



PACELINE

**Alta Alpina
Cycling Club**

**Volume 3 Issue 6
July 2005**

Carson Valley Classic—July 30-31 Seeking Volunteers

Jim Rhiner & Mel Maalouf, Race Directors

In just three weeks the Alta Alpina Cycling Club will once again proudly host the Northern CA/NV Masters District Championships at the Carson Valley Classic. The event consists of the Minden Criterium on Saturday July 30 and the Diamond Valley Road Race on Sunday July 31.

Rider feedback tells us that the racers greatly appreciate our high-quality courses, excellent organization and volunteer spirit. It depends on us to once again make this a success, so please contribute a little of your time to make this event another success.

As a volunteer you'll have a chance to meet some of the top road cyclists, including former Pros and Cat 1s and work with a team of really cool people.

AACC volunteers will provide all of the event support. Many tasks can be performed before the days of the events so we can use your help even if you have other plans for the weekend of the races.

Remember... AACC members seeking ride and race reimbursements can fulfill some of their requirements by volunteering at the Minden Criterium and/or the Diamond Valley Road Race.

For more details, see the race description posted on our website: www.AltaAlpina.org.

Contact one of us today to discuss tasks that fit your schedule and interest.

jim.rhiner@bently.com
775-783-9834

mel.maalouf@bently.com

AACC Wednesday Night Race Series

Troy Walters, Wednesday Night Race Director

We're having another great season of Wednesday night races. Remember, there are no tickets this year! Prices are **\$4 for members, \$7 for non-members**. Route descriptions and race results are posted on our website at www.AltaAlpina.org.

Races start promptly at 6:15 pm. Be there ready to race!

7/5	Tuesday Club Challenge- Franktown RR	8/3	Club Challenge - East Valley Criterium
7/13	Blue Lakes RR	8/10	Genoa Time Trial
7/20	Diamond Valley RR	8/17	East Valley Criterium
7/27	Luther Hill Climb Time Trial	8/24	Diamond Valley RR

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Congratulations Juniors!

Sattley Time Trial

Shawndrea placed 1st
Micah placed 2nd (15-16)
Trevor placed 2nd (17-18)
Andrew placed 6th (under 23)

Nevada City Classic

Andrew placed 1st (under 23)
Micah placed 4th (15-16)
Trevor placed 4th (17-18)
Nick placed 6th

Jr. Districts Time Trial

Trevor placed 4th (17-18)





BikeSPOKEsman

Tim Rowe, AACC and Nevada Bicycle Advisory Board Member

GET INVOLVED, BE FRIENDLY, and SPEAK OUT in SUPPORT of BICYCLING

The Nevada Bicycle Advisory Board met on Thursday June 16, 2005 at Reno Sparks Convention and Visitor's Authority (RSCVA) offices in Reno, NV.

8 of 14 members of NBAB met and discussed many items including a report of history of recent bicycle legislation in front of the Nevada Legislature, the last being in 1991. Signatures are still being collected for the "Bicycle Nevada" vanity plate and forms are at many local bicycle shops and at the Bicycle Nevada web page:

www.bicyclenevada.com

Please sign it and encourage others to sign it too.

Bicycle Nevada jerseys are still selling well and were recently sold 21 at the Lake Tahoe ride and a few at Bike to Work event in Sacramento and more at Tour de Nez this week. Bicycle Nevada socks will be ordered soon.

The Nevada Bicycle and Pedestrian person, Bruce Mackey will be retiring in July – and he will be missed as he has supported bicycle safety so well the past few years.

NBAB still needs a Junior representative – anyone under 21 at time of appointment can be considered.

A few NBAB members went on a bicycle ride with Janet Carson to tour the newly opened Verdi section of the Tahoe-Pyramid Bikeway. The First Link Completion Celebration will be June 17th. The new path is a great improvement over riding along I-80 with the 18-wheelers. Note that after the path is totally complete, (i.e. when NDOT finishes the new fencing) the path will be turned over to the City of Reno. Also FHWA regulations require NDOT to remove the special allowance of letting bicycles on that portion of the interstate at that time.

Next NBAB meeting on August 16, 2005 at Don Reynolds Center in Incline Village.

More information on the NBAB please contact me, Tim Rowe, at 267-9531 -trowebikes@aol.com

AACC Weekend Ride Schedule—July

John Seher, Weekend Ride Coordinator

Sunday July 17, 2005 –Packsaddle Pass and Mormon Emigrant Trail Loop This is a scenic mountain loop on some little known roads with, unfortunately, a bit of riding on a busy highway. To avoid traffic, we'll meet at the foot of old Meyer's Grade where it intersects South Upper Truckee Road and leave at 8:00 am. We head up and over Echo Summit and descend past Strawberry where we leave Hwy 50 for the safety of a lightly travelled USFS paved road. This will take us over Packsaddle Pass to the Silver Fork Road that comes from Kyburz. We'll then climb up to meet the Mormon Emigrant Trail, then Hwy 88 back to Silver Lake, Kirkwood, Carson Pass, and Hope Valley. We'll take old Luther Pass and Hwy 89 back to the start. Lots of climbing and seventy some miles. Bring money to buy food along the way.

Sunday July 24, 2005 –Get that mountain bike down from the rafters, and head for the hills! It's an even numbered day, so we can ride the Rim Trail. We ride from the Ponderosa Ranch at Incline, up the old Mount Rose Road to the Tahoe Meadows, then south on to the Rim Trail and Tunnel Creek. Meet near the Ponderosa Ranch along Hwy 28 at 9:00 am. Riding time is about 6 hours with lots of climbing and technical terrain. Bring your camera and plenty of food and water.



Markleville-Lake Alpine June 12



Presidential Potpourri

Jennie Hamiter

Ah, Summer! Summer is in full swing, and I hope everyone is making the most of the longest days of the year and the warm weather. I also hope you're taking advantage of being an Alta Alpina Club Member!

Have you Posted a Ride on the Ride Board?

Know you're going to be doing a certain ride at a certain time? Post it on the Ride Board, and the posting will get e-mailed to all club members subscribed to the Ride Board. Do you find that the usual club rides are too fast, or too long, or just not at the right time for you? If so, there are probably other people in the club that think the same thing. Come up with the type of ride you want to do, and post it yourself. Enter a good description, hit the "submit" button, and invite 200 of your closest friends.

I've had a few requests this year for rides geared toward **kids**. An *excellent idea!* The club is made up of volunteers, and if you'd like to see the club do some kids' rides, then you're the volunteer we've been waiting for. Post a kids' ride, 5–10 miles, maybe on a dirt road if you know some good ones. The Ride Board now allows you to enter weekly rides (thanks, Joe!), so make it a regular thing, and you may get a regular group going!

Have You Wednesday Night Raced Yet?

If you consider yourself an avid cyclist, you'll probably enjoy the Wednesday Night Races, and you might be surprised that there is a race out there for you. If you're not too keen on riding in a pack, keep

an eye on the schedule for the Time Trials. If you haven't raced before, feel free to start in the D category, and move up if you need to. When I entered my first Wednesday Night Race, I didn't expect it to be nearly as much fun as it was. The races aren't too stressful (emotionally), and if you start to race regularly it feels like you're racing your friends, and it's a pretty sociable affair (well, afterward, anyway). The other racers are always good sports and very encouraging toward each other, and often you end up working with a few other racers to catch or stay away from another group, and nothing will ever push you physically as hard as working together on bikes. You'll get a good workout, to say the least.

Troy always has cookies, licorice and drinks for post-race snacks, and after a race it's pretty easy to convince yourself that a little processed sugar is just what you need. Finally, new for 2005: the club has rented a port-a-potty that will show up to all the races. All the comforts of home - come out and see what it's all about!

Have you Volunteered for and/or Entered the Carson Valley Classic?

You'll probably receive this too late for it to make sense for me to goad you into volunteering for the Death Ride, though I hope you have lent a hand to the event that keeps this club on its feet. But it's not too late for me to ask you to volunteer for the Carson Valley Classic!

Our club holds 2 great races in one hectic weekend, July 30, 31: the Criterium around Minden Park on Saturday, and the Diamond Valley

Road Race on Sunday. To make it less hectic for those of us who help out every year, please join us! Remember that the Ride Reimbursement Program has changed to require 12 hours of volunteer service, and CVC hours count toward those 12. Contact Jim Rhiner [775-783-9834 or jim.rhiner@bently.com] to find out what positions he still needs to fill.

I've been told by avid racers that both venues are among the best in the Northern California/Northern Nevada area, so it's always surprising that there aren't more club members racing it. Most of the races this year are district championships, but there is a race for Cat 3,4,5 that anyone can enter. If you're showing up every Wednesday Night to race, why not show up for the major race event on your home turf?

Goodbye Snow, Hello High Altitude Mountain Biking

It's taken a little while longer than most years, but now the passes are all open, and the snow is starting to melt off the trails in the High Sierras. As of this writing, the Rim Trail is open between Kingsbury and the Bench, and it's just waiting for you and your big chain ring to show it what you got. The Rim Trail is classic, technical singletrack, complete with granite steps and rock gardens. This year, aim to finesse your way over the obstacles on the trail instead of finding a way around them – it's much more rewarding in the long run. Stay on the trails and do your part to keep singletrack singletrack.

Have a great summer! See you out on the road or trail!



Ride Report: Seattle to Portland Bike Ride

Dennis DeLange

Ridden The Death Ride, What's Next?

After riding the Death Ride several years in a row, Chris McMillen and I were discussing a new challenge for the summer of 2004. He mentioned enjoying a two day ride from Seattle, WA to Portland, OR several years ago. That sounded doable, but where was the challenge? Riding it in one day, 206 miles, now that would be a challenge.

The Group Health Seattle to Portland (STP) Bicycle Classic is been run by the Cascade Bicycle Club and is the largest multi-day ride in the Northwest. 8,000 riders make the 200-mile trek of which 1600 finish in one day. Chris and I were encouraged to learn that the total elevation gain was merely 1951 feet with the highest elevation to be the oxygen-rich altitude of 491 feet.

Our early season training went well with the Pardee Party and the Chico Wildflower. After that it was sporadic and inconsistent at best. We both struggled on a very hot windy ride from Carson City to Bridgeport, only 83 miles. This had us investigating the logistics of taking the two-day option and spending the night at the half-way point. A week before the ride, I hammered out the Gardnerville 125 route and Chris rode several passes in addition to mountain biking, so we regained our confidence.

Rolling Out

Setting the alarm clock for 3:30am had us wondering why we subject ourselves to this "fun". At the 4:45 am mass start, we rolled out from the Univ. of Washington into the twilight. Very rough roads, potholes, curbs, traffic circles and squirrely riders got the blood flowing quickly. Luckily, we were coached about what to expect from a long-time friend of Chris who was the ride leader for a bike club called the "Over The Hill Riders". (They actually range in age from 18 to 60 or so.)

The Over The Hill Riders (OTHR) insist they are not a bike club, but merely a "loose association of riders". With a club you need to make rules, have meetings, elect board members, etc. This year they all had matching OTHR jerseys with their motto, "It's all downhill from here." The 14 rider strong paceline was graced with the presence of two Alta Alpina jerseys.

The sunrise along the shores of Lake Washington was memorable and things began to settle down. We breezed by the first few rest crowded stops to save a little time and soon found ourselves motoring along at

25-27 mph over the flat terrain. Chris and I shared

glances at each other that said, "I hope this doesn't keep up all day." Don't get me wrong, it was a blast, but then again we were only at the 40 mile mark. Gradually the pace eased to 22-25 mph. We made brief stops at the rest stops and stayed together. When someone had a flat we'd all stop, pitch in to get it fixed and get on our way in just a few minutes.

Half Way

We skipped the ride's official halfway rest stop and instead opted to stop at the beautiful home of one of the OTHR riders. Several wives assembled a feast fit for kings or in this case some hungry bike riders. We ate and lounged for over an hour until the sky began to darken and a headwind threatened. Chris and I felt good, but 90 more miles did sound a bit daunting. We had very light rain for 45 minutes over rolling terrain and slowly our paceline dissolved into groups of two or three. The sun and heat returned and had everyone really sweating.



We pulled into the last major rest stop to fuel up for the last 30 miles into Portland. Our group reformed with about 12 riders and pressed on at 19-21 mph for the remaining miles over gentle rollers. A final crossing of the Columbia River meant we were nearly home. Several of our group had separate near-misses with a drunk trying to ride a mountain bike. A hero's welcome greeted us as our paceline rolled across the finish line in a lush city park. Chris and I were tired, but all in all we were feeling good. Saddle time: 11 hours 10 minutes.

VERDICT: The ride was well run (25th year) with plenty of SAG vehicles, frequent rest stops, good food and friendly people at the stops. Approx. 35 of the miles were roads with heavy traffic, but a wide shoulder existed. It was fun, I'd do it again!





Alpine County Kids' Bike-A-Thon

Pictures by John Seher

Thanks to club members Tammy DeGiovanni, Jennie Hamiter, Brooks Hill, Russ Probert, John Seher, Troy Walters, and Kevin Willits for helping out with this event.



Before the start of the ride, a safety check was performed on each bike.



It was a mass start, as kids and their adult escorts started the descent from Diamond Valley School.



The rest stop 2.5 miles into the ride where fruit and water were available.



Elation at the turn-around point



Now the tough part - riding UP the hill back to the school. At least there was a barbecue lunch awaiting the riders.



The most exciting part of the event was the raffle for 11 brand new bikes!



A big smile from one of the raffle winners.



The Bike-A-Thon winds down as another raffle winner pedals away on her prize.



Guidelines for Ride Leaders

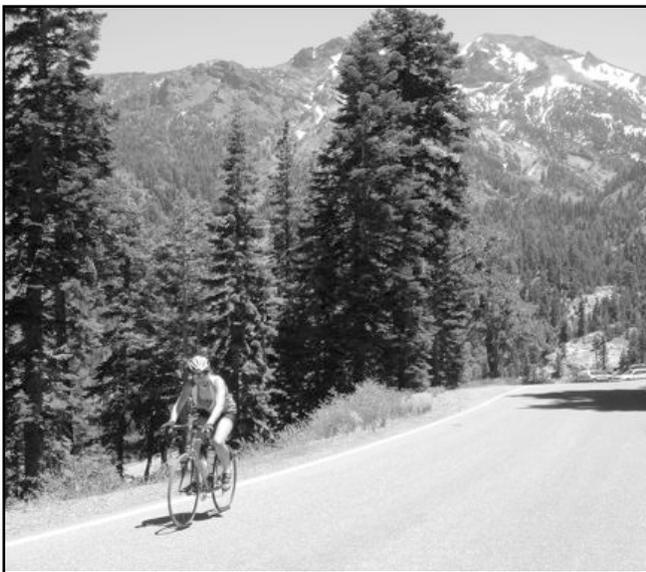
Jennie Hamiter

Every AACC member is encouraged to post rides to the Ride Board. In order to post a ride you must be a member in good standing and you must be subscribed to receive ride board notices by email. (If you haven't been receiving rideboard notices, you can reactivate your subscription by updating your membership profile online. Visit our website at www.AltaAlpina.org, click on the "Membership" link, login, and click "Yes" where it says "Subscribe to Ride Notices".)

As a courtesy to other club members who want to join you, please adhere to the following:

- **Advance Notice** Try to post rides at least 48 hours in advance.
- **Descriptions and Directions** Sometimes non-club members from out of town join our rides, so post rides as if you're writing to them. Provide clear directions to the starting location. Give a good description of the ride, including the length of the ride in both time and distance. For long rides (over 2.5 hours), note whether food or water is available en route. Be helpful and descriptive in your posting.
- **Start Time** Pick a specific start time and stick to it. You should arrive at the start at least 10 minutes before the posted start time ready to ride.
- **Cancellation** Indicate what weather conditions or circumstances cancel the ride. If you can't show up to a ride that you've posted, please try to get an alternate ride leader. Be warned that if you post a second ride notice to indicate the cancelation of an earlier posting, people who check e-mail infrequently may not see the cancellation in time.
- **Waivers** All club members, including ride leaders, are covered under the club's liability insurance, and all members have signed the necessary waiver. However, non-club members have not. *To protect yourself and the club*, bring a blank waiver form and make sure that all ride participants who are not club members sign it. You can download the waiver at: www.AltaAlpina.org/attachments/waiver.pdf.
- **Preparations** Be more prepared than on a typical ride so that you're ready to help someone with a problem. Bring spare tubes, a patch kit, tools, a pump, more water than you think you'll need, etc.
- **Briefing** Introduce yourself to everyone who shows up for the ride; review the route and make note of turns, hazards, and regroup points; and check that all participants know what sort of ride you're doing.

Feel good about having led a ride! Our club exists to support people riding bikes together – thanks for stepping up!



Without the Ride Board



Using the Ride Board



Local Merchant Discount Program

We're excited to announce that local merchants who support AACC will be 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.AltaAlpina.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.AltaAlpina.org

Board Meeting Minutes—June 2005

Attendees: Jennie Hamiter, Jeff Ham, Rick Miyashiro, John Seher, Dana Lookado, Jim Rhiner, Tim Rowe, Christopher Rowe

1. Monthly Status Reports:

- **Treasurer's Report:** Balance as of 06/06/05 is \$46,891.39. The club has spent \$9,306.91 so far this season.
- **Pinenut Cracker:** There were 93 racers registered and the AACC lost \$11.23 sponsoring this race. The post race clean up was very well organized and well attended by various organizations and helped tremendously by the four wheel drive club.
- **Weekend Rides:** There are good rides coming up for the next three Sundays. The Wellington-Bridgeport ride was one of the best attended rides.
- **Wednesday Night Races:** The AACC has been asked to place a port-a-potty by the Alpine County Public Works Office in the parking area where the Diamond Valley Road Race starts. The AACC is considering the logistics and looking for volunteers to manage this matter.
- **Memberships:** There are 228 members in good standing out of 179 memberships. Receipt of dues from 10 memberships are pending. Reported by Jennie for Michael.
- **Carson Valley Classic:** The estimated budget for the CVC is \$10,000.00. The ads are supposed to appear in the June and July 2005

issue of the NCNCA Newsletter. Dana will handle the press release. Mel will handle the EMT and volunteer support. Radio communication still needs to be worked out. Jim is waiting for the list of the residents' mailing list so homeowners along the race courses will be notified. Port-a pottys and banners still need to be worked out.

- **Death Ride:** Continues to move along well and jerseys ordered by riders will be mailed to them.
2. **Newsletter:** Dana is resigning from the position as newsletter editor due to her business commitments. Jennie will be e-mailing members for volunteers.
 3. **Junior Race Team:** Mel had requested reimbursement for juniors racing in Category 3/4/5 races. Details were not known and the issue was referred to the current AACC reimbursement policy until Mel attends the meeting to clarify the issue.
 4. **Alpine County Kids' Bike-A-Thon:** The kids had a fun ride with CHP escorts and rest stops along the way.
 5. **Worthwhile Donations:** The Board is seeking ideas regarding how best to spend some money on worthwhile cycling related areas. Send in your ideas and participate!



Alta Alpina Cycling Club

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 Minden, NV 89423 877-845-BIKE
 www.AлтаAlpina.org

MARK YOUR CALENDARS

The Death Ride7/9
 Packsaddle Pass Loop7/17
 Rim Trail / MTB7/24
 Carson Valley Classic 7/30 & 7/31
 Wednesday Night Races .every Wed @6:15

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.AлтаAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Chris McMillen	Vice President	chris.mcmillen@bently.com	
Rich Miyashiro	Secretary	davelynrick@aol.com	775-265-6764
Jeff Ham	Treasurer	jeff.ham@bently.com	
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
John Seher	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-849-1876
Dennis Delange	Road Cleanup Coordinator	dennis.delange@bently.com	
Joe Marzocco	Website Coordinator	j_marzocco@yahoo.com	530-542-3994
Mel Maalouf	Junior Team Coach	mel.maalouf@bently.com	
Jim Rhiner	Carson Valley Classic	jim.rhiner@bently.com	775-783-9834
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531
Troy Walters	Wednesday Race Director	racedirector@AltaAlpina.org	

All AACC members are welcomed to participate in our **Board Meetings** held the **first 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 your cycling opportunities. Join us on **August 1st.**

July Newsletter Editor:
 Michael Bayer