

# MOUNTAIN CYCLIST



LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

FALL 2011

## Gilroy Hot Springs



The Hotel at Gilroy Hot Springs, California

By Henry Pastorelli

This year ROMP joined the Friends of Gilroy Hot Springs as a life member. The Board is convinced that this Henry Coe State Park affiliated group offers many benefits in the areas of advocacy and enjoyment. The current dismal financial straits that the state parks are experiencing is forcing them to look to partner with outside groups to help preserve and maintain areas of cultural significance and ROMP is ready to help out. The location offers easy access to Coe for riding, hiking and exploring. Camping and soaking opportunities are now also available to the club.

ROMP was able to hold a 3-day bike/camp/work event over the Memorial Day weekend at the springs. We had a group of 19 mountain bikers visit, camp, and base rides out the GHS. They all joined FOGHS as family memberships of \$50 per couple and all performed some volunteer work doing building preservation stuff.

Gilroy Hot Springs is located 0.7 miles over the bridge just past Coyote Creek entrance. The incline leads you to a large

*(Continued on page 8)*

## Picnic at GHS Oct 8!

Join us for our annual ROMP picnic and ride on Oct 8<sup>th</sup>. We will meet at Gilroy Hot Springs (Henry Coe State Park). Come on out for rides, hikes, soaks, tours of the historic buildings and lunch. This beautiful location has something for everyone. Kids welcome too! Bring your bathing suit & towel, along with your bike.

9:00-2:00 Intermediate and advanced rides at Coe

10:00—1:00 Beg. and Int. rides at Harvey Bear

Hikes: easy walking access to Coe and Coyote Creek

10:00-11:00 Historic building tour

2:00 Barbecue Lunch: meats, veggie options, dessert, tap beer, sodas and all the fixings

Romp Members: \$10 per person. Non-members: \$30 per person (includes \$20 membership) Kids (under 16) free, but must be with parent. Please email the ROMP contact of kids attending instead of registering them online.

Camping option is available for Saturday night. If you are interested, please email the ROMP contact. This is a high fire danger area. No fires will be allowed. Please no pets/dogs!

Directions: 101 south to Leavesley Rd exit (Gilroy). Head east and turn left on New Road and right on Roop Road. Follow Roop for about 6.5 mi (Past Hunting Hollow entrance) and over the Coyote Creek Bridge at end of road. At the gate you will be let in to drive up the road to the Springs. Please visit the Friends of Gilroy Hot Springs for more information regarding this historic location <http://friendsofgilroyhotsprings.org/>

Signup/ RSVP here: <http://www.imathlete.com/events/ROMPPicnicGilroyHotSprings>.

Contact: Henry Pastorelli ([hpastorelli@sbcglobal.net](mailto:hpastorelli@sbcglobal.net))

# The End of a Good Trail

By Paul Nam

A Trail is finished when it disappears.

A trail disappears for two reasons:

A trail disappears when the process of re-vegetation and erosion erase a trail when its use is abandoned.

A trail disappears when an established trail is harmonious within its surroundings and it integrates so completely with the purposes it serves that it becomes a permanent self-sustaining part of the landscape it traverses and completely disappears from notice by becoming taken for granted as though it was always there.



A perfect trail may not exist anywhere except in an ideal world. There is no ideal world. Therefore the perfect trail does not appear. The perfect trail is a worthy goal even for a less than ideal world.

A good trail belongs to be where it is. A good trail is open. A good trail is approved by the land owners, managers, users and wildlife. It negotiates with the terrain and does not war against it. It inspires and does contrive a way to visit

places along the way. A good trail can be tricky, funny, and dangerous, but it can never be boring. A good trail can be scenic, scary, and secret, but it can never be unknown. A good trail can be simple, complex, or challenging, but it can never be easy.

A good trail is worth the trip.

A good trail conserves energy. Once attained, a ridge or summit is a satisfying achievement. But a good trail is not only about the destination. A good trail is also about how you get there and get back, or move on. Going up, or coming down from a high point always happens on a good trail. Descending a good trail doesn't build up excessive braking heat in the quadriceps or the brakes by wasting the kinetic energy stored by moving a mass up to a higher place by a series of heel digging sliding half-crescents. A good trail flows and conducts the kinetic energy with control, diverse rhythm, meaningful changes in direction, and breathes with rests and reversals that inspire and give advantage to the scenery and others coming in the opposite direction.

A good trail is like good music. Not everyone one likes the same sort of music but we recognize the classics and celebrate innovations. The most popular music is not always the best music. Perfect music would not bother the neighbors.

A good trail is like the finest merlot or cabernet. It improves with age.

Good trails are like old and trustworthy friends. You miss them when they are gone.

A good trail is like food. It is ruined when it is spoiled. You remember a good trail forever, especially if it disappears beneath your feet.

Where the trail disappears, is the end.

The process through which a trail goes through towards disappearing is an evolutionary one. A trail connects places with an efficient path between them. A trail exists either on the presumption that someone will seek access to an area, enough times to justify the construction of a trail, or it occurs because many have sought the same destination enough to beat in a trail. No matter what the genesis of a trail is, it will always tend to disappear eventually.

Ultimately a bad trail will eventually disappear. Users will not continue to support it until it is gone. It will be replaced by a good trail that will disappear, because no one will notice it. A good trail does not draw attention to itself. A good trail will reflect the truth about and be a part of its surroundings. A good trail will not talk about what engineers did here, it will talk about what is here now and what it is like to be here. All bad trails become good trails. All good trails tend to disappear. Eventually all trails will disappear.

With infrequent use, a trail appears to disappear. With more frequent use, a trail appears shaped by its users who choose with paws, feet, hoof, and wheel where exactly to tread.

If the route of a trail is not efficient, some users will abandon it and short-cuts and alternatives will appear. If a trail is not attractive other trails will be favored. If a trail doesn't work in harmony with its surroundings, users will not select it enough to keep it alive, and it will fall into disuse and disrepair, and disappear, and not exist.

When a trail is harmonious with its surroundings and it integrates so completely with the purposes it serves, it becomes a permanent self-sustaining part of the landscape it traverses. The

# MTB Tahoe 2011

By Henry Pastorelli

July was an exciting month during MTB Tahoe! Romp, along with other Northern California mountain biking clubs, once again participated in this annual festival of trail work, camping - and of course riding in the Lake Tahoe region.



Tahoe is about 5 miles away

Trail work was on Saturday in the Kingsbury area (as with last year), but in a different part where they are building new trail this year.

This year's event happened Thursday through Sunday, July 21st to 24th.

This year's camping was at the Fallen Leaf campground in South Lake Tahoe. ROMP had reserved campsites for 25 participants. This year there wasn't an uphill trek to camp and there were trails nearby! The campground was a short walk from beautiful Fallen Leaf Lake and 0.75 miles from the south shore of Lake Tahoe. The campground consisted of 206 campsites in a variety of settings in pine, aspen, and fir trees. South Lake

Trail construction was scheduled for Saturday morning and early afternoon. So what did we do the rest of the weekend? Hiking, swimming or kayaking in the Lake, hanging out at the campsite... oh yeah, and riding! There were several organized rides on some of Tahoe's finest and most scenic mountain bike trails.

Be sure to look out for next year's event and signup!

# Pin Flags, a Clinometer, and a Soul

By Paul Nam

How can it come to be that a trail has a soul? Trails have characteristics that set them apart from one another. Each is unique and goes different places. But the soul comes from the contemplation of death, because the soul conveys the spiritual essence of the wayfarer beyond the physical plane. So in order for a trail to have a soul, a trail must first be alive. Only a living trail can have a soul. To be alive a trail relies on its guests to sustain it. And before the trail can live, it must be born.

*I would have to prove that souls actually exist, in any form, before positing that a trail can have a soul.*

Trails never appear out of thin air. They don't spontaneously spring up on mountain sides like mold on fruit. Trails are made by animals and people who need them. And it is in the making of trails where the first defining elements of the trail soul develops.

*Many of us think people and animals may have souls. Could a trail have a soul?*

Modern trails are scouted and flagged using a precision instrument called a clinometer. The clinometer, about the size and shape as a cigarette box, is the tool that allows trail designers to conveniently measure and determine the grade or steepness of slopes and the proposed trail. The modern trail designer attempts to blend a trail into the landscape which complies with a predetermined set of standards, typically imposed by a land management agency or a set of design criteria, to keep the trail from becoming excessively steep, rugged, and prone to erosion.

*The soul is a unique set of characteristics which compose the essence of a sentient being. The soul may have dimensions of moral worthiness, rectitude, valor, diligence, honesty, and so forth. These qualities are the products of a struggle: reflections and consequences of decisions, accidents, and reactions, good, bad, and mundane, which have played upon the sphere of our consciousness.*

Older trails often have more character because the builders did not have the "benefit" of modern instruments like the clinometer and modern standards to assist them. Trails are older than civilization. Animals make trails by repeating the same routes. We must assume that people took advantage of

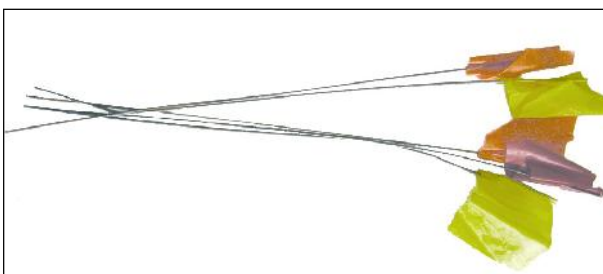
these animal trails and incorporated segments of them into their need to travel. They would know that important trails lead to water, food, and vistas to feast the eyes upon.

*Is the soul the indefinable residue of an individual life? As the sunlight beams down upon the globe in alternating bands of night and day, and as the seasons ebb and wane, so does the spirit, that kernel of the soul, bathe in variable waves of energy.*



There is no doubt that people take advantage of rocks, ledges, open meadows, forest canopies, saddles, ridges, and landmarks to situate their trails. Just like a mountaineer seeking an efficient route to the summit of a mountain, trails can follow a series of segments from one advantage to another. This can lead to very rugged steep and interesting trail.

*A soul, is it predicated by free-will? Does a soul develop organically through a process of self-determination? Yet that predicates upon the existence of free-will. That is a concept upon which I am free to maintain a skepticism built upon a shadow of a doubt.*



Over time, the trail changes. It ages. A tree falls, too big to remove, and the trail moves its course like a river. Sometimes the trail will preserve the detour around the fallen tree long after the tree has rotted away and disappeared completely. Rock falls, land slides, thickets of thorny plants, can all lead to changes in course. And these changes, like the wrinkles upon the face of the old, are evidence of life and character.

*A soul, is it evidenced or based upon the vaporous paucity of love and the capacity to love? And perhaps, is a soul a thing, a construct, an organization of intentions and will, whose disciplined fibers of confidence form a vessel, not unlike a ship, that would sail beyond the horizon of life and across the arcing vacuum of space towards a society of souls beached upon some unimaginable distant shore, like*

*(Continued on page 10)*

# Cool Toys for Trail Work

filled were considered but they are somewhat heavier and more costly. These would have taken the project over the \$400 budget.



Also, the “flat-free” types don’t roll very easily when heavily loaded. Slime was put in the tubes to ensure flats would not be a problem, at least for the amount of mileage expected. FWIW; the wheels are rated at 600 lbs combined. It is expected that 500lbs would be a good GVW for the gang box especially if towed behind a quad. 300 lbs is a lot of tools!

A big thank you to Paul Liebenberg for his generous donation of time and skill. This is another huge contribution from him.

Everyone needs a new gadget to make life easier. For some it’s a smart phone, for others it’s an adjustable seat post with remote. For fans of the trails at Henry Coe, it’s a custom tool box on wheels for stashing tools.

At the beginning of a trail work day, the plan will be to drive it to the top of the trail. Then to start working from the top down, and moving the tool box down the trail as we build. Some big State Park Volunteer stickers will be made to identify it.

The weight probably comes in a little under 200 lbs; the catalog specs said 149 lbs, but the mods all add up. The 200 lbs is about what a wheelbarrow with a medium-sized load of dirt would weigh. This number was kept in mind when considering if this would be a feasible project. There were no problems pushing it up JDT’s 10% trail grade. Loading it on a truck by pushing it up the ramps at around 40% was about the limit though. It should not be moved up any hill if full of tools!

Nominally it is a 24”x24”x48” gang box (48 being the big dimension of the lid). The “shovel handle extension pocket” and “wheelbarrow handle sockets” add about 15” so sitting on the ground with the wheels stowed it’s about 28” tall by 24” deep by 63” long. Add the tow bar or “wheelbarrow handles” it becomes about 8’ long. Sitting on the wheels it’s about 32” tall. In the “wheelbarrow” mode (wheels installed inside) it should fit through a 26” wide doorway. In the more stable “quad trailer” mode (wheels on the outside) it’s about 36” wide.

The tires are the standard tube type. The “flat-free” foam



## Special Events

# Calendar

### **ROMP Picnic at GHS!**

Join us for our annual ROMP picnic and ride on Oct 8<sup>th</sup>. We will meet at Gilroy Hot Springs (Henry Coe State Park). Come on out for rides, hikes, soaks, tours of the historic buildings and lunch. This beautiful location has something for everyone. Bring your kids.

Agenda:

Coe ride: 9:00-2:00—Intermediate and Advanced

Coyote Lake/Harvey Bear ride: 10:00-1:00—Beginner & Intermediate

Hikes: easy walking access to Coe and Coyote Creek

Historic building tour: 10:00-11:00

Barbecue Lunch: 2:00—meats, veggie options, dessert, tap beer, sodas and all the fixings

Romp Members: \$10 per person.

Non-members: \$30 per person (includes \$20 membership)

Signup/RSVP here: [http://](http://www.imathlete.com/events/ROMPPicnicGilroyHotSprings)

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### **Tour de FAT**

Saturday, September 24<sup>th</sup>

New Belgium Brewing Company's Tour de Fat Returns to Golden Gate Park

The Annual Ballyhoo of Bikes & Beer is Back. Join us in Golden Gate Park for music, fanciful entertainment, contests, art displays and, of course, New Belgium's Fat Tire Ale and other brews.

Here's your chance to practice drawing the perfect pint - and be rewarded with free beer! Dozens of volunteers are needed for a variety of tasks and shifts throughout the day to help make Tour de Fat a success!

All volunteers receive a Tour de Fat t-shirt, beer token, and our deep and sincere gratitude and more Ridge Trail to ride or hike on!

Must be 21 to volunteer for ID check, beer tokens, or beer booth.

Ballyhoo Benefits Two Great Organizations

Proceeds benefit the Bay Area Ridge Trail and the San Francisco Bicycle Coalition. Last year the Tour raised ~\$30,000 for the Council and SFBC, and over the past 8 years has raised tens of thousands more to help complete the Ridge Trail and improve cycling in San Francisco.

2010 schedule of events (expect similar for 2011)

\* 11:00 am - Bike Parade - costumes

HIGHLY encouraged

\* 12:00 am - Performances Begin - check out the music and theatrics by The Doveskins, Daredevil Chicken Club, YoYo Squared, Free Energy, and Extra Action Marching Band.

Are you ready to trade your car for a sweet bike? For the fourth year, New Belgium will be giving a sweet new two-wheeled, human powered ride to someone - in return for their giving up the four-wheeled gas guzzling, global-warming causing vehicle.

Questions? Contact the Ridge Trail Council at [volunteer@ridgetrail.org](mailto:volunteer@ridgetrail.org) or 415.561.2595.

## Rides

### **PTB Wednesday Wrides at Waterdog**

Starts around 6pm depending.

Note we may not have leaders for each ride but usually someone knows their way around. All groups will meet back at Passion Trail Bikes right around dark for the usual story telling & beverage enjoyment. All rides start pedaling from the shop: Passion Trail Bikes, 415 Old County Road, Belmont, CA 94002 650-620-9798. For all the details please refer to [www.passiontrailbikes.com/](http://www.passiontrailbikes.com/) or you can also email us for info at [info@passiontrailbikes.com](mailto:info@passiontrailbikes.com).

### **ROMP MBOSC at Soquel Demo Forest**

Second Sunday, 9:30AM  
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. Highland Rd is currently closed so you need to ride or drive up through Aptos. Contact: Josh Moore 408-420-7342 [mtbikes@gmail.com](mailto:mtbikes@gmail.com)

### **Social and Scenery Ride**

Third Saturday, 10:30 AM

B/EASY/10/800-1000 Enjoy a ride for experienced beginners and intermediates who want to go slower. Meet at 10:15am (wheels roll at 10:30) to ride, socialize, enjoy the scenery, and work on your biking skills at a slow to moderate pace with frequent breaks for 2.5 hours or more depending on group wishes. 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: Meet in the Vista point parking area on Skyline Blvd/ Highway 35 located 1.1 miles north of its intersection with Page Mill Road and directly across from the Mid-Peninsula Open Space Russian Ridge Preserve. Contact: Phil Solk [psolk@live.com](mailto:psolk@live.com), 650.291.9461

### **Pacifica To Rancho Corral de Tierra & Back**

3rd Sunday of the month, 10am-12:30pm. Free! Helmet required. Join legendary mountain biker-turned-instructor Jim Sullivan on a moderate, 11-mile ride from Pacifica to Rancho Corral de Tierra and back. You'll learn basic mountain bike techniques and see how Rancho connects to other open space.

Directions: Turn east onto Linda Mar Blvd. From hwy 1 in Pacifica. Turn right onto Peralta, following Peralta to Rosita rd, Left on Rosita+Park in front of Linda Mar School on Right. Maximum of 15

visitors. Reservations required as event details may change; For more info or to RSVP, please e-mail Jim at [ssulljm@gmail.com](mailto:ssulljm@gmail.com) phone 415-561-4323

### **Mountain Biking Beginner Skills Class**

Last Sunday of the month, 1-3pm.

Learn Climbing, Descending, and Single track riding techniques.

Meet by Ember Ridge Equestrian Center, Park on Etheldore St.

Free! All ages and skill levels welcome.

Helmet required. Led by Jim Sullivan, member of the Pacific Bike Park Committee. RSVP required because class size is limited. For more info or to RSVP, please e-mail Jim at [ssulljm@gmail.com](mailto:ssulljm@gmail.com)

## **Social Events**

### **Bike Repair for the Community**

Second Saturday, 10:00 AM

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

## **Trail Work**

### **Henry Coe State Park**

Second Saturday, 9:00 AM

Contact: Paul Nam [vocnam@yahoo.com](mailto:vocnam@yahoo.com)

### **Santa Clara County Parks Monthly Volunteer Projects**

3rd Saturday of each month, 9am-noon  
Contact: Santa Clara County Parks (408) 355-2254

### **Soquel State "Demo Forest"**



See [trailworkers.com](http://trailworkers.com) for more information.

### **Wilder Ranch Trailwork**

First Sunday Every Month, 09:00 AM

See [trailworkers.com](http://trailworkers.com) for more information.

### **Waterdog Lake, Belmont**

Ongoing projects throughout the year.

Contact: Patty Ciesla. 650-620-9798  
[president@romp.org](mailto:president@romp.org)

## **Meetings**

### **Santa Clara County Parks Commission Meeting**

First Wednesday 06:30 PM

Santa Clara County Parks Commission Monthly Meeting - to view the agenda, actual start time (can vary), & meeting location, check [www.parkhere.org](http://www.parkhere.org), follow the Quick Clicks down to select General Agency Information, then select Parks and Recreation Commission. Look for the corresponding link for Parks & Recreation Commission Agendas, Minutes.

### **San Mateo County Parks and Recreation Commission**

First Thursday, 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. Board of Supervisors Chambers, Hall of Justice 400 County Center Redwood City CA 94063

### **MROSD Meeting**

Second and Fourth Wednesdays,  
07:30 PM

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.

### **Open Space Authority Board of Directors meeting**

Second and Fourth Thursday, 06:30 PM  
Board Room Suite 200 6830 Via del Oro  
San Jose 95119

### **Bay Area Ridge Trail County Committee**

Fourth Tuesday, 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! United Way Building 1922 The Alameda San Jose Contact: Josh Moore [mtbikes@gmail.com](mailto:mtbikes@gmail.com) [www.ridgetrail.org/about/committees.cfm](http://www.ridgetrail.org/about/committees.cfm)

### **ROMP Business Meeting**

Fourth Mondays of select months 7:00 PM  
except November and December

We will meet 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: [president@romp.org](mailto:president@romp.org)

(Continued from page 1)

flat area that is now quiet and deserted but during its heyday in the 1880s through the 1920s it was the location of a resort that attracted people from all over the San Francisco Bay area. The large hotels, the Club House, the individual cabins, and the soaking tubs hosted up to 500 guests with fine dining, dancing, gaming, and relaxation. Guests could also explore the magnificent surroundings by hiking and horseback. In the

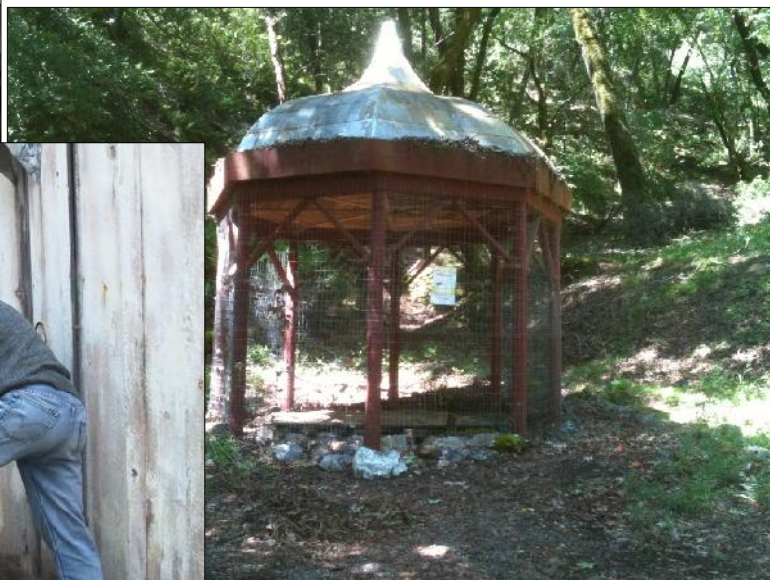


1930's the resort became a respite for the Japanese and Japanese Americans. After World War II, the Gilroy Hot Springs provided a different kind of shelter for families who had been displaced by the wartime removal of the Japanese from the West Coast. Many of those buildings have since been lost to fire and those remaining are at risk due to decay and vandalism. Gilroy Hot Springs, now part of Henry W. Coe State Park, is a State Historic Landmark and listed on the National Register of Historic Places. Friends of Gilroy Hot Springs, ("FOGHS"), a non-profit group working with State Parks, was formed to once again open this beautiful spot to the world.

Walking the grounds you can feel the ghosts of those past visitors. The bright, sunny location circled by oaks where the hotels and club house stood make wonderful camping spots. You can see across the valley created by Coyote Creek and catch a glimpse of the bike riders going up Coit Road. On the hills above you are the empty cabins of those long-ago vacationers. Walking up to them (it's not safe to go in them at this

point), you can see the view they must have had from the many porches and decks. It's very easy to imagine yourself sitting on a chair on one of those porches, waiting to meet friends at the Club House for a drink and then going into dinner at one of the hotels. Or perhaps you have your map out and are planning tomorrow's ride or hike while watching the sun go down.

Of course the main reason those visitors were there was the hot springs. If you take the curving road just slightly down past the clearing you will come to the source of that spring, still under its distinctive metal gazebo style roof. Here you will find the boarded up old spas and dressing rooms. FOGHS set up a soaking area for us that was both practical



and comfortable. Two large plastic tubs had the water piped directly from the springs and

then overflowing into its natural river bed. The water temperature was in the mid 90's with only a very slight smell and had a softening, rather than drying, effect on the skin. While we were soaking with our beers in hand and admiring the view Saturday night, a light rain started. Nirvana. Slept like a rock, too.

The mountain bike community is maturing and evolving to meet the challenges our parks face. By developing closer ties to the local historical areas in Coe we are demonstrating that we have much to offer. Hopefully this will further enhance our positive relationship with Coe and also allow us to make a solid contribution to Friends of Gilroy hot springs efforts. If any ROMP member is interested in visiting the springs please contact [hpastorelli@sbcglobal.net](mailto:hpastorelli@sbcglobal.net). See details in this newsletter for the October picnic date.

Anyone interested in finding out more about Gilroy Hot Springs can go to [www.friendsofgilroyhotsprings.org](http://www.friendsofgilroyhotsprings.org).



# Save A Park!

By Paul Nam / Henry Pastorelli

Henry W. Coe State Park will close July 1, 2012.

"Ultimately, we the people are responsible. If we do not rise up and craft a solution to save what is ours, then we are complicit in this looming tragedy." DONALD W. MURPHY, director of California State Parks from 1992 to 1999

The Coe Park Preservation Fund was recently established to keep Henry W. Coe State Park open. Initially The Coe Park Preservation Fund will seek sponsorships from corporations, conservation-minded foundations and concerned individuals to assure that the basic financial needs of Henry W. Coe State Park — park staff salaries and basic maintenance — can be supported for a minimum of three years. After this initial goal is accomplished, they will create an endowment fund to assure that Henry W. Coe State Park can be kept open in perpetuity — immune from future economic fluctuations and assuring continuous public access.

The Board is composed of individuals with a varied background who have deep community and corporate connections. The list includes a Chairman of the Board of a semiconductor company, a Professor of Biology (emeritus) from Stanford University, a co-founder of a satellite communications company, a founding member of the Pine Ridge Association, and a Chief Operating and Finance Officer for Futures Without Violence. Ann Briggs is President of CPPF and was President of Acterra and the Pine Ridge Association. All individuals share a passion for Henry Coe and have been very involved in volunteer activities over many years.

To completely cover the cost of staffing and maintaining Coe Park for three years will obviously require large corporate donations and grants from charitable foundations, but individuals must help too. Please consider the following:

Adopt An Acre; one acre is about \$11.50. Aiming a bit higher, the "adoption" cost for 640 acres — one square mile —

is about \$7,360. Another option is somewhere in between. No contribution is insignificant and they are crucial in showing potential large donors that Henry W. Coe State Park has broad community support.

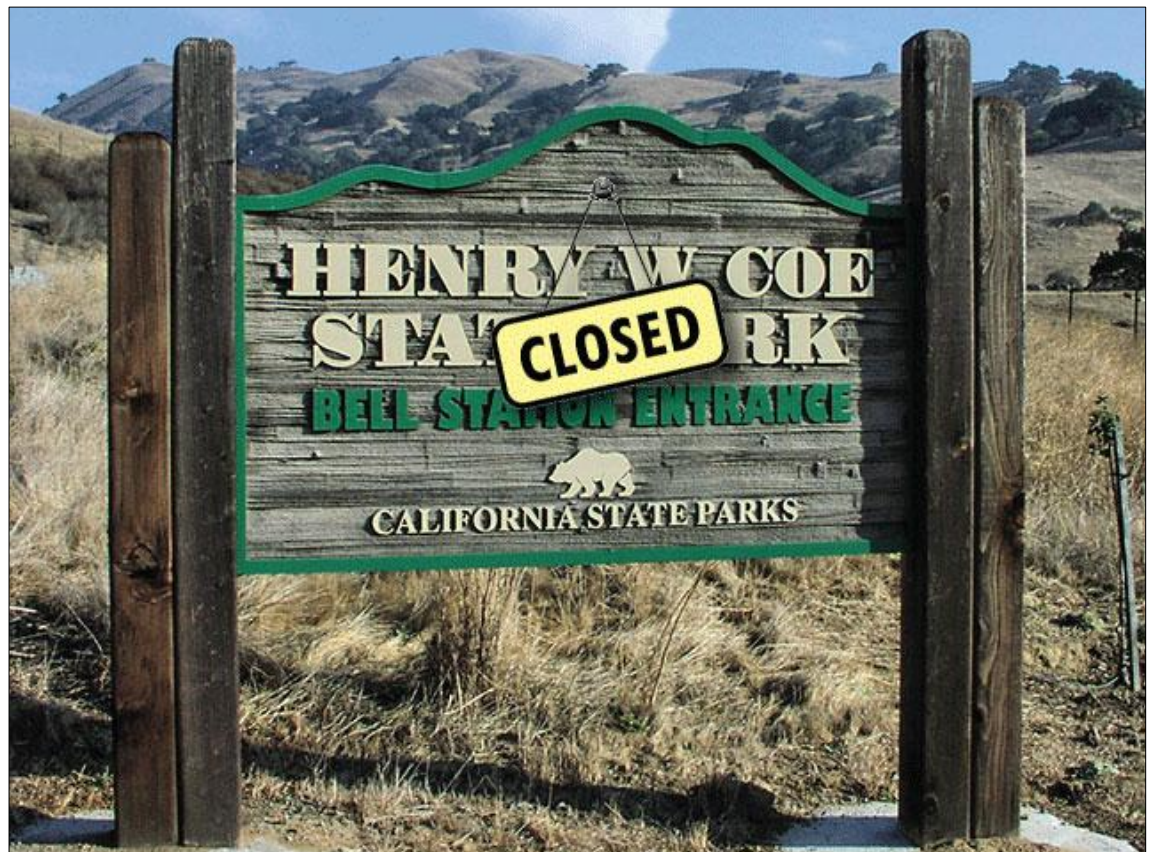
Let your assembly member know that you support AB 42 (Huffman). This bill facilitates the ability of the Department of Parks and Recreation to enter into operating agreements with nonprofit organizations, like CPPF, to keep State Parks open and accessible to the public.

Let your state senator know that you support SB 580 (Wolk/Kehoe). This bill enacts strong policy measures to preserve California state parks and California taxpayer investment in those parks.

Please see the CPPF website for additional information and to make your contribution: <http://coeparkfund.org/content/help.html>

All funds raised will be used to keep Henry W. Coe State Park open for public use. The Coe Park Preservation Fund is a subordinate organization of the Pine Ridge Association — a 501(c)(3) tax exempt charitable organization.

"Shuttering Henry Coe Park is a violation of public trust, a trust that until now has remained unviolated for more than a century."



# Exercise Recipes: Iphone App

(Continued from page 4)

By Valerie Spier

In Nancy Clark's Recipes for Athletes, Clark offers 71 recipes designed to help you perform better in your next event. Each of the recipes is searchable by calories, carbohydrate, protein, and fat. Recipes can be further sorted for nutrient timing recommendations, including recipes for pre- and postexercise, and special diets such as vegetarian, vegan, gluten-free, and dairy-free. Full-color photos of each prepared dish accompany the recipes as well as a quick reference listing of the most popular protein and energy bars, sports and energy drinks, and protein powders. In addition, Nancy Clark's Recipes for Athletes includes an internationalization setting, which allows you to select imperial or metric measurements. Just select the settings icon, select the Nancy Clark app, then select units, and there you can pick which measurement type you would like to view.

Clark provides additional nutrition information for each recipe so you know the exact health value for each prepared meal. If you're looking for a quick and easy way to find recipes to fuel you in competition, Nancy Clark's Recipes for Athletes will help you create meals that make you feel and perform better.

Recipe examples include Breads and Breakfast, Pasta, Rice, and Potatoes, Vegetables and Salads, Chicken and Turkey, Fish and Seafood, Beef and Pork, Beans and Tofu, Beverages and Smoothies, Snacks and Desserts

Nancy Clark is one of the country's leading sports nutrition experts. Buy the app for \$2.99. [itunes.apple.com/us/app/nancy-clarks-recipes-for-athletes/id429672418?mt=8&ls=1](https://itunes.apple.com/us/app/nancy-clarks-recipes-for-athletes/id429672418?mt=8&ls=1)

*the surface of an egg, to be implanted and assimilated into a universal consciousness?*

Modern trail builders use pin flags, wire wands like spokes with colorful plastic 3x3" flags on the ends, to mark their proposed trails, by sticking them in the dirt. Using the clinometer as a guide, they tend to follow the contours of the land over a steady mild gradient in a curvilinear fashion. This typically looks like a snake lying on flat ground. They flag the bottom outside edge of the proposed trail. Sometimes they mark parts of the trail with different colors to denote drainages, special turning areas. And sometimes they hang flagging tape, colorful plastic ribbons, from trees and bushes to denote some sort of issue. With all these markings, a visual shape begins to form.

*Is a soul, in fact, encoded in DNA?*

It is said that miners used to send their loaded donkeys up the mountain-sides and follow them to figure out the best place to put in a trail.

*Turn now to that humble artifice known as the trail and wonder, can it have a soul? It is doubtful isn't it? But what if the souls of the living leave any traces upon the surfaces upon which they grip, touch, and travel? Is it possible for an inanimate object to inhere a unique soul structure?*



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Web Master	Josh Moore		<a href="mailto:webmaster@romp.org">webmaster@romp.org</a>

## 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](mailto:newsmailing@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](mailto:newsletter@romp.org)

Send ride listings to the club web master

◇ Josh Moore (408) 420 7342  
[webmaster@romp.org](mailto:webmaster@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.

<b>Name</b>		
<b>Family Members</b>		
<b>Address</b>		
		<b>Phone</b>
<b>City</b>		<b>email</b>
<b>State</b>	<b>Zip</b>	<b>Membership Type :</b>
<b>How did you here about us?</b>		<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)
<b>Send Newsletter:</b>		<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



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