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MOUNTAIN CYCLIST



LEADING THE PARTICIPATION OF MOUNTAIN CYCLISTS IN THE TRAIL COMMUNITY

LAST PAPER ISSUE EVER—SEE PAGE 2—SPRING 2013

Swap Meet! April 28th 10:00

10493 S. DeAnza Blvd., behind Cupertino Bikes.



Largest bike swap meet in the South Bay/San Jose area for over 20 years. Over 75 vendors selling road/mountain/hybrid bikes, frames, parts, accessories, tools and clothing!

Buyers: \$2 entry/admission, no early bird shoppers
Sellers: Space rental \$60/each and up. To reserve or for more info, call 408-436-7574 or contact sprocket at cupertinobikeshop.com. We always sell out so reserve early. Day-of space rentals are an additional \$20. Tables are \$10 each to reserve.



Dirt Alpine Closed!

By Charles Krenz

Late last year, a series of storms pummeled Northern California. The surge of runoff clogged drainage ditches and eroded hillsides up and down the Peninsula. The effect was particularly pronounced on upper or "dirt" Alpine road. This trail connects Peninsula and South Bay trail users with the best, lowest impact access to the 25,000 acres of land managed by Midpeninsula Regional Open Space District and other open space districts.



A poorly maintained culvert collapsed and sucked away part of the old road-bed about halfway between the top of the detour section that has been in existence for 20+ years and the gate where Alpine connects to Page Mill Road. In late January, San Mateo County abruptly closed this section, though the route is still quite serviceable for trail users.

Working with MidPen, the county put in place barricades above and below the affected section and signed a steep, muddy-in-winter detour around the route.

(Continued on page 10)

State of the ROMP

By Linda George

Happy New Year! Before we get much farther into 2013, I wanted to highlight some of ROMP's 2012 accomplishments.

We continued our advocacy efforts in areas such as Calero, Sanborn, Mt. Madonna, Mindego Hill, Waterdog, Pillar Point Bluff, Rancho Corral de Tierra, and Montara. We built or maintained trails at Coe, El Corte de Madera, Sanborn, and Tahoe; participated in local bike patrols; supported grant proposals; attended land manager meetings; and wrote letters to support local and regional access efforts.

We helped create a bench at a beautiful scenic location in Wilder Ranch, in memory of long-time ROMP member Jain Light.

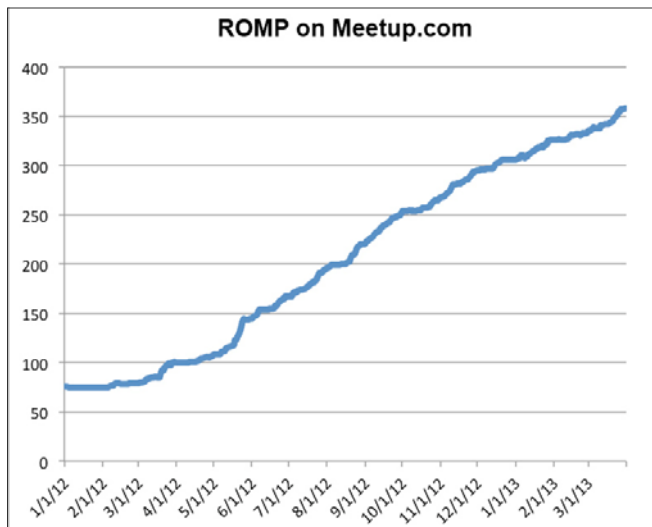
We held several monthly multi-level group rides as a way to explore a variety of trails and meet new riders. We saw gorgeous coastal wildflowers at Montara, and enjoyed new singletrack at Coe State Park and at Coyote Lake/Harvey Bear Park near Morgan Hill. We split into groups by pace, rode for 2-2.5 hours, and returned for snacks and socializing. We're currently working on our ride schedule for this year – they'll be listed on our meetup group at meetup.com/mtbromp

Speaking of meetup... we continued to develop our use of social media, started an e-newsletter, and (this year) launched a new website. The following chart shows the growth in subscribers to our meetup group in 2012.



As we move forward into newer forms of communication, we have decided to no longer publish a paper newsletter. We feel we can use the resources used to produce the newsletter more effectively to engage mountain bikers in advocacy,

work with land managers and bike shop staff. We have recently rolled out a new web site, which will allow us to do a better job of putting news on our site and posting these messages through various channels such as facebook and email. We hope to drive more traffic to our site and start a discussion of important advocacy



issues there. You can find us at romp.org, and can subscribe to our e-newsletter at romp.org/contact/

We celebrated the opening of the Skyline

Trail along Skyline Blvd. in Castle Rock, and 30 miles of gentle, non-technical trails in Coyote Lake—Harvey Bear Park. We collaborated with REI and the Bay Area Ridge Trail Council for a screening of the cycling movie "Reveal the Path."

Movie proceeds were donated to ROMP's advocacy efforts. Sponsor shops Trail Head Cyclery and Passion Trail Bikes contributed raffle prizes for the event.

We partnered with Mere Mortals, BTCEB (east bay), MBOSC, MORCA (Monterey), Access4Bikes (Marin), the San Jose Mountain Biking meetup, and TAMBA (Tahoe). In December we participated in the

Turning Wheels for Kids holiday bike build.

We held another successful bike swap on the last Sunday in April, organized by Linda and Jeff Kahn and staffed by many ROMP volunteers. (This year the swap is on Sunday April 28th, see romp.org for more info!)

At our holiday party, Paul Nam was awarded our Land Manager of the Year award for his substantial ongoing contribution to local trails through his work as President of the Pine Ridge Association, where he has forged strong partnerships in new ways.

Last but not least, Francis Cebedo was the guest speaker at our holiday party. Francis shared his experiences as founder and GM of mtbr.com, and discussed the potential for collaboration with [mtbr](http://mtbr.com) for local trail access.

Great year – and here's to a fabulous 2013!



Trail News

ECDM Staging Area



The analysis of what is going on with the staging area's drainage system and what to do next has been developing rather slowly. Since January, there has been ongoing work to determine the underlying causes for the drainage issues at the site and what long term solutions are feasible given the current site constraints. Towards that end, soil sampling and surveying of the existing basins have been completed. Some options could be available in April, but it's too early for an estimate on the opening of the staging area. It's almost certain that more construction work is ahead. Trail users will need to be patient.

Calero Master Planning



Planning by the Santa Clara County Parks has been ongoing since May 2011. The 'new' preferred alternative plan is expected to be finalized later this spring. The proposal may include a closed multi-use trail loop running parallel to a equestrian/hiker trails. Priority will be to open access to Almaden Quicksilver and Santa Teresa. Requests for more single track and a bike skills area were submitted. Look for updates on the ROMP website or via our e-newsletter.



More Open Space at Uvas Reservoir

357 acres of property above Uvas Reservoir were recently sold to the Peninsula Open Space Trust. Santa Clara County parks will manage the land. The new land includes ridges with amazing views of Uvas Lake, Morgan Hill, and Anderson's Dam. Master Planning will be required. Stay tuned and join in on the effort to bring bike trails to the new park.

Norcal Club Campout at Donner Lake



Here's an early "heads up" for a campout this August at Donner Lake. We'll be riding Friday and Sunday, doing trail work on Hole in the Ground trail on Saturday morning/early afternoon, and riding - beach time - etc. later Saturday afternoon! We'll be joining 7 other northern Cal clubs -- should be great! The campout will be Thursday afternoon August 15th through Sunday afternoon August 18th. We're working out the registration process - if you're interested, mark your calendars and stay tuned on the ROMP email list or via our e-newsletter (see romp.org to subscribe).

Family Bike Rides



How to get the family on the trail: The verdict is in! "Training wheels are the worst invention ever created for cyclists." Balance bikes good. Training wheels bad. Check the latest post on MTBR about getting your kids & spouses to ride: <http://reviews.mtbr.com/how-to-getting-your-kids-and-spouse-to-mountain-bike>. For those wishing for a tandem, the X2cycle is the next best thing. At least one ROMP member has been seen pulling his kids with the X2cycle tow bar on the ROMP rides.



Poison Oak

By Linda George

On a recent ride in Fremont Older, I saw several large poison oak plants starting to sprout leaves. An allergy to poison oak can cause an amazingly uncomfortable, long-lasting rash. The rash is due to an oil-based chemical called urushiol. About 70-85% of us are allergic to urushiol; this sensitivity can increase or decrease over time.

Here are my current guidelines for mountain biking near poison oak – essentially all over the bay area and along the coast, except maybe for some very shady forests. The plant becomes less prevalent above around 4000' in Northern California, and is not found above 5800-6000'.

Rule 1: Avoid touching anything green. (This sounds like an exaggeration, but it works for me.) I could say, "Avoid poison oak plants," but that isn't as easy as it sounds. Yes the plant has "leaves of three," but those leaves can look like a soft ground cover, a shrub, or a vine hidden in tree branches. Leaves can be big or small; flat or folded; green, red, or yellow; solid-color or dotted; glossy or dull. The plant can look so – innocent. Even in

winter, when the plants have no leaves, urushiol is in the stems. If you don't recognize various forms of it, ask a friend – someone allergic to poison oak! – to point them out.

Rule 2: Protect your skin. Organizations like the Forest Service, whose employees work among poison oak, recommend long sleeves and pants. [1] I find this difficult when it's warm out. There is an FDA-approved barrier lotion called Ivy Block, which forms a white clay-like barrier. It's been available for several years but I haven't heard much about its success.



Rule 3a: If you touch a poison oak plant, try to remove the oil ASAP. It only takes a few minutes for the oil to start penetrating your skin. That makes it important to notice when you touch a plant. Recently the founder of mtbr.com, Francis Cebedo, said, "True masters can tell when they've brushed up against [poison] oak leaves versus any other leaf... it



feels like brushing against rose petals. It is very soft with no harsh edges." [2] As a non-master, I stop and look at a plant if I've touched it, to see if it's poison oak. If you've touched the plant, the Forest

Service recommends cleaning your skin with rubbing alcohol within 10 minutes and rinsing with lots of cold water. Others swear by Dawn dish soap, Fels-Naptha soap, Technu Extreme, or Zanfel. The chemical is in oil, so a skin-friendly solvent helps get rid of it. Use lots of water (avoid rinsing the oil to your sock line). If you suspect it's on your hands or gloves, don't touch your face or other sensitive skin.

Rule 3b: Remove the oil from everything else it might have touched. In addition to skin, this might include clothing, bike tires, your dog, ... your partner or spouse.

Special note... all of this points to the usefulness of having a routine whenever you'll be near poison oak. Bring rubbing alcohol or other solvent and enough water to rinse it off. Bring towels, wheel bags, or a garbage

(Continued on page 9)



ROMP builds bikes for Turning Wheels for Kids 2012

By Linda Kahn

In 2003, Susan Runsvold set out to ensure that no child would experience a Christmas without any exciting gifts, an experience she feared herself when she was young. Her original vision was to buy bikes at Christmas and give them to underprivileged children, children she believed might otherwise not receive any present from Santa.



As a nurse at a local Bay Area hospital, she began collecting money from friends and colleagues to purchase as many bikes as possible for holiday distribution. The first year, she bought 12 brand new bikes.

Fast forward...in 2005, Susan asked an amazing group of volunteers to help flesh out her dream--and Turning Wheels For Kids (TWFK) was born.

The unbelievable success of this group has resulted in more than 13,000 bikes being built and given to local children over the years- as a way to improve children's health and well-being.

ROMP has participated the past 4 years or more with our savvy mechanically inclined members who literally have to race the clock to 'hold' a space in this popular yearly event.

Chuck Fry stepped up as TWFK Team Captain, and found 8 hardy ROMP members to give up their Saturday to make underprivileged kids smile with the gift of a new bike.

The volunteers hoisted their heavy tool boxes to our designated 'team' space and members washed down hot coffee with bagels/schmear to energize for a morning of bike assembly. Volunteers can choose from a number of bikes to build including: tots, child, teen and adult bicycles. All bikes are brand

new out of boxes, stacked over 1000+ feet long inside the SJ Convention Center.

There is plenty to do if you don't 'wrench'. The author of this story heads up the 'green team garbage brigade' and collects the hundreds of bike boxes, plastic bags and cardboard from over 2,000 bikes built this year. Volunteers can assist with registration, quality control, selling Raffle tickets and any number of positions that result in making TWFK a success and helping local children have a joyful and happy each holiday season... with a brand new bike, helmet and lock.

Each completed bike is checked by a quality control person, then sent down the line to its final destination; a local Bay Area Charity. Dozens of semi-trucks idled outside the convention center...the 18-wheel 'Santa's Sleigh' to bring completed bikes to their final destinations.

If you would like to volunteer, give a donation and/or get on the mailing list, please sign up and know you will be making a local child's heart sing with a donation of a new bicycle they would otherwise not be able to enjoy!



TurningWheels for Kids. 2400 Moorpark Avenue, Suite 207
San Jose, CA 95128 Phone: 408 316-3497 Fax: (408) 885-5207

Submit your email address to Sue@turningwheelsforkids.org so you can stay on top of their volunteer opportunities and activities.



Calendar

Swap Meet!

April 28, 10-4pm

Largest bike swap meet in the South Bay/ San Jose area for over 20 years. Over 75 vendors selling road/mountain/hybrid bikes, frames, parts, accessories, tools and clothing!

Where: 10493 S. DeAnza Blvd., behind Cupertino Bikes. Buyers: \$2 entry/admission, no early bird shoppers
Sellers: Space rental \$60/each and up. To reserve or for more info, call 408-436-7574 or contact sprocket at cupertinobikeshop.com. We ALWAYS sell out so reserve early. Day-of space rentals are an additional \$20. Tables are \$10 each to reserve.

Santa Cruz Mountain Bike Festival

3rd Annual

April 13th and 14th

Mountain Bikers Of Santa Cruz (MBOSC) is proud to present the Santa Cruz Mountain Bike Festival (SCMBF). A variety of mountain biking events and competitions that represent cycling in Santa Cruz County will be offered. Amateurs will be racing for bragging rights and some unbelievable bike loot. The pros will be racing for cash—at least 50% of the pro entry fee will go back to pro payout.
www.santacruzmountainbikefestival.com

Sea Otter Classic

April 18th – 21st

The Sea Otter Classic has turned into a four-day celebration of cycling that welcomes over 8,000 athletes and 49,000 fans. The event is now the largest cycling festival in North America and is universally regarded as the cycling world's premiere festival. This four-day, action-packed cycling and outdoor sports extravaganza features a full schedule of amateur and pro cycling events, as well as family activities for all ages. Athletes

make the annual pilgrimage to participate in cycling's best competitive and non-competitive events in various Mountain Bike and Road Bike disciplines. The Sea Otter Classic also plays host to one of the largest consumer bike expos in the world. The Sea Otter Expo holds hundreds of vendors who display new products, give out free samples, and offer terrific bargains. Hundreds of professional road and mountain bike athletes come to Sea Otter to race, sign autographs, and share their racing techniques with the fans. The Sea Otter Village, hub of the event, pulses with the activity of free bike demos, stunt shows, kids' playhouses, an international food court, beer and BBQ garden, and live entertainment. Laguna Seca Raceway, Monterey, CA.
www.seaotterclassic.com

Ridge to Bridge

April 27th

Ridge to Bridge is the 'signature' Ridge Trail event in Marin, where riders and bikes are put on a bus and driven north of the Bridge for a one-way ride back. Ride routes are not yet finalized, due to this change, but will be a mix of single track, fire roads, and paved roads (and the ride over the bridge) with some spectacular views along most of the trail. See the listed EVENTS at www.ridgetrail.org



Affiliate Rides

PTB Wednesday Wrides at Waterdog

Begin March, starting around 5:30pm. 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/ or you can also email us for info at info@passiontrailbikes.com.

MBOSC at Soquel Demo Forest

Second Sunday, 09:30 AM 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 SDF green bridge. Contact: Josh Moore 408-420-7342
mtbikes@gmail.com

Mere Mortals 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 10:30am 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 track, 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: Meet in the vista point parking area on Skyline Blvd/ Highway 35 located 1.1 miles north of its intersection with Page Mill Road Contact: Phil Solk, psolk@live.com 650-291-9461

REI Bike Classes

Multiple Classes: How to Ride a Bike, Intro to Mtn Biking, Beginning Bike Skills Multiple Dates: See www.rei.com/outdoorschool/160 Multiple Venue options throughout the bay area



Volunteer Event

Bike Repair for the Community

Second & Fourth Saturday (Jan-Oct), 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

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 for more information.

Wilder Ranch Trailwork

First Sunday Every Month, 9:00 AM See trailworkers.com for more information.

Waterdog Lake, Belmont

Ongoing projects throughout the year. Contact: Kevin Sullivan ksullivan@belmont.gov

Meetings

Santa Clara County Parks Commission Meeting

First Wednesday 6:30 PM Santa Clara County Parks Commission Monthly Meeting - to view the agenda, actual start time (can vary), & meeting location, check www.parkhere.org, follow the left side bullets down to select 'Park Info Here', 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 of Even Months only, 4:00 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, 7:00 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, 6:30 PM OSA Admin Office, Board Room Suite 100, 6980 Santa Teresa Blvd, San Jose 95119

Bay Area Ridge Trail County Committee

Bay Area Ridge Trail Council works to build and dedicate a 550 mile multi-use trail that circumnavigates the bay area. It has regular board and county meetings. Usually pretty informal. Contact www.ridgetrail.org/

ROMP Business Meeting

Typically 4th Monday of every Month @ 6:30 PM, except Nov, Dec. Typically meet at 191 Restaurant & Bar in Mountain View. 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: Check www.romp.org/calendar/ for more information. Contact: Linda George, president@romp.org



Santa Cruz Mountain Bike Festival April 13-14

The fourth annual Santa Cruz Mountain Bike Festival will be held April 13th and 14th in Aptos. The festival includes pro and amateur races, skills clinics, a kids' practice area, bike demos and shuttles, a bike industry expo area, and food/beverage court. Last year the festival attracted more than 6,000 spectators, 200 racers, and 200 kids' rodeo participants. MBOSC works hard on this event every year, and it shows! The bike Festival garners generous support from Fox Racing Shox, Specialized and Pivot Cycles. In addition, there will be demo bikes from Cannondale, Rocky Mountain Bicycles, Santa Cruz Bicycles, Trek and Yeti Cycles .

Last year our favorite parts were seeing all the kids on a small kid-sized bike track, watching people jump their bikes into a gigantic air cushion, and watching the riders at the Post Office jumps.

Last year also saw the first-ever Enduro race at Soquel Demo Forest, where each contestant did three climbs and three timed descents. This year's Enduro will be held later this year on October 12th and 13th, as part of a new California Enduro Series.



Events held during this year's festival touch all aspects of mountain biking for riders from beginner to pro. You can expect to see some great competitions on the short track, pump track, and Post Office jumps. There will also be skills clinics for endurance racing, and jumps and berms for the ladies.

The festival is a family and spectator friendly event. On-line registration for all events will close on Wednesday, April 10, 2013 at 11:59 pm. For race and contest registration, schedule and event details, see santacruzmountainbikefestival.com. Admission is free for spectators who'd like to watch the events and visit the Expo, Area open from 9am-6pm Saturday and 9am-4pm Sunday.



PO

bag for storing wheels, tools, etc. in your vehicle. Once you're home, get your clothes into the washing machine asap.

Rule 4a: Take Rule #3 seriously. Just because you aren't itching doesn't mean you won't have a reaction. It can take from 12 hours to 4 days to start itching. This delay in feedback means it's possible to continue touching the oil, unknowingly. Doctors say the rash does not spread internally and is not contagious, but it sure can seem like it when there are repeated rashes with no PO in sight.

Rule 4b: Bonus. The invisible oily resin stays active for months on clothing, sports equipment, car seats, and other subtle places, just waiting for you to touch it and get a new rash.

Rule 5: At the start of a reaction, innocent-looking small blisters appear and are slightly itchy. The blisters might be in a linear pattern. If you can catch yourself, *don't scratch*. That's the best way to avoid an oozing, scaly, crusty, disgusting mess. If you start to experience a serious reaction - major swelling, espe-



cially around your eyes, or any trouble breathing - see a doctor immediately.

The American Academy of Dermatology [3] has suggestions about lotions that might help ease the itch. I've seen questions about homeopathic remedies, but no clear assessment of how well they might work.

Rule 6: Expect the rash to last 2-3 weeks. This seems shorter when I leave the initial rash alone. Even so it feels like for-e-ver.



This article revises a poison oak article that I wrote many years ago, published in Cycle California. Unfortunately no one has figured out a way to detect urushiol on our skin, nor have there been any new over-the-counter treatments for a while. I continue to hope for advances in both!

[1] <http://www.fs.fed.us/t-d/pubs/htmlpubs/htm07672313>

[2] <http://forums.mtbr.com/california-norcal/assignment-poison-oak-photos-remedies-717226-3.html>

[3] <http://www.aad.org/skin-conditions/dermatology-a-to-z/poison-ivy>





Alpine

(Continued from page 1)

The trail section of Alpine is in an odd "Catch-22" situation. It is owned by the County of San Mateo. Despite the surrounding open space areas and its status of being closed to all but an occasional County maintenance vehicle or Fire Department "brush truck," the route is managed by the "Road Services Department" within the County's Public Works organization. Alpine is effectively a trail through an open space, maintained by a roads organization, an unloved orphan.

Fortunately, the route may be reopened by one of two different ways. Road Services director Joe LoCoco reports that \$200k in funding may become available from the State Emer-

gency Services. How cash is allocated remains to be seen, but last week Governor Brown did sign the emergency declaration, a necessary precondition.

Brian Malone, the MROSD Area Manager, reports that his District has offered to repair the culvert for the County. This offer to make an interim fix would reestablish the route for trail users. A decision on this offer has been deferred until warm weather returns. Malone said recently, "If their [the County's] disaster funding doesn't come through we'll make

the same offer when the dry weather hits. We'll need to get an excavator in there and dig out the top end of the culvert down to where the break is. [laughing] Fortunately-



ly, most of the digging has been done for us."

We're optimistic, but it's not done 'till it's done! If you'd like to stay in touch with our efforts to re-open Dirt Alpine, you can contact me via email, charleskrenz at sbcglobal.net. I'm the Coordinator for COPAR, the Concerned Outdoorspeople for the preservation of Alpine Road, COPARPV.ORG.



Romp Directory	POBox 1723, Campbell, CA 95009-1723	650 620-9798	www.romp.org
President of the board	Linda George		president@romp.org
Vice President of the board	Henry Pastorelli		vicepresident@romp.org
Secretary of the board	Josh Moore	408-420-7342	secretary@romp.org
Treasurer of the board	Glenn Wegner	408-257-8284	treasurer@romp.org
Director and newsletter	Norm Cevallos		newsletter@romp.org
Director at large	Theral Mackey		t@tmack.net
Director at large	Aaron Faupe		aaronf@gmail.com
Beginners clinic	Jim Sullivan	650-455-0693	beginnersclinic@romp.org
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Castle Rock Liaison	Ross Finlayson		castle-basin_liaison@romp.org
Soquel Demo Forest Liaison	Patty Ciesla		sdsf_liaison@romp.org
San Mateo County Parks	Jim Sullivan		smcp_liaison@romp.org
Santa Clara County Parks	Charles Jalgunas		sccp@romp.org
Web Master	Josh Moore		mtbikes@gmail.com

Newsletter Mailing Party

We are not going to mail a newsletter anymore, but if you never made it to the party—have no worry. We plan to continue to have the newsletter mailing parties, just without the newsletter!

Mountain Cyclist

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

This is the last paper issue. You can find the latest about ROMP on our web site romp.org.

For ride information, check out our calendar or

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	State	email
Zip	Membership Type :	
How did you hear about us?	<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"/> Just send me an email	<input type="checkbox"/> Donation \$ <input type="checkbox"/> Lifetime Membership (\$1,000.00)	

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:

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