"UPCOMING" BTCEB EVENTS

To RSVP, or check the calendar, click:
http://www.meetup.com/bicycletrailscouncil/

Gala Ride at Crockett Hills EBRP
Sunday, October 14, 2018. 9:30 AM to 11:30 AM

We offer ride groups for ALL SKILL LEVELS, from novice to intermediate to advanced. All rides are ‘no-drop’ rides (we won't leave you behind or let you get lost) and are fully supported. A novice rider should be able to ride 8-10 miles on hilly fire roads for 2.5 hrs.

We start gathering at 9:30am and hit the trails promptly at 9:45am. Join us for refreshments and snacks after the ride. Safety glasses are suggested. A well-tuned mountain bike is a must! Rsvp:
https://www.meetup.com/BicycleTrailsCouncil/events/ppsldpyxnbrb/

Ride Like A Girl - rescheduled to Sat Oct 20

China Camp State Park

Sometimes things come up and we have to juggle schedules around. This October, the typical date for Ride-Like-A-Girl (the first Sat of the month which would be Oct 6) is one of those dates. So the ride is rescheduled to Sat Oct 20. On Oct 20, we'll ride China Camp State Park (on the outskirts of San Rafael). China Camp has miles of singletrack (-: as well as several switchbacks and some rocks to keep it interesting. Check the BTCEB website for details and don't forget to RSVP (or unRSVP):
https://www.meetup.com/BicycleTrailsCouncil/events/254949621/

Next YMBA
Saturday, October 27, 2018. 9:45 AM to 2:00 PM
Dave Wolden, Director of Youth Programs (YMBA)
The last YMBA for this season ride will be on Oct. 27. This ride will host the Oakland Crossing Guards. Please consider volunteering to mentor a youth on bike riding. The ride will be at Pt. PINOLE. This is the last ride of the season. We need adult volunteers to mentor the kids on bike riding one-on-one. We fit the kids with helmets, gloves and glasses, and they get to keep the helmets. The ride is around seven miles with many view area stops. Lunch provided. RSVP: https://www.meetup.com/BicycleTrailsCouncil/events/254833550/

**Popup Rides**
*by Mike Udkow, BTCEB President*

BTCEB has many other smaller, less formal last-minute rides, known as "popups".

We had a handful of pop-up rides last month, including a Crockett Hills ride, a Fernandez Ranch ride, a China Camp ride and a few JMP rides.* Let's keep those pop-up rides coming, esp on weekends. Just choose where you want to ride and send me the info and your cell number. I will post it on Meetup. Even if it's a place you're not familiar with but want to ride there, the group can figure it out (or get hopeless lost)!

Look for them at anytime on the Meetup page or subscribe to email notifications: https://www.meetup.com/BicycleTrailsCouncil/

**BTCEB via Facebook**

Finally, if you want to hear about other last-minute news, such as demo rides, and volunteering opportunities, "like" and follow BTCEB's Facebook Notification Page, and also request to join BTCEB's Facebook Discussion Group.

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**REPORTS**
Gala at JMP
By Mike Udkow, BTCEB President

This ride always gets a great turnout. We had 50 riders and spectacular weather. We rode most of the amazing JMP trails, including Cindy and Chaparral! The C group had a mellower ride which included and bit of Redwood Park. First timers are always amazed with the park's beauty and trails. Despite the large groups, there were no conflicts. In fact, some hikers commented on how courteous we all were! There was more than enough beer and food. Dave Blank has the knack for keeping the beer flowing. And as always, thank you to our ride leaders, gpzMike, Baird, Denise, Brandon and Amy. Next month we will be riding at Crockett Hill on *SUNDAY* October 14th.

Ride-Like-a-Girl - September
by Amy Arcus

Kudos to our fearless leaders Theresa and Sarah who led us around Chabot
Regional Park for the September Ride: Like-A-Girl on a sunny warm day. No one got lost (that we know of) and a good time was had by all!

Andy led a ride around Rockville on Saturday 9/22 and based on all the smiles, it looks like everyone had a good time playing on the rocks!
BTCEB Ride at Fernandez Ranch
By Yvette Skinner, BTCEB Vice President

The night of the September BTCEB board meeting two ladies made plans to ride the following week at Fernandez Ranch. What started as a duet turned into a symphony as more friends were invited to join the fun. The parking lot was completely empty when the six mountain bikers arrived with one German Shepherd dog in tow. Fernandez Ranch has been open to the public since 2016 but typically is never busy except for special events.

Following the long climb up the Woodland Trail the group headed right on the Franklin Ridge Trail to reach the Vista Trail, a short section of singletrack with several tight switchbacks that led to a breathtaking view… Mt. Tam to the west, Mare Island and the Carquinez Strait to the north, and Mount Diablo to the southeast.

After a quick jaunt through the bicycle legal section of the Pinole Valley Watershed the group enjoyed the rolling downhills along Woodrat and Whipsnake Trails before the gentle cruise down the flat Black Phoebe Trail. As the sun set behind the golden
hills the friends swapped high fives for another epic adventure.

The link to a recent Fernandez ride video is below. It used GPS tracking and pictures to relive a seven mile BTCEB popup ride held at Fernandez Ranch on September 6th, 2018.

https://www.relive.cc/view/1823866597

Mountain Biking for Search and Rescue?
By Yvette Skinner, BTCEB Vice President

#SARfit – Using Mountain Biking to Stay in Shape for Search and Rescue
By Yvette Skinner, BTCEB Vice President

“So That Others May Live” is the Search and Rescue (SAR) motto. In October 2017 Yvette Skinner started training with her German Shepherd Dog, Arnaud, to become a SAR K9 handler. By May 2018 they became an Apprentice team and training became even more rigorous. The physical demands of SAR can be punishing and mountain biking is just the thing to keep these two fit for the job.

Yvette and Arnaud are training to become a wilderness Area Search team which will require them to comb through large areas searching for a person, alive or dead. Even in training a practice search area could exceed 100 acres in size and take four hours to cover, all off trail. To keep Arnaud in peak form Yvette loves to bring him along on her rides in the East Bay. While Yvette huffs and puffs up the hills Arnaud gets a break and can slow his pace. On the downhills Arnaud sprints to keep up with her. Mountain biking is the perfect sport to keep them both #SARfit.
Advocacy Update
Standing Up for Mountain Biking
By Yvette Skinner, BTCEB Vice President

At a recent meeting of the East Bay Regional Park District (EBRPD) Hiker and Companion Dog Patrol, BTCEB board member Yvette Skinner was aghast to hear the invited guest speaker giving a presentation about trail user conflicts which was full of misinformation about mountain bikers and painted them as a menace.

After the speaker had concluded I leapt to my feet and spoke out in defense of mountain biking, desperately trying to undo some of the damage. Later, a couple people spoke privately with me and thanked me for giving them a different way of thinking about it. Unfortunately, those were outnumbered by the people who lined up to share their personal horror stories of rude mountain bikers. This is the part that I hate the most – when mountain bikers are our own worst enemy. Although I know perfectly well that mountain bikers can be safe and respectful trail users, the few “bad apples” make a bad name for all of us. Don’t be that rider.

I was proud to see my friends doing the right thing while coming up on two hikers on our Wednesday ride. The lead rider called out to the hikers to alert them and slowed down to pass. When the third rider passed the hikers she told them how many more riders were behind her. Well done, my friends! We can all be advocates for mountain biking by these simple acts of courtesy.
Reminder of the month: As a BTCEB member, you can receive a 10 percent or higher discount for parts at many of the bike shops in the East Bay. You just have to ask.

&... WITHOUT FURTHER ADO:

Courtney wins world title.
Marin's Kate Courtney is a the world mountain bike cross country champ! The video is the last lap and it is covered in glory. Where can I get a “ride like a girl” t-shirt? [https://www.nbcsports.com/video/2018-uci-mountain-bike-world-championships-kate-courtney-wins-world-title](https://www.nbcsports.com/video/2018-uci-mountain-bike-world-championships-kate-courtney-wins-world-title)

Coverage of East Bay Ride and Hero
San Francisco news saying how great mountain biking is in JMP, no less, thanks to volunteers like Jefferson Award winner Stan Dodson. [https://sanfrancisco.cbslocal.com/2018/06/14/volunteer-park-patrol-maintains-oaklands-wildland-parks/](https://sanfrancisco.cbslocal.com/2018/06/14/volunteer-park-patrol-maintains-oaklands-wildland-parks/)
Are you an active member of BTCEB?
by Jon Running

Due to some technical glitches with our membership management system over the last couple of years, renewal notices were not going out to our members. Many folks who were once active and current on dues probably don’t even know that their membership lapsed. Others may have registered and meant to become an active member but got stuck with website issues or confusion over the various membership levels and what they mean. No more!

We have fixed up the membership portal, so now is a great time to check your membership status and renew or sign-up for an active paid membership at https://www.memberplanet.com/btceb

What does an active paid membership contribute to?

- Continued planning and organization of monthly Gala and Ride-Like-A-Girl Rides
- Glorious snacks and drinks after Gala Rides
- Various Permits and location fees paid for the group at Gala Ride locations (like Del Valle, Rockville and China Camp)
- Personal Insurance during Gala and Ride-Like-A-Girl organized Rides
- Organization and coordination of various pop-up rides around the area during the week and on weekends
- Activism by BTCEB Board and Club Members on continued or new access to Local Trails. Without work like this we risk losing access to legal bike trails all over the Bay Area.
- Relationships with local Parks departments and other organizations to work on local initiatives that benefit mountain bikes
- Trail Maintenance Efforts. A clear trail is a fun trail to ride
- Education for cyclists in Responsible Mountain Biking
- Youth MTB Adventures (YMBA) – free all-inclusive rides to get city kids into nature
- Sponsorship of several local High School Mountain Bike teams

In the future there may also be member-only organized group rides to special locales like Downieville, Tahoe, Santa Cruz, etc.
Visit the club website for more info on what we do and who we are - https://www.bicycletrailscouncil.org/

What kind of memberships are available?
There are five annual membership levels. These can all be adjusted up or down each year upon renewal:

**Individual Membership - $30 per year**
The standard membership level for a single person

**Family Membership - $42 per year**
If there are multiple riders in your household, please consider a family membership. BTCEB is working for a family-friendly MTB community and fighting for trail access for all riders.

**Club Supporter - $55 per year**
Same as an individual or family membership, with an extra contribution to the club to help out all members

**Singletrack Society - $250 per year**
Our most committed group of members makes it possible for BTCEB to make a sustained impact, not just now but long into the future.

**Student/Financial Hardship - $15 per year**
If you're a student or are facing financial hardship, join BTCEB at a reduced rate to contribute to the cause at a more affordable rate.

**Lifetime Membership option - $500.**
This is the one if you are a trail hero, wish to advocate in perpetuity, and save the stamp, paper, and hassle of paying every year.

**Registered Member is the final/default membership level.**
This just means you have a Member Planet account but aren't yet an active paid member of our coalition.

Please send a note with any questions or issues to: membership@btceb.org

How do I know what membership level I am now?
To check your current membership level and status:
We hope you'll consider renewing or signing up for an active paid membership with BTCEB. Happy Riding!

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OUR SPONSORS INCLUDE:

- **REI** (Bike and other sports store)
- **Hank and Frank Bikes** (Neighborhood bike shop)
- **La Farine Bakery** (Boulangerie)
ABOUT BTCEB

BTCEB is a one-stop shop. We defend access rights. We lead volunteers to build sustainable trails and repair historic trails. We host social rides. We teach underprivileged kids to ride. We fund youth mountain bike race teams. The list goes on because as riders we can do more together than individually. If you have not already, please consider joining us as a member. Many bike shops in the East Bay grant a 10% discount on bike parts to BTCEB Membership Card holders. It is just another benefit of joining BTCEB. Thank you to all the East Bay bike shops that support our efforts both on and off the trails!

CONTACT US

Do you have a good ride story, trailwork report, or other bike trail news? Tell us about it. Please send a paragraph with 150 words or less with a pic (under 10MB please) and/or link telling us about trailwork, rides, events, or any good mountain bike effort to bring our community together, etc. Please send via email to the editor, John Roberts, with pictures if possible, at: buzz@btceb.org

BTCEB BOARD MEMBERS

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Jim Arth, Membership Coordinator
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Yvette Skinner, Vice President

Dan McAvoy, Secretary

Lauren Haughey, Treasurer

Henry Mitchell, Trails Coordinator

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Amy Arcus, Director of Women's Programs

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