

Here's what's new ON THE TRAIL
From Friends of Folsom Parkway



On the Trail

FRIENDS OF FOLSOM PARKWAYS NEWSLETTER

June, 2026

Message from the President



Tom Aceituno
President
Friends of Folsom Parkway

As I've been making my way through Folsom's parkway system this past month, I've been struck by just how many wonderful trails we have right in our own backyard — and how many of them most people have never even heard of.

I'm sure that most of you know that there is a Johnny Cash Trail in Folsom, as well as a Willow Creek Trail and a Humbug Creek Trail which eventually become the Humbug/Willow Creek Trail. Our residents at the north end of town may know Linda Creek Trail, which follows a power line easement and threads its way through large oak trees almost on the edge of our city limits. There is also the Hinkle Creek Trail which conveniently starts at the Hinkle Creek Nature Center where we hold most of our monthly meetings.

Those of you who live in or visit our expanding southern neighborhood in Folsom Ranch will know about Horseshoe Trail. You may have even stumbled across the White Rock Trail, accessible from Rockrose Ct., named for an outcropping of white rocks that gold rush travelers used as a landmark over a century and a half ago (read more about the white rock history below!). And right in the heart of town, just steps from bustling East Bidwell Street across from Folsom Lake College, lies the Rhoads Diggings Trail, honoring

Thomas Rhoads, who reportedly found gold simply lying on the ground near what is now John Kemp Community Park.

And then there is my favorite - the Painted Rock Trail. OK, it's not an official name, but apparently some enterprising children who were cooped up during the pandemic went out and painted small rocks along a dirt path by the creek in the Lexington Hills neighborhood. The colorful display takes you on a peaceful stroll through a nature area that I bet most of you didn't even know was there.

These are just some of the official and semi-official trail names I've encountered during the President's Challenge, my May challenge to walk, run, or ride every trail in Folsom's parkway system. I expect to wrap up by June 11th, when I'll literally walk the Johnny Cash Trail to our monthly meeting at the Folsom Community Center. That meeting starts at 6:30 PM and features Assembly Member Josh Hoover as our guest speaker. I hope to see you there!

I've been posting my trail walks regularly on Facebook and Instagram, and while I'm no natural social media influencer, I'm doing my best to spread the word about our great trails. The response has been great: a number of you have joined the challenge, and one overachiever, Doug Lee, a dedicated Adopt-A-Trail volunteer, completed the entire system in just 14 consecutive days. Well done, Doug!

The only catch? Doug's impressive finish came with an exciting twist. We're rapidly expanding our stewardship of our beloved Folsom trails, which means the finish line just moved. Several newly completed trails in Folsom Ranch are being added to the official Adopt-a-Trail system, another five miles or so in Empire Ranch are in the pipeline, and still more are on the way. And that's where you come in.

As you know, Friends of Folsom Parkways coordinates the Adopt-a-Trail program on behalf of the City, a volunteer initiative where individuals, families, or groups take responsibility for maintaining a designated section of trail, keeping it clean, clear, and welcoming for everyone who uses it. Our Secretary and Adopt-a-Trail coordinator, Kaye Hermanson, has done an outstanding job working with current adopters and recruiting new volunteers to fill open sections. While most adopters choose to hold their sections for multiple years, we do see some turnover, and several sections are currently available. If you're ready to give back to the trails you love, visit our [website](#) for links to the Adopt-a-Trail program and sign up today.

Hope to see you on the trail!

Tom



There's Still Time to Enter the President's Trail Challenge

Friends of Folsom Parkways President, Tom Aceituno, is challenging all members of FoFP as well as their friends, family, and colleagues, to see all there is to offer along Folsom's 50+ miles of trails. The challenge is simple: walk, run, or bike as much of the parkway as you can between May 1st and June 11th, focusing on areas of the trails that you have never experienced. You'll keep a log, post about your time on social media, and send us your total mileage at the end. Interested? Here are the details:

The Challenge: To walk, run, or bike all of the trails in the Folsom Parkways trail system between May 1, 2026 and June 11, 2026.

Participants: Open to all.

How to participate:

1. Let us know you're participating. Send an email to: president@friendsoffolsomparkways.org
2. Download a City trails [map](#). (Another good source is the [Adopt-A-Trails map](#) on the City website.) As often as you can, take a walk, run or bike on Folsom's trail system.
3. Keep a log. Email your total miles to president@friendsoffolsomparkways.org on or shortly before June 11th.
4. Each walk/run/ride must be on a different section of trail. Count each section only once.
5. Count only one-way mileage. (Two miles out and two miles back is just two miles).
6. Post about your experience on social media and tag Friends of Folsom Parkways on Facebook or Instagram (@friendsoffolsomparkways).
7. Take and post pictures of anything unusual: Wildlife, etc.
8. Have fun!

There's a lot to see out there. This is your chance to check it all out.

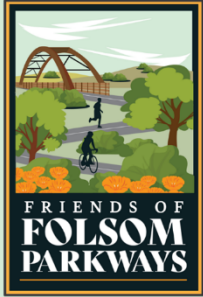


JUNE MEETING UPDATE

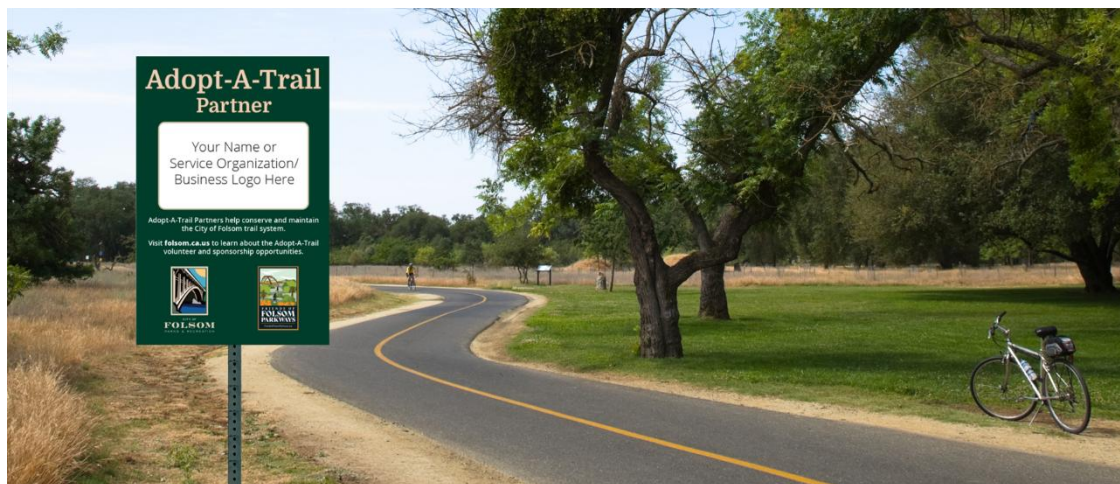
SPECIAL GUEST SPEAKER:
ASSEMBLY MEMBER JOSH HOOVER

LOCATION CHANGED TO:
FOLSOM COMMUNITY CENTER
52 NATOMAS ST. FOLSOM

DATE AND TIME:
THURSDAY, JUNE 11
6:30 PM



Members and the public are invited to attend



Adopt-A-Trail Program Update

We're happy to report that all yearly trail adoption renewals are now complete. Thank you to everyone who renewed their commitment to keeping Folsom's pathways beautiful!

With renewals wrapped up, we do have a number of trails that have come open due to volunteers stepping away from their adoptions. **Trails currently available for adoption include segments 8, 9, 26, 30, and 38A.** Volunteers spend a minimum of one hour per month caring for our trails picking up litter and reporting hazards, helping to maintain our city while enjoying the outdoors. If you or someone you know has been thinking about volunteering this is a wonderful opportunity to make a direct, visible difference in our community. Learn more about the [Adopt-A-Trail program](#) and reach out to coordinator [Kaye Hermanson](#) to learn how to adopt one of these trails!

On the organizational side, we recently met with the City of Folsom and are pleased to share that the [Adopt-A-Trail map](#) is relatively up to date. The city has also agreed to let FoFP assist with trail signage, meaning we can remove signs from trails that are no longer adopted and put up new signs recognizing active adopters and sponsors. This is a great way to keep our program visible and accurate. We're looking for volunteers to help with this signage effort through the [Projects Committee](#). If you're interested, please get in touch!



We're Popping Up All Over Town Looking for New Members

Good things are happening! This spring, led by our Membership Director Eric James, we've been setting up our booth at the Folsom Farmers Market and popping up along the trails and parks, talking to neighbors about what Friends of Folsom Parkways is all about. It's been a great way to connect with people who love our trails and green spaces just as much as we do, many of them just didn't know we existed.

Mark your calendars! On July 1, we're hitting Sutter Street for the Historic Folsom Hometown Parade and Cattle Drive! Come cheer us on as we march with some of the incredible members and volunteers who make our trails so great: our trail adopters, Chippy Chippers, and leaf blower brigade. We can't wait to see you!

Remember, if you see us out and about on the trails or at parks, don't be shy. Stop by our booth and bring a friend! The best thing any member can do is make a personal introduction. A quick "these are the people making our trails more fire safe" or "this is the group that runs the Adopt-A-Trail program" goes a long way. You can also help by following and sharing our social media posts, which really does make a difference in getting us in front of new faces.

Thank you for being part of our journey. Your membership makes the boots-on-the-ground work possible, and your word-of-mouth helps us grow.



Green Bins Solve a 'Berry' Thorny Problem

During Friends of Folsom Parkways fire fuel reduction events, volunteers typically generate large piles of tree branches and blackberry clippings. While branches can be chipped into mulch, disposing of thorny blackberry material has long been a challenge, since it isn't suitable for reuse.

Thanks to volunteer, Mat Feron, a new solution is in place. Working with the City's Solid Waste Division, he arranged for 40 green waste bins to be delivered directly to the work site near Bowen Drive in Lexington Hills. Volunteers filled the bins with blackberry clippings, allowing crews to efficiently haul the material away.

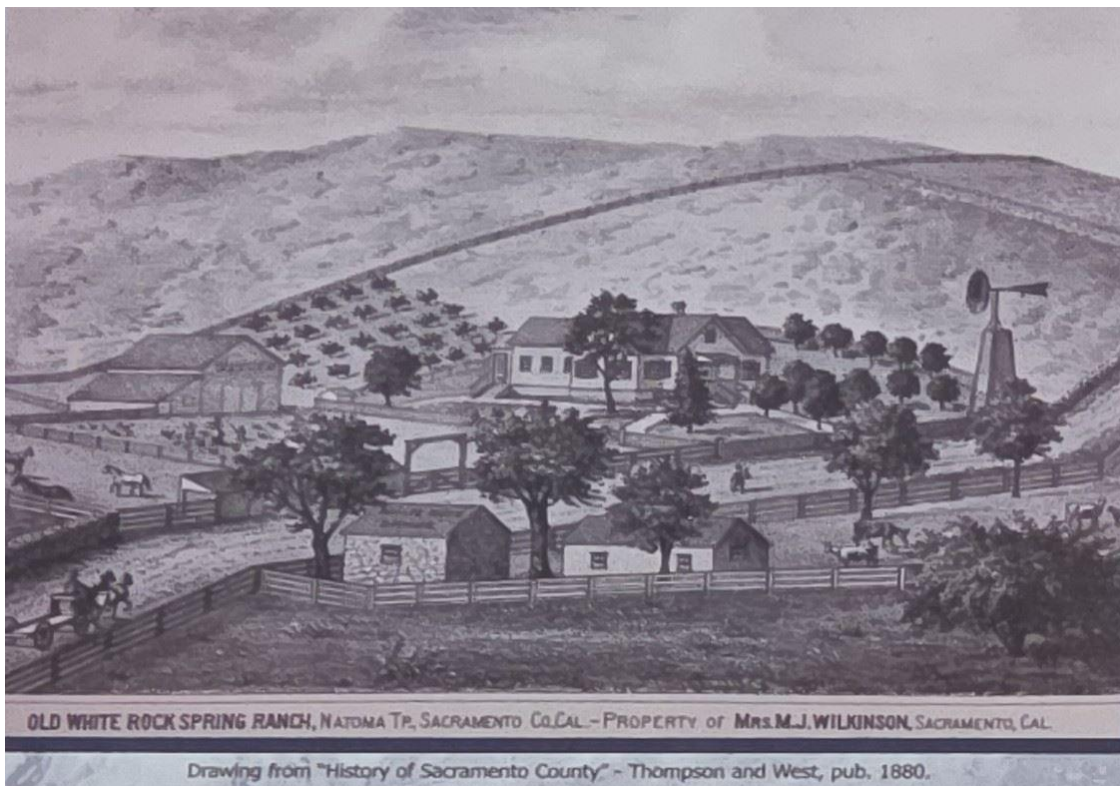
This simple but effective partnership turned a difficult disposal issue into a smooth, manageable process—keeping work areas cleaner and helping volunteers focus on improving Folsom's parkways.

Check the calendar and locations below or on our [website](#) and come out, bring a friend, and be part of the crew!



From Stagecoach Stop to Neighborhood Trail, Folsom's White Rocks Stand the Test of Time

Long before White Rock Road and the neighborhoods of south Folsom existed, an outcropping of white quartz rocks sat along one of the most traveled roads in Gold Rush California. Their story goes back more than 175 years.



In the late 1840s, tens of thousands of immigrants and prospectors traveled westward along a dusty wagon route connecting Sacramento to the gold fields of Placerville. The route went by many names, but it was the white rock landmark that ultimately gave the

road the name most people came to use: White Rock Road. A natural spring nearby gave travelers and their livestock a reliable source of fresh water, making it a natural stopping point along the journey.

Seeing an opportunity, a man named Henry Jacobs built a canvas tent near the rocks to shelter travelers. In April 1850, Daniel and Martha Jane Chapman purchased the property from Jacobs. The Chapman's grew the property into a busy 300-acre complex known as White Rock Spring Ranch, with a hotel, barn, blacksmith shops, and livestock operations. Several other inns operated nearby, including the *What Cheer House*, named after the popular Gold Rush greeting "What cheer, partner?!", and the *Brooks Hotel*. Just down the road, the *Mormon Tavern* was a 22-room hotel, restaurant, saloon, and dance hall that served as a remount station for the Central Overland Pony Express.

For a time, the ranch thrived as a stagecoach stop, but the arrival of the railroad in the 1860s shifted travel patterns; horse and wagon traffic declined, and so did the businesses and ranch.



Today, little remains of the businesses and ranch beyond stone fence lines and foundations. But along the new White Rock Trail, a new scenic overlook and interpretive sign near Rock Springs Ranch Drive and Gold Rush Drive tells the history of the ranch and invites visitors to take in the views and step back in time.



The landmark white rocks are still there, protected for their historical significance. Now, a history sign off Rockrose Court tells their story and a parkour fitness station sits alongside the outcropping so you can connect with history and get in a workout at the same spot where Gold Rush travelers once stopped to rest. Not a bad way to spend an afternoon in south Folsom.



Weed Warriors

Volunteers Fight Back Against Invasive Plants

Across Folsom's open space, dedicated volunteers are taking on some big challenges, one plant at a time.



Armed with swing blades, a battery hedger, and a gas trimmer, Friends of Folsom Parkways volunteer Corrine has been tackling six-foot stands of yellow starthistle south of Willow Hill Reservoir (behind Folsom High School), cutting plants before they go to seed.

It's hard work, but necessary. Yellow starthistle is one of California's most damaging invasives, according to the California Invasive Plant Council. This Eurasian plant has spread across the state since the 1800s, crowding out native grasses and wildflowers, depleting soil moisture, and making trails miserable with its sharp spines.

Corrine is part of a Friends of Folsom Parkways pilot project to protect a young oak mitigation site, where starthistle competes with native trees for water, sunlight, and nutrients. Early action here can make a real difference. (Goats might seem like a handy solution, but the young oak trees make that option off-limits.)

Want to help? Reach out to Glenn Hermanson at specialprojects@friendsoffolsomparkways.org.



In another part of the city, volunteer Gina waged her own fight against Himalayan blackberry.

Himalayan blackberry is notoriously hard to get rid of because its root balls can regrow even after the plant is cut back. The key to long-term control is getting the whole root ball out, which is exactly as tough as it sounds.

That job got a little easier thanks to the recently acquired "Root Slayer," a specialized tool designed to cut through roots and pry out root balls with far less effort than traditional methods.

According to Gina, it's "amazing! So much easier than prying the root balls out with a pick."



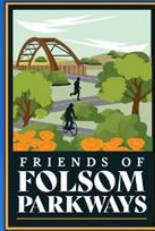
Bike Riders, There's Something for Everyone in Folsom

The Folsom Bike Park celebrated its grand reopening on May 16, 2026, capping a community effort that raised more than \$31,000 to transform the Cummings Family Bike Park into a modern riding destination. World-renowned trail builders Randy Spangler and Greg Watts led the redesign, creating features for everyone from first-time riders to seasoned athletes.

The updated bike park fits right in with the city's trail system, giving riders more ways to get outside, build skills, or just have fun on a bike.

At a Glance: Special Projects Changes for June and July

1. **NEW Project Location** - We're moving to a new project location for our fire fuel reduction work: The trail behind Peet's Coffee on E. Bidwell (A.K.A. Adopt-A-Trail #26, near the E. Bidwell overcrossing. See map below).
2. **NEW Saturday Summer Hours** - Let's plan to beat the heat and meet on Saturdays from 8 AM - 10 AM. (Our Thursday time stays the same, 5 PM - 7 PM.)



SPECIAL PROJECTS SCHEDULE

JUNE - JULY, 2026

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
				5 PM - 7 PM Behind Peet's Coffee (Adopt-A-Trail #26)		NEW Summer Hours! 8 AM - 10 AM Behind Peet's Coffee (Adopt-A-Trail #26)
7				6:30 PM FoFP Meeting Folsom Community Center - Members & Public Welcome		NEW Summer Hours! 8 AM - 10 AM Behind Peet's Coffee (Adopt-A-Trail #26)
14				5 PM - 7 PM Behind Peet's Coffee (Adopt-A-Trail #26)		NEW Summer Hours! 8 AM - 10 AM Behind Peet's Coffee (Adopt-A-Trail #26)
21	22	23	24	5 PM - 7 PM Behind Peet's Coffee (Adopt-A-Trail #26)	26	NEW Summer Hours! 8 AM - 10 AM Behind Peet's Coffee (Adopt-A-Trail #26)
28	29	30				

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				5 PM - 7 PM Behind Peet's Coffee (Adopt-A-Trail #26)		No event Celebrate America!
5				6:30 PM FoFP Meeting Folsom Community Center - Members & Public Welcome		NEW Summer Hours! 8 AM - 10 AM Behind Peet's Coffee (Adopt-A-Trail #26)
12				5 PM - 7 PM Behind Peet's Coffee (Adopt-A-Trail #26)		NEW Summer Hours! 8 AM - 10 AM Behind Peet's Coffee (Adopt-A-Trail #26)
19	20	21	22	5 PM - 7 PM Behind Peet's Coffee (Adopt-A-Trail #26)	24	NEW Summer Hours! 8 AM - 10 AM Behind Peet's Coffee (Adopt-A-Trail #26)
26	27	28	29	5 PM - 7 PM Behind Peet's Coffee (Adopt-A-Trail #26)	30	

**MORE
INFORMATION**

No pre-registration required. If you have your own gloves, bring 'em! Tools & gloves will be provided. Dress: Gloves, long pants, closed-toed shoes, and weather-appropriate clothing. Questions? Contact Glenn Hermanson at specialprojects@friendsoffolsomparkways.org. Updates posted on our website Events page: www.friendsoffolsomparkways.org

Fire Fuel
Reduction
Behind Peet's
Coffee
Folsom

FoFP Meeting
Folsom Community Center
52 Natomas St.
Folsom, CA

JUNE & JULY - Fire Fuel Reduction

Meeting Point: Humbug Creek
Behind Peet's Coffee
(Adopt-A-Trail #26)

Thurs. mtg. time: 5 PM - 7 PM

NEW Summer Hours! Sat: 8 AM - 10 AM



Stay tuned to our website and social media for updates or changes.



Stay Safe From Ticks in June

As Folsom's trails turn from green to gold, tick season is still going strong. June is peak season for nymphal ticks - tiny, poppy seed-sized ticks that are easy to miss. As grasses are drying out, they're moving into cooler, shaded areas like oak woodlands, creek corridors, and dense blackberry patches.

The good news? You can still enjoy the outdoors with a few simple precautions.

Ticks don't jump or fly—they wait on grasses and brush and latch on to people or pets as they brush past. If you're on trail walk, run, or ride, a simple rule of thumb is to **stay near the center of the trail** and avoid brushing against grasses, shrubs, or overhanging plants. Another way to reduce your risk is to **stick to wide, paved trails** like the Johnny Cash Trail and the Lake Natoma Trail.

Before You Head Out

- Wear light-colored clothing so ticks are easier to spot.
- If you'll be near brush:
 - Use an EPA-approved repellent, such as Picaridin or DEET.
 - Tuck your pants into your socks to create a physical barrier that forces ticks to crawl on the outside of clothing, again, making them easier to spot.

If You Do Brush Against Grass or Brush

If you, your kids, or your dog wander into taller grasses, bushes, or low-hanging branches do a quick tick check before getting in the car or heading inside. The sooner you find a tick, the better.

A quick check should include:

- Brushing off clothing and checking shoes, socks, and pant legs.

- Looking around ankles, calves, behind the knees, and along waistbands.
- For kids and pets, checking behind ears, under collars, and along hairlines.
- Putting trail clothes directly into the dryer on high heat for 10 minutes when you get home.
- Showering within a couple of hours if possible.

The bottom line: a few simple precautions can go a long way. With a little planning, you can safely enjoy everything Folsom's trail system has to offer this summer.

As Seen on the trails

Knock Knock, Meet Folsom's Acorn Woodpecker

If you've spent any time on Folsom's trails, you've probably heard the Acorn Woodpecker before you've seen them. They are one of the noisiest birds in the California foothills, and also the inspiration for the cartoon character *Woody Woodpecker*, known for his big red hair and distinctive [laugh](#).

You can spot an Acorn Woodpecker by its black and white body, red cap and bright white eyes. They live in tight-knit family groups and accomplish one of the most remarkable feats in the bird world: building a *granary tree* - A single tree (or telephone pole, or fence post, etc.) drilled with hundreds or even thousands of individual holes, each one holding a single acorn. One granary can store up to 50,000 acorns and the whole family defends it for winter. Fun fact: when an acorn dries and shrinks, the woodpeckers move it to a smaller hole so it stays snug and doesn't fall out!

Show of hands - how many of you assumed that loud, notorious tree-knocking is the sound of a woodpecker hunting for insects? Not quite. Unlike most woodpeckers, Acorn Woodpeckers aren't big insect drillers, they're more likely to pluck insects from bark surfaces or snatch them mid-air than drill for them. The louder, sustained drilling is granary work to excavate or maintain their acorn



Photo by Glenn Hermanson

As you can see in the photo above, taken near the *Farmhouse at Willow Creek* neighborhood, those granary holes are hard to miss.

pantry. And the dramatic rapid-fire rat-a-tat-tat is pure communication. That drumming is their way of marking territory or attracting a mate, and they have a knack of finding the most resonant surface available - a dead branch, a utility pole or a metal gutter! Listen to some sample calls from the Audubon [website](#). Once you learn that laughing call, you'll start noticing them everywhere.



Now you know!

Report Trail Issues

- You can report maintenance issues online or by smartphone using [SeeClickFix Folsom](#).
 - [Download the SeeClickFix Folsom app](#)
 - Report abandoned shopping carts by phone or text to 800-913-5639 or [online](#).
 - Contact Senior Trails Planner Brett Bollinger at 916-461-6632 or email bbollinger@folsom.ca.us.
-

**New Members***We're glad you're here!*

Carla Jewers
Jason & Jennifer Wooster

Lifetime Members

Karen DeBenedetto
Glenn & Kaye Hermanson
Eric James
Mary James
Ken & Eileen Johnstone
Sally Kalaghan
Jim Kirstein
James Knapp
Tony Powers
Ken Press

Sponsors

Parkways Legacy
Carlsen Muir Foundation
Eichenlaub Foundation

Platinum - Oracle Oak
Folsom Times

**MEETING
CALENDAR**

NEW LOCATION
*for June & July
Meetings*

Thurs., June 11
Thurs., July 9
6:30 PM

LOCATION
Folsom Community
Center, 52 Natomas St.,
Folsom, CA 95630

***Members & Public
invited!***

Resources

[Upcoming Events](#)

Our Vision

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

Our Mission

Our mission is to increase awareness of our trails, open spaces, and parkways, raise funds for parkway development, educate the community on parkway issues, influence development proposals to the benefit of the parkways, and identify areas of Folsom worthy of inclusion in the trail system.

**Officers**

President - Tom Aceituno
1st Vice President - Bruce Cline
2nd Vice President - Lynn LePage
Secretary - Kaye Hermanson
Treasurer - Peggy Blair
President Emeritus - Jim Kirstein

Board of Directors

[Volunteer](#)[Learn about the Adopt-A-Trail Program](#)[Get on the Adopt-A-Trail waitlist](#)[Sponsor a Trail](#)[Donate](#)[Increase your membership level](#)

Communications Director - Megan Annis
Special Projects Director - Glenn Hermanson
Membership Director - Eric James

At-Large Directors:

Robert Goss
Brad Kortick
Kishore Namala
Bill Woodruff

Youth Directors:

Akshobh Jahagirdar
Kinga Major
Tania Thomas

Let's **connect**

Follow Friends of Folsom Parkways on Facebook & Instagram for trail events and wildlife sightings. Be sure to like, share, and help spread the word about the beauty of Folsom's miles of trails.

Look for us on [Facebook](#), [Meetup](#), [Instagram](#), and at our website <http://www.enjoyfolsomtrails.org/>



Enjoy the trails!



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