



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 18 Issue 9  
Holiday Edition**

## Presidential Posting

Nigel Leigh, President

The Year That Wasn't

"Life is what happens to you while you're busy making other plans"

That is a great quote in normal times, but this year it's been really apt. Many plans were made, and re-made, and revised, then postponed, and finally cancelled. So let's take a whirl-wind tour of what actually did happen this year in Alta-Alpina-land:

Bill Magladry got the Weekend Rides off to an enthusiastic start in Feb, with rides every weekend. Then they gradually scaled back to be "featured rides of the week". Who can guess why?

Joseph Whitely had prepared diligently for a normal road race series, only to drop it all and turn to a Strava-based weekly time trial series. What a stroke of genius! This became a cornerstone of the week for many of us. And made Alta Alpina one of the few cycling clubs to hold any regular events at all.

Then some other bloke tried to do the same sort of thing with mountain biking. It was a feeble effort by comparison, but quite a few seemed to get out each week, and they claimed something about not repeating a trail until October. They certainly did appear to master the art of the post-ride tail-gate grill.

The Spring Century was neatly repackaged under Lee Griffith's guidance, re-positioning the one virus-safe pit-stop so a whole range of different ride options would work. You passed AACC riders heading in all directions.

Soon after that we heard that Yosemite would be open to cyclists (only) for a weekend, so scrambled to set up a club ride. We did even better, with Jeni Root hosting a pit-stop right there at Tioga pass. What an awesome day!

Then came the disappointment of the Challenge, with permits first postponed then cancelled. All despite Michael Bayer's heroic efforts to convert it from an "event" into a virus-safe dispersion of riders over a 200 mile course. But from those ashes rose two Staff rides, both covering the same course, enjoyed by entrants & volunteers alike, and surprisingly profitable due to their low cost base.

The NICA (National Interscholastic Cycling Association) youth cycling organization also suffered from having their race series cancelled. But Drew Bray and his team of ride leaders did an amazing job of adapting the training rides, reducing the group sizes, allowing their squad of 40 to ride on for the entire season.

Road races and mtb rides continued through summer, with the weekend ride activity picking up as Leon Malmel began his bid to be next year's ride coordinator, while proving the existence of octogenarian fearlessness.

The riding season rounded out with the classic Tim Rowe memorial ride, to Bridgeport, and back for Pizza in Wellington. All brilliantly choreographed by Dave Scarborough and assisted by Hank Rowe.

Looking back on it all, given the lockdowns and calls for anti-social distancing, we didn't do too badly for activities, did we?

With the riding winding down, that only left the Annual Meeting to round out the year's activities. Frank Dixon was our Zoom-Master, running voting via online polls, providing us with a fresh set of lambs for the slaughter on next year's board. Meanwhile, throughout the year in the back office, the website kept updating itself to reflect current club events. Any idea how it does that Jim Sadilek? And somehow it became a lot easier to use from a smartphone. Any thoughts on that, Dennis Pederson?



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## Presidential Posting (cont.)

Also, our club social media channels (Facebook & Twitter) were frequently broadcasting current club events and morsels of cycling interest. Gregg Westerbeck has his finger on the cycling pulse, and it shows.

Similarly, Lori Kroboth has her finger on the financial pulse, ensuring our meagre club finances are all fully accounted for. And likewise, Carlo Luri with cycling advocacy, providing our intel on cycling-related activity in local politics.

Despite our best efforts through the year, new

members kept asking to join the club. Membership coordinator Tod Conover managed to coordinate them through our minefield of a sign-up process, allowing us to end the year with a very respectable 192 members.

So, WELCOME to all of you new members! You've displayed great determination and endurance to join in such a year, and to read this far through a presidential posting. Your future in the club looks bright indeed! Hopefully we can treat you to a more normal year in 2021, with more social rides, and more social activities. But whatever the year brings, Alta Alpina will be working to make cycling a favorite part of it!

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## New Club Waivers and New Membership Renewal Process

Michael Bayer, Insurance Coordinator

### All Club Members Need to Sign New Waiver

Along with the majority of bicycle clubs in the USA, we purchase a general liability insurance policy through a program offered by the League of America Bicyclists (LAB). With the advent of the pandemic, they have issued new text for the waivers used by member clubs along with new rules and instructions for the use of this new waiver.

### New Membership Waivers

We have to replace our membership agreement with the new waiver and each club member must sign the new waiver for the 2021 membership year. For family memberships, we will no longer have a single waiver for the whole family—each person in the family will sign a separate waiver. Tod Conover and Allen Forbes are working on the new forms and once they are ready every member will receive a copy to sign and submit for their 2021 renewal. (A parent or guardian must sign waivers for minors.)

### Membership Waivers Can Now Be Submitted by Email

After signing the new waiver form, you can still mail it in as you have in the past, but we can now accept waivers that have been scanned or photographed (full resolution) and emailed to the club membership coordinator.

### Ride Waivers are Now Needed for Every Club Ride

There is a new ride waiver required by our insurance and we are now required to collect a new waiver from every participant at every ride. (Once COVID is in the rear view mirror, we will go back to everyone signing the new waiver at the start of each ride.) The new ride waiver can be downloaded from the Rideboard page on the club website. We ask that everyone print, sign, and bring a waiver to each ride. We recommend printing a few and keep them in your car with a pen so you will be ready at the start of every ride.

### Action Items:

1. Download and print a few ride waivers. Keep them in your car with a pen. During 2021 ride leaders will have a box to drop your ride waiver in a touchless way.
2. Watch for a new membership waiver in an email. Print it, sign it, photograph it (or scan it) and send to [membership@altaalpina.org](mailto:membership@altaalpina.org) at full resolution.
3. As in the past, you can pay your 2021 membership fees by mailing a check to the club or by using a credit card via the Paypal payment feature on the club website. Watch for the details in your membership renewal email.

Insurance is critical so we take these new requirements seriously. Thanks to all the hard work of Dennis, Tod, Allen, and Lori the process will be a simple one.





## Air Ambulance Membership Programs

Nigel Leigh, President



Air ambulances save lives, providing advanced life support and rapid air medical transportation. In a medical emergency, every second counts... especially when transporting patients who are far from a Level 1-2 Trauma Center. Hence, the closest available air ambulance is dispatched. No check is made to see if the patient is a member of that program. Therefore, if you live or recreate where there are two air ambulance providers, it is recommended that you join both programs, so you're covered either way.

In the Sierra Nevada region, there are two providers:

1. **CALSTAR/REACH/AirMedCare**, with nearby bases in South Lake Tahoe, Reno, Auburn, Marysville, Mather & McClellan. This is the largest network in California with 37 base locations, and a national total of 320 bases in 38 US states. Alta Alpina Cycling Club members receive a discount for this national membership for only \$65 per year (normally \$85), covering everyone living in the household.
2. **Care Flight/REMSA**, with bases located in Gardnerville, Truckee, Reno, Beckworth, and Fallon. Care Flight's membership program is now also managed by AirMedCare, but they are not a reciprocal partner with CALSTAR & REACH. Care Flight's annual membership is also \$65 per year, therefore for only \$130 per year, your household can join both programs.

Air ambulances are dispatched for patients of motor vehicle, home and recreational accidents, hospital-to-hospital transfers, and assist with search and rescue missions, carrying seriously ill or injured patients to the nearest appropriate medical facility. One flight can cost tens of thousands of dollars and may not be covered in full by your insurance plan, including Medical patients with supplemental plans. Membership also supports your local air ambulance base, which is a valuable resource to your 911 system.

For questions or phone enrollment with AACC discount, please contact:

Sonja Conklin, AirMedCare Membership Manager,  
at 530-648-6455, [Sonja.conklin@gmr.net](mailto:Sonja.conklin@gmr.net)





### Alta Alpina 2020 — The Year in Photos





## Annual Meeting Minutes—November 2, 2020

Secretary: Michael Bayer; 48 Voting Members present by Zoom and Telephone

Meeting called to order at 6:08 pm

1. **Thanks to 2020 Board of Directors:** The individuals who served the club during 2020 were introduced and thanked for their service.
2. **Board of Directors Election:** After calls for nomination for each position, the following directors were elected for 2021:
  - President: Nigel Leigh
  - Vice President: Bruce Eisner
  - Secretary: Michael Bayer
  - Treasurer: Lori Kroboth
  - Membership Coordinator: Allen Forbes
  - Ride Coordinator: Leon Malmed
3. **Call for Coordinators:** Vacant coordinator positions were reviewed and there was a call for volunteers. The following volunteers came forward:
  - Chris Cherrix: Spring Century Coordinator
  - Tammy Lundquist: Will help Chris Cherrix
4. **Vacancies:** At the conclusion of the meeting the following key positions remained vacant:
  - Bruce Pauly: Will help Dave Scarborough
  - Volunteer Coordinator
  - Marketing Coordinator
  - Clothing Coordinator
5. **New Business:** Leon asked for a status report on the plans for 2021 racing and the Alta Alpina Challenge. Joseph explained that we will likely continue the same socially distanced race format in 2021. Michael reported that when we were forced to postpone the Alta Alpina Challenge for the second time in July we moved the date to June 26, 2021. As with racing, the event format will be the Virus-Safe format that we implemented for the staff rides. We have many participants registered already but we will be undertaking a marketing effort to fill up the ride.

Motion to adjourn the meeting,  
(Nigel, 1st, Tammy, 2<sup>nd</sup>, No Objections)  
Meeting Concluded at 6:48pm

## Board Meeting Minutes— November 2, 2020

Secretary: Michael Bayer; Other Board Members: Drew Bray (NICA Team Coach); Tod Conover (Membership); Frank Dixon (Deputy Treasurer); Bruce Eisner (VP Elect); Allen Forbes (Membership Coordinator Elect); Lori Kroboth (Treasurer); Nigel Leigh (President); Tammy Lundquist (Vice-president); Carlo Luri (Advocacy); Bill Magladry (Weekend Rides); Leon Malmed (Ride Coordinator Elect); Jim Sadilek (Website); Gregg Westerbeck (Membership Growth and Social Media)

Meeting held via Zoom. Called to order at 6:52 pm

Minutes of the September meeting approved as printed [Nigel/Bill/Unanimous]

1. **Monthly Status Reports:**
  - **Treasurer:** The current checking account balance is \$14,657.57. The PayPal account balance is \$16,252.20. Frank reported that he is making progress with State of California Secretary of State filings for our non-profit corporate status. Michael clarified that we have no liabilities/debts/credits from suppliers carried forward.
  - **Membership:** Tod reported no changes since last month. Tod recruited a new membership coordinator and will work to get him up to speed.
  - **Weekend Rides:** Bill and Leon will hand-off and recruit ride gang members to take on the ride schedule for 2021.
  - **Newsletter:** There will not be a November newsletter. The next newsletter will be published after the December board meeting.
  - **Website:** Jim updated website to announce the annual meeting details. Dennis updated the website PHP pages for the latest version of PHP.



- **Clothing:** Michael outlined the current process for all clothing purchases. Drew reported that he has talked to an alternative supplier to Hyperthreads for NICA team clothing. Nigel asked everyone to be recruiting for a new coordinator.
- **Weekly Road Races:** Joseph reported moderate participation in the October race challenge and discussed the WebScorer update featuring QR code support which is more suited to weekend events than to Thursday races.
- **Junior Teams:** Drew reported that there were 16 weeks of practice with no repercussions/ infections. The team divided into smaller groups by ability level for training rides. The team held a well attended end-of-season activity. Carlo commended Drew for the fabulous job he did growing the NICA team, managing clothing, organizing two night rides and delivering on a a fun season despite the pandemic.
- **Spring Century:** Nigel recruited Chris Cherrix as the new Spring Century coordinator. The board voted to appoint Chris to this position (Nigel / Michael / Unanimous).
- **Adopt A Highway:** In an normal year we'd probably do another clean-up before winter, but Thomas decided against doing another.
- **Pinenut Cracker:** Brian will check-in with our BLM contact on the possibility of post fire permissions.
- **Challenge:** Michael expanded on comments from the annual meeting. The Challenge will be held on June 26 2021 as a "Covid-Edition" with the Virus-Safety protocols and the alternative support locations from the staff ride. As a result,

the maximum capacity will be reduced somewhat. Most people who registered for 2020 are now registered for June 26 and a new marketing campaign will be implemented to recruit additional riders to fill it up. Leon suggested that we recruit corporate partners to work with.

- **Mixed Terrain:** Michael reported that he is working on a possible virtual event utilizing the "year-round" rides on the website. Registered participants who complete the challenge would earn the opportunity to purchase a Carson Valley Adventure Ride Series jersey. Carlo suggested including the jersey price in the registration fee.
  - **Bike Advocacy:** Centerville is being widened but the county is not committing to making them designated bicycle lanes. Bridges are the limiting factor as they would double the cost. The CVTA has made a formal request to extend the clear creek trail from Jacks Valley Elementary School to James Lee Park. They are now just waiting for a formal permit review. Carlo also explained the ballot issue regarding RDA2 funding of the Event Center planned for Douglas County and the Lake Parkway diversion from the Event Center to Pioneer Trail.
2. **Annual Meeting Post-Mortem:** The consensus was that the Zoom Meeting format went well for the annual meeting. A big Thank You to everyone who worked to make it happen.
  3. **Next Meeting:** Monday, December 7, 2020, 6 pm, by Zoom.  
Meeting adjourned at 7:58 pm

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## Board Meeting Minutes—December 7, 2020

Secretary: Michael Bayer; Other Board Members: Drew Bray (NICA Team Coach); Tod Conover (Membership); Frank Dixon (Deputy Treasurer); Bruce Eisner (VP Elect); Allen Forbes (Membership Coordinator Elect); Lori Kroboth (Treasurer); Nigel Leigh (President); Tammy Lundquist (Vice-president); Bill Magladry (Weekend Rides); Leon Malmed (Ride Coordinator Elect); Jim Sadilek (Website); Gregg Westerbeck (Membership Growth and Social Media)

Meeting held via Zoom. Called to order at 6:08 pm

### 1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is \$12,646.76. The Paypal balance is \$16,426.07. Frank is in quarantine so he has time

to complete work on the government filings and updating bank records. At the moment only Tammy and Frank can sign checks.

- **Membership:** Tod circulated an email summarizing a recent meeting to revise the



membership process to be in compliance with the new insurance rules. Allen and Nigel reviewed Tods email for the board. Lori will help collect mail from the post office so she can expedite membership fee processing. Leon suggested we look into ApplePay.

- **Weekend Rides:** Leon has organized a number of rides but winter has been suppressing turnout. Nigel suggested contacting weekend ride leaders.
- **Social Media:** Gregg reported that posts have been slow in the off season but he has been staying on top of the posts that require responses.
- **Newsletter:** Michael requests content for the next newsletter by December 18.
- **Website:** No report. Please let Jim know if you spot anything on the website thats needs to be updated.
- **Insurance:** Michael reviewed the insurance mandated waiver issue driving the need to update our membership renewal process for 2021.
- **Clothing:** Bruce has agreed to pick this up from Lori. Drew reports that Primal Wear may be a vendor for next year but they are more expensive.
- **Weekly Road Races:** Joseph has completed his review of the new WebScorer software features. Joseph has obtained Strava swag for prizes but is still working on a plan for the distribution of awards for last season. Off season racing is extended into December.
- **Junior Team:** NICA has new teams in Las Vegas so the league continues expanding. Coach training has expanded and dates for 2021 are being set. Drew is working on plans for next season.
- **Spring Century:** Chris Cherrix and Tammy are getting up to speed.
- **Pinenut Cracker:** It was decided that we

shouldn't invest in a May event given that Covid will still be limiting all of our activities in that timeframe.

- **Challenge:** Michael reported that the immediate focus right now is developing a plan to fill-up the Virus-Safe edition on June 26.
  - **Mixed Terrain:** WebScorer QR code functionality along with other features may be able to simplify holding virtual events. A majority of reviewers preferred the green to the gray version of the CVARS jersey. Unless there is a strong objection we will go with that design. Michael is working to set up an arrangement with Voler for these jerseys.
2. **Bike Fit:** Leon reported that he recently completed a bike fit in the PT department at Barton and members should be aware that if they get a referral to this program their insurance may cover this service.
  3. **Race Coaching:** Suggested that the club may want to facilitate/coordinate/arrange race coaching. Leon will contact potential coaches. Gregg pointed out that the Saturday rides from Big Daddy's is a good opportunity for race training but we would need to make it more accessible to new racers.
  4. **Weekend Ride Waivers:** The new waivers are not available on the website yet. Michael will get copies to Leon and to Jim to post on the website.
  5. **CareFlight and AirMedCare:** Nigel has been talking to representatives of the local air ambulance services with regard to discounts for club members. The companies are not yet willing to offer a bundle so club members still need to have separate memberships with both services. Nigel will get details for the next newsletter.
  6. **Next Meeting:** Monday, Jan 4, 2021, 6 pm, by Zoom Call.
- Meeting adjourned at 7:12 pm

## Local Merchant Discount Program



