

Central Coast Concerned Mountain Bikers

trail maintenance for access

Spring 2009

Building and maintaining trails in SLO County for more than 20 years



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Trail Work Update

September through December has been a very productive work season for CCCMB. To date, approximately 150 individuals have put in at least 998 hours of volunteer time on trail maintenance, construction and design since August 2008.

When you look at the hours worked data from this period, maybe the most impressive thing is that, of the total hours volunteered, only 662 hours were volunteered on official workdays. Volunteers put in at least 336 hours of their time to work on trails outside of regular workdays.

Without those "extra" hours, many trails would not be maintained. We haven't had an official workday at Irish Hills & Cerro Alto for years because folks work on them on their own time. Route finding and designing of new trails also occurs during "unofficial" trail work hours.

If you have been working on or want to work on some trails that need a little more love outside official trail work events, log your hours at www.cccmb.org.

Task	Hours	Project
Maintenance	248 hours	<p><u>Santa Margarita Lake</u>: Waterbar and trail delineation work and a short reroute on Gray Pine Trail. Worked on retaining wall on Rocky's Trail.</p> <p><u>Lopez Lake</u>: Repaired and armored a steep and deeply eroded section of Duna Vista Trail.</p> <p><u>Hazard Peak Trail</u>: Maintained and finished sculpting the bottom mile and a half of lower Hazard Peak</p> <p><u>Other Montaña de Oro trails</u> (East Boundary, Manzanita, Barranca): To protect these trails until Super Bowl Sunday, virtually every waterbar on these trails was maintained in a series of unofficial workdays.</p> <p><u>Irish Hills</u>: Performed waterbar maintenance and erosion repair [unofficial workdays].</p> <p><u>Cerro Alto</u>: Repaired summer use damage & prepared for rains [unofficial workdays].</p>
New Trail Construction	605 hours	<p><u>Elevator Trail</u>: Completely constructed this trail between September 2008 and January 2009.</p> <p><u>Johnson Ranch</u>: Completed construction of approximately 500 yards of new trail.</p>
Trail Design and Route-finding	145 hours	<p><u>Montaña de Oro to Avila</u>: Scouting has begun. Initial route-finding process expected to continue through spring and summer 2009.</p> <p><u>Elevator Trail</u>: Complete trail design and layout.</p> <p><u>Johnson Ranch</u>: Continued trail design and layout.</p> <p><u>Santa Margarita Lake</u>: Very preliminary scouting of a proposed trail around the south shore of the lake initiated.</p>

JOIN US for Super Bowl Sunday trail work

Before you settle in for the big game, give a little love to the trails at the park that started it all, Montaña de Oro. Let's have a big turnout so we can reap the benefits every time we ride the trails this winter and spring. Bring gloves and water.

Where: Park Headquarters above Spooner's Cove

When: February 1, Sunday, 8am

DIRECTOR'S REPORT

by Greg Bettencourt

By the time you receive this newsletter, CCCMB will have a new, sophisticated and interactive website! This new site reflects the changes taking place within CCCMB in 2008-9. Please check it out at www.cccmb.org.

As you know, CCCMB has been asked to design and/or build up to 30 miles of new single-track in SLO County. Requests have come from State Parks to identify a route for the new Coastal Trail from MdO to Avila, from SLO City to design and build trails on the Johnson Ranch & the Stenner Springs property, and from SLO County to route-find for trails at Santa Margarita Lake. Those requests posed a huge challenge because the time, effort and abilities required to meet the challenge were way beyond CCCMB's existing resources.

In response to this challenge, CCCMB has launched a capacity building program that will grow its ability to build and maintain trails in SLO county. Basically, we decided to develop the organizational means to engage more volunteers and to train more leaders. This new website is one of the key components of that program. It is designed to engage people by providing information about CCCMB's work as well as local trails but more importantly it is meant to be interactive, e.g., to give folks a chance to log the hours they put in doing trail work, to share info about trail problems and to learn about how to fix those problems.

In addition to this website, we are spending more time and energy on public relations and communications. Part of that effort is more and better press releases and another part is adopting a new Googlegroup that will allow all interested parties to communicate about trail matters. We are developing an education program by which we can train & mentor crew leaders and other volunteers so they can work skillfully and independently. And lastly we are reorganizing how and when we do trail work by dividing county trails into regions with corresponding regional leaders and by offering opportunities to do trail work different times per month and on weekdays.

What to do when encountering horses on trail

By Kathy Redden, CCCMB liaison with the Atascadero Horsemen's Club

Many of the most popular trails in our area are multi-use. For everyone to enjoy our local treasure of outstanding trails, hikers, bikers, and equestrians must respect and understand each other. See below for a list of suggestions about what to do when mountain bike riders encounter horses on our shared trails.

But first of all, I want to thank CCCMB for all their trail efforts for so many years and for making the organization inclusive for all trail users. I'm very proud to tell people that I participate in some of the many trail efforts that CCCMB sponsors. I also believe that because of the trail work events, we generally enjoy a greater spirit of cooperation and understanding between mountain bike riders and equestrians in SLO County than in other counties.

And now for some suggestions:

- In general, many horses are fine with bikes as long as the bikes are going slow and the horses have not been startled. A startled horse can be a stupid horse, which can be dangerous for the equestrian, the bike rider, and the horse.
- When approaching horses head on, slow down and ask the equestrian whether they prefer you to stop or ride by slowly.
- When approaching horses from behind, call out in advance so that the equestrian knows that you are there. It can be disconcerting for both rider and horse to find a bike rider two inches off our "bumper." Once the horse and rider know you are there, they may turn to face you so that the horse can see what's coming and be less startled.
- On singletrack trails, it's best for either party to pull off where everyone feels safest. I know that trail rules state that bike riders and hikers defer to horses. My feeling is that both parties should do whatever is easiest and safest for everyone. Many times I may pull off the trail if I'm in a good spot (especially when a bike rider is pedaling uphill) or I may expect the bike rider to pull off if they have a wide spot available.
- The bottom line is that we all need to use common sense. Most horses don't like something whizzing past them, and we all want to have a safe and enjoyable ride so being respectful usually works!

Thanks again for the opportunity to submit this article. See you at the Superbowl Sunday workday!

Join CCCMB

Name: _____

Address: _____

City: _____

Phone: _____

State: _____ Zip: _____

Email: _____

Email me about CCCMB activities: _____

Club/Affiliation: _____

Individual Membership: \$10.00

Family Membership: \$15.00

Amount Paid _____

In submitting this application, I hereby make known that I will hold blameless in the case of accident, injury, or damage of any kind the CCCMB Club, its officers, members and volunteers. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility, and I agree to participate in keeping all CCCMB Club work events safe.

Signature: _____

Make checks payable to **CCCMB/SLOPOST**

Send to:
CCCMB Membership
933 Bougainvillea St.
San Luis Obispo, CA 93401



If you have a moment...

How did you hear about CCCMB?

What do you feel is the most valuable service that CCCMB provides?

In addition to becoming a member, are you willing/able/interested in doing trail work with CCCMB?
If you don't plan to move dirt, can you help our organization in some other way?

What is the best way for you to get info about CCCMB's work (e.g., website, newsletter, email, word of mouth, posters)?

Are you interested in learning how to perform effective trail maintenance? If so, would you be willing to attend a 2-3 hour training to learn those concepts and skills?

What could CCCMB do to improve its efforts to maintain and expand the trail network in SLO County?

How might CCCMB encourage its volunteers to work more than one or two days a year?

The Evolution of Trail Design and Maintenance

by John Cutter, CCCMB member since 1987

When CCCMB first started working on the local trails in 1987, we focused primarily on repairing erosion damage and clearing brush from the pathway. At that time, the construction and maintenance of water bars was the primary focus of our work. The traditional water bar forces the rainwater off the trail at a specific point, usually by creating a step of rock or timber. This method would focus the water, and the topsoil that is carried with it, to channel running down slope from the trail. As this was the standard practice for the decades prior to our involvement, we carried on the tradition.

After several years of rebuilding water bars and clearing out the down slope channels of debris, we began to examine alternatives to this method. Through the insight gained from visiting trail specialists and attending trail-building workshops, we began to evolve our processes. The concept of trail “out slope,” or grading the entire trail to shed water to the downhill side, began to augment the traditional water bar.

In time, we realized the value of allowing the water to “sheet” off of the trail in a wide shallow layer. The focused channel of water of the traditional water bar could eventually erode back up the channel and into the trail itself. This realization changed our thinking about the water bar, which began to evolve the water bar from an abrupt step into a gentle mound. This mound is known as the “rolling water bar.” Through more months and years of trail evolution, we found that the larger and less steep a mound was, the longer it would resist trail wear. This also had the added benefit of being easier to cross over for all trail users.

As CCCMB began to incorporate trail design into its overall mission, the rolling water bar evolved into the trail “grade reversal.” The grade reversal is a section in the trail where, for example, a trail will climb at a rate that does not exceed the limits of the soil conditions. Then, at regular intervals of fifty feet or so, the trail will reverse grade, descending at approximately two percent for about ten feet. Then the trail will again resume at the previous incline gradient. In effect, this approach incorporates the rolling water bar to a scale where it is almost not noticed, while any water that collects on the trail will exit the trail at the grade reversal.

Clearly, trail design and maintenance is an evolutionary process. Our hope is that through this evolution, we will have less need for maintenance and that we will be creating trails with greater sustainability.

Elevator Trail is finished. Here's a shot of the last bridge to be constructed on this fun and challenging trail. For more photos, check out The Dirt at www.cccmb.org.



Making Shooters a more sustainable trail that's even more fun to ride: yay!

Thanks to Local Bike Shops

Once again, SLO bike shops have chosen to invest in trail work. Art's, Baywood Cyclery, Cambria Bicycle Outfitter, Foothill Cyclery, Go For It Sports, K-Man Cyclery in Paso, Trinity Cyclery and Wally's have each made a substantial annual contribution to CCCMB. Each shop has donated five \$25 gift certificates plus \$200. That's a \$325 donation from each shop. Right on, Central Coast bike shops!

We give away gift certificates at every workday and at Trail Werks events. Also, the certs allow us to award three Trail Worker of the Year Awards instead of just one. The cash contribution each shop makes is used to help fund t-shirts for Trail Werks. Please thank and support these local shops: they support your trails.

JOIN US for Super Bowl Sunday trail work

Where: Montaña de Oro Park Headquarters above Spooner's Cove

When: February 1, Sunday, 8am



CCCMB's spring schedule for your fridge

March	Fernandez Trail	3/8 – 9am	Meet at Turkey Flats
April	Johnson Ranch	4/4 – 9am	Meet at junction of Ontario and S. Higuera
	Johnson Ranch	4/18 – 8am	Meet at junction of Ontario and S. Higuera
May	Lopez Lake and Santa Margarita Lake	5/9 – 9am	Meet at park entrance
	Pruitt Loop Trail	5/15-5/17	RSVP Ron Dexter
June	Hazard Peak: Brushing	6/7 – 9am	Meet at base of trail
July	TBA	7/11	TBA
~ Move dirt and reap the benefits			

CCCMB Membership
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San Luis Obispo, CA 93401