2019 FUTURE TRAIL ADDITIONS

2019 is going to be a great year for the opening of new trails in Folsom. The new tunnel under East Natoma near Prison Road connecting the Johnny Cash trail to the Oak Parkway Trail is expected to be completed in time for the annual May is Bike Month festivities.

The recently completed Class 4 trail on Leidesdorff was opened so close to the end of December we can credit it to 2019. See page 7,

Membership Renewal

The Friends is a non-profit 501(c)(3) organization whose mission is to make the citizens of Folsom aware of the parkways, raise funds for parkway development, work to educate the community on parkway issues, work to influence development proposals to the benefit of the parkways, work to sustain the parkways, and work to identify areas of Folsom worthy of inclusion in the parkway system.

The Friends of Folsom Parkways was created 28 years ago, to serve as a steward of the parkways in Folsom. Over the years, the Friends has helped in determining areas to be included in the parkway system, provided financial assistance to improve the parkway, and worked with over 2,000 volunteers installing trails, planting trees, building bridges, removing invasive plants, and other trail improvement efforts. With the development of the south of 50 area of the city things are about to get really interesting and we need you! We need your support. This is the time of the year to renew your membership. It is easy to do, just fill out the membership form on the back of this newsletter and mail it to Friends of Folsom Parkways, P. O. Box 1501, Folsom, CA 95763-1501 or go online to our web site http://www.enjoyfolsomtrails.org and click on the “Join Us” tab.

The Friends encourage our members to connect to the parkway in many ways; as an advocate, a volunteer, a sponsor, a trail steward and/or a donor. Membership in the Friends runs from January through December.

Bicycle Rentals for the Trails

Did you or a friend arrive in Folsom and forget your bike? If so the Pedal Stop, 905 Leidesdorff St, right next to the Light Rail Station in Historic District can solve your dilemma. The city has arranged with Practical Cycle of Folsom to rent both human and electric powered bikes so you will not miss out on our great trail system.

Eduardo Garza of Practical Cycle is there to make your bike rental experience as simple and easy as possible. All of their bike rentals include a bike helmet, lock, handlebar bag, and bike route map. That way you can focus on the fun of exploring what our local community has to offer.

Hourly bike rentals are available in person on a first come, first served basis, with a two hour minimum rental period. For your convenience, reservations are available for full day bike rentals.

If you are riding around the area on your own bike and have a problem they also can make any repairs you may need. If you forgot something they can provide you with anything you may need to make your ride more enjoyable.

To make a reservation call (916) 706-0077 ext 2. Their hours are Thurs - Sun: 10AM - 6:30PM and Monday 1PM - 6:30PM

The Next Meeting...

The next regular Friends of Folsom Parkways meeting will be held on **January 10th** at 7:00 p.m. in The Parkway at Folsom Owners' Association Building, 1455 Willow Bend Road, Folsom.

To get to this meeting take Blue Ravine east, past Oak Avenue Parkway to Parkway Drive. Make a right turn on to Parkway Drive. Go one block and turn left on to Willow Bend Road. The club house is immediately on the right.

Our Vision

Our vision is to promote the usage, preservation and development of parkways within the City of Folsom.

Our Mission

Our mission is to make the citizens of Folsom aware of the parkways, raise funds for parkway development, work to educate the community on parkway issues, work to influence development proposals to the benefit of the parkways, and work to identify areas of Folsom worthy of inclusion in the parkway system.

Look for us on Facebook, on Meetup, and at our web site
http://www.enjoyfolsomtrails.org/

Volume XXVIII Number 1

Officers

President	Jim Kirstein
Vice Pres.	Lynn LePage
Treasurer	Jim Ramstad
Secretary	Jan O'Brien
Historian	Carol Ramstad
Publicity	Peggy Blair
Newsletter Editor	Jim Kirstein
Membership	Eric James
Webmaster	Jerry Beckett

Board of Directors
Glenn Hermanson
Jim Konopka
Don Krueger
Barbara Leary
Dick Merz
Jay O'Brien
Don Rose
Steven Zawid

Committees

Adopt a Creek & Trail
Glenn Hermanson

Grant Research
Don Krueger

Membership
Eric James

Parkways South of 50
Lynn LePage

Publicity
Peggy Blair

Trails
Brett Bollinger

NEWS BITS

Gifts That Give Back

Commemorative Johnny Cash Trail items make great gifts, whether you're looking to top off a stocking or wow the recipient with a one-of-a-kind item – or treat yourself! Johnny Cash Trail branded items for sale include mouse pads and medals, marble coasters, tote bags, shirts, cycling jerseys and shorts.

A limited-edition "JCASH50" California legacy license plate is also available, beautifully framed with a photo of Johnny Cash standing in front of Folsom Prison's east gate in 1968 – the day of his famed live performance for an inmate audience – and an engraved silver plate of commemoration. Only 100 of these special license plates were made in honor of the 50th anniversary of Cash's performance at Folsom State Prison.

Find samples and purchase any of these unique items at the Folsom Senior and Art Center, 48 Natoma Street; open 9 a.m. to 4:30 p.m. Monday through Friday. The framed license plates may also be purchased online; find details and more information about the trail at www.FolsomCashArtTrail.com.

All proceeds from these items benefit the Johnny Cash Trail Art Experience, and are specifically earmarked for "Cash's Pick" – two 7-foot-tall bronze guitar picks that will anchor each end of the trail.

Friends of Folsom Parkways Board Meeting Minutes
December 13, 2018

OPENING
The meeting was called to order by President Jim Kirstein at 7:00pm.

GUESTS

President Jim introduced Lorraine Poggione our new Director of Parks & Recreation. Lorraine explained her history with the City of Folsom and briefly what her job entails as the new head of our Parks & Recreation Department.

PRESENT
Jim & Carol Ramstad, Peggy Blair, Jerry Beckett, Jim Kirstein, Lynn LePage, Jim Konopka, Dori Keast, Lorraine Poggione, Todd Harris, Dick Merz, Shirl Merz, Eric James, Mary James, Jan & Jay O'Brien and Maynard Johnston.

APPROVAL OF MINUTES
Dick Merz moved seconded by Jim Ramstad to approve the minutes of the previous meeting. Motion passed.

PRESIDENT'S REPORT
President Jim Kirstein commented that he is continually amazed at the amount of people using the trails during the weekdays.

TREASURER'S REPORT
Treasurer Jim Ramstad provided those present with a printed report.

COMMITTEE REPORTS
Parkways South of 50: Lynn LePage passed around copies of a fact sheet that the city has put out with information about the City of Folsom Plan Area and Lynn had some comments on the work going on now.

Trails: Jim Konopka reported that since last meeting the city has received a conservation grant to be used on the trail along Highway 50 and work has started already. This trail will continue to be a dirt trail and will most likely see lots of use by Folsom High School runners. Jim said that the undercrossing on Natoma Street to connect the Oak Parkway Trail to the Johnny Cash Trail is moving right along and he expects that in January there will be cranes there placing the first part of the tunnel. The Gap Trail in Old Folsom has had some delays due to the weather and will not open as expected before the end of this year. (Ed Note: It's open! Jim Konopka's present to the city)

OLD BUSINESS
Election Time and all the current officers, committee chairpersons and board members agreed to serve another year. Ballots were passed around and all current persons shown on the ballot were re-elected.

NEW BUSINESS
The president asked for ideas for Trails Day in April and for Community Service Day later in the year. A discussion ensued.

BOARD MEMBER COMMENTS
Mary James asked about the Adopt a Trail Program and since Lorraine Poggione was present the president asked her to talk about that which she did. Dick Merz brought up the fact that Jim Konopka is retiring and complimented Jim for the amount of money in grants that he has brought to this city. Dick also pointed out that Lynn LePage will also be retiring from the city a few weeks after Jim. The group gave rousing round of applause for the two of them.

CALENDAR
Next meeting January 10, 2019

ADJOURNMENT
Meeting adjourned at 8:09pm.

Respectfully submitted by: Jan O'Brien, Secretary

Members of the City's "Walk & Talk" group enjoying another morning walk along the Johnny Cash Rail. They walk every Tuesday and Thursday. They walk a different trail each week.

Trail Safety

First some basic trail definitions. In Folsom there are four trail classes the Friends are concerned with.

A Class I Multi Use Path provides a completely separated right of way for the exclusive use of bicycles and pedestrians with cross-flow minimized. Most of our Parkways have these.

A Class II Bike Lane provides a striped lane for one-way bike travel on a street or highway.

A Class III Bike Route is a signed shared roadway that provides for shared use with pedestrians or motor vehicle traffic, typically on lower volume roadways. There is nothing different about the roadway, only that it has signs posted identifying it as a bike route

A Class IV Bikeway (Separated Bikeway) is a bikeway for the exclusive use of bicycles and includes a separation required between the separated bikeway and the through vehicular traffic. The separation may include, but is not limited to, grade separation, flexible posts, inflexible posts, inflexible barriers, or on-street parking. Currently the only one in Folsom is on Leidesdorff. These definitions' are from the California Highway Design Manual Mandatory Standard.

Core Pedestrian Skills

Safety is very important to the Friends for the users of Folsom's trails. These core skills apply to off street trails (Class 1). Pedestrians are encouraged to avoid on street bikeways as they are in the area of car travel and not safe for pedestrians, Here are core pedestrian skills with which every one should be familiar. If you have questions about any of these, please ask and we will be more than happy to help.

Holding your line – You are to walk or run in a straight line on the left hand side of the trail. This is especially important when walking or running two abreast. Walking three abreast is permitted only if you stay on the left hand side of the yellow center line.

Passing others – When passing other pedestrians, always announce your intention before making your move, by saying "On your right." And always pass only on the right. The exception is when the pedestrians are on the paved trail and there is a shoulder on the left, Passing pedestrians on the right may force them into the line of vehicular traffic (passing cyclists) in an untimely and unsafe way. Use your human voice to call out your intentions so others will know your plans.

Calling out directions or hazards – Verbal signals are used to call out upcoming dangers that others around can not see you. They are used to relay information from the back of the line to the front, i.e. 'runner back', 'bike back' or, occasionally, upcoming turns. When an emergency situation arises, verbal signals are quicker than hand signals and can convey a sense of urgency that hand signals can't. An example would be calling out, "Stopping" when you approach an intersection with approaching traffic. A very important call is "Slowing" to warn those behind you when you need to slow down.

Baby strollers and wheelchairs – Stay to the left as far as possible. Be careful to ensure nothing on them sticks out into the other lane.

Dogs - Dogs are required to be on leash at all times in Folsom. The leash should be no more than 5 feet long. Always use your left hand to hold the leash. Never let the dog go to the right side of the trail.

Respecting Traffic – We have to share the road with bicyclists, walkers, and runners. When you hear **'bike or runner back'**, move to the left and single up. Staying in the middle of the path is unsafe, frustrates others ability to safely pass us, and gives humanity a bad reputation.

Conclusion

The above is merely a basic description of the skills we feel are fundamental to trail safety.

Core Cycling Skills

Safety is very important to the Friends for the users of Folsom's trails. These core skills apply to both on street and off street trails. Here are core cycling skills with which every rider should be familiar. If you have questions about any of these, please ask and we will be more than happy to help.

Use of hand signals – Hand signals are how riders in front relay information to those behind them. You should be familiar with the generally-used signals which include but are not limited to: debris on the road, a bump or hole coming up, move right, move left, single file, right/left turns, slowing/stopping. If it is unsafe to take your hands off the bars, you should verbally call out upcoming hazards.

Calling out directions or hazards – Verbal signals are used to call out upcoming danger when it's un-

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Trail Safety - Core Cycling Skills continued

(Continued from page 4)

safe to take your hand off the bars or when around other non-cycling trail users. They are also used to relay information from the back of the line to the front, i.e. 'car back', 'bike back' or, occasionally, upcoming turns. When an emergency situation arises, verbal signals are quicker than hand signals and can convey a sense of urgency that hand signals can't. An example would be calling out, "Stopping" when you approach an intersection just as the light turns yellow, or a car turns in front of you. A very important call is "Slowing" when you need to slow down to warn those behind you.

Holding your line – You should be able to ride straight without twitchy course corrections or a wobbly riding style. This is especially important when riding two abreast on a winding road or trail. Maintain a constant distance between you and the right side of the trail or yellow centerline, depending on whether you're the rider on the right or on the left. Doing so should maintain the distance between you and your riding partner.

Drafting – You should be able to safely ride behind another rider with a consistent space between your wheels. To this end, there are several techniques used to keep the group tight and the riders upright and safe.

- ***Keeping a Steady Gap-*** Keeping a consistent gap between your front wheel and the rear wheel of the rider in front is important to the integrity of the paceline and to keep everyone safe. Allowing the gap to repeatedly grow then close creates a yo-yo-ing effect, contributes to unsafe riding and wastes energy for everyone behind you. Also, repeatedly overlapping the wheel in front is dangerous to you and those behind you. To maintain a steady gap, it is important to master the skills of soft pedaling and brake feathering (see below).

- ***Soft Pedaling-*** Soft pedaling is the skill of continuing to spin your pedals, even when not applying pressure to push yourself forward. Stopping pedaling in a paceline causes those behind you to "alert" to a possible hazard or slowing of the line. Continuing to spin your pedals tells others behind you that everything is continuing normally. In addition, soft pedaling allows you to make very small adjustments easily to maintain a steady gap with the wheel in front of you. Soft pedaling can also be used when descending to help keep an even balance but also keep the blood flowing to the legs which prevents them cooling down and aids in lactate removal.

- ***Brake Feathering***– When you find yourself gaining on the rider in front of you, you want to slow down without causing panic behind. A light, quick touch on the brakes while continuing to pedal is usually all it takes to modify your speed enough to get back to the group's pace. This is called 'feathering' and it allows you to stay at the group speed without creating chaos behind you.

Steady Pull at Front- When it's your turn to pull in a paceline, you want to ***maintain*** the speed and integrity of the group. You'll have to put out more effort to keep the same speed because you're no longer drafting. You also don't want to ride at a faster speed than the group was going. Take note of the speed on your computer when you're the next one up and hold to it when you take the lead. Consistent group cohesiveness is important.

Protecting Your Front Wheel – It is your responsibility to keep a 'safe zone' around your front wheel when riding with others in a group. Failure to do so is one of the major causes of crashes. Overlapping the wheel in front can be very dangerous, a slight move from the rider in front while you're overlapped will take you down but probably leave them upright. Of course, most of the riders behind you will either go down as well or be forced to take evasive action which may put them into traffic or a rock-lined drainage ditch. You also don't want to *bump* the wheel in front, this is where maintaining the gap comes in. **BE VIGILANT!** Keep a safe zone around your front wheel at all times.

Safely Riding in Tandem – Riding side-by-side is called 'tandem' or 'two-up' riding. While next to another cyclist you want to stay even with them, handlebar-to-handlebar, shoulder-to-shoulder. Half-wheeling, where one of the two of you will stay further in front, can lead to unwanted consequences. If the rider in front suddenly slows or moves into you, the handlebars can overlap, hook together and take you both down. When you're both even, handlebar entanglement is far less likely and touching shoulders allows a bit of a cushion and the chance to recover without crashing. In addition, carrying on a conversation is much easier when ears & mouths are in closer proximity. So, if you notice that you're the one who keeps pulling a half wheel ahead when another rider comes alongside, slow down and stay even with your buddy.

Respecting Traffic – We have to share the road with automobiles which means we need to be alert, safe, and courteous. Expect the unexpected from cars around you – cars turning left or right in front of you,

(Continued on page 6)

Trail Safety - Core Cycling Skills continued

(Continued from page 5)

an opening car door, cars proceeding through an intersection while you're crossing. When you hear **'Car back'**, move to the right and single up. Staying in the middle of the road is unsafe, frustrates driver's ability to safely pass us, and gives cyclist a bad reputation

Respecting Pedestrians — We have to share the trails with pedestrians which means we need to be alert, safe, and courteous. To avoid unexpected moves from walkers and runners around you call out your intentions like passing on the left or turning right as you approach them. When you hear 'Walker up', move over, single up and slow down. Having a bicycle go by at 15 mph or more is very unnerving to anyone.

Intersections — may be the places we have the most control of our destiny. Be on high alert as you approach an intersection and be prepared to stop quickly if necessary. If a car or pedestrian arrives close to the time you do, call out 'Stopping', give a hand signal if it's safe to do so, and let the them through ahead of you. If the rider in front stops, those behind should stop as well. Be considerate of those who wave you through, especially if the group is a large one. They probably don't realize the size of the peloton and end up waiting longer than anticipated. When you do take advantage of a person's courtesy, give them a wave & nod of the head in thanks as you pass by. We want to send a message that cyclists aren't the jerks many believe us to be.

Conclusion

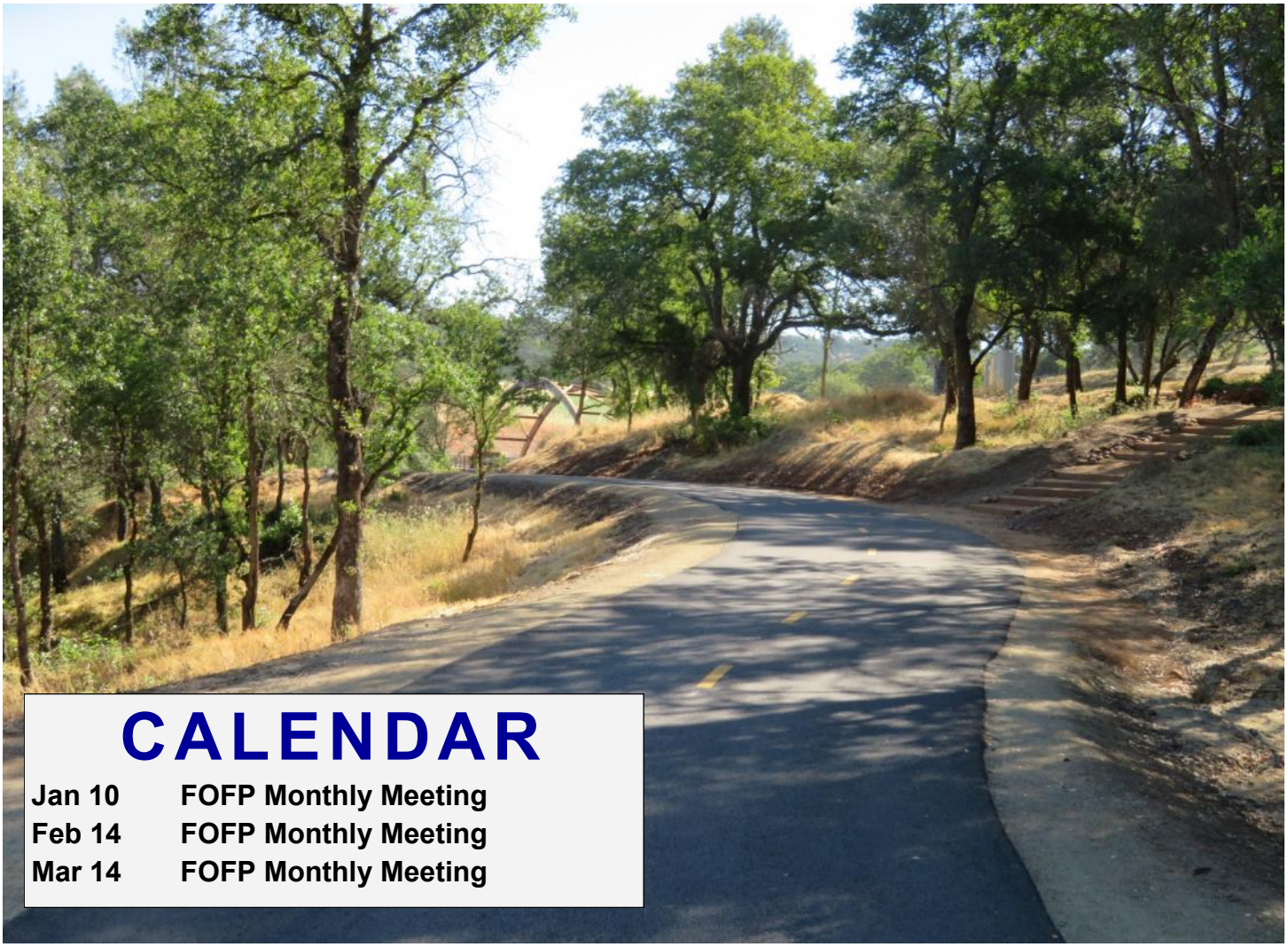
The above is merely a basic description of the skills we feel are fundamental to safe group riding. There are many other things we can do keep ourselves and the others in our group from coming to harm. The longer you ride, the more you talk to and observe the experienced riders around you, the safer you'll become.

One of 2 bridges on the Willow Creek Trail being resurfaced. The old boards had worn out. The new boards are sure nice and smooth.

Our Newest Trail

Our newest trail is the Lake Natoma Trail Gap Closure Trail

This Class IV bike trail that parallels Leidesdorff Street from Reading Street to Scott Road is complete. It ties together the trail along the southern side of Lake Natoma to the trail to Folsom Lake. This means it is now possible to ride, run, or walk from Sacramento's Old Town all the way to Beal's Point at Folsom Lake. That's 32 miles of car free travel! Best of all it goes right in front of Karen's Bakery, a great place to eat so you will have enough energy for the trip.



CALENDAR

Jan 10	**FOFP Monthly Meeting**
Feb 14	**FOFP Monthly Meeting**
Mar 14	**FOFP Monthly Meeting**

Membership Form

I would like to renew my membership or become a new member of Friends of Folsom Parkways for 2019. My yearly membership fee of $15.00 individual / $20.00 family is enclosed made out to: **Friends of Folsom Parkways**. Send to Friends of Folsom Parkways, P. O. Box 1501, Folsom, CA 95763-1501
or go to http://www.enjoyfolsomtrails.org/ to join.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Day Telephone:_____ Evening Telephone: _____

Email Address:_____

Circle the activities you are interested in helping with:

TRAIL WALKS	TREE PLANTING	ADOPT-A-CREEK/TRAIL	PROJECT REVIEW
TRAILS	FUND RAISING	MEMBERSHIP	WILDLIFE HABITAT
FUN RUN	TRAIL DAY	BIKE PATHS	FINDING SPONSORS