

C.L.I.M.B.

TRAIL NEWS



**State of the Trails
Advocacy Report**

**Exclusive interview with
Erika Warmbrunn**

**Mom's on a
Mountain Bike**

**The Truth about
Quinoa**

Women in The Woods Issue





Concerned Long Island Mountain Bicyclists is a legally incorporated not-for-profit organization dedicated to the growth and safe enjoyment of mountain bicycling.

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President's Message

One of the greatest challenges in my term as President has been recruiting volunteers to lead rides. At this time, it's been almost entirely Kevin Moriarty and me: my first-Saturday-of-the-month in Bethpage State Park, and Kevin's third-Sunday-of-the-month in Cathedral Pines.

A few brave souls have been willing to lead a special ride here and there but it's way too long in between. I've been wondering how to inspire more riders to become regular ride leaders- any suggestions would be greatly appreciated, especially by those members who have requested more rides time and time again.

There was a women's-only ride once, and a regular Thursday evening at Rocky Point for a while- if we could bring them back, that would be terrific. The interest is there! If you wish to share your favorite trail with a group of people at your level, consider leading a ride on a regular basis.

Also on tap this year, IMBA's second annual "Take a Kid Mountain Bicycling Day," October 1st, 2005. Last year C.L.I.M.B. held only one children's ride in Bethpage State Park, but everybody had a blast, including the ride leader.

This year it's my hope that five volunteers will step forward and lead a children's ride on this day, one ride leader for each major trail. Please contact the C.L.I.M.B. board at the above e-mail address to find out how you can help out on this most important task, getting future C.L.I.M.B.ers started.

For those riders that traded riding time for volunteering at the numerous work parties

this year, as always, many thanks! Our trails are in better shape than we have seen in ages.

Happy trails!
Paul Falvey

I've been wondering how to inspire more riders to become regular ride leaders

For more information on becoming a ride leader, contact us at email@climbonline.org

C.L.I.M.Bio

Bonny Jockel, Treasurer:

Formerly the President of Presidents you could say, Bonny once presided over the Paumonok Bike Club, whose members were presidents of other bike clubs. During one of these meetings, she was asked to help fund a flyer designed by Bob Powers promoting mountain biking. This is how she became involved with C.L.I.M.B. as their second treasurer.

Bob is also responsible for getting Bonny into mountain biking in the first place over a decade ago. "My first bike

must've weighed over 40 pounds!" she says. This bike was eventually sold to a friend, and her second bike- an Ibis- became her singlespeed three years ago, which made it 15 pounds lighter. She also has a road bike and full-suspension bike in her stable.

In addition to biking, Bonny enjoys backpacking year-round, snowshoeing, kayaking and cross-country skiing. She loves to stay active as a way to meet people and to "eat chocolate."

Editor's Letter

"Bicycling has done more to emancipate women than any one thing in the world. It gives her a feeling of self-reliance and independence the moment she takes her seat; and away she goes, the picture of untrammelled womanhood."

-Susan B. Anthony (1896)

Imagine what it must've been like for a woman one hundred years ago to take a seat behind the handlebars- sidesaddle not being an option! We have since been emancipated in every other way, so why is the female rider still considered a novelty on the trails?

Mountain biking is often portrayed as a testosterone-laden activity, which isn't far from accurate: Part of the appeal is the risk, challenge, and excitement. Naturally the desire to push the envelope by going bigger, faster, harder and crazier develops, the only limits being one's own courageousness.

Because this is the image that sells, it's all we ever see- whether in the Gravity Games or a car advertisement. In the collective minds of the general public, this is a sport for young men looking to prove themselves. Young women have no such need to get attention through extreme measures- their main concern is self-preservation. Ridiculous risk-taking is for guys who get bonus points for courageousness, a universal phenomenon.

Because MTB is so male-dominated, a more "macho" culture is encouraged and goes largely unchallenged. For those women who are interested in learning more, getting started can be

intimidating. Magazines don't always help, as they're written for an audience that's already familiar with riding lingo, not to mention the ads featuring pictures of new models with the latest in frame technology....and I don't mean the bikes!

A woman's frame doesn't come with the upper-body strength and overall muscle that men take for granted. While they mean well, guys can forget this, and often drive women away from the sport in frustration. A sturdier frame in addition to a macho mindset enables a guy to be more at ease barreling over obstacles, consequences be damned.

Young women have no such need to get attention through extreme measures

Women, however, prefer to minimize the risk of injury by trusting their skills are sufficient for the situation. In macho terms, this is considered an unmanly approach. A guy expecting a woman to fall hard, jump up and try again might be baffled by her negative reaction. One woman I used to know threw her bike at her husband on

their first (and last) ride together after she wiped out on a steep downhill at Stillwell.

Had there been somebody to teach me riding skills all these years, I may have learned a lot quicker, but it's also possible I would have become frustrated and fed up. I've since learned that riding "like a girl" means being careful and patient, not cowardly. With a better understanding of our differences, it shouldn't take another century to see more Betties on the trails...and more hunks in bike ads!

Christine Wagner

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State of the Trails

Advocacy Report

By Michael Vitti

The part I dislike about MTB is having to put my bicycle in my van and driving up to one hour away just so I can ride on dirt. What we need on Long Island is more trails opened to mountain biking so we don't have to drive as far. More trails means less driving, less pollution and more time on the bike.

Good news: The Transportation Bill was passed and the funding for the Recreational Trails Program was not only reinstated but the amount of funding was increased by \$144 million. Thanks to all who wrote letters and phoned our New York senators to support the bill.

C.L.I.M.B. plans to take advantage of these funds to open some new trails across the island.

The Recreational Trails Program (RTP) is a small part of the Transportation Bill that provides grants to fund development of recreational trails. Manorville Hills County Park will receive \$89,000 dollars from this grant fund to create a new trailhead parking lot at Hotwater Street. There are also plans for hiking, biking and equestrian trails within the approximately 10,000-acre park.

New York City Parks received a \$100,000 RTP grant to develop a mountain bike trail system in one of their under used parks. Stay tuned for details. C.L.I.M.B. is working with NYC Park officials to help get this and other trails developed. This is especially great news for MTBers in the NYC area who don't have cars.

The National Parks Service has declared MTB a positive recreational activity. That is, it creates a sense of stewardship as the various users work together with park officials to help maintain and preserve the land around the trails. It does little harm to the land and attracts more law-abiding citizens into the area.

Due to unforeseen delays and the heat wave this summer, we have postponed the work on the interpretive trail at Stillwell until the early fall.

A mountain bike is the perfect vehicle on which to wheel young people into environmental protection and conservation awareness. We have a new chapter of Trips for Kids just starting out (more info next issue.) This is a group that takes kids out on the trails who might not otherwise have that opportunity.

Attention NYC MTBers:
We will be doing a parks cleanup day on Sept 24th, National Public Lands Day at Highbridge Park in Manhattan and another at Cunningham Park in Queens on Sept 25th. Check the website for details.

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Family Trail

Mom's on a Mountain Bike!

By Rideorglide

When I discovered the ridiculous fun of riding singletrack, I knew it was something I would eventually want to share with my two kids and their mom. But there were a few hurdles to surmount, such as the kids' addiction to Pokemon Gameboy Advance and their perception that riding on trails was in some way dangerous. Plus, our seven-year-old had a tick encounter a while back, and his memories of a trip to the doctor and the doxycycline prescription wouldn't help my case at all.

But my wife used to cycle a lot years ago and still rides the stationary bike. I got her old Peugeot road cruiser tuned up and we do plenty of riding at Caumsett State Park. Soon, my seven-year-old son joined me to discover the trails there, while my wife and the ten-year-old son who was extremely leery of trails, bugs and woody places- kept to the pavement.

We were all having fun, but the other two were missing out on some pretty neat trails, not to mention all the other trails on LI that, with the proper equipment, I was sure they'd enjoy. My wife is a nature lover, and was missing out big-time on the amazing closeness with nature that trail riding offers.

My wife had tried my bike a couple of times, but one Sunday, I lowered my seat post to the same height as the one on her road cruiser, and let her try it out in the park.

So off she rode off on my full-suspension Rockhopper, followed by the older son on

his BMX bike. That was the last I saw of my bike for an hour! This wasn't like her. In fact, I didn't get the bike back the whole day, which was fine with me, since she was enjoying it! Meanwhile I was riding around on a woman's cruiser in full MTB gear looking like a total wallaby.

The trade-off was worth it, though. Unbeknownst to us, mommy had become emboldened by the fat tires and suspension and she and the ten-year-old had found some trails and went off exploring!

We found them later on a trail and they were stoked- they showed us a trail they had found that was populated by a dozen rabbits, and a hawk that dropped from its perch in the woods and flew off down the clearing between the trees- and so off all four of us cycled down its dirt gloriousness, until it was time to get back and smoke the brisket.


A month or two later, after a lot of searching, I found the perfect full-suspension bike for her in one of our local bike shops. And that was just the ticket for her to really enjoy the trails. "I didn't think I could do it," she said, "I thought I was too old to mountain bike." No matter where we rode- Caumsett, Bethpage, Cathedral Pines- she was loving the new bike.

Now that everybody in the family has fat tires, we ride dirt more than pavement. Any mountain biker will tell you there's no sweeter music than when your spouse, friends, or children ask you if they can go riding today.

Top Ten Reasons to Join C.L.I.M.B.

1. 10% discount at select bike shops (that alone pays for itself)
2. One year's subscription to Trail Newsletter
3. Group trips off the Island
4. Your member dollars provide tools and supplies for Trail Stewards and Trail Patrollers (better trails, new kiosks and signs)
5. Free Admission to annual Summer BBQ and Winter Holiday Party (free food)
6. Valuable and prestigious C.L.I.M.B. sticker for your car (sign of solidarity and support for the MTB tribe)
7. Swap Meet
8. Your member dollars provide printing supplies for creating new trail proposals (for new trails) and educational brochures and interpretive signs to help people learn to ride environmentally friendly and socially responsible.
9. Numbers matter and bigger is better. Be counted.
10. Good Trail Karma! A good feeling to know you are helping others do the right thing.

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Interview

Off the Road and Into the Unknown

An interview with Erika Warmbrunn

When she walked into her local bike shop and asked for a bike that could survive a trip through Mongolia, the salesperson didn't think she meant it literally. Who in their right mind would ride alone through a foreign land, unfamiliar with the language, culture, people, and half a world away from the conveniences Americans take for granted?

Erika Warmbrunn longed to explore a place largely untouched by civilization as we know it. This desire led her through China and Vietnam as well as Mongolia on that mountain bike- a solo 5,000-mile trek beyond the pavement and into the soul of a people rarely heard about over here.

Although raised in a family that encouraged travel, and armed with fluency in Russian and a working knowledge of French and German, "Mongolia was different and I was going alone. A girl. On a bicycle! By the time I reached Ulaanbaatar [my father] would not have heard from me in six weeks, and my name would be on the U.S. State Department Watch List."

The trip lasted about eight months and included: an unexpected request to teach English to Mongolian children for a month; a brush with romance; camping in a jungle where tigers live; thieves on horseback; mysterious illness and equally mysterious medicine; and bureaucratic mind games with customs officials. Not to mention tire-sucking mud, wheel truing, and confusing landscape- challenges more familiar to any mountain biker!

Originally from Seattle, Erika settled in NYC, an environment that must seem tame in comparison to her epic journey. Her book about the experience won the Barbara Savage Miles From Nowhere Award. She graciously agreed to answer some questions for other die-hard bikers in the area.

There are very few corners left on this planet where you are not following in everybody else's footsteps. I wanted, once, to trace my own path across a land as yet untrampled by hordes of tourist feet. I wanted to lose myself in unmapped landscapes and to meet the people who inhabited them.

CLIMB: What kind of training did you do to prepare for this kind of ride, if any?

EW: The opportunity (working as an interpreter in Russia) to set out on this trip presented itself so unexpectedly and with so little time to go before departure, that I did no real training before leaving. I bought Greene, I got visas, I packed up my apartment, and that was about it. Training sure would have made the first few weeks faster and less painful, though.

CLIMB: How about supplies? Was there anything you would like to have brought? Anything you didn't really need after all?

EW: I carried a water filter, tent, sleeping bag and Thermarest, a first aid kit, bike tools and parts, camera equipment- the basics. I did carry a whole range of clothes from polypro and GoreTex for Mongolia to a swimsuit for the beaches in Vietnam. Dragging the winter clothes around Vietnam was of course much more of a pain than tucking an extra T-shirt into the bottom of my panniers in Mongolia.

CLIMB: Was food and hydration ever a problem?

EW: The food in Mongolia was boring, bland, and almost vegetable-free, but hearty and, whenever I was in anyone's home, plentiful. Of course, I am in general very easy to feed. A picky eater might lose more weight than I did. I only remember running my water bottles dry once, in the Vietnamese Highlands, but not so far away from the next town that it was actually dangerous.

CLIMB: You seemed to handle the bike repairs and maintenance very well, despite the lack of experience or the convenience of bike shops. Were there any problems that left you stumped?

EW: Ultimately, no I was never completely stumped. But to be honest that was thanks to luck, a very hardy bicycle, and an excellent bike shop mechanic back in Seattle. When I said, "Sell me all the tools and spare parts that you think I'll be able to figure out on my own" (with the help of my little repair book), they clearly put together an excellent package for me. There were plenty of things that, had they broken, would have ended the trip- the derailleur comes to mind.

The rhythmic pounding of hooves resonated on the dry earth behind me. I giggled, because I was in Mongolia, and my reality sounded like a John Wayne movie. I stopped. Two men reined in their horses. They didn't ask me [questions.] They just stared at me, and their stares were dull. One of them eyed a truck heading toward us and muttered... "Wait until the truck is gone." But John Wayne was nowhere on the horizon.

CLIMB: Do you feel it helped or hindered your journey, being a solo female traveler?

EW: There are advantages and disadvantages to being a solo female traveler. In that part of the world, at that time, I honestly feel that the advantages (being totally unthreatening, for example) outweighed any disadvantages. In Vietnam, though, I was fascinated by the apparent belief that American women are very promiscuous!

CLIMB: What were some of the other, more surprising American stereotypes that you learned?

EW: One of the funniest, which is in the book, was when a woman in Mongolia assumed that I was very short for an American, because her image of Americans came from watching the NBA finals on television. The assumption that we are all wildly wealthy is also prevalent, although in relative terms it is of course true (if you can afford to buy a plane ticket to Asia that costs what someone in China makes in three years, you can't say you're poor). Any discussion of money (and there are a lot) has to be put carefully into context.

Greene had taken me into parts of Asia inaccessible to tours and guidebooks, but the merit of travel is not in the simple seeing. It is the time spent savoring and absorbing, it is in flowing with the unexpected adventure or invitation rather than trying to force the hours and days into the straight line of reaching a destination.

CLIMB: Any other bike trips planned here or abroad? Or have you grown sick of bicycling as a result of all the time spent on one?

EW: The only real bike trip I've taken since then was in 2001, when my sister and I rode from Denver up to Canada. For now though, it's mostly rides down the Hudson to work in Midtown.

CLIMB: What advice can you offer to anybody who is considering a similar bike trip of their own?

EW: Without intending to sound like a Nike commercial: "Just

go do it!" Go with an open mind, go knowing that while planning and research and preparation will help you avoid certain difficulties and will make some aspects of your journey more meaningful, at some points you will have to let go of your plans and ideas and surrender to whatever the moment brings. It helps to be open, accepting, and vulnerable.

Erika is the author of *Where the Pavement Ends*, which can be purchased through the CLIMB website www.climbonline.org. She also has her own website, www.wherethepavementends.com.

C.L.I.M.B. EVENTS

October 1st

Take a Kid Mountain Biking Day

The kids' mountain biking day will start at 9am at Bethpage State Park...meet at the picnic grounds parking lot near the grassy island. Make sure your bikes are in good repair and remember that helmets are mandatory. We will ride for about one hour, bring water.

631-231-6527

October 2nd

C.L.I.M.B.'s Fall Bus Trip Lake Minnewaska, New Paltz

Approximately 25 miles of trails are on dirt carriage roads. There are two main trails that circle the two lakes at the park. One can travel in either direction and all sections are suitable for beginners.

You will need to supply your bike, HELMET, water, some snacks and change of clothes.

We will provide a map of the trails to all.

On the way back home we will also stop in town so you will be able to get dinner.

There are many great restaurants in New Paltz to choose from.

Date: Sunday, October 2, 2005

Time: 6:15AM with Bus Departing at 6:30AM Sharp

Meeting place: LIE exit 49 park & ride on North Service Road

Price: \$35 members; \$45 non-members

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There are no refunds and monies should be received by September 18th. Include your phone number, address. An adult or guardian must accompany all participants under the age of 18. Refunds will be sent automatically if we do not get 35 paying participants.

Trail Fuel

Quinoa (keen-wa) may be a tiny grain, but don't be fooled! Packed with protein, lysine and other amino acids, it's a nutritional powerhouse that can be found in your grocer's natural foods section.

Lentils are a little more familiar to us - so commonplace, in fact, it's easy to forget just how powerful they are too. They contain substantial amounts of iron, folic acid, fiber, protein and magnesium. Combined with other nutrients, they help stabilize blood sugar levels and improve heart function.

This dynamic duo makes a low-fat, high-protein, cholesterol-free salad, perfect for carbo-loading or post-ride recovery. Try stuffing into a pita pocket or wrap as a sandwich.

Quinoa Lentil Salad

Combine the following into a bowl:

1-1/2 cups cooked quinoa (1/2 cup washed, raw quinoa to 1 cup water + 2

pinches salt)
2-1/2 cups cooked lentils (1 cup dry lentils to 4 cups water)
2 cups corn
1/2 cup chopped scallions
1/2 cup diced sweet red pepper

Lemon-Curry Vinaigrette

Whisk together the following, then add to the quinoa mixture:

1/2 cup olive oil
2 Tbsp. lemon juice
1 Tbsp. Dijon mustard
2 Tbsp. curry powder
2 Tbsp. grated fresh ginger (or 1/2 teaspoon powdered ginger)
1 Tbsp. chopped cilantro
1 Tbsp. chopped parsley
1 tsp. sea salt
1/4 tsp. ground pepper

Let sit for one hour before serving. Good at room temperature or chilled. Makes 4-6 servings.

Trail Tips

BONKING

Gabe Mirkin, M.D.

If you watch a major bicycle race on TV, you have to be impressed by how the riders can eat enough to sustain them through races that require more than five hours of near maximum effort. If they do not get enough food during their ride, they can fall off their bikes, lie on the ground unconscious and start to shake all over in a massive convulsion. This is called bonking: passing out from low blood sugar.

Your brain gets almost all of its fuel from sugar in your bloodstream. When your blood sugar level drops, your brain cannot get enough fuel to function properly, you feel tired and confused and can pass out. There is only enough sugar in your bloodstream to last three minutes. To keep your blood sugar level from dropping, your liver must constantly release sugar from its cells into your bloodstream, but there is only enough sugar in your liver to last 12 hours at rest. During intense exercise, your muscles draw sugar from your bloodstream at a rapid rate. Your liver can run out of its stored sugar and your blood sugar level can drop, and you bonk.

Bonking is common in bicycle races if a rider does not eat frequently, but is rare in long distance running races. When you run, your leg muscles are damaged from the constant pounding on the roads and you must slow down. However, you pedal in a smooth rotary motion, which does not damage your muscles, so you can continue to pedal at a rapid cadence for many hours.

To prevent your blood sugar from dropping too low during intense exercise lasting more than two hours, eat at least every 15 minutes. It doesn't matter what you eat: salted peanuts, a peanut butter and jelly sandwich, chicken, an apple, a banana or anything else. Almost all fit people can take small amounts of food frequently during exercise without developing stomach cramps.

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Trails and Tribulations

Daring to Race

By mtbikinick

Since moving to Charlotte I've discovered this awesome little series of races down here that take place during the week and are held so frequently, they're hard to miss. My crazy work schedule has kept me from seriously considering one, though.

Recently, one of these races was held at a trail only about 10 minutes away from work and I happened to bring all my stuff with me because I wanted to ride- it's been too long since I've been on the bike. Asked my friend Taryn to see if she wanted to come and check it out with me. She and her "fan club" (husband and Kona the dog) showed up and somehow she convinced me to participate with her.

Now, I struggled with entering as a beginner, but in the end it turned out to be the right choice. My argument was that I have never raced and have never had to push myself in a competition. Plus, the pace and heat combination might just do me in, which it did...luckily not until afterward.

Beginners were to complete one lap (seven miles.) There were only four of us girls (one being Taryn) and we chit-chatted on the starting line where I could see the others eyeing me up, thinking, "Sandbagger!" Oh well. Taryn and I have ridden enough before and although she holds her own very well, I have gotten ahead of her at times therefore she seemed to be my most fierce competition.

The start was a climb up a gravel-strewn, grassy road...which sucked. All that socializing kept me from warming up properly. I knew that would be a mistake. We line up, get the word and off we go. The smartest choice I made all day was at that moment: I was in the perfect gear and shot up the hill. I got in front and Taryn had a few choice words for me. I heard her lovingly mutter, "You bitch!" Eh, that's racing for ya.

As we entered the woods, my legs burned and I had to focus on breathing and spinning so I wouldn't blow myself up. The pressure was on, though, because I wanted to get as far ahead as possible. Within minutes I passed my first person- a young kid bobbling over roots- he let me by with no problem.

The heat and pace began to affect me within the first few miles. It was brutally humid

and I had a moment of thought that I may not even finish. Despite slowing down a bit, I was always determined not to be passed. At one point I heard Taryn somewhere among the trees on the switchbacks. I sped up for fear of being caught but at this point I was beginning to struggle.

The hills were near torture but I was riding well despite them. It had rained a fair amount and there were slick roots everywhere. I only dabbed a few times, didn't crash once, but did slide out at the bottom of a hill and had to run up the rest of it.

Then came my shining moment: Caught up to a woman from the sport group that was struggling down some roots, about to enter a creek bed. She should have moved over for me, but didn't. She waddled through half on her bike/ half off. I had the necessary momentum and speed so I passed her in the creek bed, over the rocks, and didn't even dab! If I had to do it again I probably couldn't. Had I picked a different line or tactic, I would have ruined my momentum and would've had to walk up the other side. Turns out she should've entered as a beginner anyway, so I guess sandbagging goes both ways.

As it turns out, I never got passed and went on to win. The pain and fatigue made it hard to enjoy, though. Taryn came in second and like the cornballs we are, we wore our medals and did our silly victory lap around the parking lot offering to sign autographs, certain we were famous.

The choice to race beginner was a smart one- a second lap would've killed me. Though I can handle the roots, hills and mud, I am a very inexperienced racer and don't feel ready for sport class. Hey, maybe it's just not for me. Working two jobs leaves me tired and with little time to train. I'm happy I did it...will I do it again remains to be seen.

You can check out the website at www.charlottemtbnike.com Too bad no such series exists on Long Island; races like these are so perfect for a busy person to participate in because there are so many to choose from, even during the week. In my case, it's hard to train when you don't have time to ride at all!

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Off the Island

Pedro's MTB Festival '05

By C-Rock

"Oh boy! This is soooooo good!!"

"Wow! It doesn't get any better!"

"Someone pinch me!"

"Why can't this event be a week long?!"

These are just some of the comments that I heard this year at Pedro's. The weather was perfect and hardly seemed real. No rain or wind, ideal temperatures and stellar trail conditions all contributed to one of the best times I have ever had on my bike.

My friend Dennis and I rendezvoused with other friends from the Vision website and pooled our resources for a communal campsite. There you are...with other people just like YOU. Just like you, they love their bikes. Just like you, they love the friendship. Just like you, they hated to leave the festival.

The vendors all had cool stuff at great prices. Group rides were filled with laughter and challenges. Throughout each day there were back-to-back events...something for everyone: DH/road/XC/technical/night rides, celebrity pro riders, trials and jumping.

The nights were filled with music, movies, great beer and snacks. Most people in attendance were high on etiquette and low on complaints. I opted for a cou-

ple of group beginner rides. They were well-lead by volunteers who nurtured and encouraged the slackers while making sure the ride flowed (as well as a large group can flow).

At one point in a ride, a newbie rider apologized to the ride leader and said: "I'm sorry. I'm ruining your ride aren't I?" The ride leader replied: "I'm here to see that YOU have a good time. That's what this is all about." The look on her face was a combination of relief, astonishment, and sheer pleasure.

I opted for more rides with just a couple of buddies. It was exhilarating to ride the trails with an uninterrupted flow. Although I had no interest in trying any of the demo bikes, we rode with others who had, and they were thrilled to try latest technologies with no obligations or worries of damaging the bikes.

The last few Pedro's Fests were riddled with foul weather and mud. Pedro's '05 was the reward for all the MTBers who had attended the harsher versions of this festival. For those first-timers, *lucky you!*

Not only is this mountain biking at its best, these are people at their best. Friendship, support, cooperation, good times. *Really* good times. If there was ever a place to share the love of MTB with over 1,000 other bikers, Pedro's is the place to be!

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Events Coordinator

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Fundraising

These opportunities require funding, and we need a leader who can help us raise money through charitable donations, special events, and grant applications. Come and lead our fundraising team, you will find it highly rewarding.

Marketing & PR

We need a volunteer who can help us let the world know all the great things we are doing. Help us communicate with the public, our members, land managers and other trail user groups and stakeholders. A focus will be placed on reaching out to new members.

Membership

Membership is the core of any advocacy organization-more members means more clout and more resources. Help maintain and expand recreational mountain biking in the Long Island area by joining our membership team.

Legal and Accounting Committee

Mountain biking lawyer and accountant wanted to help with minor legal and accounting issues as they come up.

Ride Leaders

Love to ride? Want to give back to the mountain biking community? Start a regular ride and/or skills clinic for beginners, women, kids, intermediates or hammerheads? Your choice

We always have the need for people with a variety of skills to help us run our organization. We can always use your help even if there is not a position posted that fits you. Contact CLIMB for information on how you can get involved.

Trail Talk

Double Dog Dare

By Monkeyboy

There is this log ride on one of my favorite trails that I've ridden a bunch of times, but never while riding alone. I'm not afraid of that log, it's just a piece of wood, barely a foot off the ground, but still, I ride past it whenever I am by myself, always.

I try and chalk it up to how responsible I am, weighing the consequences of falling off and breaking something important for a few seconds of pure, adrenaline-filled fun. I tell myself how grown-up I am for riding past that log. I have a mortgage, a good job with lots of responsibilities, and people who depend on my coming home unscathed.

I kid myself in thinking that if I was fifteen years younger; I would hop up on that log and show it that I am in charge. Again I rationalize why I should just ride past that log, and I always do... that is, unless I'm with my biking buddies. Something changes when I am with my buds. I am by no means a daredevil showoff, and don't consider myself easily

swayed by peer pressure, but something happens when I'm with a group.

To be sure, it's not like than when I was thirteen and my buddy Fred heckled me into hitting a bee's nest with a stickball bat. "Go ahead, Chicken... I dare you."



That was a total verbal dare, and I might add, a really, *really* bad idea. Fred drew a line in the sand that I just had to cross.

My riding buddies never (verbally) dare me. I've never heard the word "Chicken" from any of them, but something makes me

hop up onto that log and ride it whenever they are around. There isn't even any time for eye contact; it's a silent, insinuated Double Dog Dare.

I consider myself somewhat intelligent, not easily swayed by other's opinions, but sometimes, in the woods with my buds, I might as well be standing in front of that bee's nest with a stickball bat. "Go ahead, chicken... I dare you..."

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This Just In...

After two years of meetings and many hours of negotiations, we finally got permission to build the first mountain bike trail in NYC. It will no longer be a crime to mountain bike in NYC on the first two official trails. One in Highbridge Park and the other in Cunningham Park.

New York City Department of Parks and Recreation Press Release - September 24, 2005

FIRST MOUNTAIN BIKING AND BMX TRAIL IN NYC TAKES SHAPE ON "NATIONAL PUBLIC LAND DAY"

Parks & Recreation Commissioner Adrian Benepe today joined Michael Vitti, Vice President of CLIMB (Concerned Long Island Mountain Bikers); William Dawson Smith of NYC Mountain Bikers; Ozzie Perez, owner of Dyckman Street's Tread Bike Shop; Frances Rodriguez, representing the NYS Office of Parks, Recreation and Historic Preservation; and members of Community Board 12 Martin Collins Zead Ramadan, to break ground on the first official mountain biking trail in New York City. Volunteers will lay out the design for the trail, implanting flags in the ground to mark the path and wind around environmentally sensitive areas.

"This 2.5-mile biking trail will create a first-of-its-kind recreational venue in Inwood and will allow the growing number of bike enthusiasts to exercise in an otherwise underused section of the park," said Commissioner Benepe. "Not to be overlooked is the environmental value of the sport itself—mountain biking instills a respect for nature, and kids who learn to love nature become adults who strive

to protect it."

"This is the tenth trails grant to a New York City Park, but the very first to be implemented in a City Park in Manhattan," said Bernadette Castro, Commissioner of the New York State Office of Parks, Recreation and Historic Preservation. Commissioner Castro noted that "State Parks is very pleased to be able to assist City Parks in the creation of this novel recreational resource, particularly in an area of dense population and high recreational needs."

The biking trail will be built with \$100,000 in funding from New York State Office of Parks, Recreation and Historic Preservation. It will weave through the area on the border of Washington Heights and Inwood, between Fort George Hill, Dyckman Street, and 10th Avenue. The natural surface trail will be flanked by George Washington High School at the top and the Dyckman Houses at the bottom, ideally positioned to provide new outdoor recreational opportunities for the growing youth population. Due to the trail's proximity to the Dyckman Street stop of the No. 1 train and the Dyckman Street Greenway, this trail will also serve bikers from all over New York City.

The trail will include a black diamond feature, a BMX track, and a challenge trail for younger and/or newer riders. The project will also include the development and installation of trailhead kiosks, trail markers and interpretive signage, natural resources monitoring, landscaping material to replant denuded areas, trail building tools, and educational pamphlets that advocate safety and environmental stewardship.



Gain access to more trails and improve those already in use; help improve mountain biking skills and enjoy the freedom that these trails provide. If these goals match your own, make sure you are part of C.L.I.M.B.

NOTE: To renew memberships or join for the first time, fill out the application and mail it with your dues (payable to C.L.I.M.B.) to

**C.L.I.M.B., P.O. BOX 203,
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