

# National Mayor's Ride cruising through Folsom

By Patrick Ibarra  
Sports editor

The 2006 National Bicycle Greenway Mayor's Ride, which spans across the nation from Boston to San Francisco, will be cruising through Folsom on July 23.

The coast to coast bike relay started in Massachusetts on April 28 and will conclude in the Bay Area on July 28, but before it can reach its final destination, it'll plow through the city of Folsom, with a hello and goodbye from several local residents participating one way or another, including the mayor.

"National Bicycle Greenway scouts Scott Campbell, Pam Slocum and Mike Damon will be arriving in your city as part of our 5th Annual National Mayor's Ride," said Martin Krieg, Executive Director of the NBG. "They will be joined by a broad cross section of members from the American River community who will then be riding all or part of the way from Folsom to Sacramento. We want to showcase some of the world's best cycling that is right out your doorstep. Your river trails can easily become a giant force in driving your economy once we can get them known about in the national and world bicycle communities."

Folsom Mayor Andy Morin will be on hand to send off the crew outside of the Folsom Powerhouse on Sunday. The city jumped at the opportunity to be part of an event celebrating its blossoming trails.

"We pride ourselves as being a very bicycle friendly and bicycle proactive community," Morin said. "Whenever we have a chance to improve that bicycle advocacy we certainly go out of our way to do so. We're excited this group is coming through town and want to recognize them appropriately. We are happy to welcome them and send them on their way as well as help them with their goal of a trans-continental bicycle trail."

The relay will visit 32 major US cities before finishing in San Francisco. The purpose of the ride is to raise awareness in hopes of connecting San Francisco to Boston with a net-



*Photo courtesy National Bicycle Greenway*  
**CELEBRATING ON THE STATE CAPITOL BUILDING STEPS, riders from last year's Mayor's Ride conclude their leg of the event which began in Folsom. They'll do the same again this year to raise awareness about the area's great trails.**

work of bike-safe roads and paths. At 9 a.m. on Sunday, local and national riders will gather and leave Folsom en route to Rancho Cordova, Sacramento and then West Sacramento before turning west the following day towards the Bay Area.

"(I'm riding) to help us reconnect with nature and our neighbors," said Wai Chong of Folsom, who is part of the Folsom Area Bicycle Advocates (FABA) and will be joining the ride leaving the city. "(I want) to showcase Folsom as part of the greater connectivity to the outside world through our bicycle paths and great cycling accessibilities, and to showcase our wonderful natural resources like our lakes and trails. It will help showcase Folsom as one of the jewels of the American River Bike Path."

"We are truly blessed with all the bike trails and paths along some of our major roads leading from Sacramento to the foothills of the Sierras. With more bicyclists on the roadway, we are also working with the motorists to 'share the road,' and it has been largely successful."

The ride, which had stops in Baltimore, Chicago, Cincinnati, Denver, Indianapolis, New York, Pittsburgh, Salt Lake City,

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Washington D.C. and Reno, hopes to make aware the benefits of transportation through bicycles rather than vehicles. Riders believe that having a fun and popular event show the positive effects of bicycling could change things.

"I believe in the 'mission,' as it were, to spread the word that

cities and towns should be more bicycle friendly," said Jack Martin, who has been called Captain Hydrate because of his hauling drinks for cyclists during last year's ride. "If they were, the amount of short distance car trips would be cut down because people wouldn't feel so threatened to ride amidst traffic. I'm

an old school, conservative guy from the Midwest who loves muscle cars and motorcycles, but also believes that bicycles can play a more prominent role in our society."

One attention grabber from the event is the different bikes on display. Krieg and ride leader Jacques Graber ride HiWheel

bicycles, with one oversized wheel and the other undersized, looking like circus performers on the road.

"I like to promote this ride on my HiWheel because when I first got into doing this leg, I wanted this leg to be unique," said Graber of Rancho Cordova, who will lead the ride from Folsom, and who has been a part of the Mayor's Ride for years. "It's an eye-catcher, so people will stop and ask about it, and then I can mention the NBG. It's a conversation piece.

"I enjoy doing the ride for several reasons. It's a great cause, to promote a trans-continental, bicycle-friendly route from coast to coast. With gasoline rocketing, the bicycle is the only truly 'green' transport. Bicycles use no fossil fuels and they are the only truly healthy activity that is functional. Bicycles don't cause runner's injuries; they get from place to place fairly quickly and serve a local transportation niche. I love the camaraderie. Getting together with like-minded individuals for a day out riding is energizing. And the route is fantastic. I have always enjoyed the American River Parkway and this is a great way to promote this feature of Sacramento and also to ride 45 miles car-free and carefree."

Whether providing a leisurely ride for cyclists or showcasing

local amenities for riders the nation may not yet know about, the Mayor's Ride will be another fun event Folsom and nearby residents can enjoy, and hopefully, benefit from.

"Lots of people ride the bike trail," Martin said. "Not too many come from Sacramento all the way up into Folsom. I think they would if they realized that the trail gives them direct access to downtown Folsom and plenty of spots to rest before going back home. Having all these cool looking high-wheelers and such naturally draws attention to the event, which in turn draws attention to Folsom. The icing on the cake is when the elected officials in the city formally acknowledge that they, too, support the notion of making the city more bicycle friendly. The great part is that the city of Folsom is doing it. The city of Folsom is spending the money to make cycling safe, enjoyable and practical. I know, because I ride all over Folsom, and I ride to work 2-3 days a week in Rancho Cordova. But I think more people need to know."

For more information on the ride, log onto [www.bikeroute.com/NationalMayorsRide2006](http://www.bikeroute.com/NationalMayorsRide2006).



*Photo courtesy National Bicycle Greenway*

**PARTICIPANTS RIDE HIWHEELS** through Folsom in the 2005 Mayor's Ride. The bicycles are attention grabbers riders hope to use to promote the efforts of the National Bicycle Greenway.