



FATRAC

FOLSOM - AUBURN TRAIL RIDERS ACTION COALITION

MOUNTAIN BIKE CLUB NEWSLETTER

Volume 9, Issue 4

November 2004
December 2004
January 2005

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DON'T FORGET!

There's still time to get your
FATRAC clothing!



See p. 7
for details

UPDATING THE DATABASE

Renew or become a member now!

Since the early 1990's FATRAC has compiled an impressive snail-mail and e-mail database of mountain bikers in the Sacramento valley and foothill regions. The database consists of members—old and new, current and expired. Unfortunately some of you have moved, some of you have changed e-mail addresses, and heaven forbid, some of you aren't riding your mountain bike anymore! As a result it's time for FATRAC to update the database.

Beginning in January 2005, the newsletter will be sent via snail mail to all current paid members. Due to the ever increasing cost of producing the newsletter, the grace period that has been given to expired members will be eliminated. So, this means we need all of you to renew or start your membership! You can simply mail the handy membership form at the back of this newsletter, along with your

donation, to the FATRAC post office box or you can go to www.FATRAC.org and become a member or renew using PayPal. Isn't technology great?

Well, okay, technology is great when it works...and that's why we need to update your email addresses too. Every time an e-mail is sent about upcoming events, about 100 "mail failure" messages bounce back. You can imagine how irritating that is! So, when you become a new member or renew your existing membership make sure to include your current email address and sign up for the FATRAC Yahoo Groups email list. The Yahoo Groups email list is the fastest and easiest way for all of us to communicate. For example, if you are looking for a ride partner for the weekend, you can send an email and contact a large audience.

FATRAC thanks you in advance for your help in updating the database.

COOL RACE FAST APPROACHING—VOLUNTEERS NEEDED!

Please contact Sean Allan at allansx2@inreach.com
or 530-367-5832 to volunteer at the 2005 Cool Race
to be held Sunday, March 20, 2005.

Further details in the next newsletter!



**RIDING WET TRAILS CREATES MORE EROSION AND TRAILWORK
PLEASE GIVE THEM A DAY OR TWO TO DRY OUT BEFORE YOU RIDE!**

PRESIDENT'S MESSAGE

by Sue Fry



Recently FATRAC had discussions with the American River Mountain Bike Assistants (ARMBA) leadership regarding a merger. (No Donald Trump wasn't at the meeting.) A decision was made to merge FATRAC and ARMBA. To insure ARMBA is duly represented in FATRAC decisions, Suzy Kees was nominated as the FATRAC Executive Board ARMBA member. We look forward to Suzy's guidance!

Speaking of mergers, the Sacramento Singletrack Scorchers (SASS) have approached FATRAC about a potential merger. From initial discussions it looks like the merger will take place in early 2005. Look for women-specific rides and clinics in 2005. It will be exciting to "mix-it-up" with SASS—having women around always adds a nice touch to an event!

I'm excited to report that Greg Briski, owner of The Rest Stop (the best bicycle accessory store in Sacramento located at 32nd Street and Folsom) has agreed to be an Executive Board member. I look

forward to Greg's enthusiasm for cycling in general and suggestions on how FATRAC can become an even better organization. Greg has already given me a few ideas and we haven't even had a meeting yet!

Around California we are still working on access issues. The primary focus is still on the Wilderness Bills introduced in the U.S. House and Senate. We need your help to prove that mountain bikers are an important constituency and that Senators Boxer and Feinstein and Congressman Thompson (District 1) need to listen to us and work with us. As it stands now, mountain bikers have not rallied. We need you to send letters, to call your County Supervisor, and contact your local chamber of commerce. Please email me and I will guide you in writing a letter or making phone calls. We need your help to win the biggest battle over mountain bike access. The outcome of this battle will set the stage for mountain bike access across the country! Thanks go to Jim and Cathy Haagen-Smit (CA IMBA Reps) for their hard work on the Wilderness Bills. Visit www.imba.com for more information on wilderness issues.

Locally, the Sacramento Area Mountain Bike Association (SAMBA) headed up by Bob Horowitz is still doing the hard work and wading through the process to promote mountain bike access along the American River Parkway. Bob is a patient man thankfully because the Parkway Update process will be a long one. Thank you Bob for your efforts! Visit www.sustainableenterprises.com/SAMBA for more information and to become a supporter of this important work.

And finally, it's that time of year again....the time of year to celebrate our FATRAC leaders in club activities, trailwork, and advocacy. Our Christmas Party will be held on Saturday, January 8, 2005. Plenty of food will be eaten, beverages sipped, and awards given. Start thinking about your white elephant gifts now. Remember you can't judge a gift by the wrapping paper!

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Don't Forget the Christmas Party! January 8, 2005

Awards presented to the top 20 trailworkers—only three more trailwork days left to earn yours!

White elephant gift exchange—start planning now!

Bring a potluck dish to share and something to drink: A-H Salad, I-P Main Dish, and Q-Z Dessert

Venue: Canyon View Conference Center, 471 Maidu Drive, Auburn 95603

TRAILWORKER HOURS

Listed by highest hours worked

| | |
|----------------------------------|------------|
| CHRIS Marney | 25.5 |
| CHUCK Gerdel | 24.5 |
| JR Power | 24.5 |
| ALAN Blakemore | 21 |
| ED Delano | 17.5 |
| ANDY Hegenderfer | 17 |
| SUE Fry | 15 |
| TRACY Grant | 14.5 |
| ALAN Walls | 14 |
| BRIAN Hamilton | 13 |
| SEAN Allan | 13 |
| KRISHNA Chaturnedula | 11.5 |
| JIM Haagen-Smit | 11 |
| DOUG Baker | 10 |
| KATHY Campbell | 9 |
| MARY Allan | 9 |
| ROB Bachanas | 9 |
| BRAD Higley | 8.5 |
| ANDI Bryant | 8 |
| AARON Abrams | 7.5 |
| DEAN Scoville | 7.5 |
| RANDALL Baker | 7.5 |
| SKIP Lauderbaugh | 7.5 |
| ALEX Dantes | 7 |
| SCOTT Gulstine | 7 |
| CATHY Haagen-Smit | 4 |
| CRAIG Ohlendort | 4 |
| GLENN Meeth | 4 |
| J.P. Lee | 4 |
| JEFF Van Horn | 4 |
| JUDY Gonzalez | 4 |
| MEGAN Sheely | 4 |
| RON Dickenson | 4 |
| STEVE ? | 4 |
| TERESA Mireles | 4 |
| TOM Scholz | 4 |
| DENNIS Hada | 3.5 |
| LINDA Hada | 3.5 |
| RICHARD Maxwell | 3.5 |
| VICTOR Mao | 3.5 |
| AARON Gonzalez | 3 |
| ABRIEL Jenshus | 3 |
| BEN Jenshus | 3 |
| BOB Horowitz | 3 |
| CARL Olson | 3 |
| CORY Eden | 3 |
| DUSTIN Muller | 3 |
| F.B. Pels | 3 |
| GIL Woodring | 3 |
| GREG Edwards | 3 |
| KEVIN Muller | 3 |
| NATHAN Scallia | 3 |
| ROB Stout | 3 |
| RYAN Hoffman | 3 |
| STEEN Train | 3 |
| STEVE Muller | 3 |
| STEVE Sprague | 3 |
| ? (unknown person) | 4 |
| Total hours (Jan. - Oct.) | 407 |

TRAILWORK



(Left) Sep. 18th work party, Darrington and Sweetwater Trails.

(Below) The Frycook fed the weary trailworkers.



(Above) Plenty of sweaty work went into refurbishing this Culvert Trail turn, for the third time.



(Right) Dean, Alan B. and Krishna gathering large rocks to be loaded into wheelbarrows and taken down to the turn seen above.

(Below) FATRAC President Sue set up the BBQ for the post-trailwork festivities at the Culvert Trail. Doug B. with his ferocious watchdog seen in foreground patrolled the perimeter.



NOVEMBER 2004

EVENTS CALENDAR

| | | | |
|-------------------------|--------------------------------|---|---|
| 6 Sat | Ride STIM / Q | Fall Flame Show (Bullards Bar) Randall Baker (916-773-1274) 9 a.m. Flour Garden Bakery, Auburn | Have you ridden 7-Ball? 8-Ball? How about Rebel Ridge? Lots of options to explore in this area! If you haven't ridden these trails in the fall, you don't know what you're missing! |
| 14 Sun | Ride STIM / Q | Auburn Trifecta Mark Buettner (530-878-8058) 9 a.m. Russell Road - top of Stagecoach | Stagecoach - Clementine - Connector - FDLT - Connector - Confluence - Stagecoach (or a variation of these). 25 miles, 2500 feet of climbing. |
| 14 Sun | Ride MILD / Q | Granite Bay Ken Prager (916-791-8525) 11 a.m. Cavitt Jr. High School | Fast riding on smooth and twisty singletrack near beautiful Folsom Lake. 15 miles, 500 feet of climbing. Beginners welcome! |
| 16 Tue | Meeting | Meeting: American River Trail See www.arconservancy.org for more details 7 p.m. at the Grange, Coloma | A chance to give input on designing and building the trail being built next year along the South Fork American from Coloma to Salmon Falls Rd. |
| 20 Sat | Trailwork | FDLT trailwork Tracy Grant (530-913-6134) 10 a.m. Grizzly Bear House, Foresthill Road | Help to maintain the trails you love to ride! No experience necessary! Valuable training given! Swag for everyone (usually)! |
| 21 Sun | Ride MILD / S | Darrington Trail Sue Fry (916-457-2132) 2 p.m. Salmon Falls Road trailhead | Singletrack all the way (well, almost) on this rolling, picturesque trail. 17 miles, 500 feet of climbing. Beginners welcome. RAIN CANCELS. |
| 26 Fri | Ride STIM / Q | Turkey Burner Ride Randall Baker (916-773-1274) Flour Garden Bakery, Auburn | We'll start at Primitive Camp and head up the fireroad to N. Bloomfield. Those who don't have that much to burn will go down Missouri Bar and those who went back for thirds will go down to Washington. Then both groups will take the S.Yuba trail back to Primitive Camp. 18/34 miles, 2000/3500 feet of climbing. |
| 27 Sat | Ride STIM / M | Paynes Ranch Cathy & Jim Haagen-Smit (916-316-0356) 10.30 a.m. across from the CDF station at the intersection of Highways 16 & 20. | Ride 20 miles of old ranch roads and trails of the Paynes Ranch. Work off that Thanksgiving feast on this rambling ride through rolling oak woodland. RSVP before Thanksgiving holiday! 100 feet of climbing. |
| 28 Sun | Ride STIM / M | Stagecoach (Auburn) Andy Hegenderfer (916-739-3690) 9 a.m. Russell Road - top of Stagecoach | Turkey still causing trouble in your gut? This will sort it out! |

DECEMBER 2004

| | | | |
|-------------------------|--------------------------------|---|--|
| 4 Sat | Ride MILD / S | Fleming Meadow/Jenkinson Lake J. R. Power (916-451-8875) 9 a.m. Hazel Avenue Park 'n' Ride | Singletrack, dirt roads, and some pavement; suitable for fit beginners. 17 miles with 100 feet of climbing. |
| 5 Sun | Ride STIM / S | Salmon Falls Bob Horowitz (916-452-2834) 8.30 a.m. Hazel Avenue Park 'n' Ride | If the water's really low we'll begin with Sweetwater, go all the way to the amphitheatre, return and cross the bridge at Old Salmon Falls, and be done with it. If the water is too high, maybe we'll just have to ride the full 22 miles out and back. |
| 11 Sat | Trailwork | Auburn Area Trailwork Tracy Grant (530-913-6134) 10 a.m. Confluence Area | Got a few hours to spare? Please come and help carry out some much-needed trail maintenance. Ride the trail afterwards and feel the difference! |
| 12 Sun | Ride MILD / Q | Granite Bay Ken Prager (916-791-8525) 11 a.m. Cavitt Jr. High School | Fast riding on smooth and twisty singletrack near beautiful Folsom Lake. 15 miles, 500 feet of climbing. Beginners welcome! |

| | | | |
|-----------------------------|--------------------------------|---|--|
| Dec 12 Sun | Ride STIM / M | Connector and FDLT Krishna Chaturvedula (916-765-5279) 9 a.m. Flour Garden Bakery, Auburn | Connector trail to FDLT, one loop, then back on the Connector. 18 miles, 1500 feet of climbing. |
| 18 Sat | Trailwork | Granite Bay Trailwork Andy Hegenderfer (916-739-3690) 10 a.m. Folsom Lake SRA Granite Bay entrance | The SRA entrance is at the end of Douglas Blvd, east of Granite Bay. Show up, work, and get your raffle ticket for next year's prize draw! |
| 19 Sun | Ride STIM / M | Bullards Bar Cathy & Jim Haagen-Smit (916-663-4626) 8.30 a.m. Flour Garden Bakery, Auburn | Carpool to USFS station on Marysville Road at Hwy 49. Will ride a variation of the great single-track at Bullards Bar with emphasis on longer distance (up to 28 miles!). 2000 feet of climbing. |

J A N U A R Y 2 0 0 5

| | | | |
|-------------------------|--------------------------------|--|--|
| 2 Sun | Ride STIM / M | Resolution decide 'n' ride J. R. Power (916-451-8875) 9 a.m. Call for meeting place | Forget the Bowl Games - let's ride. Rockville maybe, or Marin, other ideas . . .?? |
| 8 Sat | Meeting | Holiday Party/ Organizational meeting Sue Fry (916-457-2132) Canyon View Conference Center, Auburn | Conference Center is at the end of Maidu Drive, off Auburn-Folsom Road. Bring a white elephant gift, a potluck dish to share and something to drink: A-H Salad, I-P Main Dish, and Q-Z Dessert. |
| 8 Sat | Trailwork | Auburn Area Trailwork Tracy Grant (530-913-6134) 10 a.m. Confluence Area | Know what a McLeod is? A Pulaski? A chain-saw? (Well, okay.) You can learn stuff if you show up for trailwork—just ask! |
| 9 Sun | Ride STIM / M | Golden Gate NRA - Marin Headlands Andy Hegenderfer (916-739-3690) 9 a.m. West Sac Park 'n' Ride, I-80/Enterprise Bl | Expect about 18 miles and 2500 feet of climbing on these scenic trails. |
| 15 Sat | Ride STIM / M | Colfax-Iowa Hill Cathy & Jim Haagen-Smit with Judy Gonzales (916-663-4626 or 916-789-1110) 9 a.m. Flour Garden Bakery, Auburn | Carpool to Colfax to ride the double dip into the American River Canyon on a combination of dirt & paved roads. 26 miles with two big 1500 foot climbs to warm the legs on a wintry day, above the fog. Check out the waterfall! |
| 16 Sun | Ride MILD / Q | Granite Bay Ken Prager (916-791-8525) 11 a.m. Cavitt Jr. High School | Fast riding on smooth and twisty singletrack near beautiful Folsom Lake. 15 miles, 500 feet of climbing. Beginners welcome! |
| 23 Sun | Ride MILD / S | FDLT/Connector Sue Fry (916-457-2132) 2 p.m. Grizzly Bear House, Foresthill Road | You get to sleep in AND ride! 18 miles, 1500 feet of climbing. RAIN CANCELS! |

GENERAL INFORMATION AND KEY TO RIDE LEVEL GRADING

| | | | |
|----------------|--|---|---|
| Terrain | | S, M and Q rides are generally "no drop" rides with regroupings at major intersections and rest periods appropriate for weather, terrain and pace. | Common Meeting Locations |
| MILD | Smooth singletrack or fire road; obstacles may exist but are not numerous. | | Cavitt Jr. High School: take Douglas east exit from I-80 in Roseville, go 5.3 miles and turn right onto Auburn-Folsom Rd, next left onto Fuller Drive. Park in first lot on right. |
| STIM | Stimulating Steep fire road; singletrack that can include rocks/roots/stream crossings; long singletrack descents. | General Information | Flour Garden Bakery: take Elm Ave exit from I-80 in Auburn, turn right, cross freeway, turn right into Albertson's mall. Bakery is on the right. |
| THRILL | Steep singletrack and/or rutted fire roads; rock gardens; v-ditches; narrow trails; switchbacks; adept finesse required. | You don't have to be a member to participate in FATRAC rides! Please be self-sufficient and safe by bringing your helmet, eye protection, gloves, water, food, spare tubes, tools, sunscreen, etc. Have your bike ready to go BEFORE the ride! Arrive early enough to ensure you are ready in time. Poor trail conditions will cancel a ride – we will not ride if conditions may result in excessive trail damage. | Grizzly Bear House: take Foresthill exit from I-80, go about 4.5 miles east, park in lot on right. |
| Pace | | Please feel free to contact the ride leader with any questions. | Hazel Ave. Park 'n' Ride: north of I-50 on Hazel. |
| S | Slow; social or introductory ride. Riders need not be experienced or fit. | | Salmon Falls: take Eldorado Hills Blvd./Latrobe Rd. exit from I-50, go about 10 miles on Eldorado Hills Blvd./Salmon Falls Rd., cross bridge and turn into parking lot on left. |
| M | Moderate; recreational ride. | Participation in any FATRAC event is at your own risk. Take responsibility for your own actions. Be respectful, share the trails, ride safely, and have fun! | Russell Rd.: take Lincoln Way exit from I-80 north in Auburn and cross Lincoln onto Russell Road. Go 0.5 mile and look for paved parking area on left. |
| Q | Quick; fun / fitness ride with multiple hours of strong riding. | | |

RAFFLE, RAFFLE, RAFFLE!

Every time you participate in a FATRAC trailwork event, lead a mountain bike ride, or participate in an advocacy effort between now and September 30, 2005, your name will be entered in the BIG RAFFLE! The BIG RAFFLE will be held at the FATRAC Fall Extravaganza scheduled for October 2005. The day will be filled with biking, socializing, food, and drink.

Prizes already include some cool swag from IMBA and some donated items from members and bike shops. We are also working on gift certificates to some of our favorite places to get coffee before a ride (Flour Garden Bakery) and eat after a ride (The Burrito Shop) and some REI products. If you have any ideas for gift certificates or prizes, please email Sue Fry at president@FATRAC.org.

The following "rules" were developed to offer equal opportunity to all FATRAC participants.

Raffle entries will be earned for those events/efforts open and advertised to all FATRAC members such as: (1) leading a ride that is advertised in the FATRAC newsletter; (2) attendance at FATRAC trailwork events advertised in the newsletter; (3) attendance at trailwork events other than FATRAC events that are posted **at least one week in advance** on the FATRAC email list or webpage; and/or (4) for writing an advocacy letter or attending a meeting advertised in the newsletter, via FATRAC email list, or the webpage.

For example; if you write and send a letter to Senator Boxer about the Wilderness Bill you will receive one entry. If you attend the upcoming American River Conservancy meeting to discuss the new South Fork American River Trail you will receive one entry. If you attend the next FATRAC organizational meeting you will receive one entry.

Already 52 entries have been given out for trailwork attendance and 25 for ride leaders. See the latest tally sheet on the right!

Latest raffle ticket tally sheet

| | |
|----------------------|---|
| J.R. Power | 6 |
| CHRIS Marney | 5 |
| ANDY Hegenderfer | 4 |
| ED Delano | 4 |
| KRISHNA Chaturnedula | 4 |
| RANDALL Baker | 4 |
| SUE Fry | 4 |
| CHUCK Gerdel | 3 |
| KEN Prager | 3 |
| TRACY Grant | 3 |
| AARON Abrams | 2 |
| ANDI Bryant | 2 |
| BRAD Higley | 2 |
| DEAN Scoville | 2 |
| JIM Haagen-Smit | 2 |
| SKIP Lauderbaugh | 2 |
| JOHN Doe | 1 |
| ALAN Blakemore | 1 |
| ALAN Walls | 1 |
| CATHY Haagen-Smit | 1 |
| DENNIS Hada | 1 |
| DOUG Baker | 1 |
| GLENN Meeth | 1 |
| J.P. Lee | 1 |
| JEFF Van Horn | 1 |
| JUDY Gonzalez | 1 |
| KEITH Merson | 1 |
| LINDA Hada | 1 |
| MARK Buettner | 1 |
| RICHARD Maxwell | 1 |
| ROBB Deignan | 1 |
| SCOTT Gulstine | 1 |
| SEAN Allan | 1 |
| STEVE ? | 1 |
| TERESA Mireles | 1 |
| TOM Meagher | 1 |
| TOM Scholz | 1 |
| VICTOR Mao | 1 |

Raffle tickets are awarded to event leaders, trailworkers, and advocacy letter writers or meeting attendees. The more you get involved, the more chances you have of winning big at the grand prize draw in October 2005!

ACTION ALERT!

Northern California Wilderness Bills

Please write letters to:

The Honorable Mike Thompson

House of Representatives
Washington, DC 20515

The Honorable Dianne Feinstein

United States Senate
Washington, DC 20510

The Honorable Barbara Boxer

United States Senate
Washington, DC 20510

Please use the text on the right for guidance, but personalize your letter. Personalized letters receive more attention than generic ones! For more information see www.FATRAC.org and www.imba.com.

I am writing to express my concern about the proposed Northern California Wilderness Bills that have been introduced in the House and Senate. These bills will exclude mountain bikers from over 170 miles of trails. I agree that our natural resources must be protected but it shouldn't be at the exclusion of one particular trail user group—mountain bikes are excluded from Wilderness designated areas. To preserve and protect the natural resources, you should consider alternative designations such as national conservation areas to encourage trail use rather than diminish it.

Studies have shown that hiking and bicycling on dirt trails result in similar impact. Bicyclists want to experience the back country just like hikers but we simply choose a different form of muscle-powered transport. Mountain bike tourism generates revenue important to economies of many rural California areas. Please don't shut us out of some of our favorite places to ride and visit. I can support portions of the Wilderness Bills but only if boundaries are clearly drawn so that access to trails that I already ride and maintain are preserved.

Deadline for the
next newsletter:

January 15, 2005



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Specialized TREK Colnago De Rosa Torelli Mondonico Castelli Pearl Izumi Bergamo

**STUFF
4
SALE**

Used ss rear wheel:
 Paul W.O.R.D., Sun CR18, 36h, DT14g-3X, 924g. \$50.00.
 Call Randall Baker
 916-773-1274

FATRAC clothing for sale!
 Jerseys, Vests and Windbreakers available. On sale at Auburn Bike Works, downtown City Bicycle Works, Natomas Bike Shop, Sharp Bicycles, and American River Bikes on Florin Road. Or contact Sue Fry at 916-457-2132 or president@FATRAC.org



FATRAC members with up-to-date membership dues advertise your unwanted bike items here free! e-mail the editor at editor@FATRAC.org

YES! I WANT TO HELP!

Please circle choice(s) (memberships are annual):

| | | | | |
|-------------------|----------|-------|---------|-----------------|
| FATRAC MEMBERSHIP | Titanium | \$100 | NAME | _____ |
| | Aluminum | \$ 60 | ADDRESS | _____ |
| | Steel | \$ 40 | | _____ |
| | Cro-moly | \$ 20 | CITY | _____ ZIP _____ |
| | Other | \$ __ | PHONE | _____ |
| IMBA MEMBERSHIP | | \$ 20 | E-MAIL | _____ |

FATRAC MEMBERSHIP BENEFITS: Quarterly newsletter and event calendar, bike shop discounts, free Stuff 4 Sale ads, annual Year-End Party, discounted IMBA membership, and the satisfaction from knowing you are helping maintain trails and access for mountain bikers!

MAKE CHECKS PAYABLE TO FATRAC or IMBA (SEPARATELY)
 MAIL TO: FATRAC, P.O. Box 6356, Auburn, CA 95604-6356
 FATRAC is a 501(c)(3) non-profit corporation

Join **FATRAC** on the Internet at www.FATRAC.org



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FATRAC

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to club members!
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See **FATRAC** on the web at www.FATRAC.org