, or contact Tim Daniels at (707) 840-9032 for more details.



SAVE THE DATE!!!

ROMP Pumpkin Ride & Picnic

Join ROMP for our annual pumpkin ride on Saturday, October 25, 2008. Pumpkin rides start from Northern Purisima lot (next to old Kings Mtn Store). Rides leave parking lot at 9:30am. Ride from Skyline down to a Half Moon Bay pumpkin patch. Prizes for best costume & pumpkin. Picnic follows immediately after end of ride. See website or email list for more upcoming details.

ROMP Holiday Party

Join us for our annual holiday festivities on Friday night, December 19, 2008 at Michael's Restaurant, 2960 N. Shoreline Blvd. As always, this promises to be a fun and entertaining evening. Last year's event was a sellout, so be sure to sign up early. More details to come.

ROMP Tree

Did you see a ROMP tree last year in downtown San Jose's Christmas in the Park? Volunteers needed for November ornament making & tree decorating. Contact: Editor@romp.org

MEETINGS

ROMP Business Meeting

Monday, September 22 2008, Monday, October 27 2008, Monday, November 24 2008

07:00 PM (2:00) Fourth Monday of every month meeting except December. We will be meeting at Kapp's Pizza Bar & Grill. This is where we talk about what ROMP is planning to do. Also, if you would like to speak to the leadership of ROMP, please contact the president and we will put you on the agenda. We also welcome talks and presentations from outside organizations
Location: Kapp's Pizza Bar & Grill
191 Castro St Mountain View CA 94041

Contact Information: Josh Moore 408 420 7342 president@romp.org <http://www.kappspizza.com>

RIDES

Fremont Older after work

Thursdays, June - September
06:00 PM (2:00) C/INT/10mi/2000'
Our weekly after work rides are back! But we've moved to Thursdays. Meet at the main Stevens Creek Co Park parking lot off Stevens Canyon Road about 1 mile south of Stevens Creek Bl or 2 miles south of I280 in Cupertino. Take the Foothill exit off I280 and head south. Be ready to ride by 6PM! Ride length will depend on available daylight. We usually go someplace afterwards for food, so if you're interested in that, bring \$\$\$. The parking lot charges for parking, but you can also find street parking in the nearby

neighborhood and ride to the start. For more info, Glenn or Linda at 408-257-8284.

ROMP / MBOSC at Soquel Demo Forest

Sunday, September 14 2008; Sunday, October 12 2008; Sunday, November 09 2008

09:30 AM (4:00) C/INT/12-18/2500-3000
This is the ever popular joint MBOSC ROMP Second Sunday Demonstration Forest Ride. Both clubs will meet at the green bridge at 9:30 AM. Wheels rolling by 10:00 AM, up Buzzard's Lagoon to Santa Rosalia 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 few miles to the road block. Park there and ride the last mile downhill to the green bridge on the right. Contact Information: Josh Moore 408-420-7342 mtbikes@gmail.com

Arastradero 2nd Saturday Social and Skills Session

Saturday, September 13 2008; Saturday, October 11 2008; Saturday, November 08 2008

02:30 PM (2:00) B/EASY/7/900

This friendly, introductory ride covers most major trails in the preserve. Route varies from month to month depending on interest, but we'll generally do a couple mild loops. Everyone is welcome--beginning riders can treat this as a skills clinic, working on descents and corners on some of the switchbacks while not having to earn their turns too exhaustively. Intermediates can give tips, swap lies, and work on their hang time during the dirt jump session/snack break mid-ride.

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: John H jharlander88@yahoo.com

3rd Sunday Ride at ECdM

Sunday, September 21 2008; Sunday, October 19 2008; Sunday, November 16 2008

10:00 AM (3:00) B-C/INT/10-15/2000-3000

Meet at Skeggs point at 9:30 for a 10:00 AM start. Routes will vary depending on trail conditions, closures and the whim of the group. This is a no drop ride that starts at the top of the hill and goes down, so you do most of the climbing at the end. Bring your helmet, water and a snack. Lunch after at Alice's restaurant.

Location: El Cortede madera OSP Skeggs point, Skyline Blvd Woodside CA

Contact Information: Josh Moore 408 420 7342 mtbikes@gmail.com http://www.openspace.org/preserves/pr_madera.asp

3rd Tuesday Alpine Road

Tuesday, September 16 2008; Tuesday, October 21 2008; Tuesday, November 18 2008

04:30 PM (3:00) This year round ride has a couple options on where to meet up. First chance meets the #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 travelled streets, over Old Page Mill rd, through Arastradero Preserve to The Portola

CALENDAR

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 hammerheads are summarily ditched and left to prove something somewhere else.

Location: California Ave Caltrain station in Palo Alto Palo Alto CA
Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

Third Saturday Social and Scenery Ride

Saturday, September 20 2008; Saturday, October 18 2008; Saturday, November 15 2008

10:30 AM (2:00) B/EASY/10/800-1000
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 2.0 hours or more depending on group wishes. Rides will choose from the Russian Ridge, Coal Creek, Monte Bello, and Skyline preserves, including moderate steeps, single tracks, and fire roads. Explore and learn new trails in a supportive group or share your favorites in

these preserves. Bring your helmet, water, sunscreen and possibly a snack. Rain cancels.

Location(**new parking/ start location**): Meet in the vista point parking area on Skyline Blvd/ Highway 35 located 1.1 miles north of its intersection with Page Mill Road (i.e., right turn from Page Mill onto Skyline for 1.1 miles) and directly across from the Mid-Peninsula Open Space Russian Ridge Preserve. Directions: Take I 280 to Page Mill Rd south (in Palo Alto) going up into the hills, continue on Page Mill Rd 25+ minutes (watching out for road bicyclists on twisty road) until stop sign at intersection with Skyline Blvd/ Highway 35 (near the Mid-Peninsula Open Space Russian Ridge Preserve), turn right, continue 1.1 miles and park on the right in the vista point parking. (Do NOT park in the parking lot for the Russian Ridge Preserve off of Alpine Rd near the intersection of Page Mill Rd/ Skyline Blvd).

Contact Information: Phil Solk, psolk@pacbell.net

MTB-101

Sunday, September 28 2008; Sunday, October 26 2008; Sunday, November 23 2008

10:00 AM (4:00) B/Beg-INT/10/1500
Meet at 10:00 AM, Fremont Older / Prospect Rd. parking lot. Bring your MTB in good mechanical condition, helmet, water and fuel.

Be prepared for a 400'climb on fire roads during the first mile. No time limit, no one left behind. Descent will be on a sweeping Single Track loop to the first bail-out point. Those willing can continue riding. There are several bail-out points along the way. We will practice basic MTB skills and trail etiquette. Beginners welcome.

Location: Fremont Older OSP Prospect Rd. parking lot Saratoga CA

Contact Information: Rich Andrews 408.393.1959 richard.a.andrews@nasa.gov

4th Saturday Beginner's Clinic

Saturday, Sept 27, 2008; Saturday, Oct 25, 2008, Saturday, Nov 22, 2008

01:00 PM (3:00) 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 fire-roads 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

SOCIAL EVENTS

Bike Repair for the Community

Saturday, September 13 2008; Saturday, October 11 2008; Saturday, November 08 2008

10:00 AM (4:00) Learn to repair bikes and contribute to the community.

Volunteers work on donated bikes, with the help and guidance of skilled mechanics. Tools and stands are available, but bring your own if possible. The bikes are then given away to needy children and adults regularly through various help organizations. No Event in December. Event starts at 9:00 during daylight savings time. Location: Behind BTN Automotive 2566 Leghorn Ave, between Rengstorff and San Antonio Mountain View CA
Contact Information: Dave Fork fork@park.com

Basic Fixit Class

Saturday, September 27 2008; Saturday, October 25, 2008; Saturday, No-

(Calendar, Continued on page 9)

(Mountain Bike in B.C. continued from page 1)

There are short drops of no more than a foot or so. There are sections of trail that have been armored so that they almost look like a cobblestone street. All of the skills needed to negotiate these technical trail features would be needed in the days to come.

Once you have conquered Lost Lake and feel comfortable on the intermediate trails, consider riding any of the hundreds of miles of trails in the town of Whistler. A River Runs Through It is a short, under ten mile trail whose teeter totters, elevated sections, bridges and use of natural obstacles will turn into an all day ride. The thirty plus advanced trail miles of Comfortably Numb is not in the realm of finishable by the average Bay Area rider. Other trails such as Cut Yer Bars and Thrill Me Kill Me can easily fill out a week's worth of riding without even hitting The Resort at Whistler.

This trip I did not get a chance to ride in The Bike Park at Whistler, although two years ago I got in two days of lift assisted riding. My first run down the mountain was on B-Line, the easier, smaller version of the legendary, sculpted jump run A-Line. All of the jumps at The Bike Park are all tables. That means that there is a front side ramp, followed by a flat top, and a down back side ramp for landing on. If you come up short, you just land on top of the "table". Jumps where there is a front ramp and nothing in the middle and a down ramp are called "doubles". If you don't travel far enough in the air and land before the down ramp on a double, it is called "casing". Casing a jump can be disas-

trous. By the end of the first day I was "cleaning" (landing on the down ramps) of the doubles on B-Line, which were up to about ten feet in length and some required three or more feet of height in the air.

At that time I had had my Yeti 575, a six inch travel all-mountain bike, for about a year, and thought I would never ride a trail or get enough skills to really appreciate it or push it to its limits. B-Line pretty much dumps you out at the top of Heart of Darkness, another intermediate trail. Its six foot banked turns, large braking bumps and small rock gardens quickly put my little Yeti in its cross country place. The Bike Park really demands at



least a stout six in travel free ride bike in the 32 pound plus category, and is ruled by the really big, eight inch travel downhill bikes with their slacker head tube angles and bigger tires. The heavier bikes have stiffer forks and rear triangles that inspire confidence. Other intermediate trails I enjoyed were Crank It Up with its

wall rides and Smoke and Mirrors with North Shore style elevated ladders.

Thirty miles south of Whistler, Squamish claims to be the recreation capital of British Columbia, and the fact that it has more miles of trails than roads is indicative of that claim to fame. Despite being a small town on the road to Whistler, it is home to three bike shops each with a distinct flavor. Tantalus is a ultra-cool, hyped up shop on the freeway. Corsa is part of a reputable chain. Republic is off the beaten path, smaller and probably a local shop. We stopped by each one of them at one point or another of our four day stay to fix brakes and derailleurs, buy maps, and seek trail advice.

Our first ride in Squamish was in the Garibaldi Highlands and Alice Lake areas. We climbed the beginner level Mashiter trail, cut across the skinnies through a swamp of Tracks from Hell, and on up to the Beginning of Entrails, down to Mark's Remark+which somehow finds a route down the face of the 300 foot or so high wall of granite through a series of rock drops from wide ledge to wide ledge culminating in a wide but ten foot high ladder drop. Last we descended down the banked Rollercoaster Trail.

The second day we rode out of the The Dryden Creek Resort where we were staying and into the Brackendale area. Here you can find a

bunch of relatively flat, tame trails that are about as technically challenging as anything in the Bay Area. These are easy trails by BC standards, and another good place to get your bearings in BC. We headed up to the main car entrance into the Alice Lake Camping area and climbed

(Continued on page 10)

vember 22 2008

12:00 PM (1:00) The fixit clinic is for current romp members only, membership forms available at clinic for easy sign up. Beginner ride at 1:00 is open to the general public.

RSVP 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 derailleur, 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 CA Contact Information: Jim Sullivan 650-493-8774 ssulljm@juno.com

TRAIL WORK

Wilder Ranch Trailwork

Sunday, September 07 2008 , Sunday, October 05 2008 , Sunday, November 02 2008
09:00 AM (4:00) First Sunday Every Month. See trailworkers.com for more information.

Santa Clara County Parks Monthly Trail Days

Saturday, September 06 2008 , Saturday, October 04 2008 , Saturday, November 01 2008
09:00 AM (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

Santa Clara County Parks Monthly Volunteer Projects

Saturday, September 20 2008; Saturday, October 18 2008; Saturday, November 15 2008

09:00 AM (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

Land Meetings

Santa Clara County Parks Commission Meeting

Wednesday, September 03 2008; Wednesday, October 01 2008; Wednesday, November 05 2008

06:30 PM (2:00) Santa Clara County Parks Commission Monthly Meeting - to view the agenda, actual start time (can vary), & meeting location, click the web link to the right, scroll to the bottom of the page, click on the Agenda link and look for the corresponding meeting agenda.

San Mateo County Parks and Recreation Commission

Thursday, September 04 2008; Thursday, October 02 2008; Thursday, November 06 2008

02:30 PM San Mateo County Parks and Recreation Commission Meeting (2:00)

The San Mateo County Parks and Recreation Commission is responsible for establishing policies to guide the work of the San Mateo Parks and Recreation Division. This includes issues of parkland use management such as master plans, acquisitions, and development.

Additional meetings may be set by the Commission as needs arise. Meetings are held publicly and are conducted by a quorum of at least three of the Commissioners.

Location: Board of Supervisors Chambers, Hall of Justice 400 County Center Redwood City CA 94063

MROSD Meeting

Second and Fourth Wednesdays, September 10 2008; September 24 2008; October 08 2008; October 22 2008; November 12 2008; November 26 2008

07:30 PM (0:00) MROSD 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. Check with MROSD for any last minute changes.

Location: MROSD District Offices 330 Distel Circle (off El Camino Real north of Rengstorff) Los Altos

Open Space Authority BOD meeting

Thursdays: September 11 2008; September 25 2008; October 09 2008; October 23 2008; November 13, 2008; November 27 2008

06:30 PM (2:00) Santa Clara County Open Space Authority Board of Directors meeting.

Location: Board Room Suite 200 6830 Via del Oro San Jose 95119

Bay Area Ridge Trail County Committee

Tuesday, October 28 2008

07:00 PM Bay Area Ridge Trail County Committee Meeting (0:00) Quarterly Meeting of the Bay Area Ridge Trail County Committee. Usually pretty informal. Contact Josh if you would like to help the Ridge Trail!

Location: United Way Building 1922 The Alameda San Jose

Contact Information: Josh Moore president@romp.org <http://www.ridgetrail.org/about/committees.cfm>



to the top of cliffs directly behind the Resort to descend Rigs in Zen, which started as a feral, loamy singletrack and quickly turned into gnarly dirtless granite switchbacks with roots that would be unrideable by all but the very best. In retrospect taking the Crouching Squirrel Hidden Monkey Trail would have been more bang for the climb, as Rigs in Zen came out on that trail which was still adrenaline filled drops and switchbacks. From there we descended more of the same down Plural of Nemesis, and headed back up the highway to our base.

We also found time to explore a bit of the Diamondhead area of Squamish by shutting such epic trails as Powersmart, IMBA Smart, Skookum, Recycle and the Powerhouse Plunge, recognized by Someone as "The Third Best Trail in Canada". It was good, but that good? We did not manage to find time between the rain drops to check out the Crumpit Creek, Cougar Ridge, and Brohm Lake Areas. Clearly, Squamish has at least a week of riding opportunities in and of itself.

Our last stop in BC this trip was North Vancouver, where we had the pleasure of spending a few days in the remarkable Mount Fromme and Mount Seymour. Both of these mountains are home to trail systems based around logging roads,

which tend to be built at less than a ten percent grade and switchback up the mountains. There are no opportunities to shuttle up the mountain so everyone we saw was in really pretty good shape and were riding stout, all mountain trail bikes. The mountain bike trails tend to parallel as well as cut off the switchbacks. Because it is a logging area, there is not the same level of environmental protection. Trails here tend to get built and then approved or sanctioned and put on the map. These trails exploit the natural deadfall and granite rock to create dynamic, challenging drops, jumps, skinnies and short but steep climbs.

British Columbia has even more riding to offer: Pemberton, Nelson, Vancouver Island, Kamloops. All of them probably have enough technical riding to fill out a week of riding at a variety of levels. For days off and non riding partners there are stunning scenery, museums, first nation arts, fishing, boating and hiking. It is definitely a riding destination I will return to.

Ten Tips to Survive BC

1. Know your limits and abilities. If a trail feature is too intimidating, walk it or roll it. Watch someone ride it before you do.
2. Practice riding down increasingly longer and narrower flights of stairs. Practice riding the most

challenging trails in your area: Braille at SDF, Saratoga Gap, and South Leaf at ECDM would be intermediate trails at best in BC.

3. Bring body armor and possibly a full face helmet, or buy some at a BC bike shop. Soft soled shoes are better if you need to walk on the rocks.
4. Use equipment you are used to. If you are not used to riding flat pedals, don't switch in BC. If you rent a bike, take some time to understand its capabilities.
5. Choose an All Mountain or Downhill bike that is in good condition and well-maintained.
6. Start your trip in Whistler's Lost Lake Trails and/or a skills center around town or amongst the resort's trails to get an idea of what is in store in a controlled setting.
7. Take a bike skills class that focuses on skinnies, steeps, roots and rocks.
8. Get a map at a local bike shop. Tell them about trails you've ridden and ask for advice on what trails you might like to ride.
9. If you are tired, stop. Rest, eat, and stay hydrated. Stay safe and ride another day.
10. Stay focused and keep a positive attitude. Don't underestimate the "easy" trails.



Romp Directory	POBox 1723, Campbell, CA 95009-1723	408-420-7342	www.romp.org
President	Josh Moore	408-420-7342	president@romp.org
Vice President	Scott Robinson		vicepresident@romp.org
Secretary	Charles Jalgunas		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	Sheila Martus		socialdirector@romp.org
Newsletter Layout	David Milburn	650-703-0604	daveridesmtbs@gmail.com
Newsletter Editor	Norman Cevallos		newsletter@romp.org
Newsletter Distribution	Glen Wegner	408-257-8284	newsmailing@romp.org
Henry Coe Liaison	Paul Nam		traileducation@romp.org
Castle Rock Liaison	Ross Finlayson		castle-basin_liaison@romp.org
Soquel Demo Forest Liaison	Patty Ciesla		sdsf_liaison@romp.org
San Mateo County Parks	Berry Stevens		smcp_liaison@romp.org
Santa Clara County Parks	Charles Jalgunas		sccp@romp.org
Web Master			webmaster@romp.org

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

Newsletter Mailing Party

This fun is repeated bi-monthly. If you would like to help next time (and eat some pizza and talk bikes at the same time), contact Glenn Wegner 408-257-8284 newsmailing@romp.org

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 :
Order ROMP Jerseys on reverse side ___		<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)
Send Newsletter:		<input type="checkbox"/> New <input type="checkbox"/> Renewal <input type="checkbox"/> Change of Address <input type="checkbox"/> Donation \$ <input type="checkbox"/> Lifetime Membership (\$1,000.00)
<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)

RESPONSIBLE ORGANIZED MOUNTAIN PEDALERS ("ROMP") 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 _____ Date: _____

(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)

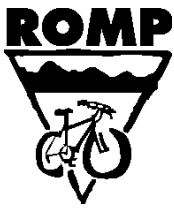
X _____ Date: _____

(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



Responsible Organized Mountain Pedalers

PO Box 1723

Campbell CA 95009-1723

NON-PROFIT ORG

U.S. POSTAGE PAID

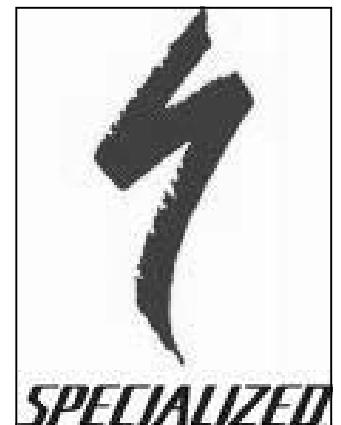
SAN JOSE CA

PERMIT NO. 1371

Inside this issue:

Mountain Biking in British Columbia	1, 8, 10
2008 Elections	1, 2
Product Review: x2Cycle Instant Tandem	2
Rock & Roll: Mountain Biking & Geology	3, 4, 5
King Range National Conservation Area/Save the Date	5
SAVE THE DATE	5
ROMP Calendar	6, 7, 9
ROMP Directory	10
ROMP Membership Application and Waiver	11

Our Sponsors and Supporters



Want your business here? Help us out with donations in kind or become a sponsor: www.romp.org/club/sponsorform.doc