



# PACELINE

Alta Alpina Cycling Club

Volume 2 Issue 1

February 2005

## Behold the Ride Board!

Inform others and stay informed about group rides and activities.

An exciting new feature was added to the club website last year—the Ride Board! This is a forum for any club member to post an upcoming ride. A message with the details of the ride is then emailed to all club members who are subscribed to the Ride Board.

If you've ever felt the club activities don't "jibe" with your schedule, or the club ride schedules you've seen don't have your kind of rides, post a ride on the Ride Board. You may well meet folks with the same schedule and riding interests as you! Just be thorough in your posting: use a descriptive title, be very specific about the meeting time and place, and include a good ride de-

scription. Whether you're planning a flat cruiser, a race training hammer-fest, or a Death Ride training 5-hour extravaganza, you'll find other club members who are interested in joining you.

So it's not quite the height of the cycling season. This time of year, bike-riding options are slim, so feel free to use the Ride Board to post other cross-training activities: cross-country skiing, snow shoe hikes, indoor spinning or other group fitness activities and off-season training.

### Automatic Subscription

As you renew your 2005 membership, you will automatically start receiving Ride Board postings. We

would hope that, being members of a bike club and all, most folks would want to stay subscribed. Rest assured, you can opt-out of the Ride Board mailings in your membership profile online.

### Now show us what ya got!

For instructions on how to post activities to the Ride Board, go to the website at [www.AltaAlpina.org](http://www.AltaAlpina.org). Follow the links for submitting a ride. Instructions on how to post a recurring event are on the home page.

Behold!



## Let's Draft! The 2005 Paceline

Dana Lookadoo

What is someone who spends their non-cycling hours in the binary world of 1s, 0s and pixels doing in the print world of 2-up, 3-up labels and dots per inch? Good question.

The common ground is that it's about communication, latest cycling news, love of the sport, and riding with great people! Heck, friendly people and a plethora of riding opportunities is what attracted me to the area. Why leave Monterey? Well, why not!? I now live

where you can ride any type of bike on any terrain all within a 50-mile radius. We have it all here, folks! Okay, the locals told me one can ride here all year long and the snow doesn't stay on the ground. Sigh...

But, soon the snow will melt, and I look forward to hitting the dirt and pavement with a tremendous group of AACC riders.



My motto has been, "Let's ride!" Now I'm thinking, "Let's draft!" Drafting in a **paceline** requires team work. So, let's get out and work it together. We'll create more than memories but **news to share**. And...in preparation for spring, remember the best way to beat the wind is by drafting.

To help you "draft" in the AACC "Paceline," we have a simple form for submitting news. It's easy! Contact me at [Paceline@AltaAlpina.org](mailto:Paceline@AltaAlpina.org).

### Inside this issue:

The 2005 Death Ride	2
BIKE SPOKEsman	2
Presidential Posting	3
Alta Alpina Membership	4
Team Discovery Channel	5
Jr. Winter Training Camp	6
Profile: Chris McMillen	7
Board Minutes	7
Roadie Ride Reviews	8

### THANKS TO JOHN SEHER FOR THE FLASHY CLUB SWEATSHIRTS!

*As an end of the year thank-you, outgoing president John Seher gave hooded sweatshirts (with a razzle-dazzle silver Alta Alpina logo on the front) to people who went above-and-beyond for the club in 2004. [Note: Those who are a little apprehensive of wearing such a loud sweatshirt in public, the silver tones down to gray the first time you wash it!] In the last couple years, we've tried to find alternatives to giving the club officers a plaque as a thank-you, and this is a pretty fun and handy alternative.*



129 miles and 15,000+ feet of climbing.

## 2005 Tour of the California Alps – The Death Ride

Joe Marzocco, Death Ride Manager

### When:

July 9, 2005

129 miles and 15,000+ ft. of climbing

### How:

Register between

January 1 – February 28, 2005

Random selection of 2600 riders will take place in early March.

### Who:

**AACC members:** 2005 AACC Club Members who volunteered 8 hours in 2004 and who will work another 8 hours this year, may request a guaranteed spot in the 2005 Death

Ride. If you are eligible, please contact me, Joe Marzocco, [info@deathride.com](mailto:info@deathride.com).

**Volunteers:** Anyone interested in volunteering, please contact [info@deathride.com](mailto:info@deathride.com), call **530.694.2475**, or fill out the Web volunteer form on the website:

[www.deathride.com/volunteers/vsignup.php](http://www.deathride.com/volunteers/vsignup.php)

There are many jobs to do, not only on event day, but many days prior to the event as well. The important thing is to let me know you are interested, and I will find a job for you!

### Where:

Turtle Rock Park, Markleeville, CA., Monitor Pass, Ebbetts Pass, and Carson Pass.

## BIKE SPOKESman

Tim Rowe

*Tim Rowe appointed to Nevada Bicycle Advisory Board by Governor Kenny Guinn*

### Selected for two-year term beginning October 1, 2004

After showing interest in the Nevada Bicycle Advisory Board (NBAB) over the past few years, I was asked to submit my application to the Governor's office in Carson City. Two months later I received my appointment and commission certificate in the mail signed by the governor and Secretary of State. My first meeting was in Las Vegas on October 21, 2004.

### What is NBAB?

There are 14 positions on NBAB, seven public positions and seven State Agency Positions. The public spots include bike club, general public (2), bicycle business, bike safety/education group, Environmental group, and a youth representative. State agencies include State Parks, Public Safety-NHP, Human Resources-Health Div., NDEP, Education, Commission on Tourism, and NDOT. The position I serve is 'Organization Promoting Bicycling' = bike club = Alta Alpina Cycling Club. I replaced Jack Sorenson from the

Procrastinating Pedalers in Reno, who served his term well.

Currently, the Bike safety and Youth positions are vacant. Right now 3 members are from southern Nevada (Las Vegas and Henderson) and 9 are from northern Nevada (Carson City, Incline Village and Reno). Current make up includes four women and eight men. NBAB is supported and meetings organized by Nevada Bicycle and Pedestrian and Safety Staff members Eric Glick, Bill Story and Bruce Mackey.

### What does NBAB do?

NBAB meets six times a year, every other month on the third Thursday. NBAB and meetings rotate between northern and southern Nevada. Next meeting will be in Las Vegas on February 17, 2005. The meetings are day-long and cover an assortment of bicycle issues and subjects. Reports are received on local bike plans and current programs. Discussion happens on bike safety issues and upcoming legislation, construction plans. NBAB also sponsors the NBAB annual Award series. NBAB also promotes a Nevada cycling jersey,

which can be purchased at the Nevada Magazine store in Carson City and at local bike shops. An upcoming event is organizing the 2005 Nevada Bicycle and Pedestrian Conference March 29-30, in Stateline. 2 004 Awards were presented and Election of Officers occurred at the December 16<sup>th</sup> meeting in Reno. Awards are listed below. Carol Nicholson was voted Chairperson, Tim Rowe, Vice-Chairman and Rick Keller, Treasurer.

Check out the NBAB website: [www.BicycleNevada.com](http://www.BicycleNevada.com)

### 2004 NBAB AWARDS:

**AWARD for Advocate for Bicycling in NV – Janet Carson, Tahoe-Pyramid Bikeway**

**AWARD for Promoting Bicycle events in NV – Tim Healion – Duex Grox Nez bike race**

**AWARD for Agency Representative – Bob Mercer, former NV Bicycle person.**

Past NBAB Award winners: Tim Rowe, 2001, Jim Crompton, 2002, and Curtis Fong, 2003.



Future AACC Member – Christopher Cummings Rowe, Chico Wildflower Century, Chico, CA April 2004



## Presidential Posting

Jennie Hamiter

Happy 2005! I trust everyone had a great holiday season. Hopefully the fun continues while you burn off those holiday calories by skiing, snowshoeing, running, and doing whatever sorts of indoor training you resign yourself to through the winter. Gotta make sure we all still have fabulous quads once we start riding again in the Spring, but it's good to "rotate the tires" by taking in some kind of different sport during the off season.

As the new President, I have a number of "Thank You's" to make for the year that was, and I'd like to let you know what's on tap for the New Year.

### "Thanks..."

Thanks to the out-going, out-going President, **John Seher**, for all his hard work over the last 2 years! John was a shoe-in for a bike club president because of his love of the sport and for the people in it, because of his enthusiasm for bike advocacy, for the number of bikes he owns, and for the fun he has riding them. He's the sort of person who could show up to a ride in, say, the Congo, run in to a few old biking buddies of his, and have a few stories to tell you about them. No one can make you feel more welcomed on a ride, providing your jersey matches both your shoes and your bike. Just kidding! (sort of) He cares a lot about the Club, and he's been involved with it in some capacity or other or a long time.

### ...but not "Goodbye"

John remains on the club board as the Weekend Ride director, and he also remains on the Death Ride Committee.

John's commitment to the Death Ride was never more apparent than the first time I saw his new car, 10 days after he bought it, and it already had a Death Ride sticker on the back window!

### A Look Back at 2004 and more "Thank You's"

I don't stand a chance of thanking everyone that helped the club out last year, but I'll take the chance of overlooking someone here so that I can thank those that I know made things happen. In roughly chronological order...

#### Thanks to...

**Dave Simpson** for another great Spring Party at Fuji Park.

**Keith Hart** for conceiving of and staging the brand-new Gardnerville 125, as well as again holding one of the best mountain bike races around, the Pinenut Cracker.

**Mel Maalouf** for once again bringing out even more juniors to race for the club. At most Wednesday Night Races there were more junior racers than A racers!

**Troy Walters** for once again committing every Wednesday night through the warm months to directing the club races, and most of the time not even getting to race himself. He also found some really cool trophies for end-of-season awards.

**Jackie Johnson**, who coordinated the mentors for the Near Death Experience.

**Joe Marzocco, Tim Rowe, Brenda Giese and Michael Bayer** for organizing one of the best Death Rides ever. The Death Ride is one of the

biggest and most popular rides in the country. Making it happen is a gigantic, complex task. These guys did a great job.

**Tony Reid**, who, with the help of **Kevin Willitts**, organized the Carson Valley Classic. For the last many years, Tony's been the main proponent of the race that brings over a hundred racers of all levels to the Minden Crit and the Diamond Valley Road Race, two superb race venues that rival any in California.

**Dennis DeLange** for creating the position of Safety Coordinator for the Adopt-a-Highway program that the club joined for the first time last year. For those who don't know, in 2004 we adopted a section of Highway 89 between Woodfords and Markleeville - good PR for the club, and good karma for members who have helped to keep the highway clean.

**Darla Mazzoni**, who organized an excellent Fall Dinner at the Ridge.

My apologies to those I've left off of this list!

### What's New for 2005

As you know, the club's mission is to promote cycling in the Tahoe/Carson/Carson Valley area. Of, course, this means that we should be doing what we can to get people out riding bikes together. To this end, communication amongst club members is taking a technological step up, in the following ways.

**Membership** signups and renewals will be done online (see page 3 for details). Now you can easily keep your contact info up-to-date in our database, so that we can keep you

updated on rides, races, parties, and other club activities.

We're going to start pushing the **Ride Board** a lot this year, (see page 1 for details), because I think it's just the thing for a relatively small club with such a diverse membership. Please post activities on the ride board, and see who shows up!

**Our newsletter**, the "**Paceline**," is another important way that club members can share ride, race, and other bike-related info. This year we'd like to hear from YOU! Tell us about upcoming rides or races you love, submit century or race reports, or just contribute wherever you see fit. Submissions can be short and sweet - they don't have to be long articles. The "Paceline" will be much more dynamic as we get a diverse group of folks supplying the content.

I'm looking forward to seeing and hearing from you in 2005. But for now, let's take in the white and fluffy stuff while it lasts. Winter only comes once a year!

FREE PIZZA

### 2005 AACC Board Meetings

- \* **1st Monday ea month**
- \* **6:00, Pizza Factory**
- \* **Gardnerville Ranchos**
- \* **Pizza, Beer, Soda, Salad...good food!**
- \* **Next? Monday, Feb 7**



## Alta Alpina Membership

Michael Bayer, Membership Coordinator

One of the new innovations we're bringing to Alta Alpina members in 2005 is a new system for enhancing member communication. Our goal is to keep everyone up to date on the latest rides, races, events, and club happenings.

The "Paceline," our newsletter, is just one way we communicate. If you are reading this, then we probably have your correct postal address in our file. Then again, perhaps this newsletter was forwarded to you by the post office, or perhaps by a friend or neighbor who knows your forwarding address. If the address on the label isn't correct, we need you to update it, so we can get the Paceline, and other club mail, to you in a timely fashion.

The club's online Ride Board is another key way we help club members get together to ride (and ski, etc.). Almost as important are the emails the club President, Race Director, and Ride Director send out to members throughout the year. To make sure you get the full benefit of your club membership, we need your current email address in our database. And we need to know the types of email you'd like to receive.

We also need up-to-date emergency contact information for all AACC members. If an accident occurs during one of our rides or events, and you or one of your family members are hurt, we need to quickly reach someone on your behalf.

### New Online Membership System

Our database contains contact and preference information for each AACC member—a "membership profile." If you have a family membership, each family member has their own profile with a separate email address and set of preferences. However, our system is only as good as the information in it! We need you to keep your member profile updated so you continue to receive the Paceline and club emails. The new membership system is linked to the Internet so you can access and update your member profile from your Web browser.

When you change your email address or your email preferences online, the new settings take effect immediately. If you subscribe to race notices, the very next email the Race Director sends will be delivered to your new current address.

### Your Privacy is Extremely Important

Don't worry—we've worked very hard to ensure everyone's information remains private and secure. Each member profile is protected by a password you can reset at any time. If you forget your password, visit the website and use the "Send Password" function to have your password sent to your email address.

Only the Membership Coordinator and club President have access to your member profile. When club officers send email, they just enter their password and fill in an online form. The system sends email to all the right people, and no one actually sees your email address or stores it in their own address book, so you don't have to worry about Trojan horses and viruses stealing your data.

We are also setting up a virtual "break-glass-in-case-of-emergency" mechanism. So if there is an emergency, any club member can use a one-time password to gain access to the system to report the emergency and retrieve emergency contact information.

We can't guarantee a sophisticated hacker won't try to breach our security, but we have architected the system to be very hard to crack, and we don't think that anyone will be sufficiently motivated to try. Your data will be safer now than it was with our old membership systems.

### Updating Your Membership Profile

If you haven't already done so, log into the membership system and update your personal profile to ensure we have the right postal address, email address, and emergency contact details. (See below.) When we created the new system, everyone was assigned a random password. You'll want to change that password to something you can easily remember.

If you previously provided us with an email address, you should have received a personalized email containing your login password. If you didn't receive your password, check that your junk mail filter (or your ISP's junk mail filter) hasn't snagged it. It's also possible that we don't have the right email address for you. If you had not updated your profile at the time this newsletter was printed, a special code appears on the bottom right of your mailing label. For a limited time, you can use this code to log into the system to correct your contact information. (If a label code does not appear on your label and you haven't updated your profile, contact me at [membership@AltaAlpina.org](mailto:membership@AltaAlpina.org)).

#### How to Update Your Profile

To update your profile, visit the Alta Alpina Cycling Club website ([www.AлтаAlpina.org](http://www.AлтаAlpina.org)). Click the "Membership" link to log in.

You'll need your email address and password, or the temporary code on your label, to log into the system. Just enter your login information into the boxes, and click "Update/Renew." Make the necessary changes to your membership profile, and click "Done" to save your update. BEWARE: If you click "Cancel," your changes will be discarded.

Are you the primary contact for a family membership? You'll be able to edit all profiles for your registered family members. If you assign them individual email addresses, they will receive their own club emails and be able to access their own profile. Please don't assign your own email address to your family members as this will simply result in you receiving multiple emails each time we send out a mailing. If a family member doesn't have a personal email address and relies on you for email, just enter "None" for their email address. You can also remove an individual family member by deleting all of their information in each of the boxes on the membership profile form. Doing this removes them from your family membership, but that individual may then join as an individual or student member without having to re-enter all of their profile information.

*If your mailing label has a special code on the bottom right, use it to log in and correct your contact information.*



## Alta Alpina Membership

*(Continue reading. This is important stuff.)*

### Renewing Your Membership

Every member must sign a copy of the club's membership agreement each year, a formality required by our insurance policy. In addition, membership dues payments must be paid by check. However, we have streamlined the process with our new online system. If your membership has lapsed or is due for renewal, you'll see a "**Renew Membership**" button at the top of your membership profile. Click this button, and follow the instructions. Once you've confirmed all your registration information (and added any new family members), you'll be presented with a personalized membership agreement that you must print. If you don't have a printer connected, click the "**Cancel**" button, and try again when you have access to a printer. After the form prints, click the checkbox that appears on the screen, and then the "**Submit Application**" button. The system will take a moment or two to update your membership and will acknowledge that your membership has been renewed pending receipt of your agreement and dues check. Click the "**Done**" button to return to the AACC home page.

It's VERY important that you print this form and obtain all the needed signatures. If you are a minor, you'll need a parent or guardian's signature in addition to your own. If you have a family membership, every family member must sign.

Total dues owed and our mailing address appear at the top of the agreement. When we receive your completed agreement and check, we'll send you an email acknowledgement. That's it!

### Getting Your Friends Signed Up

New memberships work much the same way as renewals. Tell your friends to go to our website, click on "**Membership**", then click on "**New Membership**." They follow the steps, print the agreement and mail their check. When we receive their agreement and check, we'll send an email welcoming them to the club and providing their initial login password.

### Update Your Spam Filters Now

Don't miss out on our mailings! Make sure your spam filters (both those on your computer and those maintained by your ISP) are set to accept our email, addresses ending in "altaalpinacyclingclub.com", "altaalpina.com", and "altaalpina.org".

Specific email addresses include:

**president@AltaAlpina.org**  
**membership@AltaAlpina.org**  
**ridedirector@AltaAlpina.org**  
**racedirector@AltaAlpina.org**  
**rideboard@AltaAlpina.org**

I hope you enjoy the benefits of the new system, and I welcome any ideas you have for future enhancements. You can reach me at **membership@AltaAlpina.org**.

## Team Discovery, Winter Training in Solvang

Jeff Little, Solvang Cyclist, gives us an inside look at Lance & Company in training during January.



Discovery Channel riders and their beautiful bikes. Team workouts in Solvang go from approx. 10 to 3 each day.

This is the 3rd or 4th time Lance & Co. have used Solvang as January training camp. The word is out. Locals are like Paparazzis trying to find out times, routes... The local riders who try to stay with them are usually dusted pretty early.

Mechanics were first to arrive to put together the beautiful bikes. Chris, the mechanic, told me Discovery has 10 more riders than last year's Postal team. The team has to send riders to every race this year.

Solvang Postal workers are not happy about Postal not being the sponsor. They were very proud to be represented by the team. Thankfully, they are not so upset they are bringing guns to work.

The team is doing amazing workouts. This area has some steep inclines. Discovery will climb to the top of the steepest ones, reverse course and do the hill multiple times. Yesterday, Lance and four other top bikers flew to San Diego to do wind tunnel work for the day.

Antonio Cruz is here with his family. His father is an active cyclist and has been riding daily in a Discovery Channel uniform. He got lost on a country

road, and my neighbor and Paparazzi guided him back home.

Recent rains have created some once-in-a-lifetime biking experiences. A big section of 154 (50' wide x 75' deep) washed out and is closed to through traffic. It has beautiful views of Lake Cachuma with some long steep hills. Since your readers live in the Sierras I wouldn't dare call them mountains. There is no shoulder so you would not want to ride a bike on it in normal traffic conditions. Lance and Chris Carmichael were spotted riding this route. Carmichael was in "organ donor" biking attire (no helmet).

There were quite a few teams in the Valley at the same time as Discovery. Coincidence? Probably not. Many are collegiate bike teams, and I did notice quite a few "Cal" Berkeley jerseys.

Lance & Co. will be leaving here Friday. They will be biking from Solvang to Ojai. Cheryl Crow is supposed to make an appearance in Ojai; she didn't come to Solvang this year. I asked Chris, the mechanic, if they are coming back next year. He said he hopes so. So do we. We also hope #7 is lucky for Discovery Channel.



## 2004 Junior Racing Team Winter Training Camp

Mel Maalouf, Junior Coach

### No Rest for the Weary

The first and last 2004 Junior Training Camp was a great success. Considering the miserable show of ambient temperatures, we had a great turnout. Weather was cold, but enthusiasm was high.

**21 Dec:** 14h00 2-hour road ride  
16h30 Weight work out, Sierra Nevada Physical Therapy

**22 Dec:** Kirkwood Ski Day (Team Building)

**23 Dec:** 11h30 2-hour road ride

#### Day 1

Sun and relative warmth helped started the day. Some were putting the finishing touch on their Christmas shopping, but a few hardies came out. We rode along the Sierra Foothills. It was great to get out and stretch the legs. The ride showed who had been riding and who had been skiing, including coach. We worked on double pacelining à la française: 2x2 (Junior Team never rides more than 2 abreast. 2x2 is the law, anything wider is illegal. This facilitates gabbing... aka getting to know your teammates, coaches and parent assistants. We arrived at the bottom of Emigrant Trail and because of overwhelming demand, enthusiasm, fitness, and general ride aggressiveness, we attacked the hill with a feverishness fervor. The steep slopes of the Foothills were gobbled up with ease, a general sense of mastering of the steep pitches while nose breathing. Who needs the small ring? We made a circuit of the Emigrant Criterium course. I commented this was a harder course than the Nevada City Classic (but fewer spectators, which could change). We discussed our last race on the course, strategies, tactics and other course-handling techniques, e.g. when to attack on the climb, and no brakes are needed on the course! However, the sun set on Foothills Road, so we sought shelter on Hwy 88. But, the towering peaks of the eastern slope cheated us from our sunshine. Plummeting temperatures escorted us home as we practiced a paceline, which started out slow and quickly came up to speed.

Their skills had not fallen off. The weekly 16h30 weight lifting session carried on as usual at the fine establishment of Sierra Physical Therapy, who have graciously offered use to the Junior Team. We are in the transition phase of the weight lifting phase which consists of an overall body workout with 2 sets of 20 reps to transition the muscles and tendons from the heavy riding season (or non-riding for those who quit in the fall) to a heavier weight workout phase, but not too heavy. The juniors should not lift heavy weights; the bulk of the strength and power workouts will be on the bike to minimize risk of injury.

#### Day 2

This day consisted of a team event that more suited the outdoor temperatures: Skiing, a much more reasonable activity for winter. Skiing adds fun, sanity, and cross training to a winter training schedule. The kind folks at Kirkwood offered a couple passes for those on the team who already aren't avid Woodies. The gesture was well appreciated. The day was slated as a team building day, so we discussed the successes and failures of last year with goals and objectives for next year. We discussed the finer points of periodization, pre-season preparation, and proper timing for peaking, thus making efficient use of our time (a trait of the coach). All those who showed up for skiing showed that they are as good as (or some much better) skiers as cyclists. I am sure glad I got a hold on some of those athletes rather than ski coaches. I would surely lose some. We skied some chutes, bumps, and Shawndrea showed us some tricks in the freestyle park. Shawny

showed us a couple of tricks and made it look so easy and effortless. So a couple of us jumped on the rails, and a couple hit the snow harder and faster than Micah in an uphill sprint or Nick on a hunt for the line. But, this was a training camp, so we all took notes: a national champion will make anything look easy, so don't think you can do it. Nick did show the team a high flying 360, that was so high it should be illegal. Micah spent a lot of time on the snow, body plants a plenty. His day ended when he busted a binding, ending his misery. Unfortunately, he broke it in the top of the chute at the top of the mountain.

#### Day 3

This is a cycling team, so our activities returned to our winter training regime. The final ride consisted of a loop basked in the warm balmy 40 degree sunlight on the Pinenut loop. Again... gabby double paceline skills. (The team is becoming quite adept at chatting away like a Sunday ride in Monterey.) The road turned up and so did the coach. The final day of the camp had to leave us tired and ready to consume mass amounts of dinner and desserts. We all earned our 2nd (or 3rd) slice of pie, coach's honor. We raced to the top of the hill. I'm impressed with the strength of the team! One little climber showed great resolve and also stayed on the pavement the whole way to the top. On return, we exquisitely practiced the fine skill of a rotating paceline. The team is still magic! Another hill climb showed depth is not there but will come after time. The next climb required us to stay in our smallest gear for a spinning race to the top. Keeping the legs quick is key to ensure smooth and efficient pedal strokes and to use our aerobic engines rather than powering up the climbs. Next and last was the typical Junior Sprint Finish for the "change in the pavement." We worked on position, team tactics for lead outs and sprint launch timing. Coach cranked up the speed as the first lead out man. Shawny kept the ball rolling impressively for the second and last lead out. She dug deep and hard that would make Fanini as proud as her mama is of her Championship Medal. Others unleashed their fury for the line like heat seeking missiles heading for hopeless targets.

The finish line crumbled under the power exhibited from the legs of the team. Micah had excellent timing and showed a great patience launching a scintillating burst ~100 meters out. But he could not match the raw and pure power of Nick, who could not let anyone pass with nothing left in the tank but true grit. We left the day tired and the roads conquered.

We are all looking forward to a great spring training season and a hard summer of racing with plenty of palmares, which only need to be collected. Thank you for all who participated:

We are all looking forward to a great spring training season and a hard summer of racing with plenty of palmares, which only need to be collected. Thank you for all who participated:

- △ Ron Peck of Sierra Physical Nevada Therapy.
- △ Kirkwood Ski Resort
- △ Dana Lookadoo, Alta Alpina Jr. Team Coach
- △ Darlene Wisma and Jackie
- △ Shawndrea Wisma, "Champ"
- △ Austin Shick, "Neighbor"
- △ Micah Herman, "Less time on the ground (snow & pavement)"
- △ Nick "the Finish Line" Ruana
- △ Frank Dixon, "Mr. Determination"

We will be starting regular rides on Sat. and Sun. It looks like the time is shaping up to be 10:00 from Big Daddy's. Rides will be posted to the Ride Board.

*Day 2: This day consisted of a team event that more suited the outdoor*



## Profile: Chris McMillen

...call me Chris.



**AACC Member since:** 2000

**Current Residence:** Carson City/  
Windyridge (aka Sunridge)

**Immigrant from:** Washington State

**Résumé:** Years riding - not enough

Riding preferred - rubber side down

**Race Category:** Is there a cat 6 class?

**Bikes I ride:**

- > Specialized Allez Pro
- > GT I-drive 2.0
- > Yamaha YZF-R1
- > Honda CR500

**How I support by Bike Habit:** have a long list of honey dos and IOUs.

**In one word, my cycling style is...:**  
Steady

**Favorite Rides/Races:** Party Pardee, Diamond Valley, Icehouse road, VC truck route, sections of Hwy 3, 36, and 49, RFR, Infineon raceway.

**Favorite Post-Ride Food:** Pizza

**Other Sports & Pastimes:**  
Motorcycles, skiing

**Ambitions/Aspirations:**  
Ride as long as I can

**My Motto or Inspired Quote:**  
Live to ride,  
Ride to live,  
Tarnish the glory.

## Board Minutes—January 2005

Attendees: Jennie Hamiter, Chris McMillen, Rick Miyashiro, Dana Lookadoo, Joe Marzocco, John Seher, Mel Maalouf, Tim Rowe, Christopher Rowe, Ray Rickard

### Agenda Items

**1. Treasurer's Report:** The club received \$35,000.00 from the 2004 Death Ride. \$11,600.00 were distributed for the ride reimbursement program. Current balance is \$51,377.00.

**2. Club Clothing:** The BOD decided to keep the next design for 2 years to avoid the rush and anxiety in designing and ordering the new set of clothing every January-February. Keith Hart and Tony Reid are considering a new design, so Jennie will discuss the designs with them to possibly incorporate the old blue/green jersey style. The blue/green jersey design was by far the best seller for the club.

**3. Tahoe-Pyramid Bikeway:** The club passed a motion to donate \$1000.00 towards funding the construction of the Bikeway in our goal to promote bicycling.

**4. Membership:** Michael will coordinate with Joe to update the club's new online membership system. The BOD decided to continue with the newsletter mailings until May even though our membership season officially ends in December.

**5. Toll-free phone service change:** Look for a change re. upcoming ride and race reports, as we will be canceling the answering service at Tim's house once the toll-free line is set up for \$8.95 per month + 6.9 cents a minute. Thanks to Dana for researching that service.

**6. AACC Newsletter:** Dana is getting set to publish our revamped newsletter in February 2005. Dana welcomes ride/health/training arti-

cles, ride/race reviews, rider profiles, etc. She plans on starting rider profiles with members of the board.

**7. Death Ride 2005 Update:** Joe is now Alpine County Chamber of Commerce and AACC coordinator/director of the DR. Registration has been open since 01/01/2005. Two thousand six hundred entrants will be picked via the lottery system. The jersey design is in process. There will be a \$45.00 cancellation fee to refund \$35.00 to any registrant wishing to cancel.

**8. Carson Valley Classic Update:** The races are scheduled for the last weekend of July 2005. Tony Reid will be mentoring Jim Rhiner in organizing and setting up for the event.

**9. Junior Race Team:** Mel requested funding for airfare to a continuing education clinic to maintain his coaching license. The board passed a motion to fund \$400.00. Mel will purchase another bike for the juniors using reimbursement dollars from one of the juniors.

**10. Pearl Izumi coupons:** The manager at the Pearl Izumi Outlet has joined AACC and donated 15% off coupons available to club members. Coupons will be available at the vendor booths at the Spring membership meeting. Jennie will speak with other local bike shop owners about marketing their business at the Spring Meeting.

**11. Other business:** Rick brought up positive response from several club members who participated in the Gardnerville 125 ride and BBQ. Would another similar club ride be feasible for this season?  
Comments?



# Alta Alpina Cycling Club

P.O. Box 2032  
Minden, NV 89423

877-845-2453  
877-845-BIKE  
[www.AltaAlpina.org](http://www.AltaAlpina.org)

## Roadie Ride Reviews

Each Paceline will feature reviews of organized, and some not-so-organized, rides. We'll try to feature these a month or two before the same ride is scheduled in 2005. Got Ride? Send your review to [Paceline@AltaAlpina.org](mailto:Paceline@AltaAlpina.org).

### Rider & Reviewer: John Axtel

**March 5, Spring Death Valley Double**, put on by Adventure Corps, formally allied with Planet Ultra. Good early season double. Parts of the course are very rough with lots of potholes (road to the crater). Approximately 9,000 ft of elevation gain, very manageable with the last climb (only real climb) near the end. Support is adequate though no after ride dinner, no frills. The ride starts and ends at Furnace Creek. There are some pricey cabins at Furnace Creek and a Camp Ground; showers are also available. Beatty is about 45 minutes away with inexpensive motels and petrol (relative to Death Valley).

## NEVADA BICYCLE & PEDESTRIAN CONFERENCE

MARCH 29TH & 30TH — CAESARS TAHOE

[WWW.BICYCLENVADA.COM](http://WWW.BICYCLENVADA.COM)

## Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	<a href="mailto:president@AltaAlpina.org">president@AltaAlpina.org</a>	775-782-4848
Chris McMillen	Vice President	<a href="mailto:chris.mcmillen@bently.com">chris.mcmillen@bently.com</a>	
Rich Miyashiro	Secretary	<a href="mailto:davelynricks@aol.com">davelynricks@aol.com</a>	775-265-6764
Jeff Ham	Treasurer	<a href="mailto:Jeff.ham@bently.com">Jeff.ham@bently.com</a>	
Dana Lookadoo	Newsletter Editor	<a href="mailto:paceline@AltaAlpina.org">paceline@AltaAlpina.org</a>	775-783-9038
Joe Marzocco	Death Ride Manager	<a href="mailto:info@deathride.com">info@deathride.com</a>	530-542-3994
Troy Walters	Wednesday Race Director	<a href="mailto:racedirector@AltaAlpina.org">racedirector@AltaAlpina.org</a>	
Michael Bayer	Membership Director	<a href="mailto:membership@AltaAlpina.org">membership@AltaAlpina.org</a>	
Joe Marzocco	Webmaster	<a href="mailto:j_marzocco@yahoo.com">j_marzocco@yahoo.com</a>	530-542-3994
Jim Rhiner	Carson Valley Classic	<a href="mailto:jim.rhiner@bently.com">jim.rhiner@bently.com</a>	775-783-9834
John Seher	Weekend Ride Coordinator	<a href="mailto:ridedirector@AltaAlpina.org">ridedirector@AltaAlpina.org</a>	775-849-1876
Mel Maalouf	Junior Team Coach	<a href="mailto:mel.maalouf@bently.com">mel.maalouf@bently.com</a>	

All AACC members are welcomed to participate in our **Board Meetings** held the **1st Monday of each month, 6:00 pm** at the Pizza Factory in the Gardnerville Ranchos. The club is about and for you, so help us plan some great cycling opportunities for 2005. See you **Feb 7th!**?