



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 12 Issue 5  
June 2014**

## **AACC Weekend Ride Schedule—June/July**

Garth Jackson, Weekend Ride Coordinator

Club Weekend rides are indicated below. Fast and slow riders will all be accommodated with regular re-group points. Refreshments are served at the conclusion of club weekend rides.

### **Sunday, June 8, 2013 — WEEKEND RIDE: Ride the Lake**

Ride around Lake Tahoe in a clockwise direction. Meet at the Pearl Izumi store (at the corner of Highways 50 and 89) and be ready to ride at 9:30am. After the ride Dave will host a BBQ at his house so you may opt to start from his house at 9:00am. The usual after ride sodas, chips, and cookies will be provided along with a variety of burgers and hot dogs. See the website for more details.

### **Sunday June 14, 2013 — WEEKEND RIDE: Sonora Pass**

Ride starts at the Caltrans station at the intersection of CA108 (Sonora Pass) and US395 at about 9:00am. We'll go about 65 miles out and back to cover both sides of Sonora Pass turning around at the store in Dardanelle. This is a very steep out and back. Bring plenty of food and water as there is none until the store. See the [club website](#) under "Road Bike Routes" and "395 South" for more route details. We'll meet at Lampe Park in Gardnerville to Carpool, departing at 8:00am.

### **Sunday, June 22, 2013 — Tour of Carson Valley**

#### **- Barbecue and Ice Cream Social**

Let's support fellow Alta Alpina member Curtis Fong and join his Tour of Carson Valley. Enjoy riding on picturesque Foothill Road and on to Diamond Valley. There is an option to tackle Kingsbury Grade, a beautiful and challenging climb. Roads are smooth and very low traffic. After the ride enjoy a barbecue chicken lunch and ice cream. Live entertainment included - at Mormon Station State Park in historic Genoa. Start finish is at Mormon Station State Park in Genoa. After the BBQ please help club members load equipment for the Wild Sierra. More information is available at:

[www.bikethewest.com](http://www.bikethewest.com)

### **Saturday, June 28, 2014 — CLUB EVENT: Alta Alpina Challenge**

Volunteer, Ride, or Ride and Volunteer! See next page.

### **Saturday, July 12, 2014 — WEEKEND RIDE: Mormon Emigrant Loop**

Ride starts from the snow park on Mormon Emigrant Trail at CA 88, rolling at 9:30am. To carpool to the start meet at Douglas High School at 8:00am or at the bottom of Old Myers Grade at 8:00am or Burnside Rd. and CA 88 at 8:30am. The ride heads down Mormon Emigrant Trail and then west and south on small, minimally travelled Forest Service roads. Eventually we'll get back on CA 88 to climb back to the start. The whole loop is about 70 miles but there are no stores so please carry plenty of food and water.

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## **Lead a Weekend Ride!**

Don't let Garth, Jennie, Dave, and Tammy have all the fun.

Leading a club weekend ride is easy:

1. Pick a weekend without a scheduled club weekend ride
2. Pick a route for the ride. Come up with something new or choose from one of the popular routes we've done in the past.
3. Pick a start time and location.
4. Contact Garth to get your ride added to the Weekend Ride Schedule.
5. Post your ride to the Rideboard.
6. Arrange to get the club's Weekend Ride Kit which has everything you need to host a classy Alta Alpina ride.



# Alta Alpina Challenge June 28: Wild Sierra Century and Metric Century, Foothill Fun Ride, 5 and 8 Pass Challenges

Michael Bayer, Alta Alpina Challenge Director

This year's Alta Alpina Challenge is now just a couple of weeks away. Alta Alpina's reputation for producing world-class cycling events has spread far and wide. Riders are coming from as far away as Japan and Ireland!



Our event features almost two hundred miles of roadway, 12 rest stops, 1 water stop, and a great menu for post ride meals at Turtle Rock Park. This year's "Build-Your-Own-Challenge" option is very popular with many participants choosing to ride their favorite combination of passes

New for 2014 are the Foothill Fun Ride options for riders who are looking for options that don't involve riding passes. These include the Carson Valley Ride (37 miles), the Diamond Valley Ride (19 miles), and the Carson River Canyon Ride (15 miles).

Regardless of the challenge each rider chooses for themselves, they'll collect stickers on their personalized souvenir rider bib to commemorate their achievement.

Hosting an epic event like this requires an awesome team of volunteers. We need every club member to contribute at least a little bit of time to this effort. Please plan to come out to support the Wild Sierra on Friday June 27, the day of June 28, and/or the morning of June 29. This event is a great opportunity to hang out for a fun day with fellow Alta Alpina members and enjoy the satisfaction of helping our guests succeed in their challenge for the day.

### Volunteer Now!

Please call (877)845-2453 or send email to [volunteers@altaalpina.org](mailto:volunteers@altaalpina.org) and sign up for one or more of the available volunteer jobs. Family and friends are welcome to join us. Most jobs allow you to participate in the ride as well!

### Volunteer AND Ride the Wild Sierra

As a club member volunteering for the event you have three options for riding:

#### 1. Staff Ride.

If you volunteer all or most of the day on June 28 you can ride the staff ride for free on July 19. The staff ride has all the pass options, but fewer rest stops, and no support vehicles.

#### 2. Ride Free.

If you volunteer for 8 hours or more for two years, you can ride in the event for free in the third year.

#### 3. Volunteer & Ride.

If you volunteer for 8 hours or more, you can ride the same year for 50% off the regular ride fees. So, for example, you could ride in the morning and then volunteer in the afternoon and evening.

### Can You Loan us Some Gear?

We also need a variety of equipment to make the event safe and successful. If you can loan us one or more of the items listed here please let us know. Send an email to [volunteers@altaalpina.org](mailto:volunteers@altaalpina.org) and we can make arrangements.

Everyone who contributes to the ride is invited to our post-event BBQ.

Now to June 27	June 27
Equipment Food Prep Cookies 6/22 Gear Transfer	Logistics Goody Bag Stuffing Equipment Sorting Food Prep Rider Check-in
June 28	June 29
Rider Check-in Food Service Rest Stops SAG / Motorcycle Course Marshals	Clean -up Equipment Return

### Equipment Needed

- 10x10 EZ Up Tents
- Large Vehicles
- Cargo Trailers
- Ice Chests
- 5 Gallon Water Coolers
- 10 Gallon Water Coolers
- Camp Stoves



## Presidential Posting

Christine Rhiner, President

Wow, we had a great turn out for the Ray Rickard Spring Century and what a hot day it was! Thanks again to our gracious hosts Mike and Maggie, the rest stop crews and the behind the scenes unnamed. I enjoyed the day and hope to ride again with some of the gals I met along the road. Jim Sadilek was a great companion for a day's journey. You might want to ask him about his "old school" water enhancements when you find yourself cramping on a hot day. Thanks Jim for sharing some water.

The Tahoe Bike Challenge is June 7-20th. This is a 2 week period of recording commuter, "green" miles and play miles. It is a fun way to see how riding a bike can make an impact on our environment. We sometimes forget that, "alone we are one but together we are an ocean." There are some fun prizes and contests included, its all for fun and free. Check out the website [www.tahoebikechallenge.org](http://www.tahoebikechallenge.org).

June is filled with many opportunities to ride and I hope to be able to post a ride or two on the "ride board" this month. Its the best way to meet club members and find compatible paces. The Alta Alpina Challenge is rapidly approaching and Michael Bayer, the coordinator, has some extremely clever ways for volunteers to help out for this gigantic undertaking. You will not want to miss out on this year's "Wild Bunch" t-shirt!

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## Bike Spokesman

Tim Rowe, AACC Bicycle Advocacy Coordinator

### Construction season has begun! Be careful , Be Safe and Be Aware of changes ahead

Watch out for varying and changing road conditions around and through construction areas in our area. Bicycles and pedestrians should be accommodated through construction zones but those conditions can have a wide range.

1. **Kingsbury Grade (SR 207)** – Reconstruction at night Sunday night 6pm to Friday morning at 6:30am. Hwy will be closed again for a period after Labor Day.
2. **Mt Rose Hwy (SR 431)**– reconstruction at night
3. **Hwy 50 East** – Mound House area reconstruction at night
4. **Hwy 395/Carson Street South in Carson City**– reconstruction at night
5. **Hwy 395/I-580 North of Carson City, North Carson Street interchange to East Lake Blvd. reconstruction of onramp by Hobart Road** - reconstruction at night with narrow lanes. Note that bicycles and pedestrians are allowed on this stretch of freeway as there is not a viable alternative route at this time.
6. **Hwy 395 south of Carson City** – construction of I-580 freeway limits alternative routes. Hwy 395 northbound is main access but provides pinch points-no/limited shoulders in locations. The new Snyder Ave bridge should be open soon and will provide another and safer access route via Center and Roop Streets from the south into Carson City.

## Club Clothing Sale!

We're holding a sale on our older club clothing. All items are \$30 each. Send an email to [volunteers@altaalpina.org](mailto:volunteers@altaalpina.org) to purchase. one of these items:

### Jerseys

- 1 Mens Small
- 3 Womens Small
- 5 Womens Medium
- 3 Womens Medium Sleeveless
- 2 Womens Large
- 1 Womens Large Sleeveless
- 1 Womens XL
- 2 Womens 2XL

### Shorts

- 1 Mens XS
- 6 Mens Large
- 2 Mens XL
- 1 Womens XS
- 3 Womens Small
- 5 Womens Medium
- 3 Womens Large
- 1 Womens XL

### Bib Shorts

- 1 Mens Large
- 1 Mens Large Knicker
- 2 Mens XL
- 1 Womens Medium

### Arm Warmers

- 1 XL



### 2014 Alta Alpina Road Race Season

Di Bolton, Road Race Director

We're having a great start to the 2014 Road Race Season.

Registration starts at 5:15 and ends at 6:00 with the races starting at 6:15. If you show up after 6:00pm it is hard for us to keep track of the race in progress while we get you signed in. We understand that sometimes you run behind but your promptness is appreciated.

I will try to get the results out as quickly as possible via

email. There will be a 24 hour dispute period for you to email me with corrections (we are only human). After the 24 hours they will be posted on the website and be considered final.

See our website at [www.AtaAlpina.org](http://www.AtaAlpina.org) for directions to race venues. Schedule is subject to change, so check the website and your email before each race.

6/5	Eagle Ridge Circuit Race	7/3	Eagle Ridge Circuit Race	7/31	Blue Lakes Time Trial
6/12	Club Challenge: Pinenut Road Race	7/8	Tuesday Club Challenge: Fernley Circuit Race	8/7	Club Challenge: Pinenut Road Race
6/19	East Valley Time Trial	7/17	Diamond Valley Road Race	8/14	Foothill Time Trial
6/26	Kingsbury Time Trial	7/24	Starbucks Criterium	8/21	Diamond Valley Road Race (short course, season finale)



### Pine Nut Cracker 2014 Race Report

Robert Braun, Pinenut Cracker Race Director

It was another beautiful northern Nevada day on Sunday May 18 in the Pine Nut Mountains to the east of Gardnerville. Racers started to arrive at 8:30 to register and continued to flow in till the 10:45 cut off. At race time, Di and crew had registered a total of 48 racers with smiling faces ready to start at 11:00. After announcements the racers were following Cory as the lead Moto. By 12:00 noon, the first racers were starting to return and cross the finish line. Pizza Factory delivered the pizza around 12:30; cookies and ice-cold soda were waiting for the racers. By 2:30 all the racers had finished the course with no major injuries, just the usual sliding on the sand into a sharp corner and flat tires. Michael was working at registration to produce all the results onto a nice sheet of paper for all to view at the Douglas County Pavilion. Around 3:00 in the afternoon we were giving away prizes from Bike Habitat, Big Daddies and Bike the West. It was a great day to ride in the Pine Nuts, if you did not make it to the event, there will always be another race next year.

Thank You to all the participants and all the club members that came out helped make the Pine Nut Cracker 2014 a great mountain bike race for the 22nd year in a row.





## Hung-A-Lel-Ti Bike Fix Clinic

Michael Bayer, Wild Sierra Director

Alpine County celebrates the end of the school year and the beginning of the summer with a bicycle event—Diamond Valley School's annual Bike-A-Thon. In order to make sure the children of the Hung-A-Lel-Ti community were all set to ride, Alta Alpina volunteers (Tina, Twain, Michael, Jim, and Jim) helped out at the annual bike fix clinic.



## Ray Rickard Spring Century

Michael Bayer, Assistant Spring Century Coordinator

We had a fabulous turn-out for our memorial for Ray Rickard. This year's century was the warmest we've had on Monitor pass but otherwise the weather was perfect. Everyone enjoyed great food at the rest stops and BBQ. A big THANK YOU to all the volunteers who made the event possible. Thanks to Mike and Maggie for graciously allowing us to use their home; Wayne and Frank for moving gear; Rick, Curtis, Pam, and Frank for running the rest stops.





### AACC Member Profile: Rick Miyashiro

**Will Answer To:**  
Ricky(legal name)

**AACC Member since:** 1996

**Current Residence:**  
Gardnerville, NV

**Arrived here by way of:**  
Honolulu-San Mateo/Half Moon Bay-New York City(Washington Heights)-Sacramento

**Started riding:**  
Age 5, taught by a friend's cousin who had leg deformities due to polio.

**Proudest moments/ achievements riding:**  
Winning \$35 bucks total from Reno Wheelmen  
Aircenter Crit primes about 4 years ago

**Race Category:**  
Riding in the B group (you can see, I didn't say racing)

**Bikes I ride:** Taiwan/ebay carbon  
Litespeed Arenberg  
Steel Miele  
Nashbar aluminum SS  
Old Cannondale Headshock MTB F500



**How I support my Bike Habit:**  
I spend quite a bit of time playing a physical therapist in real life

**In one word, my cycling style is...:** Yo-Yo

**Favorite Rides/Races:**  
Diamond Valley still remains my favorite, Indian Valley Century, AACC Spring Century are good but racewise, I like crits and road races, especially Reno Fernley raceway.

**Favorite Post-Ride Food:**  
Coffee & carbs; beer will do, too

**Other Sports & Pastimes:**  
Played lots of soccer in high school, college and adult men's league until the lumbar spine could no longer take the pounding; should have stayed with bodysurfing and hiking

**My Motto or Inspired Quote:**  
Something attributed to Greg Lemond, "it doesn't get easier, but you go faster"

**Grab Bag:**  
Keep Moving 'cause I see the devastating effects of not doing so.

### Local Merchant Discount Program

We're excited 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 "Local Merchants" on our website at [www.AltaAlpina.org](http://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.]





## Board Meeting Minutes—June 2, 2014

Secretary: Jim Sadilek; Other Board Members: Chris Rhiner, President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge Ride Director/Newsletter Publisher; Robert Braun, Membership Coordinator; Garth Jackson, Weekend Ride Coordinator; . Tammy Lundquist, Road Cleanup Director; Tim Rowe, Bicycle Advocacy Coordinator; Wayne Trelloggen, PR Coordinator; Other Attendees: Christopher Rowe

Meeting called to order at 6:20 pm

Minutes of the May 4th meeting were approved as circulated

### 1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is: \$21,825.16. The PayPal account balance is \$39,976.63.
- **Membership:** Individual Members, 191; Family Memberships, 72.
- **Weekend Rides:** We have weekend rides planned through July 20 except for June 21 and the July 4 weekend. Garth will come up with plans for those weekend and get the details posted in time for the June newsletter. We need to solicit ride leaders for the rest of the summer.
- **Newsletter:** June newsletter is planned to go out June 4 and we're in good shape for content.
- **Website:** New software has been obtained for both membership and Challenge registration records.
- **Weekly Road Races:** The races have been a success. The full season schedule is here: <http://www.altalpina.org/clubracesroad/> . The races on May 20 with Reno Wheelmen at Boca were snowed out.
- **Mountain Bike Races:** A plan for possible mountain bike race series for after the Challenge was discussed.
- **Ray Rickard Spring Century:** The ride (May 25) was well attended with more than sixty riders. The weather was cooperative—perhaps the warmest Spring Century ever. Several new members were signed up.
- **Pinenut Cracker:** The Pinenut Cracker (May 18) attracted 48 riders and was judged a successful event. Pizza and sodas were served after the races. Robert Braun, who coordinated the event, stated that he will not be available in the future. A new person to coordinate the event in the coming years is needed.
- **King of Kingsbury Time Trial:** Allen Biaggi proposed to hold the event in September after Kingsbury closes and there was consensus that he should proceed.
- **Junior Team:** No report.
- **Cyclocross Race:** Planning has not yet started.
- **Bike Advocacy:** NDOT's "Bicycles not advised" sign at the base of Kingsbury is in violation of NDOT rules which require all vehicles to be given the same rights, bicycles are vehicles. Highway construction projects with lane closures, in addition to Kingsbury, will be

beginning in Carson City, Mt. Rose, and Mound House. The Snyder Street bridge in Carson City, which was scheduled to open in April, remains uncompleted. The bicycle route to the south on Ponderosa has been cut off, leaving Highway 395 the only way south for bicyclists coming from Carson City. This is a particularly dangerous route, for which NDOT apparently has no alternative.

- **Adopt A Highway:** Next clean up day scheduled for July 20. Meet at Turtle Rock Park. Tammy will provide yummy coffee and bagels.
  - **Clothing:** Michael did an inventory of previous generation club clothing. Board agreed to promote the sale of these items at a discount.
  - **Challenge:** Registrations are currently at 290 with at least 100 more expected by the ride date.
2. **Club Stickers:** Motion 06/01: Replenish the club's supply of the circular AACC yellow stickers, 1,000 pieces at \$289.00. Chris Rhiner/Frank Dixon – Carried unanimously.
  3. **Repair of Ice Chests:** Motion 06/02: Approve a budget expenditure of \$40 to purchase repair parts for the club's ice chests. Chris Rhiner/Frank Dixon – Carried unanimously.
  4. **Radio Equipment:** Paul Gulbro has supported the challenge for many years with a great deal of equipment and support. We've budgeted funds each year to offset his costs but Ham operators are barred by FCC rules from accepting anything of value for their effort. We've agreed that to support the Ham radio community we should acquire equipment in our name that can be used in all local events. Motion 06/03: Approve a budget expenditure of \$600 to purchase radio equipment and repair parts. Frank Dixon/Garth Jackson – Carried unanimously.
  5. **Club Member Volunteer Ride Options:** The board reviewed the options for club members wanting to ride the challenge. There are three options: (1) Volunteer all day on June 28 and ride the staff ride, (2) Volunteer 8+ hours each of two years and ride for free the third year, (3) Volunteer 8+ hours on year and ride for 50% fee the same year. This will be communicated in the newsletter. A volunteer appreciation BBQ will be hosted at Frank's house in South Lake Tahoe. Date and details TBA..
  6. **Next Meeting:** Monday, July 7, 2014, 6 pm, in the Lake basin. Venue to be announced.
- Meeting adjourned at 8:35 pm



# Alta Alpina Cycling Club

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

## MARK YOUR CALENDARS

- Ride Around the Lake    .....Sunday, June 8
- Alta Alpina Challenge    .Saturday, June 28
- Challenge Staff Ride    ..Saturday, July 19
- Highway Cleanup    ....Sunday, July 20
- Thursday Night 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.AлтаAlpina.org](http://www.AлтаAlpina.org); click on "Membership"

## Alta Alpina Cycling Club Board Members

Chris Rhiner	President	<a href="mailto:president@AltaAlpina.org">president@AltaAlpina.org</a>	775-790-6373
Laura Caimi	Vice President	<a href="mailto:wildsierralaura@yahoo.com">wildsierralaura@yahoo.com</a>	
Jim Sadilek	Secretary	<a href="mailto:ccwatchmaker@gmail.com">ccwatchmaker@gmail.com</a>	775-220-2713
Frank Dixon	Treasurer	<a href="mailto:ozatlake@gmail.com">ozatlake@gmail.com</a>	530-318-1574
Robert Braun	Membership Coordinator	<a href="mailto:robertingville@yahoo.com">robertingville@yahoo.com</a>	
Garth Jackson	Weekend Ride Coordinator	<a href="mailto:ridedirector@AltaAlpina.org">ridedirector@AltaAlpina.org</a>	
Michael Bayer	Alta Alpina Challenge Ride Director	<a href="mailto:challenge@AltaAlpina.org">challenge@AltaAlpina.org</a>	877-845-2453
Di Bolton	Thursday Road Race Director	<a href="mailto:dibolton@frontier.com">dibolton@frontier.com</a>	775-781-4660
Robert Braun	Pinenut Cracker Mountain Bike Race	<a href="mailto:robertingville@yahoo.com">robertingville@yahoo.com</a>	
Tammy Lundquist	Road Cleanup Coordinator	<a href="mailto:tahoe.tammy@gmail">tahoe.tammy@gmail</a>	530-545-3155
Wayne Trellogen	PR Coordinator	<a href="mailto:pr@altaalpina.org">pr@altaalpina.org</a>	877-845-2453
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David Scarborough	Spring Century Coordinator		530-318-7878
Mel Maalouf	Junior Team Coach / Race Team Director	<a href="mailto:alpinajr@gmail.com">alpinajr@gmail.com</a>	775-782-9652
Joe Marzocco	Website Coordinator	<a href="mailto:j_marzocco@yahoo.com">j_marzocco@yahoo.com</a>	
Tim Rowe	Bicycle Advocacy Coordinator	<a href="mailto:Trowebikes@aol.com">Trowebikes@aol.com</a>	775-267-9531

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 **July 7** in the **Tahoe Lake Basin, Venue TBA.**

Newsletter Publisher:  
 Michael Bayer