



PACELINE

**Alta Alpina
Cycling Club**

**Volume 6 Issue 4
May 2008**

AACC Weekend Ride Schedule—June/July

Twain Berg, Weekend Ride Coordinator

Sunday, June 7, 2008 — Kingsbury-Luther-Blue Lakes Loop

Meet at 7:00am, ready to roll at 7:15am. A medium paced ride over medium-hard terrain starting at Kingsbury Grade and Foothill. This ride combines the Kingsbury-Luther Loop and the Blue lakes Out-and-Back. Tahoe riders can meet us at So. Upper Truckee and Hwy 50 at 9:30 AM. Riders can choose to do the whole ride, just the Kings-Luther Loop or just the Blue Lakes Out-and-Back. Bring plenty of food and water as there is often none at Blue Lakes. Many places to regroup. Food and water in South lake Tahoe and in Woodfords. About 85 miles and 6600 feet of climbing. Contact Twain Berg at 665 901-6043 or email at sagebum@charter.net.

Saturday, June 14, 2008 — Ride the Passes

Riders can choose from up to 8 passes to ride depending on their preferences. Four passes for a century, eight passes for a double century. We'll have water, sports drink, and snacks at 9 rest stops, a meal at the end, plus SAG along the course. See article on next page.

Sunday, June 21, 2008 — Tri Valley Tour

Meet at 7:45am, ready to roll at 8:00am. A medium paced loop ride over easy to medium terrain starting at Foothill Rd and Kingsbury Rd. Generally we will head south to Woodfords, around Diamond Valley and over to the Ranchos for lunch. Out to Pinenut Rd., Out-R-Way, north on East Valley to Johnson Lane, north on 395, west on Jack's Valley, south on Foothill to Genoa and return to the start. Exact distance and route will depend on participants and the winds but could be as much as 80 miles. There are many bail out points and places to regroup, refresh and re-supply. Contact Corey Bolton at 782-4729 or email cd.bolton@charter.net.

Saturday July 5, 2008 — Ebbetts Pass/Lake Alpine

Meet at 9:00am behind the courthouse in Markleevile (8:00am slower riders), ready to roll at 9:30am (8:30am slower riders). For those who don't know the route its a 65 mile out-and-back with steep climbs and decent. You have the option to go hard with Jim or slow with Chris or just somewhere in between. Lunch at Lake Alpine bring money or lots of lunch snacks. Contact Chris or Jim Rhiner at 783-9834 or email at forestyoga@netzero.net.

Sunday July 13, 2008 — Mormon Emigrant Loop

Meet at 9:00am, ready to roll at 9:15am. We'll start from the Iron Mountain Sno-Park parking lot, located near Highway 88 and Mormon Emigrant Trail less than 0.5 mile off 88 on the left. We all get this weekend off this year, but we can still work hard the way we enjoy: on our bikes. We take very lightly traveled roads for most of the ride for a total of about 70 miles. It will be a long day, possibly 7-8 hours, so plan accordingly. Bring plenty of food and water, and a spare tube. Contact Jennie at president@altaalpina.org.

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Bike Travel Boxes

As a club member you can use one of the club's bike boxes when you travel by air or train. The boxes are now stored at the Rhiner's but one box is missing and we need help locating it! Call (775)783-9834 to arrange for borrow one, or if you have information on the missing box.

Rules of the Road

"Remember that bicyclists and drivers share the same road, same rules, same rights - bicyclists have the same rights and responsibilities as motorists under the law and are safest when they act and are treated like normal traffic. Acting differently from traffic and behaving in unexpected ways is what usually gets bicyclists into trouble."



"Ride the Passes" on June 14

Michael Bayer, Ride Leader and Brenda Giese, Volunteer Coordinator

Riders and Volunteers Needed for this Club Century and Double Century

We need riders and volunteers for our club ride on June 14. This is a very special weekend ride because we're testing the course for our new fund raising event. We need riders of every ability so that we can set the right rest stop opening and closing times for next year's event and to get feedback that will help perfect it. Whether you've volunteered for the Death Ride® in the past or not, please help by riding or volunteering or both.

The new ride is simple. Like our former event, participants collect stickers as they climb mountain passes. The difference is that we offer a menu of 8 passes and riders choose which ones they want to climb. Each pass has a rest stop with posted open and close times that must be respected and riders must ride the passes in the right order for safety reasons. The shortest one pass option is 30 miles and the flattest is 52 miles. A few of the toughest riders will dig deep and manage to complete all 8 passes (196 miles) in one day.

On our June 14 club ride we'll have water, sports drink, and snacks at 9 rest stops, a meal at the end, plus SAG along the course. To cover the cost of serving food and for gasoline for SAG we need to ask everyone to chip in a little money: \$25 for those riding up to four passes (approximately 100 miles) and \$35 for those riding more. For insurance reasons, all riders need to be members of the club and have signed the

club's liability waiver. We encourage non-members to send in their club membership form and ride registration together.

To register for the ride simply mail a check for the appropriate amount (\$25 or \$35) payable to "Alta Alpina Cycling Club" to:

Alta Alpina Cycling Club
PO Box 2032, Minden NV 89423

Make sure your name (as you spelled it on your membership application) appears somewhere on your check and write "June 14 Ride" somewhere on the check. Any checks received from non-members (without a membership form and payment in the same envelope) will be returned. When we receive your check we'll send you an email confirming that you are registered for the ride and providing all the details.

If you've ever ridden a double century, please give all 8 passes a try.

We really need rest stop volunteers and SAG drivers. You can ride 1-4 passes and then help the riders doing 6-8 passes by driving SAG or working a rest stop. To volunteer to help plan the June 14 ride or to help out on the day of the ride please send an email to:

volunteers@altaalpina.org

If you have any questions please send an email to:

june14@altaalpina.org or call: (877) 845-BIKE

Carson Valley Classic Masters District Championship Bike Race

Garth Jackson, CVC Volunteer Coordinator

It's T-minus two months until the Carson Valley Classic. The online registration is up and anticipation for the NCNCA Masters Championships is building. If you are racing, spectating, or cheering on your favorite prince/princess of the pedals it is my job to see that you know how to volunteer for the numerous tasks that make this event a landmark of the local cycling calendar. Nothing easier, just contact me by email and drop your contact info as well as any tasks you may excel at.

To be involved in the race makes it a little more intriguing to most people, and there is a vast buffet of things to do. We will have people driving pace cars, people driving follow cars, people course marshaling and people working the feed zone. There will be a small team to orchestrate the athlete registration, and a team to mark the course. All good clean fun, except maybe for whoever ends up clearing cow pies off the course, and volunteers have the benefit of a free lunch and all the sunscreen you can slather on.

Thanks to those who already volunteered at the spring party, and thanks in advance to everyone else.

Garth Jackson, g.jacksonbsee@yahoo.com



Presidential Pedaling

Jennie Hamiter, President

Ride for Good

May is Bike Month, with many local and national activities to motivate people to use bikes as transportation. And gas is approaching \$4 a gallon. Coincidence? Try commuting to work by bike this month. Consider this: if you make it a regular thing, the money you save on gas, as well as on car maintenance costs, will let you afford to buy more bike stuff. Can't beat that!

If work and home are too far apart to allow easy bike commuting, get creative. Try driving half way and then riding. Or, drive to work with your bike and then ride home one day, ride to work the next morning and drive home in the evening. If you can't ride to work in the clothes you'll be working in, then bring in several changes of clothing on a day you do drive, and leave them there all week.

Encourage yourself and your friends, neighbors, and kids to use their bikes as transportation. You all might...

- get more riding in,
- stay that much more fit,
- save some money,
- cause less air pollution,
- set a good example, and
- start a trend.

This year AACC is holding a Bike Commuter Challenge in celebration of Bike Month. Compete against other club members by keeping track of all miles you ride when you could have driven your car, for the entire month of May. There will be a winner for overall miles commuted, and another winner for number of car trips saved. A commuter mile is any mile ridden on your bike instead of your car, for a designated purpose like going to work, school, the store, the start of an Alta Alpina race or ride, etc - but no extra miles for taking the scenic route. A commuter trip is any one leg of your commute, for example: round trip to work is 2 trips; round trip to work plus a stop at the store on the way home counts as 3 trips. You keep track - it's all on the honor system.

Pete Costa is coordinating this, so send your logs including total mileage and total number of trips to him, at intandempc@aol.com, by June 10, 2008.

Last winter's club survey results said that about half of you already bike commute at least occasionally, which is great, but let's make it 100%. Figure out the logistics, leave that car in the garage, and start reaping more benefits from your bike.

Earth Day Cleanup

Pete Costa, Highway Cleanup Coordinator

On Sunday, April 20th, several members of the Alta Alpina Cycling Club banded together despite cool temperatures to extricate 5 bags of trash and 1 bag of recyclables from our little stretch along Highway 89 between Woodford's and Markleeville. The list of treasures found along the roadside is short, but the stories of the treasures found and adventures of the day were grand. As witnessed in the picture below, we came together with our pick-up sticks held high and our stomachs full of Starbuck's to smack down our common nemesis known as ... the litter bug. Special thanks to Inge Costa, Carson Costa, John Seher, Suzie Stockdale, Twain Berg, Robert Braun, Mark Pupich, Dee and Craig Steele for your unfaltering dedication to nothing else on a cool and windy April Sunday morning.





Gardnerville 100, 2008: One Hot Ride

Big Thanks to Big Daddy, aka Keith Hart, for once again organizing the Gardnerville 100, on May 18 this year. Thanks to Keith and Monica for allowing their home to be the ride's staging area, and for letting a bunch of sweaty cyclists loiter about the place. Their house is the perfect place for the post-ride barbecue with the park-like setting, the pond, and the gazebo.

Curtis Fong was once again indispensable as SAG driver in the ultimate SAG vehicle; this year he was the only on-course support, but kept us all hydrated and fed on what was the hottest day of the year thus far. The 50-some-odd riders who rode that day thank you, Curtis! (Photos also by Curtis.)



Ready to Roll at the Start



Topaz Rest Stop



Monitor Rest Stop



AACC Member Profile:

Tim Rowe

AACC Member since: 1990 - on the AACC Board since 1991 - Offices held; President, Vice-President, Treasurer, Death Ride Coordinator, Death Ride Committee Member, Bicycle Advocacy Coordinator, and spouse of former Newsletter Editor

Current Residence: Carson City - North Douglas - NV since 1986

Immigrant from: Anchorage, AK; Sacramento-Los Angeles-Pollock Pines, CA; Iron Mountain, MI (in the UP)

Résumé:

21 years straight years of riding (mostly road) - averaging 3,500 miles and 10 centuries/year. I am currently the Chairman of the Nevada Bicycle Advisory Board (appointed by the Gov to represent an Organization Promoting Bicycling). Also involved with the Nevada Bicycle Coalition and the Lake Tahoe Bicycle Coalition. Lastly, I have been an Race Official with USCF since 1992.

Bikes I ride: Trek 5200, Specialized Allez (at work bike, a used Burley tandem (with my wife Hank, aka Harriet)

How I support my Bike Habit:

For my real job; 28 years as a Hydrologist with U.S. Geological Survey, Water Resources in California,



Alaska and Nevada. Also teach Water Quality Monitoring of Streams and Lakes as an Adjunct Faculty Member at Lake Tahoe Community College in SL Tahoe.

In one word, my cycling style is...: Steady & even and love century rides. Ride on - but smell the roses along the way

Favorite Rides/Races:

Fall River, Mile High, Fall High Sierra, Crater Lake Centuries to name a few and Cycle Oregon for a week-long ride.

Favorite Post-Ride Food:

BBQ chicken/turkey, pasta, salty chips and water & beer

Other Sports & Pastimes:

Family, raising a near 6-year old (Christopher), hiking, camping, exploring, maintaining a yard and snowshoeing

Ambitions/Aspirations:

Get more people out on their bikes and help make cycling more accessible and safer

My Motto or Inspired Quote:

"Don't find fault; find a remedy." (Henry Ford)

Grab Bag:

Be positive and appreciate life, family/friends and sunshine

2008 Race Schedule (Subject to Change)

6/5	East Valley Criterium	6/25	Diamond Valley Road Race	7/31	Blue Lakes Time Trial
6/12	Club Challenge - AACC: Eagle Ridge Criterium	6/26	East Valley Criterium	8/7	East Valley Criterium
6/19	Kingsbury Time Trial	7/3	Diamond Valley Road Race	8/14	Club Challenge - AACC: Diamond Valley Road Race
6/24-26	Tri-Valley Stage Race	7/8	Club Challenge in Reno (TBD)	8/21	Foothill Time Trial
6/24	Jacks Valley Time Trial	7/17	Starbucks Criterium	8/28	Diamond Valley Short Race and Pizza Party
		7/24	Diamond Valley Road Race		

Please make sure to check the Alta Alpina website for the latest updates on the Road Race Series.



Two Decades of Riding...

Tim Rowe, Bicycle Advocacy

As of December 2007, I have ridden 20 straight years on my bicycle. Using 4 different bicycles over the years, I've covered 70,300 miles, averaging 3,500 miles per year and completed 201 century rides, averaging 10 a year! The 20th year (2007) pushed me over the marks with 5,055 mi and 12 century rides; only missing 2 weeks of riding the whole year.

Best ride(s): The numerous Crater Lake loop rides in Oregon with many Cycle Oregon events, the Crater Lake Century and even an AACC club ride. Going around and then coming off the 28-mile rim provides for some of the best descents and great views ever!

Other notable rides; Fall River Century, Mile High Century, High Sierra Fall Century, and the Tahoe Sierra Century to name a few.

Most notable ride: Death Valley by Moonlight - in August – “The Hot One”. Three of us started the 100-mi ride at 9:30 pm in Furnace Creek, CA. The three included friends/club members Ray Rickard, John Parra and myself. Temperature was 121° at the start, which had cooled down slightly from the daily high of 126. Humidity was dangerously low at 2-4%. Winds were strong head winds out of the south for the first 50 mi, which felt just like riding into a hot hair dryer. Smoke was thick from southern California wildfires and moon-light dulled. Colors were non-existent as every thing was just gray or tones of gray. Water waiting on the ground at points was quite warm (over 140°) and many riders were delirious or even collapsed. But we finished it, as most did not! That happened at 5:30 am

where it had cooled down to 98°. At least we have received lots of mileage and told many stories about this one.

Not the best ride: Riding the last 60 miles out of 100 in a heavy cold rain in the hills of Oroville, CA with the Gourmet Century back in the early 1990's. I was soaked to the bone & very cold. The upper rest stops had snow on the ground so you didn't rest long. Descents, which you normally die for, felt horrible, as you became even colder. I had a flat, which actually felt good, as you could warm up a bit. Clouds got darker, ride markings disappeared and ride partners quit but I made it back and finished. Yeah! It felt so good to be done and then to get back into warm & dry clothes and eat something warm. Driving back over I-80 in the heavy snow was also fun.

Poorest day: Coming home from an evening ride on Thursday and running the bicycle on the roof of the car into the car port! Sad and expensive day for sure! Knew when I heard a thud and then the bicycle seat landed on the hood of the car – that something wasn't quite right.

Best ride of 2007: Week long Cycle Oregon XX starting in Sisters, OR and riding the cascades including 5 of the best rides in Oregon: Cascade Lakes Loop, Crater Lake Loop, Umpqua River descent, Auf Der Hiedie memorial Highway, and McKenzie Pass. Cycle Oregon XX covered about 500 mi, 28,000 ft of climbing with 2,000 riders in 7 days.

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.AltaAlpina.org.

Show your AACC Membership Card at time of purchase. [If you 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—May 5, 2008

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Twain Berg, Diane Bolton, Robert Braun, Pete Costa, David Gaskin, Jennie Hamiter, Mel Maalouf, Darla Mazzoni, Steve Thomsen, Christine Rhiner; Other Attendees: Corey Bolton

- Appointment of New Secretary:** Lauren Lindley is appointed as the new corporate secretary by unanimous vote.

- Weekend of Death Ride® ride:** Board members decided club ride will be July 13th. Day after DR was agreed upon by all. Mormon Emigrant Loop will be the route. SAG and water will be provided.

- DR Course on a Different Day:** Per Spring Party ballot: 23 interested riders, 8 volunteers (out of about 30 ballots). Decision on dates: August 9th or 10th, 2008. Logistics to be determined at later date.

- Spring Party Review:** Cheese pizza needed next time. Thanks to the cookie bakers, the cookies kept people after the presentations!

- Kirkwood Mountain Bike Race Series:** Dates are 7/20, 8/16, 8/31, 9/6. Should AACC become involved as a way to generate revenue and more members? Kirkwood is perhaps thinking about doing a 12 or 24 hour race next year.

- Monthly Status Reports:**

- Treasurer's Report:** Balance as of April \$18,145; CD is maturing this week up to \$30,242. Jennie Hamiter will use her address for the AACC PO Box as previous name has left area. Membership dues: \$2,610 so far.
- Newsletter:** Next issue, mid May, June issue, send earlier in Month: Need good Pine Nut Cracker and CVC pictures. For future, we need good pictures from events to go with a write-up.
- Memberships:** Numbers are down: currently at 132 up-to-date memberships (normally at 175-180). Michael plans to send out reminder email with front cover of newsletter to remind members to renew, as well as, asking those who chose not to renew why they have made their decisions left over newsletters going out to bike shops next month along with flyer (not yet completed).
- Website:** Dennis added a way to edit/change and cancel rides. Discussion of turning ride board

into a virtual calendar for visual representation of upcoming rides.

- Weekend Rides:** Twain will call weekend ride leaders who signed up at the Spring Party to get specifics for newsletter. Curtis Fong wants to do an easy ride series starting in the Ranchos. 6 open weekends still.

- Thursday Night Races:** Great turnout! 42 racers the first week and 50 racers the second. Punch cards have been popular- Di keeps the card so they won't get lost.

- Bike Advocacy:** "Bike to Work Week", Hike for Health/Carson Valley trails fundraiser and meeting: 150-200 people turned out. Bike Ped conference is coming up (Tim not in attendance to discuss).

- Junior Team:** School still in session so activity is low.

- Carson Valley Classic:** Steve Thompson is out of town. Garth is volunteer coordinator.

- Pinenut Cracker:** 12-15 volunteers needed; 6 minimum for Pine Nut Trail Riders.

- Adopt-a-Highway:** Next cleanup is in August.

- Clothing:** Clothing sales so far \$1790 mostly from the Spring Party. (\$7,000+ in new inventory)

- Presentation of New AACC Organized Ride:**

Test ride to be held June 14th: Ideally, we will need 1500 riders by 2010 to fill the Death Ride budget hole. Permit considerations: must assume we will have no road closures for anything. Using Ebbets pass we will need to limit it to only the 200 mile riders. A one loop/8 pass variation was suggested starting in and out of Turtle Rock Park. We would need 9 staffed rest points plus Turtle Rock Park as breakfast/lunch/dinner. We will need about 50 volunteer riders of varying abilities to test ride new course (short, med, long distances).

- Next Meeting:** Monday, June 2, 2008, 6 pm, Lake Tahoe Community College in South Lake Tahoe.



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

June 14 Ride the Passes June 14
Mormon Emigrant Loop July 13
Carson Valley Classic July 26 & 27
Tuesday MTB Races .. every Tue @6:15
Thursday Road Races .. every Thu @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.AltaAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Darla Mazzoni	Vice President	tdmazzoni@att.net	530-577-0122
Darlene Wisma	Secretary	dwisma@yahoo.com	
David Gaskin	Treasurer	dlgaskin@earthlink.net	530-541-6472
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
Twain Berg	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-901-6043
Mike Beam	Wednesday Mountain Bike Race Director	mikebeam8183@yahoo.com	775-267-6812
Di Bolton	Thursday Road Race Director	di.bolton@charter.net	775 782-4729
Robert Braun	Pinenut Cracker Mountain Bike Race	robertingville@yahoo.com	
Pete Costa	Road Cleanup Coordinator	intandempc@aol.com	
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
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Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531
Steve Thomsen	Carson Valley Classic	steve@ryderhomes.com	775-267-3538

Newsletter Editor:
Christine Rhiner
Newsletter Publisher:
Michael Bayer

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 **June 2** at the **Lake Tahoe Community College.**