



PACELINE

**Alta Alpina
Cycling Club**

Volume 17 Issue 2
Feb/Mar 2019

Alta Alpina Spring Membership Party



Thursday, April 11 — CVIC Hall, Minden NV — 6:00PM

The annual Alta Alpina Spring Membership Party is the official kick-off of the cycling season in the Tahoe—Alpine—Carson City—Carson Valley region. This year the party will once again be at the historic CVIC Hall in downtown Minden. This is a central location with lots of nearby parking.

There will be free food, friendly people, and lots to see and learn. Again this year we're holding the big Bike Swap: Bring any bike-related items to give away or sell. Bike stuff left behind at the end of the night will go to the junior team or ROP.

You can join or renew your membership at the party, but to avoid spending time in line, you can renew your membership now online. If you were a member in 2018 we just need you to confirm your contact information and to renew with a check or Paypal payment for your 2019 membership.

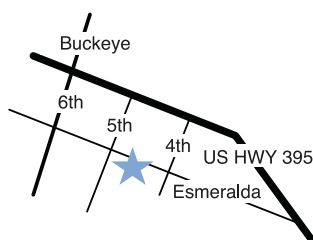
Know any friends or neighbors just getting into cycling? Bring them along and we'll sign them up at the door—you'll earn a credit and a chance to win! For any questions contact Tod Conover on the club hotline at 877-845-2453.

Doors open at 6:00 pm. See you there!

Bike & Stuff Swap • Trade

Bring your bike related stuff for sale, or give away to other AACC members. You will have the opportunity to sell, buy, give away, or pick up bike related items.

CVIC Hall
1602 Esmeralda, Minden



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March Mileage Contest Starts March 15

Time to Start Riding Daily!

The annual Ides of March contest kicks off this week and runs the four weeks leading up to the spring party. Prizes will be awarded at the party.

Membership Drive

We're working hard to expand our membership in 2019 and we're asking everyone to help. You'll get a \$10 credit for every first-time member you recruit. Whoever recruits the most new members by the spring party will also win a prize.

Time to Renew Your Membership!

If you haven't already done, so, please renew your membership today:

<http://altaalpina.com/>



Presidential Posting

Nigel Leigh, President

The answer is cross-training. You're all fit active people, cranking those pedals all summer, so its natural to keep fit and active in winter too. Club members are out there cross-country skiing, snow shoeing, resort skiing, back-country skiing... (Editors note - for context, this was written during a very snowy February) Hopefully you're out there getting into it too, keeping the legs strong and letting the saddle callouses soften a little. Its healthy to adapt with the seasons, do something new for a while.

Hey, those of us in the Carson Valley, isn't it great how just one fine day can have all the plowed roads dry and ice-free? And its kind of a fun novelty to shovel snow for a while. For those up at the lake, probably not so much...

Being new to the club committee meetings, I still find it astounding how much is being worked on now, in

preparation for a great cycling season. Just take a peek at the minutes to see what I mean. A big thanks to all the team for the time and enthusiasm being put it! Now there is something that all other club members can do to help. It relates to the membership party on Thur 11 April. Think of all your friends and colleagues who are on the fringes of cycling, who've said things like "I'd like to do more of that but...". That's all, just think of them all and make a list. You have one month, get to it.

So, no Paceline last month, so you had to just think of and list any friends & colleagues who are on the fringes of cycling, well that's gone already. By the time you read this it'll be just a month before the spring membership party. So give yourself say 2 weeks to plan your targets. Then you have 2 weeks to entice them into coming along. Get to it!

AACC Weekend Ride Schedule—March/April

Rick Miyashiro, Weekend Ride Coordinator

Sunday, March 17, 2019 — Genoa to ?

Meet Dave Scarborough at the city park in Genoa at 1:00 PM. (Go towards the mountains at the four way stop and it is on the left. Don't park at the state park.) We'll head south on Foothill to the Cotton Woods and then right to either the state line or if motivated 88, then back for about 25 miles.

Saturday, March 30, 2019 — Genoa-Diamond Valley

We will meet at the city park in Genoa (see above) at 11:00 AM. This will be an easy paced roller out to Diamond Valley, with a counter clockwise loop and return to Genoa for about 40 miles.

Sunday, April 7, 2019 — Woodfords to Ebbetts Road Closure

Meet at 12:30pm in Woodfords on Old Pony Express Road - not in front of the Woodfords General Store, but up the hill from it, by the big trees. This will be an easy-paced, early season ride, riding out toward Ebbetts Pass. We'll turn around at whatever gate is closed, probably Wolf Creek. It's an out and back, so you can turn around when you want to. We'll probably climb about 1500 ft and ride about 20 miles.

Sunday April 14, 2019 — Target South to State Line (Fredericksburg)

Meet at 11:00am in the north side of the Jacks Valley Target parking lot. We'll ride about 32 miles out-and-back taking the rollers on Jacks Valley Rd south to Foothill to Fredericksburg turning around at the state line. Pace TBD.

Sunday April 20, 2019 — Washoe Lake Loop

Meet at 11:00am at Schats Bakery Carson City. We'll ride about 30 miles out and over the hill to Washoe Lake. Do a counter clockwise loop with a stop at Bowers Mansion.

Sunday April 20, 2019 — Schat's to Pleasant Valley

Meet at 11:00am at Schats Bakery Carson City for a 46 mile counter clock wise loop option to Washoe Lake Loop taking bike path, then up over Coombs Canyon then north on East Lake, down to Pleasant Valley, up Washoe Hill, back along Franktown Rd, and up to Lakeview, Numaga Pass and back down to Schat's Bakery.



Alta Alpina Cycling Club 2019 Ides of March Mileage Contest Log

Bring completed log to the Spring Membership Party on April 11

Name: Gender: M / F

The Ides of March Mileage Contest is Back!

Here's how to participate:

1. Print and use this official mileage log.
2. Ride as many miles as you can over 4 weeks starting on March 15.
3. Record the number of miles you ride each day and where you rode.

If you ride dirt, those miles count for double.

4. Bring your mileage log to the Spring Party on April 11. You must be present to win!

	Friday 3/15	Saturday 3/16	Sunday 3/17	Monday 3/18	Tuesday 3/19	Wednesday 3/20	Thursday 3/21
Where?							
Mileage							
Week Total							

	Friday 3/22	Saturday 3/23	Sunday 3/24	Monday 3/25	Tuesday 3/26	Wednesday 3/27	Thursday 3/28
Where?							
Mileage							
Week Total							

	Friday 3/29	Saturday 3/30	Sunday 3/31	Monday 4/1	Tuesday 4/2	Wednesday 4/3	Thursday 4/4
Where?							
Mileage							
Week Total							

	Friday 4/5	Saturday 4/6	Sunday 4/7	Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11
Where?							
Mileage							
Week Total							

Note: Miles on dirt count for double. If you rode dirt miles, write down twice the mileage ridden.

Grand Total



Thursday Evening Race Series – 2019 Season

Michael Bayer, Race Administration

New Schedule and New Venue

The 2019 Alta Alpina racing season kicks off on April 18.

We're hoping that everyone will come out on Thursday evenings to join in the fun. Whether you're a veteran or you're gearing up for your first race, please read on so you're up to speed!

Race Season Passes and Race Chip Deposits

We'll be offering race season passes (\$110) again this year—a great way to save on weekly race fees. All racers need to mount a race chip (\$20 deposit) on the front right fork of their bicycle for each race. You'll want to get both at the Spring Membership Party on April 11.

Race Schedule

The race schedule for 2019 once again features a full set of twenty races with something for everyone.

4/18	Fredericksburg Prologue (See below)	5/30	Kingsbury Time Trial	7/25	Pinenut Road Race
		6/6	Diamond Valley Road Race	8/1	Kingsbury Time Trial
4/25	Diamond Valley Road Race Short Course	6/13	Jack's Valley Time Trial	8/8	Diamond Valley Road Race
		6/20	Diamond Valley Double Back Road Race	8/15	Blue Lakes Time Trial
5/2	Starbucks Criterium			8/22	Starbucks Criterium
5/9	East Valley Time Trial	6/27	Fredericksburg Two Up Time Trial (See below)	8/29	Fredericksburg Time Trial
5/16	Pinenut Road Race			9/5	Diamond Valley Road Race Short Course
5/23	Starbucks Criterium	7/11	Eagle Ridge Circuit Race		
		7/18	Blue Lakes Time Trial		

Notes for 2019:

- Chip Deposit: The chip deposit is now \$20 to reflect the actual cost of replacing chips. (If you have not yet returned your chip from 2017 or 2018 please get them back ASAP as they have to be reworked for 2019.)
- Buddy Pass: .Season pass holders (\$110) will now be entitled to bring a buddy to race for free at a single race.
- Time Trial Series: Never race before and not sure that you're ready to race? Plan on doing the Time Trials!

Race Categories

Racers continue to be grouped into 5 categories. Racers compete within their category for points through the season. In road race, criterium, and circuit format races all racers of the same category start together and may draft one another but may not draft racers in a different race category.

Use the following **guidelines** for choosing your category initially:

Category A: Advanced/Very Fit/Race Experience/Train for Racing.

Category B: Competitive/Very Fit/Race Experience

Category C: Competitive/Fit/Masters 50+/Strong Endurance

Category D: New Racers/Masters 60+

Juniors: 18 years and younger who don't want to race with adults

Everyone is strongly encouraged to participate in the Fredericksburg Prologue (all participants get 10 points). This race is the best time to validate category choice. Results will be available at the end of the race and everyone is free to change categories based on their standings. Subsequently, points earned in one category cannot be moved to a different category. However a racer can switch categories right at the conclusion of a Time Trial and have their time ranked within their new category. Racers can only switch categories once after the Fredericksburg Prologue.



Board Meeting Minutes—February 11, 2019

Secretary: Michael Bayer; Other Board Members: Kimberly Bodenstern (Social Media); Tod Conover (Membership); Frank Dixon (Treasurer)(by telephone); Lori Kroboth (Deputy Treasurer); Nigel Leigh (President); Tammy Lundquist (Vice-president)(by telephone); Rick Miyashiro (Weekend Rides); Jim Sadilek (Website); Thomas Walker (Highway Cleanup)

Venue: Jethros, Gardnerville Ranchos
Meeting called to order at 6:14 pm

Minutes of January Meeting approved as presented
[Nigel/Tod/Unanimous]

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is \$8747.46 . The Paypal balance is \$4290.21. There were a number of significant payments since the last board meeting. Frank will organize a meeting at the bank with Nigel and Lori Kroboth to update signers for the checking account.
- **Membership:** Tod drafted a renewal reminder email which was sent to all members and included in the newsletter. So far board members and 12 member payments have been processed. One Paypal problem reported and Tod is investigating. Tod and Gregg proposed a contest for membership recruiting with a prize to be awarded at the spring membership party. [Tod/Michael/Unanimous].
- **Weekend Rides:** Rick has scheduled the ride planning meeting with the weekend ride leaders (Tony, Jennie, Dave, and Curtis) on Feb 21 at Super Burrito 4PM to work out schedule for at the least the first half of the season. Michael will attend to do an insurance review.
- **Social Media:** Michael will coordinate. a meeting with Kimberly to get her connected on the photos account, to confirm all accounts are working, and to get her up to speed on all the social media priorities. Nigel needs to check with Corby again on account credentials.
- **Newsletter:** Michael will issue a February newsletter if all the necessary content comes in before February 16.
- **Website:** Jim has created an awesome new web page banner more consistent with the club's visual branding and has begun installing it on the pages of the website. Tod pointed out the need to make the website as mobile phone friendly as possible. The pros and cons of using a content management system were discussed.
- **Insurance:** Completed purchase of LAB club GL and D&O insurance for 2019. General Liability Policy was \$1053.50 and D&O was \$575.00. New for 2019 is the requirement that *All* ride participants should sign ride waivers *every* ride. We're still awaiting the quote for Challenge insurance.
- **Clothing:** Lori has updated the counts of our clothing inventory so that we can update the Paypal sales page.
- **Weekly Road Races:** Michael is still working on the budget for the 2019 season which depends on the cost for new chip holders to replace the original ones which are failing. New materials and an assembly process has been worked out. Michael is working on a poster to promote participation in the race series from a broader geographical region. Members are asked to submit any high quality race pictures that could be used for this poster. Kimberley volunteered to contact racers who have not returned their chip.
- **Junior Team:** It was suggested that Junior team interested in MTB events should attend Sea Otter and/or other early season California MTB cross country events in addition to road events. Kimberley will talk with Mel.
- **Spring and Fall Centuries:** Discussed the possibility of a general-purpose poster that promotes key events for the entire Alta Alpina year including the spring party, spring century, Challenge, and fall century. Tod and Gregg will talk with shops to identify what size would be appropriate. The idea is to have something that can be a talking point in shops to direct traffic to the website.
- **Adopt A Highway:** Frank will contact Thomas to coordinate handing off all the gear for Adopt-A-Highway and how to complete the CalTrans training so Thomas can register as the official club contact with CalTrans.
- **Pinenut Cracker:** Given the BLM permit backlog, it's unlikely we can get the classic Pinenut Cracker in 2019. There's an interest in



doing something as a placeholder in 2019, particularly for Juniors.

- **King of Kingsbury Time Trial:** Michael will check with Reno Wheelmen on their plans for the hill climb series and contact Allan Biaggi to see if he's interested in hosting again.
 - **Cyclocross Race:** Michael will check with Robert & Scott regarding their interest.
 - **Mixed Terrain:** Michael has studied the proposal for a downtown Minden start and recommends against it unless it's a showstopper for sponsorship. It was agreed that we should proceed with proposing the routes as they are currently planned.
 - **Challenge:** Michael is working on budget including finalizing pricing incentives and getting quotes from significant vendors. There was discussion of cancellation insurance but it was agreed that the primary issue is getting people to commit early--before they are committed to other activity for the June 29 weekend. The action item is to develop messaging that addresses this.
 - **Bike Advocacy:** No Report.
2. **Club Visual Branding:** After a wide-ranging discussion of the club's existing logo, color scheme, and other visual branding, it was decided that the club would retain its focus on the existing color

scheme. Changes to the logo and visual branding, if any, will be evolutionary. The driving issue right now is the color scheme and branding for the new tent. The consensus was that the tent should be either club blue or club yellow with the club name in the style developed by Jim Sadilek for the website and possibly the triangular logo on the roof (assuming no extra cost). Jim will mock up versions of this graphic on yellow or blue backgrounds. Matching banners will be purchased that match the front side graphics to be attached to the front of other tents. The NICA team would like dark colored jerseys rather than white jerseys with the club graphics. We'll work on an MTB jersey design that reflect the design of the existing club jersey but uses the club's blue color as a background color. Tod will explore ideas for evolving the logo.

3. **Beware Phishing Emails:** Malevolent scammers are targeting the club with phishing emails. It was noted that the recent attacks were not purely algorithmic with signs that a human had to figure out that we had changed presidents and set up their phishing software to target club officers with requests from Nigel for transfers of funds.
4. **Next Meeting:** Monday, March 4, 2019, 6 pm, Lakeside Inn in Stateline.
Meeting adjourned at 8:06 pm

Board Meeting Minutes—March 4, 2019

Secretary: Michael Bayer; Other Board Members: Kimberly Bodenstein (Social Media); Tod Conover (Membership); Frank Dixon (Treasurer); Lori Kroboth (Deputy Treasurer); Nigel Leigh (President); Tammy Lundquist (Vice-president); Rick Miyashiro (Weekend Rides); Jim Sadilek (Website)

Meeting called to order at 6:16 pm
Venue: Lakeside Inn, Stateline NV

Minutes of January Meeting approved as presented
[Nigel/Tammy/Unanimous]

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is: \$8711.69 as of 2/28. The PayPal account balance is 4864.04. Insurance was the main expenditure over the last month. Nigel and Lori will meet Frank on 3/14 at the bank to update signature cards.
- **Membership:** Tod sent out membership

reminder and memberships renewals are coming in. Gregg is touring SoCal putting up posters and promoting the club. Kimberly asked that Gregg capture pictures of posted posters in order to post to social media.

- **Weekend Rides:** Rick organized a meeting with weekend ride leaders. The team scheduled rides through July. A March 30 ride lead by Rick will be the first official weekend club ride.
- **Social Media:** Kimberly has taken control of the Facebook and Instagram accounts and everything is picking up. She was contacted by



Carson Valley Suicide Prevention Network to coordinate with their Genoa to DV ride. Gregg thinks its a great opportunity to connect with locals. Their event is planned for September.

- **Newsletter:** Michael will get the March newsletter out as soon as possible.
- **Website:** Font issues were discussed. Jim mocked up tent graphic based on the new web banner and updated the home page with a poster for the Spring Party.
- **Insurance:** We still haven't received a quote for challenge insurance. Kimberly volunteered to have her insurance firm get quotes for the Challenge and the races. She also offered to look into property insurance. The club needs to develop an inventory of club property with replacement costs.
- **Clothing:** No report.
- **Weekly Road Races:** Michael is still working to price all the components for the reworked race chips. Kimberly now has the records of the racers who have not yet returned race chips so she can contact them. The replacement cost will be higher than \$10 so it was decided that the deposit for chips be raised to \$20 but all other pricing would remain the same as 2018. [Nigel/Tammy/Unanimous] Frank proposed that each season pass holder should be able to bring a buddy for a single free race each season and the board agreed. The board also agreed that a mechanism to get same-day capture of non-member email addresses and to send race results to non-members within a day or two of the race.
- **Junior Team:** A few junior team members will be going to Sea Otter.
- **Spring and Fall Century:** The idea of a poster that promotes club activities and events was discussed. Tod would prefer a poster with just a logo and QR code that points people to the club website. Tod will work with Gregg on details. Next step is for everyone with an idea to work up ideas and share them with the board. Size should be

either letter size or ledger size or perhaps both.

- **Adopt A Highway:** Frank hasn't been able to access his garage where all the gear and information is due to the snow in Tahoe.
 - **Pinenut Cracker:** Brian is working on ideas for something we can do in 2019. He'll get back to us shortly.
 - **King of Kingsbury Time Trial:** Allen Biaggi has volunteered to manage this event this year.
 - **Cyclocross Race:** No report.
 - **Mixed Terrain:** Michael met with Carlo after the last board meeting and is working on an updated presentation. Carlo has scheduled a workshop on seeking marketing grants.
 - **Challenge:** Registrations flowing in. Gregg posting posters and reaching out to other clubs. Kimberly advancing visibility through social media. Michael is working on a comprehensive budget--porta potty quote is in but still waiting on a number of big ticket items. Michael will send work-in-progress to Lori so she can get started on club budget and pro-forma cash flow. Board agreed on post May 1 fees: \$99 for 1-4 pass, \$145 for 5-6 pass, \$165 for 7-8 pass.
 - **Bike Advocacy:** The Amgen mens race is coming back to Lake Tahoe. It was suggested that the club should seek to have a presence at the finish to promote our club and events to spectators. We should get new tent in time for this event. Carlo or Curtis should know what is involved in getting into this venue. We should also investigate visibility at the Epic Ride in Carson City.
2. **Robert Braun's Race:** Robert Braun has volunteered to sponsor a special time trial event in Washoe Valley that creates a level playing field for all participants. The board was enthusiastic about the proposal. July 4 was ruled out so we're looking for a weekend date.
 3. **Next Meeting:** Monday, April 1, 2019, 6 pm, Jethros in Gardnerville.
Meeting adjourned at 8:0 pm

Local Merchant Discounts

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



BlueZone @ Sports





Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

Ides of March Contest Starts	Fri, March 15
Spring Party at CVIC Hall	Thurs, April 11
First Thursday Race	Thurs, April 18
Spring Century	Sun, May 26
Alta Alpina Challenge	Sat, June 29

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

Nigel Leigh	President	president@AltaAlpina.org	775-790-6373
Tammy Lundquist	Vice President	tahoe.tammy@gmail.com	530-545-3155
Michael Bayer	Secretary	secretary@AltaAlpina.org	877-845-2453
Frank Dixon	Treasurer	bikeboygo@yahoo.com	530-318-1574
Tod Conover	Membership Coordinator	membership@AltaAlpina.org	877-845-2453
Rick Miyashiro	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-450-6457
Lori Kroboth	Deputy Treasurer		
Gregg Westerbeck	Membership Growth Coordinator	growth@altaalpina.org	650-276-6951
Michael Bayer	Alta Alpina Challenge Ride Director	challenge@AltaAlpina.org	877-845-2453
Desiree Aarts Kiley Reid	Thursday Road Race Stewards		877-845-2453
Thomas Walker	Road Cleanup Coordinator	trun@aol.com	210-392-2175
Kimberly Bodenstein	Social Media Coordinator	Kaltaalpina@gmail.com	
Lori Piccini	Clothing Coordinator	clothing@altaalpina.org	877-845-2453
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Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Jim Sadilek	Website Coordinator	ccwatchmaker@gmail.com	
Kimberly Bodenstein	Social Media Coordinator	kaltaalpina@gmail.com	
Michael Bayer	Paceline Editor	paceline@AltaAlpina.org	877-845-2453
TBD	Volunteer Coordinator		
TBD	Marketing Coordinator		

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 Carson Valley and South Lake Tahoe.. Join us on **April 1** at **Jethros** in the **Gardnerville Ranchos.**

Newsletter Publisher:
 Michael Bayer