

## **New Member FLY FISHING DAY TRIP – Open to all Beginning Club Members**

**SATURDAY August 31, 8 AM**

**FOOTHILL REGIONAL PARK, 1351 Arcata Ln, Windsor, Ca 95492**

**Organizers – Catherine Miller, Mike Spurlock**

Park opens at 7 am. We will meet in the parking lot at 8 a.m. The three ponds at Foothill Regional Park are perfect for a fishing outing for beginning fisherpersons. The trails around the ponds are easily accessible and beautiful with ample casting areas around the ponds. There are bass and bluegill in the ponds. Last year, this was an outing for women and everyone caught fish. This year, it will be open to any club member.

[LINK](#)

### **Pre-Registration and Equipment Preparation**

**Any day at a Casting Clinic at Galvin Park Santa Rosa**

**Thursday 8/15, 8/22, 8/29, 4:30 - 7 pm or Saturday 8/24 12 noon - 2:30pm**

- Pre-Register online below on the club calendar or with Catherine on a form at the casting pond. Call if you have questions 707-303-0277 Catherine.
- Beginners are encouraged to attend casting clinics for instruction with equipment preparation and roll cast practice.
- Checklist
  - Sonoma Regional Park Pass (or pay \$7 or park on the street)
  - **Fishing license not required this year = DFW Free fishing day.**
  - Warm clothes, dress in layers, hat, sunglasses, sunscreen, extra clothes in case you get wet.
  - lunch, water bottle, camera
  - Wading is not allowed.
  - 4 to 6 weight 9 ft fly rod, floating line and reel (**loaner equipment available if needed. Pick it up at the pond or call Mike**)
  - Gear supplied by mentors (bring your own if you have, otherwise, mentors will have equipment or can borrow club equipment):
    - 6 or 8 lb (3X or 4X or 5x) 7 ½ or 9 ft leader and tippet.
    - clippers, forceps
    - Glasses to protect eyes when casting.
    - Net (optional)
    - Flies recommended by Jeff Cratty and Don Shaw: Bluegill spider, Damsel Nymph, Rainbow Midge (size 10), Wooly Bugger (14), Prince Nymph or Pheasant Tail (14-16). Poppers may work to catch bass near the tules. Can fish with an indicator or can strip. Most of these are available from Sportsman's Warehouse (\$1.35 each if in stock) or from mentors. Spencer Bader has tied up some bluegill flies, I have some poppers and Catherine has some flies for everyone.
    - Indicators
    - Catherine will have a first aid kit.
- Experienced RFFF member mentors who will be at the casting pond clinics Don Shaw, Mike Spurlock, Jeff Cratty, and others as needed to help.
  - Items to be reviewed:
    - How to tie on a fly ([improved clinch knot](#)) and tie-on tippet ([double surgeons knot](#))
    - How to pinch your barbs

- [What to do if you get hooked with a barbed fly.](#)
- How to net and release a fish.
- Practice your roll cast at the casting clinics. This is the best cast to use at FRP pond because of the surrounding trees and bushes. Note: Use only yarn at the Casting Pond, no flies.

### **Outing**

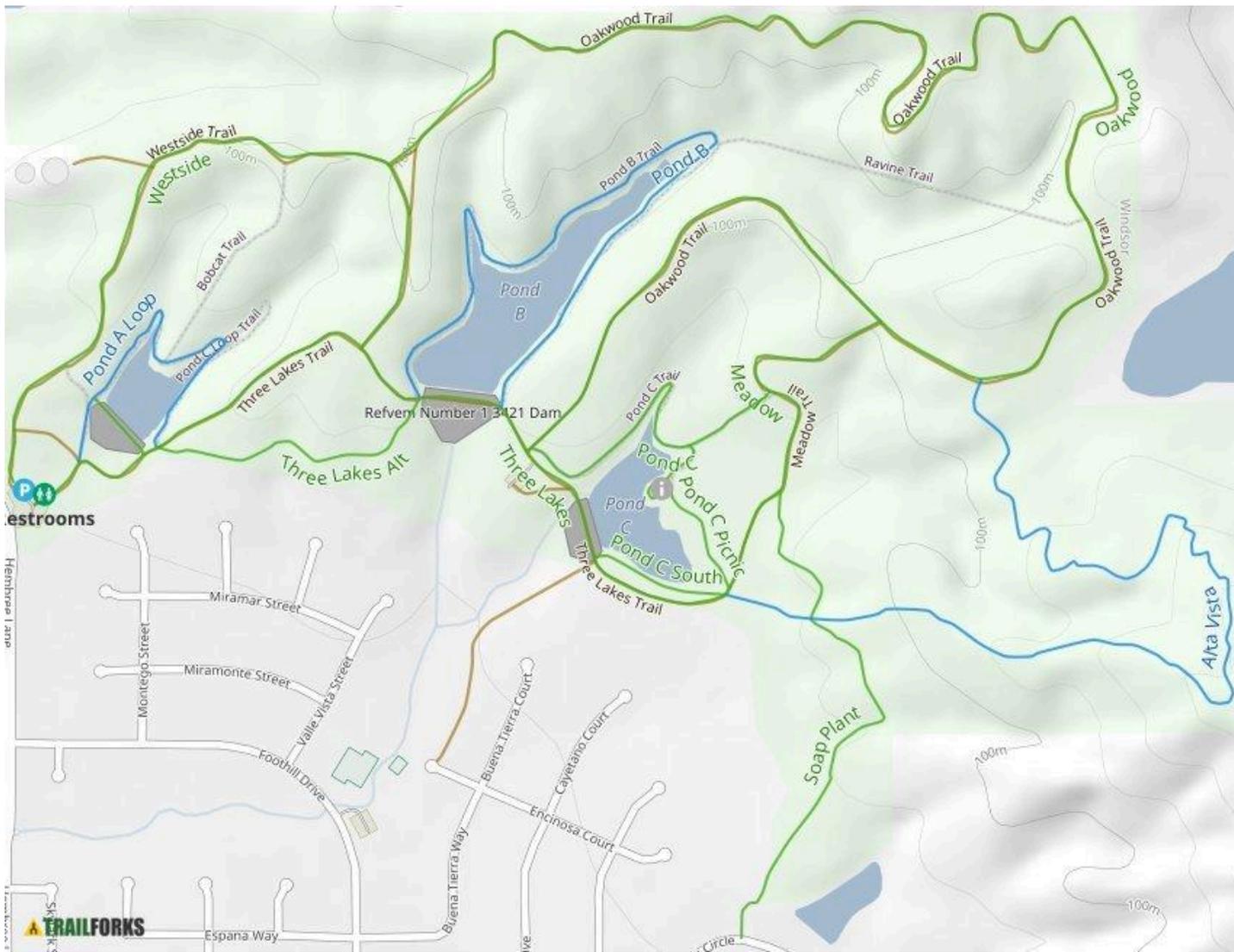
Saturday August 31, 8 am - Foothill Regional Park, 1351 Arcata Ln, Windsor, Ca 95492

- Bring checklist items.
- Park in the lot if you have a Sonoma County Regional Parks Pass. Otherwise, park on the street.
- Meet in the parking lot for introductions and to assemble gear.
- RRF members will buddy up as needed to help: Suggestions on where to cast, how to cast, what flies to use, how to land fish and how to release fish unharmed.
- Meet for Lunch at 11:30 at upper (third) pond.

We look forward to enjoying this fly-fishing day trip with you. It is an outstanding opportunity to be guided with preparation in advance at the casting ponds and to have assistance if needed from a fly fishing buddy at the FRP ponds.

#	Name	email	Mobile phone	Do you need any fishing equipment?	Comments
1	Catherine Miller	katbmiller@gmail.com	707-303-0277	No	Trip Coordinator
2	Pam Boyd DeCoite	pamjbd@gmail.com		no	
3	Bruce Riezenman	<a href="mailto:bruce@greatpairings.com">bruce@greatpairings.com</a>	707-484-5617	no	
4	Chris Riezenman	<a href="mailto:criezenman@gmail.com">criezenman@gmail.com</a>	707-721-6455	no	
5	Jan Whitney	ejanwhitney@gmail.com	9163907366	No, needs to borrow a reel (IMike)	
6	Teresa Mattingly	Mattinglymadness@aol.com	707-235-2067	Just got a new outfit.	
7	Terrie Schweitzer	terriem@gmail.com	707-879-8242	no	
8	Jason Pike (family with Terrie)			no	

9	Kathy Forsyth	kavforsyth@gmail.com	941-421-2483	no	
10	Shelley Wishovich	juneauparis@gmail.com	707-217-6213	no	
11	Celeste Gantz	Celeste@gantzfamilyvineyards.com	7072924224	no	
12	Patricia Arfsten	parfsten@yahoo.com	7077758456	no	
13	Joey Wishovich				
	<b>Mentors</b>				
	Don Shaw	donjanshaw@comcast.net	707-477-5928		mentor
	Penelope Gadd-Coster	ynegraper@gmail.com	707-331-0762		Mentor
	Mike Spurlock	mikerrff@gmail.com	415-599-6138		Mentor
	Gregg Wrisley	gwrisk@yahoo.com	707779 9654		Mentor
	Spencer Bader	spencerbader3310@gmail.com			Mentor
	<b>Alan Nealley</b>	Anealley@aol.com	707-479-6921		Mentor
	<b>Jeff Cratty</b>	rjcratty@yahoo.com	707-796-3691		Mentor
	<b>Ed Barich</b>	ebarich@sonic.net			





# Foothill Regional Park

### RECOMMENDED TRAILS

- Westside-Oakwood-Meadow-Three Lakes Loop... 2.5 mi
- Three Lakes-Alta Vista-Summit (out & back)... 2.3 mi
- Three Lakes-Westside Loop... 0.8 mi

Foothill Regional Park is a 211-acre park in the foothills of the Mayacamas Mountains in east Windsor. The park features dramatic oak woodlands, grassy hillsides, scenic views of central Sonoma County, three ponds for bass and bluegill fishing, and colorful spring wildflowers. Nearly 7 miles of hiking, biking and equestrian trails range from the challenging climb up Alta Vista Trail to the mostly flat route along the Three Lakes Trail. Picnic tables and benches are located throughout the park.

- MULTI-USE TRAIL
- HIKING TRAIL
- SERVICE ROAD (RESTRICTED ACCESS)
- S** FEE STATION
- P** PARKING (ADA-ACCESSIBLE)
- TR** RESTROOM
- PT** PICNIC TABLES
- EQ** EQUESTRIAN STAGING
- G** GATE
- V** VISTA POINT
- 0.1** DISTANCE (MILES)
- TRAILS SHOWN IN ELEVATION PROFILE
- OAK WOODLANDS
- CHAPARRAL OR SCRUB
- GRASSLAND
- REGIONAL PARK BOUNDARY



This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is appropriate and not intended to represent a published record survey. THE MAP AND ASSOCIATED DATA ARE PROVIDED WITHOUT WARRANTY OF ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities in any other park, information contact Sonoma County Regional Parks at (707) 965-5241.