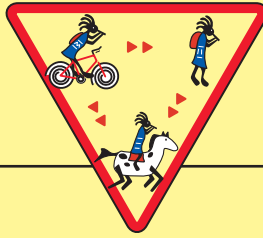


boletín de los

TUFF



RIDERS

PO Box 4698, Los Alamos, NM 87544
http://tuffriders.losalamos.com

May 2005
Volume 12 Number 2

Message from the Prez

We had a good meeting on 4/27/05. About 14 members came and we had good discussions about the following points:

- 🚲 Difference between timid ride, beginner ride (timid ride is ride for riders who have no experience of mountain biking, so we will take this group onto dirt roads to introduce them into uneven trails/roads), beginners are ready to go on trails and learn more of the fun of mountain biking (leaders of beginner group should go slow, do frequent stops for everybody to catch up
- 🚲 In case of an accident evaluate the situation and response accordingly. Do not let the injured rider ride or walk back by themselves (1 or 2 members of the group are enough to help) the rest of the group goes on
- 🚲 It was suggested to carry an ID with name and tel.# who we need to call in case of an emergency
- 🚲 We need 2 members to serve in the trail access committee. Those members will collect info from all the riders who e-mail conditions of trails to us and organize a appropriate follow -up to fix the trails. (trail work evenings will be alternating 3. Tuesday and Thursday of the month, see the newsletter for time) we need 2 members who will help to negotiate with various groups in town and Valle Caldera, so hopefully we will be able to ride more than 2 times a year in the Caldera

Don't forget to pay your dues!

Let's have fun riding and help each other to improve!

**Happy trails,
Annette**
aweyrauch@msn.com



A rainbow in the valley, near Black Mesa, April 05

May 2005 is the 49th Annual National Bike Month!

Bike-to-Work Week is May 16 - 20, 2005 and
Bike-to-Work Day is Friday, May 20, 2005

so get out there and ride!!!

blenheim, new zealand
south island



Annette riding in Blenheim, New Zealand during January 2005.

TUESDAY "Timid" & THURSDAY Club Rides

The club meets every Tuesday and Thursday at Sullivan Field parking lot at 5:15 pm. We split into several groups: easy/moderate, intermediate/hard, and advanced/very hard.

There are a few, but important rules for club rides:

- Wear a helmet - NO EXCUSES!
- Let someone know if you are dropping out during a ride.
- Be prepared - bring your own tools, water, and appropriate clothing.
- Have fun!!

At least one group on Timid Tuesday is intended for beginners.

Do you have a newsletter worthy article, or would you like to share pictures?

It is easy - just email them to cdittmer@vla.com



IMBA Signs Breakthrough Agreement with National Park Service

05-02-05

Contact: Pete Webber, IMBA communications director

If you've ever tried to enjoy a National Park by mountain bike, chances are you've been disappointed. With some notable exceptions, America's premier park system is closed to off-road riding. That's going to change with a new five-year agreement just signed by the International Mountain Bicycling Association (IMBA) and the National Park Service. For the first time, National Park Service leaders in Washington, D.C., have formally recognized mountain biking as a positive activity, compatible with the values of our National Park system.

A benefit to millions of bicyclists is the potential opportunity for new access to hundreds of dirt roads in National Park units that have been closed to bicycling. While National Park Service rules require a lengthy process to open singletrack to bicycle use, appropriate dirt roads may be opened with a more straightforward administrative process.

"This agreement represents a true breakthrough for mountain biking," said IMBA Executive Director Mike Van Abel. "It opens the door for individual park units to partner with mountain bikers and investigate new riding opportunities on a case-by-case basis."

"The National Park Service is committed to increasing public awareness of outdoor recreational opportunities in the national park system that promote health and fitness," said Karen Taylor-Goodrich, the Associate Director for Visitor and Resource Protection. "And mountain bicycling in authorized areas can be an excellent way to enjoy America's outdoor heritage in a manner that is compatible with resource protection."

As part of the agreement, IMBA and the Park Service will initially partner on two pilot projects to be selected later this year. The projects will bring mountain bikers and park officials together for on-the-ground teamwork and serve as models for future collaboration.

Additionally, IMBA will provide technical and volunteer assistance to National Park units that are interested in improving their off-road cycling opportunities. IMBA programs such as the National Mountain Bike Patrol

Subaru/IMBA Trail Care Crew and the IMBA club network can now apply their stewardship skills to our National Parks. Mountain biking can be a solution to many challenges facing National Parks today. Bicycling gets people out of their cars; away from congested roads, parking lots and trailheads; and out into the fresh air. Mountain biking can also encourage more active exploration of parks and counter the societal trend toward obesity.



Ariana riding in East Fork, Jemez last year. The trails up there should be dry soon!

So what does the future hold? While mountain bikers shouldn't expect a revolution of new singletrack in National Parks, the partnership signals an encouraging direction for the future. With enhanced communication and cooperation between IMBA and the National Park Service, mountain bikers can anticipate that cycling opportunities in National Park units will continue to improve.



The National Park Service manages 384 parks, monuments, battlefields, buildings and recreation areas and more than 80 million acres of U.S. public land. In 2004, National Parks hosted more than 276 million visitors.

In 2002, IMBA formed a with the Rivers, Trails & Conservation Assistance program of the National Park Service. Rivers & Trails helps communities build trail and greenway systems, restore rivers and wildlife habitat, and preserve open space. Their work largely focuses on urban and suburban locations, where demand for trail networks is the greatest.

Visit IMBA's National Park Service Resource Page for the text of the agreement, speaking points, NPS parks with great riding, and other resources. About IMBA: Founded in 1988, the International Mountain Bicycling Association is a nonprofit educational association whose mission is to create, enhance and preserve trail opportunities for mountain bikers worldwide by encouraging low-impact riding, volunteer trailwork, cooperation among different trail user groups and innovative trail management solutions. IMBA's worldwide network is comprised of individual members, bicycle clubs, corporate partners and bicycle retailers.

To Join the Tuffriders email list <http://list.losalamos.com/mailman/listinfo/tuffriders>



Future info for Festival

The 2005 LA Fat Tire Festival is scheduled for **August 13-14**. Events that will be offered are undecided. Due to demands on our time we cannot match our commitment to offer as much energy to this year's festival.


We can easily foresee a race at the ski hill.

If you would like to volunteer, or have sponsorship ideas, please contact Jess or Ken: coralk@hotmail.com

More Mountain Bike Classes from Jess & YMCA

Please help spread the word about these fun classes! Registration will be available at the YMCA, 662-3100. Contact me with any questions at coralk@hotmail.com or 412-3132.



Hope to see you out on the trails! 

Jessica

Jessica plus one on a Thursday Tuff Rider Ride.



Waiting for the group ride to start! Come join the fun!



'05 TR BOARD

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Annette Weyrauch
awayrauch@msn.com



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kp@vicontrols.com



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Carrie Dittmer
cdittmer@vla.com



Feel free to email any board member for information about the club or if you have ideas, want to participate, etc.

CLUB DUES

With your dues you get the following:

- the club newsletter;
- discounts from local bike shops;
- an open invitation to all club parties and activities (free food!); and
- membership in a club that works on maintaining access to trails and provides community service.

Annual dues are \$20 individual or \$25 for family membership, and \$10 for summer students (3-month stay).

THANKS SPONSORS!

Los Alamos National Bank

1200 Trinity Dr., Los Alamos
662-5171

Physical Therapy Plus, Inc.

901 18th St. Suite 216, Los Alamos
662-3384

New Mexico Bike-n-Sport

820 Cerrillos Rd., Santa Fe
820-0809

Land of Oz Bicycles

1910 Deacon St., Los Alamos
661-6544

The D.O.M.E.

4033 Arizona Ave., Los Alamos
661-3663



Tuff Riders May 2005 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 <i>Intermediate Ride Abiquiu Dam postponed!</i>	9	10 <i>Timed Tuesday Valle Meeting 5:15</i>	11	12 <i>Thursday Club Ride</i>	13	14 <i>First Kids Ride!</i>
15 <i>Santa Fe Century</i>	16 <i>Jess Class</i>	17 <i>Tuesday Club Ride</i>	18	19 <i>Thursday Club Ride</i>	20 <i>bike to work day!</i>	21
bike to work week!						
22 <i>Ride to Lamy with Annette</i>	23 <i>Jess Class</i>	24 <i>Timed Tuesday Club Party (see email for details)</i>	25	26 <i>Trail Work Instead of the club ride</i>	27	28
29	30	31 <i>Tuesday Club Ride</i>	1 <i>June</i>	2 <i>Thursday Club Ride</i>	3	4

Intermediate Ride Abiquiu Dam

Meet at 8:30 am @ Sullivan Field for a 10:30 ride in Abiquiu Dam. 5-5 hour ride - on an out and back along a rough 23 road near abiquiu dam. Will need 4WD or high clearance vehicles to get to trail head. It's about 20 mi RT. Contact Chris at cmnpotter@hotmail.com for more info.

Valle Caldera Meeting for Bike Events

May 10: Meet at Valle Office 5:15 pm

The Valles Caldera Trust (VCT) office is located at Quality Inn at 2201 Trinity Dr. Suite C

Kids Ride

May 14: Meet at Sullivan Field at 10 am

Depending on the abilities, we will either go to TA-31 [Baskin Robbins] or a rice easy ride behind the Aquatic Center (bridges). **Requirements: One parent has to ride with their child** Helmet required for both child and parent. Contact Carrie at cdittmer@v1a.com for more info.

Santa Fe Century

May 15: 7:30 am

25, 50, 75, and 100 miles of pleasure. For more info: <http://www.santafecentury.com>

Jess YMCA Mtb Bike Class

May 16: Bike Maintenance 5:30-8:30pm

Location: YMCA Child Care Center

Basic mountain bike maintenance, pre and post ride repairs. What might go wrong on the trail and how to fix it to get home. When to take your bike into the shop and how to talk to the mechanic

May 23: Beginner Women

Location: Urban Park

Have more fun and less fear riding your mountain bike! This class will provide techniques to help you improve your bike handling and riding confidence. Skills to be covered will include balance, braking, shifting, cornering, steep climbs/descents and efficient pedaling. This class will be held in an open area where drills will be learned and practiced, no trail riding will be included.

Riders of all abilities are welcome. You must bring your own mountain bike and helmet to participate.

June 6: Intermediate Women

Location: Urban Park

Easy Ride in Santa Fe

Sunday May 22nd

Meet at Land of Oz early. Details are coming - see email for Ride to Lamy along the rail trail (easy) and with the train back to SF There will be a surprise on the way back. Contact Annette at awayrauch@msn.com for more info.

If you want to lead a ride, please email me the info: cdittmer@v1a.com

