



On The Trail

The Newsletter of the Friends of Folsom Parkways

May 2020

The Music of the Parkway's Trails

Most are aware of the picturesque beauty of the trails in Folsom'. The visual experience is both inspiring and relaxing at the same time. The therapeutic benefit of enjoying the soothing sounds of nature are great for the soul.

Frequent trail riders and walkers have learned the names of the flora and fauna that call the parkway home on sight. They know the interior live oak, *Quercus wislizeni*, is an evergreen oak, highly variable and often shrubby, that seldom exceeds 10 meters (33 feet). The dark-green leaves — appearing grayish from a distance — are usually small, 2–5 cm (1–2 in) long, thick, and often spiny-toothed at higher elevations, particularly on young trees. The male flowers are on catkins, the female flowers in leaf axils. The acorns are 1–2 cm (0.5–1 in) long and mature the second season (about 18 months) after flowering.

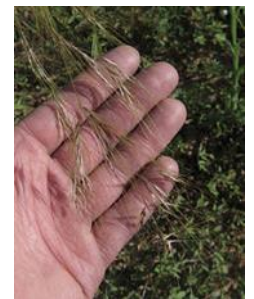


They also have learned that the largest tree in the parkway is the Valley Oak, *Quercus lobata*, which may exceed three meters (10 feet) in diameter and its stature may surpass 100 feet in height. The "Henley Oak", in Covelo, California, is the tallest known North American oak, at 153 feet. A good example of is this along the Willow Creek trail near the Kids Play Park.



These are some pretty great trees to look at and they are surrounded by grasses like wild rye or wild oats. A reason the area is called the Parkway is in the spring, when the grasses are green

it looks like a big park. Included in these plants is the state flower, the California Poppy, which is considered to be a potentially an invasive species to which I say "All Right". The state grass is the Purple needlegrass which helps suppress invasive plant species and support native oaks. This grass is the preferred material used by the California Indian basket weavers for teaching the art of basket weaving.



But the visual aspects of the area only provide half the picture. The other half is provided by the fauna. Specifically, the sounds of nature. The Central Valley was once home to large populations of pronghorn antelope, elk including the endemic tule elk subspecies, mule deer, California ground squirrels, gophers, mice, hare, rabbits and kangaroo rats, along with their predators including the San Joaquin kit fox, which is now an endangered subspecies surviving on the hillsides of the San Joaquin Valley. The wetlands of the Valley were an important habitat for wintering waterbirds and migrating birds of other kinds. Reptiles and amphibians of the valley include the endemic San Joaquin coachwhip snake, blunt-nosed leopard lizard, Gilbert's skink and the western aquatic garter snake. There are also a number of endemic invertebrates. The Central Valley is also home to a wide variety of endemic fish species, but they do not have much of an audible presence.



THE NEXT MEETING...

The next regular Friends of Folsom Parkways meeting will be held on **June 11th** at 7:00 p.m. in The Parkway at Folsom Owners' Association Building, 1455 Willow Bend Road, Folsom.

No May meeting due to COVID-19 virus. Hope we can have the June meeting.

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/>

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NEWS BITS

Gifts That Give Back

Commemorative Johnny Cash Trail items make great gifts, whether you're looking to top off a special gift 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.



COVID-19 VIRUS

Sacramento County, on Thursday, March 19, joined several other Northern California counties in formally ordering residents to remain in their homes and to only go out for essential chores — a drastic curtailment of societal functions that public health officials say is vital to reduce the spread of the coronavirus.

The order includes all incorporated cities — Sacramento city, Elk Grove, **Folsom**, Rancho Cordova, Citrus Heights, Galt and Isleton — and unincorporated areas including Arden Arcade, Carmichael, Fair Oaks, Foothill Farms, North Highlands, Antelope, La Riviera, Gold River, Vineyard, Elverta, Rio Linda, Orangevale, Mather, Rancho Murieta, Walnut Grove, Wilton and the Delta areas east of the Sacramento River.

The county issued a list of essential activities, which includes the following:

- Engaging in outdoor activity, provided the individuals comply with Social Distancing Requirements, such as walking, hiking, biking, running or equestrian activities.

PLEASE NOTE AND FOLLOW THESE NEW RULES TO HELP PREVENT THE SPREAD OF COVID-19:

Wash your hands frequently for at least 20 seconds with soap and water.

Maintain a distance of at least six feet between every person who is not a member of your immediate family. This includes when passing or being passed.

Don't gather in groups

Cover your face with your elbow when you cough or sneeze.

Note that because of the uncertainty of when the pandemic will wind down some events have been cancelled. They include:

Saturday, April 25 Folsom Trails Day and Arbor Day - Cancelled

Thursday, May 7 Mayors Ride - Cancelled

It is permitted and encouraged to get outside for exercise and strengthen your immune system.

So get out there and enjoy Folsom's trails!

And based on the number of you that I see out on the trails you are sure enjoying the trails!

Report Trail Issues

Report maintenance issues online or by smartphone using SeeClickFix Folsom. Download the app from your favorite app store or from the City of Folsom website.

Contact Senior Park Planner Brad Nelson at 916-461-6633 or Senior Trails Planner Brett Bolinger at 916-461-6632 for additional information.

Folsom RT Station Bike Lockers

The City has installed on-demand bike lockers at the Glenn Drive and Historic Folsom (Sutter Street) Stations. These lockers can be accessed by using the BikeLink System. Register for the on-demand system. Weatherproof, secure bike lockers are also available for rent at the Regional Transit light rail stations in Folsom. For more information on bike lockers rental leasing, please call 916-461-6601 (Monday through Friday 9 a.m. - 3 p.m.).

Why I am Wearing a Mask While Outside and Why You Should Too

NOW IS THE TIME TO ACT RESPONSIBLY WHEN OUTDOORS.

By Bruce Hildenbrand

Apr 23, 2020

The COVID-19 pandemic—and the shelter-in-place and social-distancing recommendations that come along with it—has changed the way we exercise outdoors right now. While many of us are spending much of our time inside, it's important for our sanity and general well-being to get outside and move during these stressful times. But it's also important for us to follow the guidelines that have been put in place by the Centers for Disease Control (CDC) to prevent the spread of the deadly virus.

The CDC recommends covering your face when you are in places where it's hard to consistently keep your distance from others (i.e., when outside exercising). Some places, including several Bay Area counties in California, have mandated wearing masks when engaging in essential activities.

It's important to acknowledge that given the risks, it's safest to stay inside and ride indoors on a trainer, rollers, or a stationary bike right now, if possible. But not everyone has that option or wants to ride inside. The key here is to figure out a way to get our endorphins and sunshine—exercise is still considered an essential reason to be outside—but also to act responsibly by respecting the health of others, the wishes of our government, and the health care professionals advising them.

In order for me to do that, I will be wearing a mask while cycling—and you should too, even if where you ride doesn't mandate it. Masks reduce the spread of viral particles, and since the transmissibility of viral particles is still unknown when we are riding outside, cyclists should do our part to think about others and prevent the spread as much as we can.

Where I ride outside, I encounter a lot of walkers, runners, and other cyclists. It would be unfortunate if I contracted COVID-19, but it would be even more unfortunate if I somehow contributed to the spread of the virus. But keeping a large

distance from other people and wearing a mask reduces that risk.

I can tell you that riding with a mask is not that big of a deal—it makes it slightly harder to breathe, but it is really only uncomfortable when I am riding hard. I see it as a small sacrifice to make in the grand scheme of things. It's not about contracting the virus; it's about my responsibility to prevent someone else from getting the virus and potentially dying. My homemade cotton mask is the best solution I have—and you can figure out what material works best for you—but if wearing a mask prevents me from spreading my germs to others, then I will gladly do it. And I hope my fellow cyclists will consider this as well.

One element that remains unknown is the distance that walkers, runners, and cyclists should maintain from one other when outside exercising. We all know to follow the six-foot social-distancing recommendation, which is based upon two people at rest. But given that I am going faster and breathing harder when cycling, do I need to keep a greater distance? Am I potentially spreading my germs to a larger area? Because we still don't know, I feel safest wearing a mask, and fellow cyclists should do the same.

Some people on social media have taken to shaming those of us who are exercising outdoors. Remember, we are not under lockdown orders, and we can still enjoy the outdoors, if you are being as responsible as possible—which include riding alone, keeping at least a six-foot distance from other people whom you may pass, and wearing a mask—then you shouldn't worry.

Sure, I am outside riding my bike these days—but I am doing my best to do my part during these difficult times by keeping my distance and riding with a mask, because it does help reduce the spread. This crucial when it comes to protecting others, along with protecting yourself.

Parkway Usage is Up!

Trail usage is way up as a result of the urging to “Shelter in place” during the COVID-19 pandemic. Our parkways in Folsom are seeing a dramatic increase in attendance from people that are just now discovering they own a bicycle or walking shoes. They are also discovering the over 50 miles of trails the city has to offer. For example, in March of 2020 we had about 17,000

cyclists use the Johnny Cash Trail compared to the 12,000 in 2019. Currently on a typical weekend over 1,500 cyclists are using the trail each day. The number of walkers can easily surpass that figure, especially if you count the kids in baby strollers. So when you are out there thank them for coming the out on our great trail system.

Focus on our Beautiful Parkways

Wherever our attention is, that is where we are. Our attention, our awareness, breathes life into that which it rests upon. Place your attention on something, and it grows in your life. Take your attention away from something, and it fades away. Work, money, worry, shopping, exercise, lip balm, COVID-19, Twinkies - the list is endless. None of these items have power in themselves;

their power is derived from the power of our attention. There is momentum to our habitual thought patterns. Long before we act on an addictive impulse, our attention has given the object of our attention power in our lives. The answer is to tie your attention to the solution and not the problem. Focus on the beauty in life, like the picture of one of Folsom’s trails below.





CALENDAR

June 11 FOFP Monthly Meeting
 July 9 FOFP Monthly Meeting

Membership Form

I would like to become a new member of Friends of Folsom Parkways or renew my membership for 2020. 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 |