

Summer 2013 ipmba news

Newsletter of the International Police Mountain Bike Association

IPMBA: Promoting and Advocating Education and Organization for Public Safety Bicyclists.

Vol. 22, No. 3

Promoting Public Safety Cycling

by Maureen Becker
Executive Director

While IPMBA is perhaps best known for its training programs, its mission is actually three-pronged: *IPMBA promotes the use of bikes for public safety, provides resources and networking opportunities, and offers the best, most complete training for public safety cyclists.*

It is essential to not only teach police, EMS, and security personnel how to ride bikes in the line of duty, but also to educate public safety personnel at all levels as well as the public about the many ways bikes can enhance public safety service delivery.

IPMBA promotes the use of bikes for public safety in a number of ways. One is by attending conferences and trade shows. So far this year, IPMBA has had booths at EMS Today, GovSec-TREXPO, NASRO, and CUPIC. Later this year, IPMBA will participate in EMS World, Interbike, and IACP. At IACP, Lee Benson (Deputy Chief, Upper Dublin PA Police); Mike Murphy, (Chief, Warminster PA Police), and Jason Schiffer (Chief, Bethlehem PA Police) will present *Police on Bikes: Still a Great Idea*, to educate their peers about the benefits of police on bikes.

IPMBA also develops promotional tools; most recently, a 4:43 minute video filmed and produced by students from the Towson University (MD) Department of Electronic Media and Film's *Corporate Video* class.



This video, expertly compiled by Nathan Rhodes, Seth Albee, and Stephanie Taydus, contains interviews and footage of public safety cyclists in action, and is designed to introduce public safety professionals and the public to the benefits of deploying bicycles.

It is posted at www.youtube.com/user/IPMBAvid and www.ipmba.org for incorporation into start-up proposals and other educational and promotional efforts.

IPMBA thanks Cpls. Kam Cooke and Dominic Scali (Anne Arundel County PD); DC-EMS Alexander Perricone, BC-EMS Laura Shiloh, PO Paul Anthony, PM Neil Holmes and FF/PM Jeffrey McCarthy (Baltimore City FD); Diane Montier (Bruster's Ice Cream); Coord. Stephen Gerber, Maximilian Hoffman, Nathaniel Porter, Abigail Schreider, and Emma Turnbull (GWU EMERG); AC Frank Demes, MPOs Suzanne Combs and James Hansbrough, and Ofc. Antonino Zambito (GWU PD); 1st Sgt. Christopher Davala (MD State Police); Lt. Jason Pulliam, Cpl. Marc S. Kelly, Ofcs. Adam Edelheit, Brian Haynes, Joshua Jazwinski, Marvin Tunstall, and Antoine Wallace (MD Transportation Authority Police); and Sgt. Michael Wear (MPD-DC) for their participation and support.

Bikes to the Rescue

by Karen Brooks
Bicycle Times

This article appeared in Issue 21 of Bicycle Times magazine (www.bicycletimesmag.com). Reprinted with permission.

In the days and weeks of frightening, heart-wrenching news following the earthquake and tsunami that hit the northeastern coast of Japan in March 2011, among the thousands of photos of wrecked civilization that appeared in news outlets were a few images of hope: people on bicycles, rolling past cars upended and boats grounded far inland. In this disaster, as in others before it, bicycles proved their adeptness at navigating a ravaged landscape.

Then in October 2012, Hurricane Sandy hit the eastern side of North America, bringing floods and high winds that caused damage from the Caribbean to Maine, particularly concentrated in the urban centers of New York and New Jersey. As of this writing, the latest estimate for the total cost of damage and disruption in the U.S. is over \$65 billion, putting Sandy second only to Hurricane Katrina in cost. But as in Japan, as the floodwaters began to recede, the bicycle emerged not only as a tool for helping people recover, but as a symbol of hope.

(Continued on page 26)

inside

Board Profiles.....	25
Corporate Members.....	15
Industry	17-21
Call for Industry Relations Committee Members ...	18
Epic Action Cam	19
Nitelze	20
Rand Momentum	21
Instructor Corner	24
Issue Focus: Conference Highlights	5-14
Competition 2013	8-9
Education & Exhibitors	10-11
Instructors & Presenters	14
Instructor Course Graduations	13
Photo Montage.....	6-7
Thanks to Our Hosts.....	5
Vendors & Supporters.....	12-13
Member News.....	23
News from the UK.....	22
President's Column	2

Training as Personal Responsibility



As planning and preparation for the 2014 IPMBA conference in Tampa, FL, continues apace, I'm taking a moment to reflect on the overall state of training in our profession.

The economic downturn of a few years ago continues to have a negative effect on law enforcement training budgets and as a consequence, on the overall training provided by our agencies. Even before this economic hit, we lagged behind our

fire service and EMS compatriots in continuing education. State-mandated minimum training for police is not a national standard and there are little or no short-term consequences for agencies that slash training budgets.

Given these challenges, where does that leave us as we move forward in our careers? If our agencies are unwilling or unable to provide sufficient training opportunities, I have heard far too many officers remark, "that's not *my* problem". While "failing to train" is an agency problem, very few agencies actually suffer the financial consequences of a major liability claim in this area. Playing the odds of short-term budget savings against this unlikely outcome is not a difficult decision for administrations that are not training-oriented. We can rail against this poor leadership, but institutional change is difficult and slow.

In order to make some progress, I refer back to the term "profession." If we truly are "professionals", then we must

accept that some individual responsibility is part of the definition. Whether or not we get sufficient training, we are still the ones who respond to calls, make the street stops and intervene to stop the violence. The skills and tactics that make those activities safer only come through regular training. Perishable skills require attention and repetition to master and retain. We are more likely to fall to the level of our training than we are to rise to the occasion when we face a violent threat.

Being a professional includes accepting our own responsibility to train. Whether it's defensive tactics, team tactics, active shooter response or executing a hook slide, we will be the ones that suffer the consequences of insufficient training. Finding creative ways to make the time and fund our own access to training is worth the effort in the short-term and over the long haul.

Train hard, train safe, and remember: the skill you practice today may save your life tomorrow.

See you in Tampa!

Bernie Hogancamp

Finding creative ways to make the time and fund our own access to training is worth the effort in the short-term and over the long haul.

BECOME AN IPMBA INSTRUCTOR

Join the ranks of more than 1,000 of your fellow public safety bicyclists by becoming an IPMBA Instructor.

Call 410-744-2400 or email info@ipmba.org for an instructor application packet. In the simplest of terms, to become an Instructor, you must meet the criteria outlined in the packet, apply to IPMBA headquarters, be approved, then register for and attend one of the Instructor Courses.

Upcoming courses:

August 19-23, 2013, Indianapolis IN; October 21-25, 2013, Tempe AZ; May 16-20, 2014, Tampa FL

Check out www.ipmba.org for more information.

"I applaud IPMBA for upholding a strong standard for participating in the IC."
 "This is the best instructor course I have ever been involved in."
 "Challenging and rewarding...a hard-earned certificate!"

Newsletter of the
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The International Police Mountain Bike Association promotes the use of bikes for public safety, provides resources and networking opportunities, and offers the best, most complete training for public safety cyclists.

IPMBA Membership is \$55.00 per year.

Interested in submitting an article?
Interested in advertising in IPMBA News?
 Email Maureen@ipmba.org for information.

POLICE BIKE STORE

www.PoliceBikeStore.com

PoliceBikeStore.com – Our name says it all. We are in business to fulfill all of your Police Bike Patrol needs. From bikes, lights and tools to eyewear, helmets, uniforms and much more. We outfit everyone from Individual Officers to large Federal Agency Fleets. **Quantity Discounts and Packaged Deals Available**



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- ✓ Combination Packages Available

Recent Customer Comment

"I credit you and your company for exceptional Customer Service and professionalism!"

Mary L., Defense Supply Center

**Bicycles – Lights – Tools – Pumps
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Pursuit Lights with All Cree LEDs



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Email: info@policebikestore.com

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- Super bright pursuit lights available in a variety of color combinations
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- New random flash mode

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volcanic

Volcanic Manufacturing LLC
509-427-8623

info@volcanicbikes.com

www.volcanicbikes.com





Did You Get Back to Baton Rouge?

In 2007, Baton Rouge served as host of the IPMBA Conference. While not the first venue to serve as host a second time, it did not take as long for IPMBA to get back to Baton Rouge – just six years. Other repeat locations were Tucson, Arizona (1991 and 2000) and San Antonio, Texas (1994 and 2004). Memories of fine riding, excellent training, legendary hospitality, and outstanding food enticed many 2007 attendees to return. They were joined by a complement of first-time visitors to Baton Rouge in search of a similar experience.

They were not disappointed. Although the weather was unseasonably cool and rainy for parts of the conference — especially the competition — everything else lived up to expectations. The city of Baton Rouge again proved an excellent training venue; the host agency attended to every detail; the expanded Baton Rouge RiverCenter was even better than before; and the food and hospitality? Well, this *is* Louisiana! *Pages 5-14.*



Photo by Scott Picquet

The IPMBA board, staff, members, and conference attendees would like to thank the Baton Rouge Police Department and their partnering agencies for hosting the 23rd Annual IPMBA Conference. We appreciate the support of Baton Rouge Mayor Kip Holden and the East Baton Rouge Parish Council; Chief Carl Dabadie and the Baton Rouge Police Department; Director Chad Guillot and East Baton Rouge EMS; Chief Lawrence Rabalais and the LSU Police Department; Sheriff Sid Gautreaux and the East Baton Rouge Parish Sheriffs Office; Constable Reginald R. Brown and the Baton Rouge City Constable's Office; and Chief Anthony Williams and the Baton Rouge Airport Police.

We are also grateful for the generous in-kind and financial contributions from Visit Baton Rouge, Boudreaux & Thibodeaux's, the Baton Rouge business community, and those who cooked fine Cajun food for each hospitality night.

Special thanks to Baton Rouge Police Sergeant Craig Russell, Officers James Banks, Don Coppola, PCI #908, Kyle Callihan, PCI #1079, Reggie Kirton, Mark Weber, and Todd Webb; and LSU Officer Sarah Drake, who invested many hours and much effort into the planning and implementation of this conference.

Also deserving of recognition are many East Baton Rouge EMS staffers, especially the omnipresent Matt Smyer, ace AV techs Darryl Beard, Jay Efferson, and Tremayne

Baker, and Joyce Wales, who, along with Artie Gonzales, provided a warm welcome to everyone at the registration/information counter. Their efforts were supported by others too numerous to mention, but whose contributions are nonetheless essential to the success of the conference.

IPMBA thanks Board Member Tom Harris, East Baton Rouge EMS, for bringing IPMBA back to Baton Rouge. After establishing East Baton Rouge as the first EMS agency to host an IPMBA Conference, he threw down the gauntlet for his colleagues at the Police Department. Fortunately for IPMBA, they took up the challenge. He was an invaluable member of the Command Staff, assisted by his "right-hand man", Matt Smyer, for which both IPMBA and the BRPD are grateful.

Last, but never least, IPMBA thanks those of you who overcame the obstacles associated with budgeting and staffing limitations and made the case for training.

See you in Tampa – Friday, May 16- Friday, May 23, 2014!

BATON ROUGE 2013



This page, clockwise from top left: Role players await instructions; Instructor with alligator; IPMBA Bike Check; *On the Street* Firearms Training; Airport Ops; Thomas Zermeno; MMR Police Scenario; BRT Scenario (photo by Wren Nealy); Bernie Hogancamp and Mitch Trujillo; **Opposite page, clockwise from upper left:** Sarah Drake; Shaums March; Arthur Chatman, Jr.; Unexpected dismount at the range; Krav Maga drills (photo by Gail Boxrud); Aerial view of firearms training; BRT gas mask/formation drill. Photos by Scott Picquet unless otherwise noted.



BATON ROUGE 2013



BATON ROUGE 2013

COMPETITION 2013: FAST AND FURIOUS

by Marc Zingarelli, EMSCI #179/SCI #002
Circleville (OH) Fire Department
IPMBA Treasurer



Competition Medal

This year IPMBA returned to Baton Rouge and our hosts showed us once again that they not only know how to put on a conference but also a fast-paced competition. The course once again was constructed on the

Mississippi River levee, but it had some new and interesting twists. From the uphill start to a ladder-like obstacle, from the fast straight away to the obstacles at the end, this race had many surprises which included a showdown between EMS and Police and proof that that youth doesn't necessarily make you a better rider.

The event had incredibly creative introductions and announcements by "DJ Crackbaby" (aka Kyle Callihan) who managed to be accurate about two percent of the time: He basically got their name and department pronounced correctly – the rest of his spiel was off the cuff and highly comical. The capacity crowd of public safety personnel and their families was supplemented by the passersby going to and from the live outdoor music event across the street. The course even proved challenging to the senior tourists who disembarked from their tour bus and had to maneuver around and through the course to safely board the paddle-wheeler and continue down the river.

Kicking off the event again this year was **Shaums March**, who dazzled the spectators with a warp speed time of 01:03.56.

Perennial favorite **Jason Schiffer** of *Team 21 Hours to Get Here* (the drive time from Bethlehem to Baton Rouge)

looked like the victor apparent through most of this race with his time of 1:14.91, but he was defeated in the last heats when **Mike Hudspeth** of *Team Hypoxic* captured the coveted blue ribbon with a time of 01:14.87 – a scant .04 second separation! As the top two winners overall and in the Male 40-49 Category, Jason and Mike are both living proof that 40 is the new 20!

Also proving that age isn't a factor, **Mike Harris** came in at 1:17.82 (fourth overall in the Public Safety Category; edged out of third place by **Scott Bixby's** 1:15.50) in the Male 50+ division. He was followed by **Paul LeFort** with a respectable 1:28.97.

Amongst Males 30-39, **Charles Knapp** snagged first place at 1:21.84, followed by **Bobby Sellers** with a time of 1:32.72. Males under 30 were lead by **Joshua Rymon** with 01:37.16 and **Christopher Timmer** with 01:41.15. At 02:17.88, **Rebecca Carlile** took Females 30+, while **Eric Kackley** of

Volcanic Bicycles dominated the Open Category with a time of 01:19.00.

Top team honors went to **Team Cincy +I** which had a combined time of 06:15.12. **Team 21 Hours to Get Here** was close behind with a time of 06:15.48. The yellow ribbons went home with **Team SAPD**, 6:16.43.

Medals were presented during the Awards Ceremony held at the LSU Stadium Club at Tiger Stadium.



Arshad Khawaja

Photo by Jerry McGlone

Attendees feasted on barbecue favorites while listening to the tunes and banter of **DJ Crackbaby** and enjoying the views of downtown and,



Mike Salvatore; Parade to Competition

Photo by Scott Picquet

BATON ROUGE 2013



Mike Harris, top photo;
Hank Quiroga, bottom photo
Photos by Jerry McGlone

of course, the legendary football field.

Clarence “Pops” Kalomeris (father of instructor Ron) was the lucky winner of the Smith & Wesson AR-15 upper, the BAMF bike went to **Ryan Hopkins** of East Baton Rouge EMS, and the Safariland patrol bike found its way to BWI Airport in the hands of **Wayne Vernon**. Bratwear gift certificates were won by Lisa Taube of Asheville (NC) PD and Colby Lalli of Blue Springs (MO) PD.

Congratulations to the nearly 50 riders who conquered the course. We hope to see everyone next year in Tampa *and* witness some more records being broken!



John Wychopen Photo by Jerry McGlone

Competition 2013 Results

INDIVIDUAL COMPETITION

Female 30+

Rebecca Carlile – 2:17.88
Cypress Creek (TX) EMS

Male under 30

Joshua Rymon – 01:37.16
Bethlehem (PA) Police Department
Christopher Timmer – 1:41.15
San Antonio (TX) Police Department

Male 30-39

Charles Knapp – 1:21.84
Cincinnati (OH) Police Division
Bobby Sellers – 1:32.72
Cypress Creek (TX) EMS

Male 40-49

Mike Hudspeth – 1:14.87
****First Overall, Public Safety Category****
Guilford County (NC) Emergency Services
Jason Schiffer – 1:14.91
****Second Overall, Public Safety Category****
Bethlehem (PA) Police Department

Male 50+

Mike Harris – 1:17.82
Mill Creek (WA) Police Department
Paul Lefort – 1:28.97
LaFourche (LA) Parish Sheriffs Department

TEAM COMPETITION

Cincy + 1 – 6:15.12

Evan Coward, Asheville (NC) Police Department – 01:34.50
Alex Hasse, Cincinnati (OH) Police Department – 01:36.44
John Heine, Cincinnati (OH) Police Department – 01:42.34
Charles Knapp, Cincinnati (OH) Police Department – 01:21.84

21 Hours to Get Here – 6:15.48

Eric Kaintz, Bethlehem (PA) Police Department – 01:55.56
Jon Pesesko, Bethlehem (PA) Police Department – 01:27.85
Joshua Rymon, Bethlehem (PA) Police Department – 01:37.16
Jason Schiffer, Bethlehem (PA) Police Department – 01:14.91

SAPD (San Antonio Police Department) – 6:16.43

Steve Beilstein, San Antonio Police Department – 01:28.22
Tim Garcia, San Antonio Police Department – 01:31.72
Hank Quiroga, San Antonio Police Department – 01:35.34
Christopher Timmer, San Antonio Police Department – 01:41.15

OPEN CATEGORY

Eric Kackley (*Volcanic Bicycles*) – 1:19.00

PRO CATEGORY

Shaums March – 1:03.56

BATON ROUGE 2013

EDUCATION AND EXHIBITORS

Few IPMBA members would argue that IPMBA plays an important role in connecting public safety cyclists to manufacturers, distributors, and suppliers of products suitable for on-duty use. The annual IPMBA conference provides an opportunity for those companies committed to serving the needs of this niche market to come together with some of the most active and influential public safety cyclists in the field.

At its core, the IPMBA conference is about learning. In keeping with this theme, IPMBA was excited to experiment with a few new activities designed to enhance the

participated used the opportunity to educate listeners about their products and their applications for public safety cyclists.

The most successful suppliers are those who know their audience. In the 2012 vendor meeting, someone mentioned that it would be helpful to observe what was happening beyond the walls of the meeting facility. The result of that remark was the “Tour de Training”. During a break in the exhibit hall hours,

the vendor representatives piled into vans and were whisked out to the various training venues. For many, it was the first time they had witnessed public safety cyclists in action at the firing range, participating in Bicycle Response Team maneuvers, learning defensive tactics, practicing scene safety, and more. Those who took the Tour gained a greater understanding of the way in which their products are used in the field. In addition, they engaged in

networking and relationship-building with their fellow exhibitors.

It is always exciting to welcome new vendors to the IPMBA Conference. This year’s “freshmen” were **Auto Rack Lights**, displaying an auxiliary lighting system for mounting on vehicle bike racks; **Currie Tech** and **Seattle E-Bikes**, showing off the latest in electric

bike technology; **HAIX® Footwear**, introducing the bike patrol-suitable **BLACK EAGLE® Athletic 11 Lows**; **Head Pro Tech**,



marketing a lightweight protective helmet with great potential for Bicycle Response Teams; **Kryptonite**, known for their high-quality bicycle security systems and anti-theft devices; **Law Enforcement Ride and Run to Remember**, a benefit run and ride for the National Law Enforcement Officers Memorial Fund; the **Saris Cycling Group**, manufacturers of bike racks for cars, bike fleet storage systems, and indoor training solutions; and **Trail Rail**, featuring made-in-the-USA accessory mounting devices for lights, phones, GPS units, etc., built to stand up to the abuse of outdoor activities.

The “sophomore class” comprised **Bern Unlimited**, **Bound Tree Medical**, **ISM Saddles**, **National Association of School Resource Officers (NASRO)**, **Police Bike Store**, and **The Safariland Group**. These were joined by veteran exhibitors like **4Bike-Police.com**, **Bratwear**, **iFORCE Patrol Bicycles**, **Mocean**, and **Volcanic**

knowledge of both attendees and exhibitors. Exhibitors were afforded the opportunity to present informational seminars and demonstrations within the exhibit hall. Scheduled during exhibit hall hours, these 20-minute sessions were conducted either on a small stage or on a cone course conveniently constructed in the exhibit hall. Each vendor who



BATON ROUGE 2013

(Continued from page 10)

Bicycles, some of which are in the “Ph.D.” category of vendors.

Beyond the exhibit hall, vendors and supporters contribute in many



ways. **Mocean** outfitted the instructors in white shirts threaded with silver, long known for its anti-bacterial properties. They also made sure the Command Staff looked sharp in classic navy.

R&B Fabrications supplied string backpacks in purple, white, and black, which were ideal for holding the **Police Bike Store** notepad and pen, purple and yellow **Polar Bottles**, **Cantitoe Road** chain checkers, **Jones & Bartlett** pens,



Qwik Shower wipes, **SAFETEC** infection control products, **Mardi Gras** beads, **mini-Tabasco** sauce bottles, and more.

Volcanic Bicycles provided the neck wallets – handy for both namebadges and bike check cards! Volcanic also contributed many hours of wrenching, supplemented by local shop **Capital Cyclery**. The *Dude, Where’s My Bike?* workshop was generously sponsored by **Kryptonite**, and **ProGold** provided supplies for the Maintenance Officer Course and workshops. Reading material was supplied by **Law**

Enforcement Technology, **Law Enforcement Product News**, **Police Magazine**, **EMS World**, and the **COPS** office.

The silent auction raised more than \$2600 in support of IPMBA’s programs, thanks to the generosity of the donors: **4Bike-Police.com**, **Bernie Hogancamp**, **Bratwear**, **Cane Creek**, **Charlie**

Summers, **Cowbell**, **Dick Kramer Studios**, **DutySmith**, **Ergon**, **Goodspeed Cycles**, **Hero Kit**, **Holster Light**, **Ice Dot**, **IFORCE Bicycles**, **ISM Saddles**, **Kenda USA**, **Kryptonite**, **MTE (Greg McGee Engineering)**, **Park Tool**, **PatrolCycle**, **Polar Electro**, **Police Bike Store**, **Prestacycle**, **ProGold**, **R&B Fabrications**, **Red Jacket Firearms**, **Saris**

Cycling Group, **SKS USA**, **Street Crimes Seminar**, **Stupid Bright**, **Ultimate Survival Technologies**, and **Zoic**. The **Code 3 Sports Max Patrol 600 Lighting System** donated by **Police Bike Store** was the top seller.

The competition for the winning raffle tickets was fierce. There were three primary prizes: a **Smith & Wesson AR-15** upper, a **BAMF** bicycle (donated by **Ryder Partners**), and a **Safariland Patrol Bike**. Clarence “Pops” Kalomeris scored the AR-15 upper, Ryan Hopkins (East Baton Rouge EMS) rode off with the BAMF, and Wayne Vernon (Maryland Transportation Administration



Police) took home the **Safariland Patrol Bike**. Two \$50 **Bratwear** gift certificates were also awarded to **Lisa Taube** (Asheville Police Department) and **Colby Lalli** (Blue Springs Police Department). The raffle raised nearly \$2700 in support of IPMBA’s programs.

IPMBA appreciates the support of our industry partners – exhibitors, sponsors, advertisers, PPP participants, etc. **Show YOUR appreciation by supporting those who support you!**

Photos by Scott Picquet

BATON ROUGE 2013

CONFERENCE VENDORS AND SUPPORTERS

IPMBA thanks the vendors and other supporters of the 23rd Annual IPMBA Conference. We appreciate those who were able to join us in the exhibit hall and those who provided sponsorships and in-kind contributions. Please support those who support you by patronizing them for ALL your bike patrol needs!

VENDORS

4BIKE-POLICE.COM

Contact: Mark Leonard
Telephone: 501-517-5338
Email: lcginc@sbcglobal.net
Website: www.4bike-police.com
Product/Service: Police Bikes and Patrol Gear. Head-to-toe outfitting for first responders.

Auto Rack Lights

Contact: Susan Barr
Email: info@autoracklights.com
Website: www.autoracklights.com
Product/Service: A patented auxiliary lighting system for the back of your vehicle. Be seen with Auto Rack Lights.

Bern Unlimited

Contact: Nora Lohrenz
Telephone: 781-582-8125
Email: jthorn@bernunlimited.com
Website: www.bernunlimited.com
Product/Service: Helmets and Pads

Bound Tree Medical

Contact: Jay Plantz
Telephone: 614-760-5236
Email: jay.plantz@boundtree.com
Website: www.boundtree.com
Product/Service: Medical Products and Supplies for EMS Workers

Bratwear

Contact: Sally Swanson
Telephone: 253-517-4000
Email: sally@bratwear.com
Website: www.bratwear.com
Product/Service: High-performance uniforms for law enforcement, fire/EMS, security and campus police bicycle units, custom-designed and manufactured in our U.S. facility.

Currie Tech

Contact: Rob Kaplan
Telephone: 925-642-5828
Email: rkaplan@currietech.com

Website: www.currietech.com
Product/Service: Hybrid Electric Bicycles

Haix North America

Contact: Sandy Longarzo
Telephone: 866-344-4249
Email: service-hna@haix.com
Website: www.haix.com
Product/Service: High-tech footwear for police, EMS, and security cyclists

Head Pro Tech

Contact: Kyle Kietzmann
Telephone: 800-959-7464
Email: info@headprotech.com
Website: www.headprotech.com
Product/Service: EMT and Police Protective Helmets

iFORCE Patrol Bicycles

Contact: Dave Herbeck
Telephone: 412-215-2983
Email: dherbeck@ibistek.com
Website: www.iforcebikes.com
Product/Service: Made in the USA iFORCE Patrol Bikes with integrated lighting and siren. We also offer our unique lighting and siren kit as a universal set-up to be installed on your favorite ride.

ISM Saddles

Contact: Laura Toll
Telephone: 813-909-1441
Email: laura@ismseat.com
Website: www.ismseat.com
Product/Service: ISM bicycle saddles remove pressure from the pudendal nerve and arteries for unparalleled comfort riding.

Kryptonite

Contact: Daryl Slater
Telephone: 781-232-1294
Email: dslater1@irco.com
Website: www.kryptonitelock.com
Product/Service: Kryptonite is a premier provider of high-quality bicycle security systems.

Law Enforcement Ride & Run To Remember

Contact: Kaia Greene
Telephone: 202-737-8522
Email: kgreene@nleomf.org
Website: www.rideandruntoremember.org
Product/Service: Ride & Run To Remember is an annual fundraiser benefiting the National Law Enforcement Officers Memorial Fund.

Mocean

Contact: Bill Levitt
Telephone: 949-646-1701
Email: moceanbl@aol.com
Website: www.mocean.net
Product/Service: Manufacturers of Technical Law Enforcement and Bike Patrol Uniforms

National Association of School Resource Officers (NASRO)

Contact: Kerri Williamson
Telephone: 888-316-2776
Email: kerri.williamson@nasro.org
Website: www.nasro.org
Product/Service: NASRO is committed to providing the absolute best training available for school based police officers, school administrators and school security/safety professionals across the country.

Police Bike Store

Contact: Michael Espejo
Telephone: 973-366-5868
Email: info@policebikestore.com
Website: www.policebikestore.com
Product/Service: Fuji police bikes and patrol accessories, including the new Code 3 Sports Max Patrol 600 lighting system.

Saris Cycling Group

Contact: Jereme Noffke
Telephone: 800-783-7257
Email: prkmgr@saris.com
Website: www.saris.com
Product/Service: Saris Cycling Group manufactures car transport racks, commercial bike parking, and indoor training solutions.

Seattle E-Bike

Contact: Brian Nordwall
Telephone: 206-396-0446
Email: brian@electricbikeseattle.com
Website: www.electricbikeseattle.com
Product/Service: E-Bikes

The Safariland Group

Contact: Scott Carnahan
Telephone: 800-347-1200
Email: Scott.Carnahan@safariland.com
Website: www.safariland.com
Product/Service: Law enforcement bicycles, duty gear, and bicycle accessories.

Trail Rail

Contact: Jennifer Basile
Telephone: 413-529-2530
Email: info@trail-rail.com
Website: www.trail-rail.com
Product/Service: Indestructible accessory (lights, phone, GPS, etc.) mounting systems for today's public safety cyclist.

Volcanic Bicycles

Contact: Eric Kackley
Telephone: 509-427-8623
Email: eric@volcanicbikes.com
Website: www.volcanicbikes.com
Product/Service: The Volcanic "APB: The Toughest Patrol Bikes on Earth" - Hand-Built in the USA!

BATON ROUGE 2013

SUPPORTERS

Cane Creek Cycling Components

Website: www.canecreek.com
Product/Service: Suspension Seatposts

Cantitoe Road

Website: www.cantitoeroad.com
Product/Service: Bike seats, Wipperman chains, Connexion links, tires, etc.

Cygnus Law Enforcement Group

Website: www.officer.com
Product/Service: Law Enforcement Product News, Law Enforcement Technology, Officer.com

Dick Kramer Studios

Website: www.dickkramer.com
Product/Service: Military and Law Enforcement Prints

Dirt Rag/Bicycle Times

Website: www.dirtragemag.com
Product/Service: Dirt Rag and Bicycle Times

DutySmith

Website: www.dutysmith.com
Product/Service: SpeedSet Duty Belt & Equipment Pouches

EMS World

Website: www.emsworld.com
Product/Service: Leading EMS Magazine, Website, and Expo



Ergon USA

Website: www.ergon-bike.com
Product/Service: Ergonomic Grips, Backpacks, Tools, Pedals

Goodspeed Cycles

Website: www.goodspeed-cycles.com
Product/Service: Full-Service Bike Shop

Greg McGee Engineering (MTE)

Website: www.gregmcgeeengineering.com
Product/Service: Lighting Systems

HeroKit

Website: www.herokit.com
Product/Service: Equipment Repair Kits

Holster Light

Website: www.holsterlight.com
Product/Service: Flashlight Holster

ICE DOT

Website: www.icedot.org
Product/Service: ICEDOT Emergency Identification & Notification System

Jones & Bartlett Learning

Website: www.jblearning.com
Product/Service: Complete Guide to Public Safety Cycling

Kenda USA

Website: www.kendatire.com
Product/Service: Tires, Tubes, & Accessories

Patrol Bike Systems

Website: www.patrolbike.com
Product/Service: Bikes & Accessories, Uniforms



Polar Bottle

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Product/Service: Insulated Water Bottles

Polar Electro Inc.

Website: www.polarusa.com
Product/Service: Polar Heart Rate Monitors

Police Magazine

Website: www.policemag.com
Product/Service: Police Magazine

Prestacycle

Website: www.prestacycle.com
Product/Service: Air Compressors, Tools

ProGold Lubricants

Website: www.progoldmfr.com
Product/Service: Lubes

QwikShower

Website: www.qwikshower.com
Product/Service: Gym Class Wipes



R & B Fabrications

Website: www.rbfab.com
Product/Service: Panniers & Safety Vests

Ryder Partners

Website: www.bamfbikes.com
Product/Service: Bicycles and Accessories

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Product/Service: First Aid, Infection Control Products

SIMUMITION®

Website: www.simunion.com
Product/Service: Simunion® Training Ammunition and Protective Gear

SKS USA

Website: www.sks-usa.com
Product/Service: Pumps, Tools, Bottle Cages, Bags, Mudguards

Smith & Wesson

Website: www.smith-wesson.com
Product/Service: Firearms

Street Crimes Seminars

Website: www.streetcrimes.com
Product/Service: Street Crimes Seminar

Stupid Bright

Website: www.stupidbright.com
Product/Service: Lights

Velo Press

Website: www.velogear.com
Product/Service: Cycling Books, Videos, Gear, Clothing

Wheels Manufacturing

Website: www.wheelsmfg.com
Product/Service: Precision Bike Components, Dropout Multi-Tool

Zoic Clothing

Website: www.zoic.com
Product/Service: Cycling Apparel

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BATON ROUGE 2013

2013 CONFERENCE INSTRUCTORS & PRESENTERS

The annual IPMBA Conference owes its reputation as the premier training event for public safety cyclists to the fine individuals who volunteer their time, talent, and expertise. IPMBA is grateful to the highly-qualified instructors and presenters who once again provided a safe, effective training environment and ensured the attendees went home with enhanced skills and knowledge.

Certified IPMBA Instructors

Kirby Beck, Coon Rapids PD (Retired), Coon Rapids MN
Rebecca Carlile, Cypress Creek EMS/Waller County SO, Spring TX
Andy DeBerry, Denton PD, Denton TX
Doug Dillon, Houston PD, Houston TX
Dwight Edwards, Cabell County EMS/Huntington PD., Huntington WV
James Englert, Arapahoe County Sheriffs Office, Centennial CO
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Bernard Hogancamp, Homewood PD (Retired), Homewood IL
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Mike Hudspeth, Guilford County EMS, Greensboro NC
Bruce Jackson, George Mason University PD, Fairfax VA
Mike Johnston, Utah's Hogle Zoo/U of Utah Police, Salt Lake City UT

Ron Kalomeris, Englewood PD, Englewood NJ
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Gerrit Terhune, Richmond Ambulance Authority, Richmond VA
Mitch Trujillo, Boulder PD, Boulder CO
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Tom Woods, Denton PD, Denton TX
Matthew Worm, Omaha PD, Omaha NE
Marc Zingarelli, Circleville Fire Department, Circleville OH

Guest Instructors

Gail Boxrud, Krav Maga of Minneapolis, Minneapolis MN
Shaums March, Mad March Racing, Canyon Country CA
Brenda Noftz, J.D., Ph.D., Noftz Training & Consulting, Athens OH

Dante Pastrano, Krav Maga of Minneapolis, Minneapolis MN
Tim Schurr, Ashland Bicycle Works, Ashland OR



Photo by Scott Picquet

Congratulations, New Instructors!

Doyle (Steve) Beilstein, San Antonio Police Department, San Antonio TX; **Adam Brickeen**, New Orleans EMS, New Orleans LA; **Alexander Bruner**, Charlottesville Police Department, Charlottesville VA; **Arthur Chatman Jr.**, Top Gun Security Services, Houston TX; **Kam Cooke**, Anne Arundel County Police Department, Millersville MD; **Joshua Copeland**, Peel Regional Police, Brampton ON; **Clifton (Erik) Corley**, Richardson Police Department, Richardson TX; **James L. Cosby Jr.**, Division of Capitol Police, Richmond VA; **Jason Curtis**, Fort Collins Police, Fort Collins CO; **Ryan Dockry**, Fitch-Rona EMS Paramedic Division, Fitchburg WI; **Josh Drake**, Springdale Police Department, Springdale AR; **David Driskill**, College Station Police Department, College Station TX; **Bryan Farrar**, Mississippi State University Police Dept., Mississippi State MS; **Adam Gaby**, Five Rivers Metroparks Police Department, Dayton OH; **Wyatt Gassaway**, Mansfield Fire Department, Mansfield TX; **Christopher Gerstner**, Georgetown Police Department, Georgetown TX; **Claude Ray Griffis**, San Antonio Park Police, San Antonio TX; **Ross Haunschild**, League City Police Department, League City TX; **Wayne Hilgenberg**, Georgetown Police Department, Georgetown TX; **Joel Hoskins**, Slidell Police Department, Slidell LA; **Nickodemus (Orly) Johnson**, Oregon State Police, Corvallis OR; **Nathan Keenan**, Omaha Police Department, Omaha NE; **Charles Knapp**, Cincinnati Police Division, Cincinnati OH; **Patrick Langan**, Montgomery County Hospital District EMS, Conroe TX; **Jason Lusty**, DFW Airport DPS, DFW Airport TX; **Gene Foy Martin**, Metro Nashville Police Department, Nashville TN; **Brian Melvin**, St. Tammany Parish Sheriff's Department, Slidell LA; **Manuel Molina**, Milwaukee Police Department, Milwaukee WI; **David Monfort**, Nationwide Insurance, Columbus OH; **Corey Newby**, Gretna Police Department, Gretna LA; **Alfred Orozco**, Williamsburg Police Department, Williamsburg VA; **Mikel Panajoti**, Boston University Medical Center Public Safety, Boston MA; **Jared Pena**, Springdale Police Department, Springdale AR; **Matthew Perkins**, Bentonville Fire Department, Bentonville AR; **Jeff Peters**, Bryan Police Department, Bryan TX; **Luke Price**, New Orleans EMS, New Orleans LA; **Henry (Hank) Quiroga**, San Antonio Police Department, San Antonio TX; **Brian Rees**, Seattle Police Department, Seattle WA; **Erik Richenberger**, Montgomery County Hospital District EMS, Conroe TX; **Eric Robinson**, Tallahassee Police Department, Tallahassee FL; **Daniel Roufus**, Milwaukee Police Department, Milwaukee WI; **Dominic Scali**, Anne Arundel County Police Department, Millersville MD; **Boman Shelton**, Mississippi State University Police, Mississippi State MS; **Jason Sieczkowski**, Chandler Police Department, Chandler AZ; **Dale Smith**, Coppell Police Department, Coppell TX; **Christopher Timmer**, San Antonio Police Department, San Antonio TX; **Graham Wagler**, University of Guelph Police, Guelph ON; **Thomas David Zermeno**, Norman Police Department, Norman OK.

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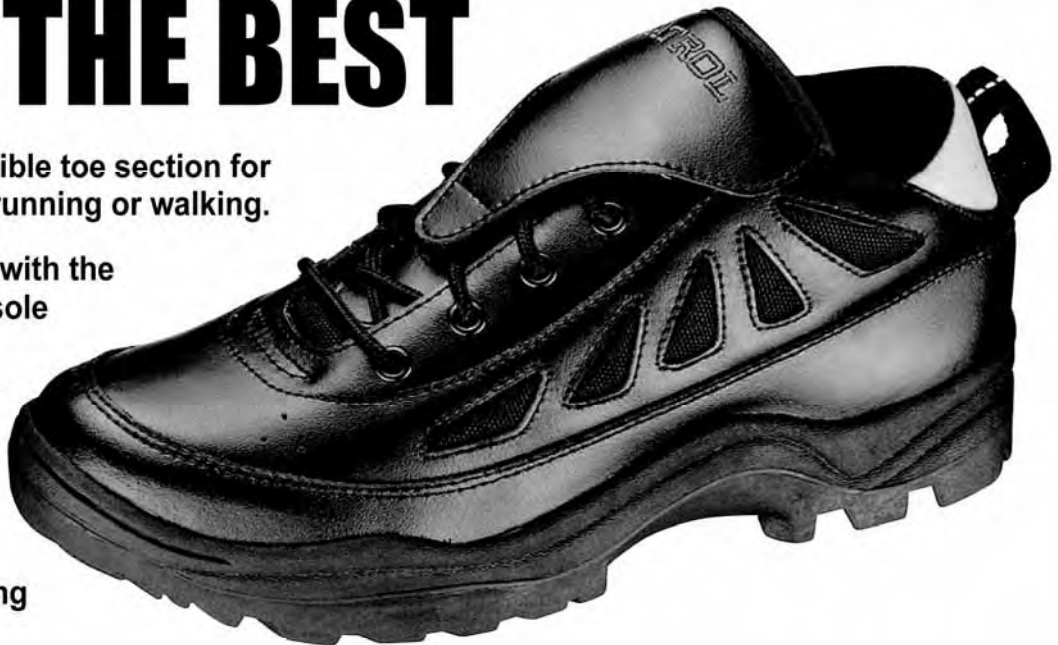
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PRODUCT PURCHASE PROGRAM

New Listings for the Product Purchase Program (full listings at www.ipmba.org/ppp.htm)



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Product: One-Stop Bicycle Patrol Products Store
Regular Cost: Check website for prices
Cost to Members: 5-10% off web prices
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Contact Name: Mike Flynn
Phone: 951-318-7341
Fax: 714-990-2448
Website: www.police-bikes.com
Email: bpopatrol@yahoo.com
Address: 2816 Lime Avenue, Fullerton, CA 92835
Notes: Use the discount code IPMBA13 to obtain the discounted price.

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Product: Portable Bike Repair Kits
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Ordering Options: Phone, Fax, Email, Web, Mail
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Phone: 970-497-2308
Fax: 970-372-4294
Website: www.herokit.com
Email: jason@herokit.com
Address: PO Box 1515, Crested Butte, CO 81224
Notes: Use coupon code IPMBA at www.herokit.com

Discontinued Listings Bern Unlimited is no longer participating in the IPMBA Product Purchase Program because they are now selling their helmets through retailers. You can still get great deals on Bern, however, because they are now being carried by IPMBA Corporate Members Police Bike Store (www.policebikestore.com) and Bicycle Patrol Outfitters (www.police-bikes.com) as well as 4Bike-Police (www.4bike-police.com), all of which offer discounts to IPMBA members.

IPMBA Industry Relations Committee

Mission: The mission of the Industry Relations Committee is to develop positive working relationships with industry professionals, advance the development of products and technologies for public safety cyclists, and educate the public safety community about products that will have a positive impact on their daily duties.

Goals & Objectives: The primary goal of the Industry Relations Committee is to expand the relationship between members of the industry and public safety cyclists by improving communication and interaction through leadership, education, and training. This goal can be obtained by concentrating on three specific objectives:

- 🚲 *Develop Industry Relations:* Develop and maintain strong, working partnerships with members of the cycling and public safety industries.
- 🚲 *Advance Products and Technologies for Public Safety Cyclists:* Work with members of the cycling and public safety industries to improve current products and to create new ones that will meet the needs of the public safety cyclist.
- 🚲 *Educate the Public Safety Cycling Community:* Provide IPMBA members with information about both new and established products and technologies that will positively impact their ability to perform their duties.

IPMBA Seeks Industry Relations Committee Members

Let me introduce myself. My name is James Englert, and I am a Deputy with the Arapahoe County Sheriff's Office in Centennial, Colorado. I have been a Deputy for 14 years and I work as a School Resource Officer. I was elected to the IPMBA board in 2012 and served my first year as the Membership Coordinator. At the 2013 Conference in Baton Rouge, I was elected as the Industry Liaison, stepping into the spot so ably filled by Charlie Summers.



At first I thought, "Cool!" I'm all about bikes, parts, and stuff. Then as I read the Industry Relations Committee (IRC) Mission Statement and realized what all I am responsible for, I thought, "This is a lot of work!" I will need assistance to do this job, and I know that our membership is filled with people who are interested in being part of the IRC.

The mission of the Industry Relations Committee is threefold. We strive to develop positive working relationships with industry professionals, advance the development of products and technologies for public safety cyclists, and educate the public safety community about products that will have a positive impact on their daily duties.

The IRC is also responsible for the Product Purchase Program by maintaining relationships with the vendors and keeping the list up to date. Committee members are also responsible for reviewing products and writing articles describing their experience with the products for *IPMBA News* and the IPMBA website. Therefore, IRC members **must** have the time and motivation to be able to work on projects, both alone and in teams.

I envision the IRC as a well-rounded force of men and woman, including public safety cyclists of all types, veterans and new public safety cyclists. It doesn't matter if you're police, EMS, or security; if you feel you would like to be part of this committee and help maintain our ties with the industry, please consider volunteering.

If you are interested on serving on the IRC, please submit a letter of interest and a resume detailing your job experience, both on- and off-bike. Include information about your agency, your bike unit, and any other information you consider pertinent. Most importantly, include the reasons why you are interested in one of the positions, as well as why you think you should be chosen for the committee.

The deadline for resumes is August 23, 2013. Committee member will be selected and notified by September 1. Members will serve a one-year term and must re-apply annually.

If you have any questions, contact me via cell phone 303-913-4545, or by email to industry@ipmba.org. I look forward to working with you. Ride safely!

Epic Action Cam: Relive the Rush

Industry

by Matt Smyer
East Baton Rouge (LA) EMS



I recently had the opportunity to use the Epic camera while working some details, including Super Bowl XLVII, on February 3, 2013, at the New Orleans Superdome.

Epic is a very lightweight camera with a variety of durable mounts that can be used on the bike or on the body. I rode with it mounted on my helmet, first directly on a mount, and then using the adjustable arm. The instructions were easy to follow for mounting and using the camera. The camera only has four buttons arranged in a diamond shape, so you can easily turn it on/off and start/stop recording without taking it off your helmet.

It was very easy to connect to a computer and download videos. The high definition video quality is excellent. The sound quality is also very good with the exception of windy conditions.

I found two downfalls to the camera. First, the company recommends using lithium ion batteries, which are considerably more expensive than standard batteries. Standard batteries will only record for about five minutes before dying; in contrast, I was able to get approximately three hours of video while using lithium ion batteries. Secondly, because the Epic does not have a view screen, it takes some trial and error to get the correct angle for what you are trying to capture. Initially, the angle of the camera was slightly off, and I got several videos of the ground three feet in front of my bike. While using the adjustable arm I took several trial rides before finding the right angle; each time having to return to a computer, upload the video and review it to make changes in the positioning.

Overall, I believe the camera is excellent in video quality and instruction; however, it was difficult to obtain the correct field of view with the initial installation. With practice and by becoming familiar with the camera's field of view, I am confident that viewers will be able to utilize the videos for education and practical use.

GSM Outdoors, the makers of Epic Action Cams and other products, participates in the IPMBA Product Purchase Program, offering 5% off master dealer prices. Visit <http://www.gsmoutdoors.com/epic/> for more information or to purchase. Contact Eric Castro at ecastro@gsmoutdoors.com or 469-586-0423 with any questions.

Matt Smyer, NREMT, is a Unit Commander for East Baton Rouge Parish EMS. He was certified as an EMS Cyclist in 2001 and has taken the IPMBA Maintenance Officer Course as well as the IPMBA EMS Cyclist II Course. He was a key member of the 2013 IPMBA Conference Command Staff. He can be reached at msmyer@brgov.com.

THANKS



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by Craig Lepkowski, PCI #1180/EMSCI #272
Lake Forest (IL) Police Department



At the IPMBA Conference 2012 in St. Paul, I came across a vendor who was selling and handing out mini-bungee cords and s-clip carabiners from a company called NiteIze. Intrigued, I grabbed one of each and used them on my back rack and trunk bag for a few weeks. I was impressed enough with the smaller items to visit their website (www.niteize.com) and see what

other products they offered. The offerings on the website are quite impressive, not just in quantity, but in variety and usefulness as well.

The products range from carabiners of all shapes and sizes to adjustable bungee cords, from iPhone cases to flashlights and bikes lights. I challenge any public safety officer to browse the site and not find a single thing that would improve their gear supply. The options seem limitless and almost overwhelming; however, the site is very well organized and navigating it by product type is quite simple.

I had the pleasure of test-driving a few products that impressed me with their simplicity and durability. For the past year, I've used the Connect Case for iPhone and it has held up admirably, considering my clumsy handling of the phone. The case neatly wraps around the phone and clips in at the top. Seven edge bumpers on the front unobtrusively protect the glass screen and do not interfere with the view of the screen at all. All the controls are accessible with precise cutouts in the case and the removable clip on the back of the case has not shown any wear or lost its ability to tightly clasp a belt or pocket. I've used it on my waist, in the front pocket of my ballistic vest cover, and in my cargo pants pocket and it has never come loose or threatened to fall off. A mobile version of the case includes reusable ties that easily wrap around various sizes of handlebars and keeps the phone secure as you ride. I tested the Connect Mobile Mount on a 20-mile ride over regular road conditions and curb ascents and descents and the case never wavered or moved from the stem where I had tightly twisted the ties. I had no fear whatsoever that my iPhone was in any danger of being knocked off or dropped to the ground. The ties were long and flexible enough to maneuver around my light battery, which is strapped to the bottom of my handlebar stem and which I did not want to remove.

The mini-bungee cords come in handy holding things down on my trunk bag, and a larger version bungee cord is adjustable in length. Each end has a plastic carabiner hook that connects to the cord with a wrap-around KnotBone connector that allows the user to adjust and lock the actual length of the cord to fit specific areas or more snugly hold things. There are two versions: size #9, which is a 9mm cord that adjusts from 48 inches to 10 inches, or size #5, which is

a 5mm cord that adjusts from 28 inches to 6 inches. These two options take the place of a number of other static-length bungee cords and add versatility within a limited number of cords.

The company offers an innovative selection of useful lights with a multitude of uses. They have lights for inside tents or closets; belt, hat and zipper lights; pet and toy lights; and various bike lights. A fellow officer stole my DomeLit LED Area Light and strapped it to the visor above his seat. He loves using it to do paperwork when he works the overnight shift. The strap is adjustable and the light illuminates his clipboard writing area perfectly. A simple push of the light turns it on and off, so there is no fumbling for a smaller switch somewhere on the light. Similar technology is used on the BikeLit LED Bike Light. These small, plastic lights have a hooking system that allows the white light to hang from the brake or gear cables and the red light to hang from the saddle bracket. The only issue I have with the BikeLit is the pressure needed to turn it on and off. My 10-year-old son does not have enough hand strength to activate the switch. He and my daughter both had to step on the pressure switch to get any results. Otherwise, the lights are bright enough and weatherproof. They may not replace a headlight for patrol purposes (NiteIze has other options using LED flashlights), but they will work in most commuting situations and the company is investigating customizable logo ClipLits that departments could hand out to the public. A great public relations possibility in the making! The company even makes a kid-friendly LED Micro Flashlight called the BugLit that attaches almost anywhere and provides a satisfactory amount of light.



In summary, I have been impressed with the NiteIze products I've used and put through some testing. They have a lot more products on their website with innovative solutions many readers

will find invaluable and fairly priced, so be sure to check it out at www.niteize.com.

Commander Craig Lepkowski is a patrol supervisor for the Lake Forest (IL) Police Department. He is an IPMBA Police and EMS Cyclist Instructor and oversees the department's part-time bike unit. He was elected to the IPMBA Board of Directors in 2013 and currently serves as Secretary. He enjoys biking as often as possible with his son and daughter, and can be reached at lepkowsc@cityoflakeforest.com.

by Michael Salvatore
Westport (CT) EMS

As a long time paramedic, gun enthusiast, and IPMBA member, I felt compelled to share with you some information regarding a new company that I have been introduced to and become involved with. RAND Brands is a nanotechnology company based in Westport CT and manufacturing in Bridgeport CT. RAND has developed a series of lubricant products that I am confident will be extremely useful to all IPMBA members.

As an active member of the Westport Police Department Division of EMS Bike Unit, I was approached to test RAND MOMENTUM, a nanotech product, lubricant and cleaner for bicycles. I am a very skeptical person and put the product through my version of a torture test. I applied it to bicycles that we were using in various training conditions, including sand, water, and mud. I was shocked to see that those areas of the bikes treated with RAND MOMENTUM showed no signs of wear and tear. The gears still worked perfectly and the accumulated dirt and grime came off immediately. In fact, it was easy to see the difference between and untreated areas. In addition, there was no run-off of the product onto our clothing or panniers. The rest of the team members were equally shocked by the results, which is why I am writing this product review – “something I have never done before.”

As a gun enthusiast, I also tested the RAND CLP all-in-one gun cleaner, lubricant and protectant. I was very impressed with the results. Several of us ran the weapons through their paces and came out dirtier than our guns.

RAND products are not chemicals. They are nanoparticles, or miniscule versions of elements that occur in nature. They are all-natural, non-toxic, biodegradable, odorless, and safe for use on all metals, polymers, and woods. For an explanation of how they work, I have

included a quote from their website: *The particles in our product are engineered to fill in naturally occurring divots and cavities in metal surfaces. When seen under an electron microscope, metal is serrated and looks more like a mountain range than a level surface. The grating of these surfaces (metal on metal) is what causes friction and heat. Heat causes lubrications to burn off. Heat causes energy loss. By “resurfacing” the metal with our tiny nanoparticles, we cut way down on friction (the lowest recorded test results) so that your engine, manufacturing equipment, or bicycle chain works a lot better.* If you are really interested, you can also read about the friction tests they conducted and find other technical information on the website.

I decided to give a few samples to Ronald Kalomeris, IPMBA PCI#1092, from the Englewood (NJ) Police Department to see what type results he would have. This is what he had to say.

“I used this product during a class I taught in Concord NH, this summer and I have never come across anything that parallels the quality, longevity and sustainability of RAND MOMENTUM.

IPMBA Instructors are particularly aware that students often come to bike classes with bikes that have been sitting in a garage or storage area for months, or sometimes years. Maintaining the bikes is not a priority until the agency decides to start or reactivate a bike unit. These bikes sometimes have rusted chains and skipping gears as the result of disuse or poor maintenance practices.

I applied the RAND MOMENTUM to these bikes, allowing the nanotechnology to work its way into the chain and cogs. I wiped off all the excess grease and dirt from the chain, bringing the chain back to life. Once this product worked its way into the chain and cogs, there was no more skipping of gears and the gears were able to switch smoothly, with no hesitation.

I have used many of the other lubricants, degreasers, and cleaners currently on the market, and am personally convinced that by far this is the best product on the market. I would recommend it to all.”

I’ve also sent some samples to IPMBA Instructor Gerard Robinson of the London Heathrow Cycle Response Unit, as I believe it will help solve the problem of carpet fibers clogging chains faced by airport bike teams and others operating in indoor environments.

For more information about RAND brands, visit www.randbrands.com or contact Donna Hardy at 203-226-8727 x 204 or donna@randinnovations.com.

Michael was certified as an IPMBA EMS Cyclist at the 2011 IPMBA Conference in Richmond. After experiencing the quality of RAND, he is now a rep. He can be reached at mike.salvatore@me.com.



Cycle Response Units Keep on Rolling



by Ashley Sweetland
St John Ambulance,
London, England

No sooner had I finished my last update in which I paid tribute to Boston for standing tall in the face of the recent bombings, was it London's turn to

have terror take again to the British capital's streets. The barbaric attack on Drummer Lee Rigby served as a tough reminder about the dangers our Armed Services members face every day. The public response has shown much strength and character, whilst of course some groups – not representative of the British people – have sought to use the incident for their own skewed political agenda. Great Britain is a tolerant, diverse and multicultural country – and proud of that. There's no greater city on the planet than London when it comes to diversity. It is through dialogue and community cohesion that we move forward as a civilised society, and London proved yet again its ability to do that.

His Royal Highness Prince Harry and British Prime Minister David Cameron MP returned from their respective visits to the U.S. following tours to promote Great Britain as a country full of opportunities for American nationals. I was very struck this summer by just how many

Americans who were in London stopped and said “we've got these back home”, referring to our customised Cycle Response Units.

Throughout June, July, August and September, Cycle Response Units will complete thousands of kilometres of cycling at events and part of routine operational duty. St John Ambulance EMS cyclists were seen on duty every day at the Wimbledon tennis tournament, at State occasions, including Trooping the Colour, and the RideLondon event, which celebrated the legacy of the Olympics for cycling, with record numbers taking to the streets.

It is hard to believe that the Olympic and Paralympic Games were some twelve months ago. The emergency services legacy is one of resilience and a strengthened capability and confidence. Certainly for St John Ambulance cycle teams across the country, we now have new leads in almost all of our English regions.

London's Police Cycle Task Force continues to grow from strength to strength – having doubled the number of officers on patrol thanks to additional investment by the Mayor of London. The presence of more bike officers on London's roads is a very welcome development, led by Sgt Simon Castle of the Metropolitan Police. This development prompts me to note that Metropolitan Police cycling stalwart Charlie Irvine retires later this year.

We wish him well and thank him for his support over many years to the cause of police cycling.

London Ambulance Service's (LAS) CRU has been recognised for its “high impact innovation” by the Department of Health as it further proves its effectiveness. Within just one week, the LAS CRU has had two casualties who “returned to spontaneous circulation” post cardiac arrest, the result of early CPR and first shock delivery in the busiest parts of London by cycling paramedics who arrived first on scene. The patients will make a full recovery.

With over 4000 calls per day, the LAS CRU now has 34 full time posts and up to 100 members to call on for events where it works in partnership with St John Ambulance. Despite the obvious success of the program, IPMBA Instructors Tom Lynch MBE and Paul Davies went into a “Dragon's Den” scenario over the summer to promote the use of bicycles in pre-hospital care. They made it out from the fire-breathing dragons alive, thankfully.

Next up is the Cycle Show in September at the NEC in Birmingham, and there will be more on that next time.

Until then, best wishes from this side of the pond.

-Ashley Sweetland

Explore Tampa

**IPMBA Conference
May 16-23, 2014**

If Ponce de Leon did it, you can too!

Photo by Scott Picquet



Master Police Officer Jeff Eversoll of the Bowling Green (Ky.) Police Department won a bunch of apparel and gear as a winner of POLICE Magazine’s Well Dressed Officer Contest, as well as paid registration for the 2013 IPMBA Conference in May.

“I never thought anything about winning the contest and when I was told I had, I was just in shock,” says Eversoll. “I was very excited to learn I would be able to attend the International Police Mountain Bike Association Conference in Baton Rouge, La., as it had been several years since I had been able to go.”

Eversoll was very happy with the products he received as part of his winnings, describing the Safariland bicycle as providing a smooth ride and calling the 5.11 Tactical bike uniform comfortable and professional in appearance. He even wore his gear to the IPMBA Conference, where he was photographed with it.

“I would like to thank POLICE Magazine and all of the businesses that contributed to the contest,” Eversoll says.

This article appeared in the July 2013 issue of Police Magazine, www.policemag.com.

Greg Parsons and Jeff Taylor Earn Instructor-Trainer Status



Congratulations to Greg Parsons, Leesburg VA Police Department (pictured at top left) and Jeff Taylor, Cypress Creek TX EMS (pictured at bottom left) on achieving the highest distinction an IPMBA Instructor can earn – Instructor-Trainer. Instructor-Trainers are entrusted with the responsibility of educating the next generation of IPMBA Instructors and ensuring the continued quality of our training programs.

Becoming an IT is no small feat. One must have at least four years and 4000 student-hours of experience, and have taught at a conference. One must have taught solo and with co-instructors, and administered a class of at least 15 students. One must assemble an application packet for review by the Education Director. Having been approved, an IT Candidate must complete a practice teach under the tutelage of a senior IT and be subject to evaluation and critique. Upon successful completion of the practice teach, the instructor is awarded the honor and privilege of adding the “T” to his or her instructor number(s).

Greg Parsons, PCI #509T/EMSCI #190T, attended the IPMBA Police Cyclist Course taught by Todd Clingenpeel in October 1999. He graduated from the IPMBA Instructor Course at the 2001 IPMBA Conference in Cincinnati. In his instructor application, he stated that his reasons for wanting to become an IPMBA Instructor were three-fold: to further his own knowledge and become a better bike officer; to use his experience to correctly teach others to become bike officers; and to aid the community through educational programs and seminars on riding and maintaining bicycles. After more than a decade of teaching, he has not lost his passion for cycling and policing by bike.

Jeff Taylor, EMSCI #156T/PCI #92T, attended the IPMBA EMS Cyclist Course in August 2002, in Houston. He was certified as an IPMBA Instructor at the 2005 IPMBA Conference in Scottsdale. He operates a bike on duty in both an EMS capacity for Cypress Creek EMS and as reserve officer for Waller County Precinct 1 Constables. As a member of the CCEMS Bike Team since 1997, he is committed to maintaining the high standards of training for which both IPMBA and CCEMS are known. In his IT application, Jeff stated that he enjoys the professional atmosphere, camaraderie, and learning environment IPMBA provides and looks forward to maintaining it.

Photos by Scott Picquet



As Instructor-Trainers, Greg and Jeff will be required to teach at least one Instructor Course every 36 months, in addition to fulfilling all other requirements for maintaining active instructor status.

by Michael Gommer, PCI #1105
Upper Dublin (PA) Police Department



Photo courtesy Michael Gommer

I am fortunate to work for a police department that values its bike patrol unit and has placed a strong emphasis on bike patrol training. Each year, the police department sends representatives to the annual IPMBA conference to ensure that we are receiving the most up-to-date bike patrol training and exposure to the latest bike patrol products.

Annually, my police department requires all twenty officers assigned to our Bike Patrol Unit to successfully complete in-service training. This training is important for many reasons. First, it affords our department the opportunity to disseminate the latest training information and review basic riding skills. Second, it permits the administration an opportunity to evaluate each rider to ensure that they have maintained the high level of physical fitness and bike skills necessary to remain on the unit. Finally, the training provides an opportunity for our unit to operate as a team, something that our part-time riders rarely do.

It is my challenge, as the police department's bike patrol instructor, to develop an in-service training program that meets all of the above objectives, is fundamentally sound and is also fun. We have, in the past, developed training centered around GPS Geocaching where officers, operating as a team, use a GPS-enabled device to ride to a specific set of GPS coordinates. The GPS device does not give them street-by-street directions but rather points them in the direction of the targeted location. Upon their arrival, the officers compete, in teams, in various cone skills courses. This training program forces the officers to operate as a unit, have intimate knowledge of our jurisdiction, and perform basic and advanced skills on the cone courses.

This year we stole the concept of flag football and created a fast-paced, capture-the-flag game. The officers rode to a local baseball field where they were outfitted with two flags placed on their backs. The officers were then divided into teams and provided with the rules of the competition. They were told to operate as a team and remove the flags off of the opposing team members. As officers lost their two flags, they were eliminated from the game. The team with the last officer standing won the game. This game was beneficial because it mimicked the real life bike pursuit of a subject while navigating various terrains. The infield dirt and the outfield grass posed interesting surface hazards to the officers throughout the competition. The officers had to maintain complete control of their bicycles while in pursuit and while being pursued. They also strengthened their communication skills with members of their team and improved their ability to work together.

I would encourage all bike patrol unit commanders to consider the many benefits of annual bike patrol in-service training. Annual training is an essential tool to keep their bike unit operating at a high skill level.

Michael Gommer is a Detective with the Upper Dublin Township Police Department in Montgomery County, Pennsylvania. He is an IPMBA Police Cyclist Instructor (PCI #1105) and is the lead trainer and a team leader of the Montgomery County (PA) Major Incident Response Team's (MIRT) Bike Response Team (BRT). He can be reached at gommern@upperdublin.net.

Update Your Membership & Certification Application Now!

It has been 18 months since IPMBA raised its membership and certification fees (for the first time in 10 years), and some instructors are still using the old form.

If you have not already done so, please report immediately to <http://www.ipmba.org/printables/IPMBA-Mem-Cert-App.pdf> to download the most current, tab-through version of the application.

Also, please take advantage of the tab-through option to type the applications (or at least the course information). This reduces the likelihood of errors and omissions caused by poor penmanship.

Thank you for your continued support of IPMBA!

President

Bernie Hogancamp, PCI # 498

Homewood, Olympia Fields, Blue Island
Homewood IL
President@ipmba.org

Number of Years in Public Safety: 33

Number of Years on Bike Duty: 20

IPMBA Member Since: 1993

IPMBA Instructor Since: 2001

Most Memorable Moment on Bike Duty:

Catching a burglar carrying a TV walking on a bike trail that he was trying to use to escape from town.

"Best" Crash: Endo at the bottom of steep stairs from a bridge while teaching a bike class in Naperville IL.

#1 Priority for IPMBA: Provide the best, most current training to public safety cyclists and strive to evolve to meet the challenges of changing times and missions.

Vice President

Robert Hatcher, PCI #629/EMSCI #103

Delaware Police Dept.

Delaware OH

VP@ipmba.org

Number of Years in Public Safety: 17

Number of Years on Bike Duty: 13

IPMBA Member Since: 2000

IPMBA Instructor Since: 2002

Most Memorable Moment on Bike

Duty: Any time I make a positive contact in the community that wouldn't have happened if I was in a car.

"Best" Crash: At the 2012 St. Paul conference, during a mountain bike ride. We came down a hill. I washed out in sand and endoed. As I was flying through the air, I came to an abrupt stop when I hit (back first) the rider in front of me. He crashed, too.

#1 Priority for IPMBA: To provide the best and most complete training and resources for public safety cyclists.

Secretary

Craig Lepkowski, PCI #1180/EMSCI #272

Lake Forest Police Department

Lake Forest IL

Secretary@ipmba.org

Number of Years in Public Safety: 21

Number of Years on Bike Duty: 8

IPMBA Member Since: 2009

IPMBA Instructor Since: 2010

Most Memorable Moment on Bike Duty:

Surprising "Texting while Driving" violators.

"Best" Crash: Endo while teaching a class how to ride up stairs.

#1 Priority for IPMBA: Involving the membership by increasing awareness of the benefits of IPMBA.

Treasurer

Marc Zingarelli, EMSCI #179/SCI #002

Circleville Fire Department

Circleville OH

Treasurer@ipmba.org

Number of Years in Public Safety: 28

Number of Years on Bike Duty: 11

IPMBA Member Since: 2004

IPMBA Instructor Since: 2006

Most Memorable Moment on Bike Duty:

Saving a cardiac patient and knowing that the bikes made the difference.

"Best" Crash: 2007 Baton Rouge. I

ruptured my patellar tendon doing "Tricks are for Kids".

#1 Priority for IPMBA: To get as many EMS agencies on bikes as possible.

Conference Coordinator

Tom Harris, EMSCI #030T/PCI #861T

East Baton Rouge Parish EMS/Livingston

Parish Sheriff's Office

Baton Rouge LA

Conferences@ipmba.org

Number of Years in Public Safety: 37

Number of Years on Bike Duty: 18

IPMBA Member Since: 1996

IPMBA Instructor Since: 1999

Most Memorable Moment on Bike

Duty: Delivering a baby while working an event at LSU.

"Best" Crash: While teaching a class at Beaumont TX Police Department in the snow. It was a very nice ENDO!

#1 Priority for IPMBA: To provide the best possible training for public safety cyclists.

Education Director

Michael A. Wear, PCI #516/EMSCI #059T

Metropolitan Police Department

Washington DC

Education@ipmba.org

Number of Years in Public Safety: 25

Number of Years on Bike Duty: 21

IPMBA Member Since: 1998

IPMBA Instructor

Since: 2001

Most Memorable Moment on Bike Duty:

I was riding with two members of my bike team when a car ran a red light while passing us. I said, "I bet we can catch him". We all chuckled and half-heartedly sped after him. About five blocks later we caught up to him and made the stop. As I handed the driver his ticket, he said, "That was really impressive." I asked, "What was?" "The way you caught up and stopped me!", he replied.

"Best" Crash: On a ride in the Patapsco State Park, my team climbed the trails to an overlook, where we spotted a long flight of mountain stairs that just needed to be ridden. As I was finding a good line and some courage, a little girl asked me, "Hey, have you ever fallen off a mountain?" I laughed and replied confidently, "Nope, not yet!" One of my friends started down, but stopped on the first or second step with me close behind. I never reached the first step.

I lost my balance and tumbled towards the overlook, quickly finding myself dangling over the edge of a cliff, held up by a small sapling. Laughing out loud and crying inside, I thought, "Nope, not yet!"

#1 Priority for IPMBA: Be Progressive, Be Passionate, Be a Leader. Always Strive for Excellence. Never stop being a Student. Ride Hard, Ride Safe.

Industry Liaison

James Englert, PCI #1081

Arapahoe County Sheriff's Office

Centennial CO

Industry@ipmba.org

Number of Years in Public Safety: 15

Number of Years on Bike Duty: 8

IPMBA Member Since: 2006

IPMBA Instructor Since: 2008

Most Memorable Moment on Bike

Duty: The below crash story.

"Best" Crash: Another Deputy and I were riding down some rocks; the other deputy fell and severed 30% of his quad tendon.

#1 Priority for IPMBA: To keep offering the most complete and update training for public safety cycling and get as many agencies to use IPMBA as possible.

EMS Coordinator

Wren Nealy, Jr., EMSCI#154 / PCI#860

Cypress Creek EMS / Waller County Sheriff's Office

Spring TX

EMSC@ipmba.org

Number of Years in Public Safety: 24

Number of Years on Bike Duty: 14

IPMBA Member Since: 2000

IPMBA Instructor Since: 2005

Most Memorable Moment on Bike Duty:

Four mile vehicle pursuit and capture of suspect.

"Best" Crash: Endo on the bowl drop at Cypress Creek trails

#1 Priority for IPMBA: Integrate EMS and Police training topics at the annual conference and increase EMS involvement in the organization.

Membership Coordinator

Tony Holte, PCI #1035

Saint Paul Police Department

Saint Paul MN

Membership@ipmba.org

Number of Years in Public Safety: 15

Number of Years on Bike Duty: 7

IPMBA Member Since: 2000

IPMBA Instructor Since: 2007

Most Memorable Moment on Bike Duty:

Four days of fun keeping the peace on a Bicycle Response Team during the 2008 RNC.

"Best" Crash: Total yard sale in front of about 20 students while teaching the step-through dismount during a PC course. The only thing hurt was my ego.

#1 Priority for IPMBA: To help spread the wealth of knowledge of IPMBA Instructors and Members so that others can become more effective public safety cyclists.

Bikes to the Rescue

(Continued from page 1)

PEOPLE MOVERS

New York City proved to be an interesting crucible for post-disaster bike use. Being so densely populated and right on the coast of the Atlantic, the city is particularly vulnerable to harm from ocean-based storms. On the positive side of the ledger, advocacy organizations and city government have come together to greatly improve the



Photo by W.D. Vanlue (www.BikeHugger.com)

city's bike-friendly infrastructure and increase ridership in recent years. As the subways flooded and navigable roads clogged with car traffic, bike riders (and walkers) came out in droves.

Jonathan Maus, editor and publisher at BikePortland.org, happened to be stranded in the city after the storm and was able to document the scene from the perspective of a bike advocate. He saw firsthand the huge swell of bike and foot travelers. "I joined one woman who had never biked to her job in Manhattan before because she was too afraid of traffic," says Maus. "Without the subway, she was forced to try it out. She hopped aboard a 'bike train' [a group commuting by bike along a predetermined route, set up by NYC Biketrain] and found it was easier and safer than she thought. She'll definitely be biking again and I'm sure she's not the only one."

Before the storm hit, many saw the potential for bikes to prove their usefulness and made preparations accordingly. Transportation Alternatives (TA), New York's premier bike, pedestrian, and transit-user advocacy

group, knew from past experience—including a transit strike in 2005—that transportation via bike would soar. "In general, New Yorkers are riding in greater numbers because of new, safe infrastructure around the five boroughs. After the storm, we heard from a lot of folks that the bike lanes made a huge difference, and we handed out thousands of NYC bike maps that point the way to bike lanes," said Caroline Samponaro, TA's director of advocacy. The immediate increase was huge: the number of people crossing the East River Bridge by bike, as counted by the New York Department of Transportation, skyrocketed from the typical 13,000 to 30,000 on the Thursday after the storm. Samponaro also reported that bikes were flying off the shelves at local shops: "Our colleagues at Bicycle Habitat sold more bikes in one day than they did during their entire summer peak."

BEYOND TRANSPORTATION

Others made plans before the storm hit to help out by delivering crucial goods via bike. Time's Up, a New York-based bike activist organization, teamed up with support networks already set up as part of the Occupy Wall Street movement that transformed into storm-relief network Occupy Sandy. "Occupy Sandy secured donations of goods and compiled them at distribution hubs, and Time's Up mobilized cyclists to deliver the goods from the distribution hubs to the hardest-hit areas and to the homes of families who were home-riden," said Keegan Stephan, Volunteer Coordinator. Along with delivering food and supplies, volunteers began to help with the overwhelming tasks of demolition and construction, especially critical as the weather turned cold.

Cargo bikes, especially, showed off their usefulness in such a situation. The Urban Mobility Project, spearheaded by Shelly Mossey, organized groups of volunteers with cargo bikes and bike trailers to deliver food and potable

water to a church in Staten Island days after the disaster. Kent Corbell, riding his Yuba Mundo, and others like him volunteered ad-hoc to haul supplies from donation centers to those in need.

Ingenuity and resourcefulness with bikes cropped up in other ways. Time's Up volunteer George Pigeon channeled pedal power to help maintain communication in the absence of electricity with his Energy Bike Project, a pedal-powered charging station also used in Occupy Wall Street. One such station set up in the East Village attracted a crowd who shared stories and formed bonds as they pedaled. "People who had been neighbors for 15 years met each other for the first time and struck up meaningful conversations that hopefully created friendships that will last for a long time beyond this disaster," said Stephan.

The bike industry stepped in to make sure these relief efforts were well equipped. "Giant Bicycles donated 100 bikes to relief efforts," Samponaro said. "Transportation Alternatives [partnered] with Recycle-A-Bicycle to get these bikes assembled and into the hands of organizations in need. Planet Bike also deserves a special shout-out for donating lights to hand out during evening rush hours. Electra and Yuba have also stepped up with bike donations, as have countless other bike shops and collectives around the country."

CHANGING MINDS

Once things returned to normal in New York, it seemed clear that many people who turned to bikes out of necessity will continue to use them out of desire. "Even though public transit has returned to most of

Brooklyn and Manhattan, the number of cyclists on the streets is noticeably higher than before the storm," said Stephan. "I think that after Sandy, when the subways weren't running, a lot of people bought bikes or pulled their



Photo from Health.USNews.com

(Continued on page 27)

bikes out of their basements for the first time in years and started riding. Then they realized it was the most reliable form of transportation, safer and more fun than they thought or remembered, so they kept on doing it.” It will be interesting to see if bike ridership in New York City remains at elevated rates in the months and years after the storm. Since bicycles have so clearly proven their usefulness when other transportation (and power) systems break down, public officials are starting to see the value of incorporating bike mobility into disaster-preparedness plans. Forward-thinking organizations on the West Coast have already begun to test bikes for disaster response potential.

Disasters can take many forms, but have similar consequences. “Here in Portland, a major earthquake is our big looming disaster,” says Maus. “There are similarities between what would happen here after a quake and what happened in Sandy. Emergency officials in Portland say we need to be self-sufficient for about one week following a major quake. That means the possibility of no running water, no gas, no electricity for several days—which is exactly what happened in New York City.” Equipping relief organizations with appropriate bicycles would be a smart way to maximize their effectiveness. (See “Preparing Your Bike (and Self) for a Disaster” for steps to take on your own.)

A bike is a capable and adaptable tool for post-disaster recovery, but in more ways than simply physical ones. As Maus put it, “Bikes offer great opportunities to build community. People are approachable on bikes and they are a great social equalizer. When neighborhoods are on bikes, people seem to talk and interact more. They have a shared experience that’s deeper and richer than being cooped up inside a steel cage.” In that sense, bicycles can help knit a community together, disaster or no.

Special thanks to Kaytea Petro of Yuba Bicycles for research assistance with this article.

Preparing Your Bike (and Self) for a Disaster

by Christopher Nelsen

In times of crisis, the bicycle’s ability to quickly and easily move people and equipment across considerable distances and variable terrain makes it a potentially invaluable tool. It can also get you into even greater trouble if you ride into the thick of danger without adequate preparation. Often, staying put until things stabilize is the best course; but if you must head out on your bike, at least do so with an appropriate machine and adequate gear.

THE BIKE

The qualities that suit a bike for commuting or touring extrapolate pretty well to a bike used for emergency transportation. First and foremost, the bike that you use every day is likely to fit well and be in decent shape. If it isn’t, address any fit and mechanical issues before disaster strikes. If you’re building up a dedicated emergency bike, make sure to use it at least monthly to monitor things like tire pressure, cable tension, and overall function.

Other factors and features to consider:

- **Frame:** Simple and robust. Rack mounts and/or a trailer hitch will let you carry more than a backpack.
- **Wide, puncture-resistant tires:** In a disaster, the roads may well be covered in broken glass and sharp debris, and you might need to leave the pavement altogether. Frame and brake clearance allowing, go for 38mm (1.5”) or wider.
- **Gears:** Fewer gears are simpler and usually more reliable, but also limit your ability to deal with weight, hills, and injury or fatigue. A multi-speed drivetrain in good condition adds terrain and load flexibility, but you may need to repair or bypass parts of the system in the field. If uncertain, ask your local bike shop to explain your drivetrain components and identify which tools to carry.
- **Brakes:** Be able to stop your loaded bike in wet conditions. Go slow if brakes are weak, and walk down hills if necessary to maintain control.
- **Pedals:** Stiff-soled, cleated cycling shoes are not ideal for disasters. If you normally use clipless pedals, keep a pair of simple platform pedals and a pedal wrench near

where you park your bike, and know how to change them out quickly.

BIKE EQUIPMENT

As with the bike, the demands of self-sufficient commuting and touring provide good guidance for your disaster bike accessories. Once gathered, test the complete load before disaster strikes, and keep supplies consolidated and accessible.

- **Trailer and/or racks, and appropriate bags/containers:** Choose these based on likely disaster scenarios and your responsibilities. Trailers generally can carry more, but can be less maneuverable through narrow spaces. Waterproof bags are highly recommended for wet climates or storm-based disasters.
- **Fenders:** If conditions are wet, these can mean the difference between discomfort and hypothermia.
- **Lights:** Streetlights may go out, and disasters don’t stop at sundown. Generator systems are great, but don’t help when you’re away from the bike. Redundancy is especially good here, and don’t forget spare batteries.
- **Lock:** Being able to lock up and leave the bike increases your flexibility.
- **Tools:** At minimum, be able to fix a flat. Carry a patch kit (make sure the cement hasn’t dried out), spare tube(s), tire levers, pump, tire boot, and maybe even a spare folding tire. Nuted axles require a wrench to remove the wheel, and some hub brakes need additional wrenches and/or screwdrivers. Add to this kit as your skills and space permit.

FURTHER RESOURCES

This is just a sketch of how to make your bike ready for a crisis; you still should put together an emergency kit to address the needs of yourself, your family, and your community. Comprehensive information about general preparedness can be found at www.ready.gov. If you want to learn more about disaster relief within your area (and maybe find ways to incorporate bikes), check out the Community Emergency Response Team program at www.citizen Corps.gov/cert.

2013 Conference Highlights



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Baltimore MD 21228

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