



PACELINE

**Alta Alpina
Cycling Club**

**Volume 4 Issue 1
Jan/Feb 2006**

Presidential Prognostication

Jennie Hamiter, President

It's going to be another great year to be a member of Alta Alpina. Here's just a sample of what you'll be a part of after you renew your membership for 2006:

Spring Membership Party

This year's party is slated for Monday, April 17. Come find a room full of people who want to talk about riding bikes; catch up with old friends, make new ones and find out what the club is up to this year.

Ides of March Mileage Contest

Ride early, ride often! Held for the first time last year, this is great incentive to get back on that bike in March. Prizes will be awarded at the Spring Membership Party.

Weekend Rides

John Seher is back as Weekend Ride Director so you can count a line-up of great club rides again.

The 3rd Annual Gardnerville 125 Poker Run

Held in May each year and actually a ride of 107 miles (with a bailout option of 70 miles); this was the best-attended club ride the last two years.

The Pinenut Cracker Mountain Bike Race

Our local mountain bike race that's been held nearly every year since 1994, will be held again in May this year. This is a fun course and home turf for a lot of us. See

Jeff Ham for details and to find out how you can volunteer.

AACC Mountain Bike Race Series

New for 2006! Mike Beam has volunteered to be race director for this dirt version of our Wednesday Night Races. Every Thursday night in May and June, bring your fat tires out to the Pinenuts to show us what ya got.

The 26th Annual Death Ride

This year's Death Ride will be held on Saturday, July 8th. Each year Alta Alpina hosts this ride and by volunteering you'll be helping to stage the most popular organized ride in the west. Contact Joe Marzocco to volunteer for the event that keeps this club afloat, the event that allows us to do everything else in this list!

The Carson Valley Classic Criterium and Road Race

Tentatively scheduled for the last weekend in July. Contact Jim Rhiner to volunteer for either or both of these great race venues.

Local Merchant Discounts

Several bike shops and outdoor gear shops in the area give discounts to AACC members. Your membership card is the mailing label of your first newsletter after renewing for 2006—please cut it out and keep it handy to take advantage of these offers.

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Ride Board

If the club rides don't seem to jibe with your schedule or interests, use the Alta Alpina Ride Board to post a ride YOU would like to do. Just go to AltaAlpina.org, click on the Ride Board page, fill in the form, and your posting will get sent out to the club, as well as posted on the ride schedule.

All this is in addition to the Wednesday Night Races, the Adopt-a-Highway program, the Paceline newsletter, a club Race Team, a Junior Race Team, Bike Advocacy initiatives and a whole lot more. Please renew online, print out the waiver and mail it in so you can take part in all the club has to offer this year!

For more info on all of the above, read your club emails, visit AltaAlpina.org, read the Paceline and come to the Spring Membership Party. See the last page of the Paceline for contact info.



My Trainer Is My Friend

Jim Strange

It's time for the inaugural cycling event of the season...that ride during which pain and anguish are constant companions...that seemingly endless grind where one must put mind over matter in order stay planted in the saddle for...30 minutes? Yes, it's the "Tour de Living Room", in which your bike is attached to your cursed trainer and you get some time in the saddle before the ambient temperatures and weather patterns facilitate consistent out-of-doors cycling.

The Iron Maiden of Cycling

Associate three adjectives with your trainer. I suspect they couldn't be printed here. It seems nobody likes their trainer. It's the iron maiden of cycling. What if I told you your trainer is your best friend? (You're probably thinking no wonder his last name is 'Strange')

Consider this: It's the middle of April and you're chugging up Kingsbury Grade. Your legs feel like lead, you're out of gears and sucking air like a vacuum cleaner. Sound familiar? Well, early season suffer fests can be a thing of the past. All you have to do is make friends with your trainer.

Easier said than done? I've started on my trainer 9 hours per week with sessions lasting up to two hours. Sound like fun? You can do it! I've found a few ways to make riding the trainer tolerable. I'd like to share.

Consistency

The first and foremost point is to get your head around the idea that riding with some discipline and consistency now will reap huge benefits in the spring and beyond. Half of cycling is 150% mental (do the math). It's all a choice...you have the power to ride on your trainer if you so choose.

Quality Equipment

Use a good trainer. I've found the ability to adjust resistance without stopping to be crucial. Fluid trainers have a road-like feel, but most adjustables are magnetic. I'd stay away from rim-drive trainers. Tires are cheaper to replace than wheels.

Don't be Modest

Coping with the physical discomfort of riding on a trainer is a key thing. To this end, a fan blowing air over your sweaty body works wonders. Choose one that is not too loud. I have a table top oscillating fan that was less than \$20. For another \$4 I hooked it up to a remote control power outlet. *Boom*...air on demand! Use towels during your sessions to keep your face dry and snool free. Don't be modest...take off your jersey if you get warm. You're in your own home, after all.

Audio Visual Stimulation

Set up a distraction to help pass time. Perhaps a book or your favorite tunes will do it. A video of some sort is probably better. Having both audio and visual distractions is more effective. Cycling videos are motivational, movies add a nice variety. Beware of Chuck Norris flicks...they cause nausea.

Variety

Come up with a few different workout regimens so you're not doing the same thing every time you ride your trainer. Try steady prolonged seated efforts, low gear spinning, stand-and-sit gear alternations and easy climbing simulations. As with any early season base training, day-to-day consistency and heart rates in the neighborhood of 65% of max are the ticket. Don't over do it (I learned this the hard way).

**“Half of cycling is
150% mental”**

Organization

Have everything you'll need during your session within reach. Fill all water bottles before you start! Have a TV stand at your side stocked with towels, remotes and fuel food. Ignore the telephone. You're not home, you're riding your bike. Besides, all your heavy breathing into the phone may give the caller the wrong idea.

Making friends with your trainer will help you improve your cycling season and become a more disciplined rider in the process. Enjoy!

Jim Strange has been an endurance cyclist for 20 years. He lives in Carson City.



Cross Country Ski Day

Darla Mazzoni, Vice President

Kirkwood Cross-Country Ski Center held a skate ski clinic for the Alta Alpina Cycling Club on January 8th. Fourteen members joined Debbi Waldear and Chris Gandolifi for an informative and comprehensive skate lesson. We were blessed with a beautiful, warm, sunny day.

The instructors broke us up into two groups; beginner and intermediate to advanced. Debbi took the advanced group and reviewed V-1 and V-2 poling as well as alternate poling techniques. We reviewed double poling techniques, hill climbing, step turning and flat terrain skating. Skating technique has changed in the past few years from an upright position to a more aggressive bent-over position. The technique Debbi taught involved mainly upper body and core strength, keeping the upper body in more of a "gorilla" position.

This technique definitely gives the skater more power from the upper body, but raises the heart rate more quickly than the upright, hip-hike skate technique.

The skaters enjoyed snacks on the sunny deck after the lesson and were then free to skate the meticulously groomed meadow at Kirkwood. As a follow-up to the skate clinic, Debbi held a wax clinic on Jan. 22. She showed us how to wax skate skis as well as classic skis. The demonstration was a little over an hour and extremely informative. We went over cleaning, waxing, scraping, brushing and rilling. She covered wax temperatures, brushes for different snow conditions and storing your skis over the summer. After the clinic, we headed out to skate the hills behind the lodge. It was a great day and superb conditions for skating. We learned a lot!

Thanks to Debbi Waldear and Kirkwood Cross Country for making this happen!



The group getting ready to ski



Juniors (and the young at heart, Mel) on skis



Jackie and Troy coming at ya



Nick taking a break



Weekend Rides Past and Future or Janus on the Bike

John Seher, Weekend Ride Director

Like that Roman god dude with two faces I'm looking back at the past year with smiles and chuckles and looking forward with anticipation to more riding fun in '06. Memorable moments from last year include a chilly and windy ride on Easter Sunday from Wellington to the California border and back and the aroma of ham baking in a wood stove blown towards us as we rode by the Sweetwater Ranch.

The same road, a bit later on in the season, was the scene for a cruel lesson in aerodynamics handed out by Ray Rickard in his flying banana.

Corey, Paul, Peter and I, seeing spots riding a 4-man TTT, could not stay with Ray on the crosswind descent from Sweetwater Summit back to Wellington. And he was sitting down on the job! Later in the year Ray provided more entertainment on Ebbetts Pass, passing some guy in a new Corvette on the descent. Ray was grinning like a Cheshire cat. It was a hoot.

“I am thinking about Tioga Pass before the road opens to through traffic...”

You should have been at the Lake Alpine lodge to see the would-be Frenchmen, Jim Rhiner and Jeff Ham, having a mid-ride lunch of salad, steak and frites (no wine, no cigarette afterwards). Darned if they didn't ride like the wind all the way back to Markleeville. Hmm, maybe there is something to the French cyclists' diet. And, hey, who can forget the Gardnerville 125 and the 521 Ellivrendrag; now those are real Alta Alpina club rides.

So, what is in store for the coming season? Certainly some of our old favorites will be on the schedule, but we will try new

ones as well, venturing a bit further afield in search of new roads. I am thinking about Tioga Pass before the road opens to through traffic, Truckee to Sacramento and return by Amtrack and a spring training camp overnight at Pardee Reservoir in the California foothills. Stay tuned. There will be lots of fun on two wheels. Alta Alpinas, you are the BEST!

Time to Get Your Rear into Gear Again!

Tim Rowe, Bicycle Advocacy

You need challenges in life and this year for me it is doing a century a month/every month.

First ride - Paskenta Century in Chico on Sunday February 5th. This is a nice, mostly flat, but unsupported but FREE century. Great to escape the cold, snow/ice here and see new country. Since the 49ers aren't in the Super Bowl - might as well ride.

Second ride - Tour de Palm Springs or maybe early Death Valley over Saturday Feb 11th weekend.

Third ride - Death Valley Century - Saturday March 4th - but this great ride is sold out and rooms are full already. Always is the Tour of Unknown Valley the same day in Willows.

Fourth - Party Pardee metric century in Lone Saturday April 1st! Rooms at our annual B&B are already taken but there are rooms at the Lone Hotel or in Jackson.

Fifth - Annual Chico Wildflower Sunday April 30th. We are staying at Heritage Inn Express Downtown Chico (around the corner from the old

Vagabond Inn). Number there is 1-800-660-1417. call early as this place gets full quick.

Sixth - Wine Country Century in Santa Rosa Saturday May 6th. Will get reservations at Sandman Motel, 707-544-8570, soon.

Seventh - Delta Century in Stockton/Lodi Sunday May 7th. Stay in Lodi/Stockton somewhere to be determined.

Eighth - Davis Double in Davis May 20th - anyone interested? I have heard of some interest. I would consider this one - but it really helps to have a team to ride with. Going off fast/on your own can leave you high and dry at the end on those 30 of 200 last flat miles or so.

More about rides in June & July (Mile High at Lake Almanor and Fall River) later. Just throwing out a carrot and hope some take the bait!

Hope to see you there! Pedal on



2006 Death Ride

Joe Marzocco, Death Ride Manager

Believe it or not, it is Death Ride time again. It's never too early to start thinking about the upcoming Death Ride and signing-up for a job. Please visit www.deathride.com/volunteers/vsignup.php to send your information. If you do not see a job choice that you like, we have a number of jobs the week before and the week after the event. If you are interested in one of these jobs, please send an email request to drvoluteers@deathride.com.

Remember that the Death Ride provides the means for us to enjoy many of the activities that the Alta Alpina Cycling Club produces. Not to mention that we have the ability to enjoy just about any other cycling event for free or next to nothing by taking advantage of the reimbursement program. Volunteering for the Death Ride allows you to give back to the club that provides so much, as well as support the riders and non-profit organizations involved in the ride.

Club members in good standing who worked at least 8 hours at last year's Death Ride and have signed up to



work at least 8 hours for the 2006 Death Ride, are guaranteed registration into the ride. Fulfilling these requirements only reserves a spot and the registration fee (\$83.00) must be submitted with the registration form. Please contact Joe Marzocco at 530.694.2475 or info@deathride.com.

Death Ride Check-in and Expo – July 7, 2006
Tour of the California Alps – July 8, 2006





AACC Member Profile:
Christine Anderson
Wednesday Night Race Director

AACC Member since:
2004

Current Residence:
Gardnerville, NV

Immigrant from:
The Beautiful Black Hills of South Dakota.

Race Category: Women's 4

Résumé:
4th in Hanford Crit,
5th (I think) in the Circuit Race at Kern County
Women's Stage Race,
(trust me-I was proud) top half in Pescadero

Bikes I ride:
Merlin Extralight,
Trek 2100, and a Jamis cyclocross bike.

How I support my Bike Habit:
Preschool special education teacher.

In one word, my cycling style is...:
Merckx-esque.

Favorite Rides:
Santa Cruz Crit,
Paskenta Century.

Favorite Post-Ride Food:
Pizza

Other Sports & Pastimes:
French class, salsa dancing, hiking,
backpacking.

Ambitions/Aspirations:
Win lots of races.

My Motto or Inspired Quote:
"Life is like playing a violin in public and
learning the instrument as one goes on."
– Samuel Butler

Grab Bag:

As the new Wednesday Race Director, racing is too much fun to miss out on (even though you may not realize it until you're done). Every race is different, not only in terms of terrain, competitors and weather, but also because racing is as much a mental game as anything. Maybe it's just that I'm too lazy to pummel myself for a given course length, like a swimmer or runner does. Or maybe it's because I love drafting. But I think bike racing is great because it's never stagnant or boring. This is my third year of racing, and I can't imagine my life without it. If you aren't already a racer, this is the year to become one. Come out and join us! And speaking of terrain for everyone, if anybody can find a good flat course, either for a criterium or a road race, there are plenty of us who would appreciate it. The requirements are: no left turns across traffic, mostly if not all low-traffic roads, no course marshalling required (write me if you'd like an explanation). Write or call me if you have ideas. Thanks!



Mileage reimbursement: The club generally does not reimburse mileage for volunteering for club events, but there are some exceptions. Please refer to the "Policies" page on the website, AltaAlpina.org.



Making South Lake Tahoe the Next Bike Friendly Community

Jennie Hamiter, President

What is a Bike Friendly Community?

It is a designation given by The League of American Bicyclists to towns that actively promote safe and enjoyable cycling for transportation and recreation.

Cyclists in Bike Friendly

Communities benefit from a city council that is signed up to provide cyclists safe and plentiful bikeways. It is a designation that lets the rest of the world know that this is a place that values good air quality, light traffic congestion and quiet neighborhoods where kids and adults can ride bikes

safely. South Lake Tahoe may be joining the ranks of Davis, Palo Alto and Santa Barbara by becoming a Bike Friendly Community, but there is work to be done before that can happen.

**League of
American
Bicyclists**

...the city has formed a Bike Advisory Committee...

Ty Polastri is executive director of the new Lake Tahoe Bicycle Coalition (LTBC), a non-profit organization that is spearheading this effort. He has already met with the Mayor and City Council of SLT and received a positive response. As a result of his efforts, the city has formed a Bike Advisory Committee, which has representatives from El Dorado County Department of Transportation, the California Tahoe Conservancy, TRPA, US Forest Service, SLT City Police Department and Public Works, the Tahoe Daily Tribune and the LTBC. AACC member Stan Hill has been appointed the city's bicycle coordinator. One of the first orders of business will be to produce a Tahoe Bike Map for free distribution throughout the

basin.

It will take months or even years to achieve "entry level" status into the program and that will be just the beginning. Stay tuned to the Paceline for the progress on the effort to increase the "bikeability" of South Lake Tahoe.

Local Merchant Discount Program

We're excited that local merchants who support AACC are offering discounts to club members.

Visit the merchant, peruse their shops and find out what you can buy as a benefit of being an AACC member. Details about local merchant offers is listed under "Merchant Discounts" on our website at www.AtaAlpina.org.

Show your AACC Membership Card at time of purchase. [If are an active AACC member, the mailing label on the first Paceline you received upon renewal has the club logo and note indicating that it is your membership card.]



For discounts from these local merchants, please visit the AACC website at www.AtaAlpina.org



BikeSPOKEsman—2006—Get Your Rear into Gear and Get Involved!

Tim Rowe, AACC Board - Bicycle Advocacy and Nevada Bicycle Advisory Board Member
Nevada Bicycle Advisory Board (NBAB) meeting summaries

The NBAB met on Thursday September 29, 2005 at USGS offices in Henderson, NV.

Nine of fourteen NBAB members were present.

The Board accepted one nomination for 2006 NBAB Bicycle Nevada(NBAB) Award. Details about the Award nomination process are found at:"<http://www.bicyclenevada.com>" If you know of anyone who has significantly contributed, affected/improved bicycling in Nevada this past year, please submit a nomination. I won the award in 2001 and I then submitted a nomination for Jim Crompton, who won in 2003. The 2006 NBAB Award will be awarded at the 2006 Nevada Bicycle Pedestrian Conference and then every conference thereafter.

The Bicycle Pedestrian Conference this year will be April 27-28, 2006 at Ceasar's Tahoe (MontBlue will be the resort's name then) with the new ownership, at Stateline, NV.

The Board discussed the new format and information for the State of Nevada Bicycle Map.

We had an update and discussion on the grant from the Department of Public Safety—Office of Traffic Safety to purchase bicycle helmets for distribution at bicycle events throughout the state.

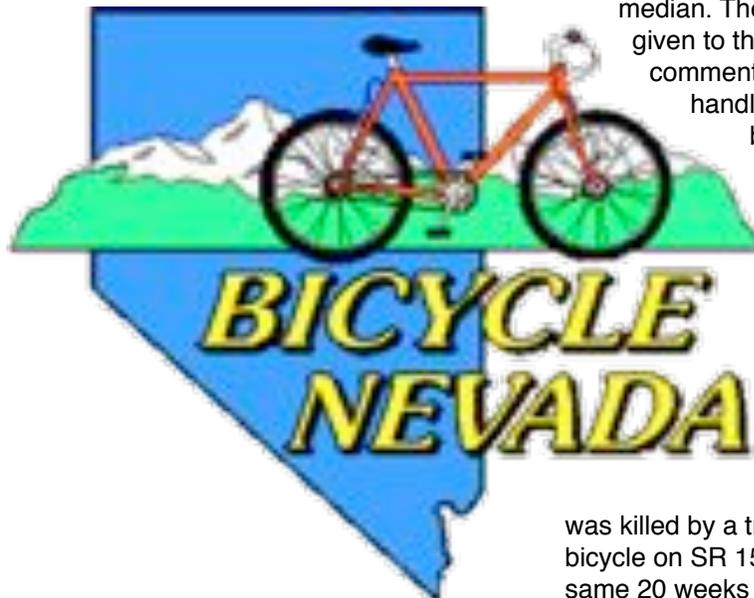
Policies and procedures were discussed for giving gifts on behalf of NBAB.

The Safety and Legislation Subcommittee reported on progress on proposed bicycle helmet legislation for the 2007 Nevada

Legislative session.

Report was given on NBAB representative on SR-159 public meetings in Clark County.

Status report was given on sales and inventory of Bicycle Nevada jerseys. Board members reported on recent activities and functions attended. Finally a report from State Bicycle & Pedestrian Program Manager, Eric Glick.



The NBAB met on Thursday December 15, 2005 at Sahara West Library in Las Vegas, NV

Ten of fourteen NBAB members were present.

The new Junior Member from Reno was introduced and also the new Nevada Education/Information Officer for the Bicycle and Pedestrian Safety Program, Kimberley Perondi, who is taking over for retired Bruce Mackey.

In the under Public Comment and Citizen Participation, the RTC in Las Vegas presented preliminary info on the Engineering Design for the Boulder Highway (SR 582) Rapid Transit Stations. There would be 22 stations from Downtown Las Vegas to I-515 in Henderson. The existing 6 lanes and wide shoulder would be changed to 6 lanes and 2 bus & bike lanes on the outside with less median. The information was given to the Board for future comments on how to handle the interaction between bicycle/buses and vehicles.

Heather Fisher gave a report on Save Red Rock Canyon State of Affairs. It had been 20 weeks since LV Metro officer, Don Albiets,

was killed by a truck on riding his bicycle on SR 159. Also, in that same 20 weeks in the Red Rock Corridor, 5 more humans were killed in high-speed auto accidents, 2 more cyclists have been hit, and 14 burros have been killed. All which points to a need to make SR 159 a safer route. Many popular countermeasures have come up and been ranked including: making a safer road, traffic enforcement, a multi-Use path and a bypass around Red Rock Canyon.

A report was also given on the Silver State Bicycle Coalition by its new president, Maggie Saunders.



NDOT requested approval on proposed bicycle prohibitions on the following 4 new and existing freeway routes: 1) US 395 freeway (existing) from Red Rock Road to Dandini Blvd north of Reno; 2) US 395/I-580 Freeway (under construction with completion in 2008) from Mt Rose Hwy (SR 431) in south Reno to East Lake Blvd in Washoe Valley; 3) US 395/I-580 Freeway (under construction with completion in Feb 2006) from East Lake Blvd to N Carson Street in Carson City; and 4) US 395/I-580 from N Carson Street to Hwy 50/S. Carson Street (proposed and completion dates in stages from 2008 to 2010). Board agreed with 3 freeway prohibitions as viable/ safe alternative bicycle routes

exist. The fourth section, US 395 up Duck Hill out of Carson City, was denied, with NDOT agreement, as a safe viable alternative does not exist for all bicyclists. Board agreed to again give scholarships to Nevada bicycle clubs for the 2006 Nevada Bicycle and Pedestrian Conference next April. That conference will be held in conjunction with the Nevada State Transit Conference, which will save money for both events. 2006 NBAB Elections were held and same officers elected: Carol Nicholson, Chair; Tim Rowe, Vice-Chair; and Kelly Langdon, Treasurer. Awards/certificates will be given out to former NBAB members.

Information was asked from NDOT on the Bicycle Event permit process in order to assist developing a consistent policy state-wide. The Board wants to be interactively involved initially for clarification, information and consistency to serve bicyclist's interests. The Board does not want what happened in Colorado, where the state patrol came up on their own with a proposed rule of limiting to only 2,500 riders for any event. This was after some problems with a few growing events.

Bicycle Nevada jerseys are selling well and NV Legislative Council bought 3000 for its gift shops. Bicycle Nevada socks coming out in February. Next Meeting February 16th in Las Vegas.





Board Meeting Minutes—December 2005

Secretary: Rick Miyashiro; Other Board Members: Michael Bayer, Jennie Hamiter, Jeff Ham, Mel Maalouf, Joe Marzocco, Chris McMillen, Jim Rhiner, Tim Rowe, John Seher; Other Attendees: Michael Beam, Libby Oakden, Dennis Pederson, Christopher Rowe

1. Monthly Status Reports:

- **Treasurer's Report:** Balance as of mid-November 2005 is \$59,802.44. Ride Reimbursements: \$11,630.97, budget was \$14,000, Race Team Reimbursements: \$3,741.73, budget was \$4,000.
 - **Junior Race Team:** Mel Maalouf and Jeff Ham went to a junior coaching clinic for mountain bike racing this past weekend. Mel is hoping to attract more juniors through mountain bike racing. The Board approved \$280.00 to be reimbursed for the coaching clinic expenses.
 - **Newsletter:** Libby Oakden, the Club's new editor was introduced to the Board.
 - **Carson Valley Classic:** Jim Rhiner reported that the 2005 CVC netted \$3000.00. Jim is proposing an increase in cash prizes for the 2006 CVC. He will submit a budget for 2006 in either January or February. The 2006 CVC will feature the Road Race on Saturday and the Criterium on Sunday as the Town of Minden merchants' feel that their business is negatively impacted by the race on Saturday. There is a need for race officials for this race as well as other races in our region.
 - **Pine Nut Cracker:** Jeff Ham will repeat as director for the May 13, 2006 PNC. Michael Beam has volunteered to assist Jeff with the Race.
 - **Website Coordinator:** Dennis Pederson was introduced to the Board as the new coordinator.
2. **Mountain Bike Patrol:** Mickey McDowell did not show up for the meeting.
3. **Vice President Change:** Chris McMillen resigned as the vice president and Darla Mazzoni was voted in as the new Vice President.
4. **BE-Pro Conference:** This is a Bike Event conference on January 14, 2006 which John Seher volunteered to attend.
5. **Clothing Order:** The new order for the long sleeved items will arrive in mid-January 2006. The expense of that order is approximately \$3000.00. Another order of short sleeved jerseys and shorts will be placed for the 2006 Spring Membership Meeting.
6. **Death Ride:** Joe Marzocco reported that the new logo is done and the jersey design is in the works. Voler will handle the DR clothing. The DR registration will open January 1, 2006 and the fee was increased to \$83.00. The DR contract between the Club and the Alpine County Chamber of Commerce still has language issues that need clarification.
7. **Mountain Bike Race Series:** Michael Beam volunteered to be director of the Club's inaugural Thursday Night Mountain Bike Race Series. The Series is meant to attract more younger riders to the Club and members will race for free.
8. **Membership Promotion Followup:** Michael Bayer submitted a proposal to increase membership in the Club by targeting certain demographic groups, thus, increasing advocacy for bicycling. The plan includes promotional newsletters and placards distributed to local businesses, agencies and bike shops, free memberships to new bike buyers through participating bike shops, basic bike owners repair clinics, and the mountain bike race series. The Board approved \$600.00 to fund this proposal.
9. **AACC Baseball Caps** The style and color for the caps were chosen. The caps will be used to promote the visibility of club member volunteers at the AACC events and races.
10. **Next Meeting:** Monday, January 9, 2006, 6 pm, Pizza Factory in Gardnerville.

Going on a bike ride? Want some company? Post your ride either on the website,

<http://www.altalpinaclub.com/RideBoard/>.

Or if its really exciting and you have planned enough in advance, we can put a blurb in the newsletter.

Email paceline@altalpina.org.



Board Meeting Minutes—January 2006

Secretary: Kris Brown; Other Board Members: Christine Anderson, Jennie Hamiter, Jeff Ham, Mel Maalouf, Joe Marzocco, Libby Oakden, Dennis Pederson, Jim Rhiner, Tim Rowe, John Seher; Other Attendees: Christopher Rowe

1. Monthly Status Reports:

- **Treasurer's Report:** The balance as of January 2006 is approximately \$40,000. Ride and race reimbursements have been paid.
- **Death Ride:** Death Ride Manager Report, Death Ride Timeline, Profit and Loss Comparison and committee minutes are attached. Online registration has begun and will continue until February 28, 2006. Rider selection will be on March 3, 2006. Group registration is going okay. Membership applications will be changed to allow members to indicate their DR volunteer preference at the time they join the club.
- **Junior Team:** Mel is working with Reno Wheelmen to form a traveling team of chosen junior riders. If that doesn't work, their junior riders may be invited to join Alta Alpina's junior team. There was further discussion of plans to promote junior mountain bike racing. Mel is planning Thursday night mountain bike rides with skill clinics for juniors. Adults are encouraged to participate.
- **Newsletter:** Libby requested articles on camps/clinics. Rider profiles discussed.
- **Clothing:** The ship date for long sleeved items is January 16, 2006. There are 52 items. 27 items are individual orders, the other 25 are long sleeved jerseys of various sizes that will be sold at Keith's shop. The spring order is due in February. Mel suggested a slight change in design. There will be more discussion next meeting.
- **Mountain Bike Race Series:** Planning is still in progress. The races are tentatively scheduled for every Thursday night in May and June. There is a possibility of coordinating with Reno Wheelmen.

2. **CVC – Junior TT& Crit vs. 3/4/5/junior race:** Mel proposed a junior stage race (road/TT/crit) replace the 3/4/5/junior classification at the Carson Valley Classic. Jim said the 3/4/5/junior classification was the largest class at last year's race and asked the race remain the same. The board voted to keep the 3/4/5/junior classification. The prize money increase requested by Jim will be discussed at budget hearings.

3. Mileage Reimbursement Policy: a)

Transportation expenses are only reimbursable if they fall within the following guidelines, are pre-approved by the board or are pre-approved by the president and treasurer (subject to the dollar limits in the bylaws); b) Mileage expenses will be reimbursed at the prevailing IRS established rate; c) Approval may be for all mileage or at a capped dollar amount. Guidelines: 1) The club will cover mileage expenses for the use of a personal vehicle for a club event when driven from a designated meeting point carrying other event volunteers or event equipment or for other purposes related to the event and returning to the meeting point. The club will not cover mileage to and from the event; 2) The club will cover mileage expenses to send a club representative to a meeting, conference or training event from their home to the event and back; 3) Event coordinators should budget for mileage expenses and obtain the necessary approval as part of their event planning process.

4. **Membership for Board Members:** Board members will receive a free single club membership or free family club membership.

5. **2006 Budget Process:** Event or group coordinators should submit budgets by next board meeting.

6. **AACC Baseball Hats:** The board approved the purchase of 200 hats at a price of \$6.00 each.

7. **Spring Membership Meeting Date and Location:** It was tentatively decided to schedule the spring membership meeting at the Genoa Town Hall on April 20, 2006. Jennie volunteered to check on availability of the facility. (Don't mark your calendars, that didn't work!)

8. **Bike Boxes:** The bike boxes have been accounted for and Keith has volunteered to be the box keeper at his shop.

9. **Next Meeting:** Monday, February 6, 2006, 6 pm, at the Kahle Community Center, Stateline, Nevada.



Alta Alpina Cycling Club

P.O. Box 2032 877-845-2453
 Minden, NV 89423 877-845-BIKE
 www.AltaAlpina.org

MARK YOUR CALENDARS

“Ides of March” Mileage Contest	Stay Tuned for More Details
2006 Spring Membership Party Genoa Town Hall	April 17th 6:00-9:00pm

MOVED? GOT NEW CONTACT INFO?
 Have you moved? Has your e-mail address changed?
 Don't miss out on the latest AACC happenings!
 Update your info at www.AltaAlpina.org; click on “Membership”

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Darla Mazzoni	Vice President	mazzoni@etahoe.com	530-577-0122
Kris Brown	Secretary	klbrown@douglas.nv.gov	
Jeff Ham	Treasurer	jeffham@wt.net	775-267-2089
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
John Seher	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-849-1876
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The club is about and for you! All AACC members are welcomed to participate in our **Board Meetings** held the **first Monday of each month at 6:00 pm.** The location alternates between the Gardnerville Ranchos and Stateline.. Join us on **March 6** at the **Pizza Factory** in the **Gardnerville Ranchos.**