



PACELINE

**Alta Alpina
Cycling Club**

**Volume 6 Issue 7
August 2008**

AACC Weekend Rides—August/September

Twain Berg, Weekend Ride Coordinator

Saturday, August 23, 2008 — Yuba Pass/Gold Lake Loop

Ride description will be posted on ride board. Contact Tim Rowe at 267-9531 or email trowebikes@aol.com.

Sunday, August 31, 2008 — Packsaddle Pass Loop

A medium paced ride in hard and fairly remote terrain starting at S. Upper Truckee Rd. and Old Meyers Grade near Meyers. At least 7000 ft. of climbing and it can be hot. Sections of Hwy 50 and 88 can have a fair amount of traffic. There may be no water between Silver Fork and Silver Lake. Despite all of this it is great ride. Looking for someone who might like to SAG. Map <http://www.mapmyride.com/ride/united-states/ca/south-lake-tahoe/484902932>. Contact Twain Berg at 775 901-6043 or email sagebum@charter.net

Saturday, September 6, 2008 — High Sierra Fall Century

The 14th Annual High Sierra Fall Century is on September 6, 2008! A very popular ride for Alta Alpina members. The 100 mile course takes you along the spectacular east side of the High Sierra and into the quiet beauty of the Mono Basin with awesome views of Mono Lake and the White Mountains. The route offers 100 miles of beautiful riding with no stoplights and just one stop sign! If 100 miles is more than you want to take on, short course options of 30 and 45 miles will also be offered. www.fallcentury.org/.

Sunday, September 7, 2008 — Tour de Tahoe—Bike Big Blue

Ride the 72-mile 5th Annual Tour de Tahoe The course circumnavigates the highways clockwise around Lake Tahoe in both Nevada and California. It includes a challenging 800-foot climb to a rest stop overlooking Emerald Bay and a 1,000-foot climb to Spooner Junction. There are also many short rolling ascents and descents totaling over 2,600 vertical feet of elevation. This is a great way for Alta Alpina Club members to ride around the lake. Register at: www.bikethewest.com/tourdetahoe.html.

Sunday, September 14, 2008 — Plumas Sierra Test Ride

The Plumas Sierra Bike Club has extended an invitation to Alta Alpina members to join in this test ride. This is NOT a sponsored ride and the Plumas Sierra Bike Club nor its members have any responsibility for the health/wellbeing of anyone who participates. Contact: Kimberly at 530-836-1850 or 775-742-9633 for more info.

Saturday September 20, 2008 — Tahoe Sierra Century

The Tahoe Sierra Century Ride (60 and 100 mile routes) has been well attended by Alta Alpina riders and has earned praise for its scenic routes, challenging hill climbs, full support services, great food and incredible music. Visit www.tahoesierracentury.com for registration and details.

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Congratulations Dave!

Congratulations to Dave Gaskin for setting the course record at the Lamoille Canyon Hill Climb on August 9th. Quite a comeback, after shattering his hip last fall. Great job, Dave!

King of the King Saturday, September 7th

The King of the King will be the final event of the [Sierra Nevada Hill Climb Time Series](#). This year you will need a one-day license since the series is a USCF event. I hope to see all the club members turn out and show why we have the name: Alta Alpina.

Each year, the riders who participate rise to the occasion and put up their personal best times. The course record is now 38:21 (by Spencer Erickson on a Thursday night race). We may see it beaten again!



CVC Race Report

Garth Jackson, CVC Volunteer Coordinator

Remember that Sunday a few weeks ago, when you walked outside and the smoke was thick enough that you looked around for a minute to see if your yard was on fire? Well the organizers of the Carson Valley Classic would like to take this opportunity to apologize for that smoke, but we might add that you can't put on a bike race without burning a little rubber. In this case, there were about 330 people who came into town, pulled on the tights and set out to put the hurt on some of their dearest adversaries. That is a larger roster than the club has seen in previous years at this race, and that much more incentive to have everything rolling smoothly. Because as we all know, as the number of racers with their lycra in a bunch increase, the grief they dish out will increase exponentially, it's been clinically proven.



thanks go out once again. And to the veteran Carson Valley Classicers who already knew what needed to be done and made it happen without me even being totally aware of it, you get an extra helping of thanks.

After rinsing all of the water bottles, rolling up the traffic signs and clearing discarded gel packets from the course, it turns out that we put on a multitude of different events. Each person that showed up came away from the Carson Valley Classic with a different experience. Most of the racers talk tactics, cramps, and exhibits of bike handling glory that will blow your mind. Spectators will regale the listener with tales of confusion in the water zone, an excellent barbeque shack and midday heat. Volunteers will talk about patches of debris left behind by spectacular crashes, chowing on hamburgers while driving a follow vehicle and midday heat. Local residents will also tell you tales as well, but these are generally censored for the sake of the younger members of the audience. The only things I can tell you myself is that it is better to place the neutral water zone on an uphill so that the race is going slow when it passes by, all the race equipment still fits in the storage shed, and to pull off a race like the Carson Valley Classic, each small detail can become a critical consideration. Now let's see, for next year we'll need a new window paint pen, three reams of paper, a big cardboard box...



And what keeps a club hosted race running like a set of double-buttered ceramic bearings? Volunteers of course. While the racers can tune their annual training schedule to the final sprint in the masters districts championship course, the volunteers make sure that the course remains clear of debris, pets, pedestrians, and guys in trucks towing trailers with flat tires. The volunteers keep registration in order so that the racer that crosses the line in the top spot is correctly linked to the number they wear on their back. The volunteers are essentially the structure that keeps the race from dissolving into absolute entropy. So to all those people who I told, "You're probably going to hate this task, but I don't have anyone else better suited for the job.", my





Presidential Pedal Pushing

Jennie Hamiter, President

Suddenly, bike commuting is all the rage. Right now it's one of the best things you can do for your wallet as well as the planet. In the last couple of years, I've gotten to where I ride in to work 4 to 5 days per week between March and November. It used to be have to drive to work whenever there was a chance I'd be coming home in the dark, if I had too much stuff to carry, or if the road was even a little wet in the morning. My old lights would suck down batteries too fast to be practical, my old backpacks made carrying bulky things way too uncomfortable, and showing up to work with a back-stripe was unacceptable. So here are some of the items that have made bike commuting a lot more comfortable and practical.

Lights: These days there are some great lights out there that are bright enough to ride by and have a long battery life. While you certainly wouldn't night-ride the Rim Trail by my Cateye HL-EL520, for regular old flat street riding, it's great; you may outrun the light on a fast downhill, but most people don't want to go that fast at night anyway. Bright tail-lights with long battery life are very common now - if yours is 5 or more years old, you'll find much longer battery life is available now.

Schlepping Cargo: The rack I now have on my bike has a quick-release clamp, so it's easy on, easy off (although forbidden from use on a carbon seat post). I have a trunk that slides onto the rack and snaps on easily, so getting it on and off the rack is quick. The trunk's main compartment holds enough for a typical trip to the store - it holds a paper grocery sack upright, so you can really pack a lot in. The side pockets fold down to become panniers, which work well once you've installed the rack's slip-on side pieces. The

weight limit on my rack is 20 lbs, which is fine for most stuff you'd be toting around town. I once rode home from the store with 2 gallons of milk in my trunk - I wouldn't have wanted to pedal uphill like that, but it was good to know I could carry it if I needed to.

Backpack: This spring I bought a backpack that's made specifically for bike commuting, and what a difference! It's got two vertical strips of foam that provide cushioning between the backpack contents and my back, as well as a thin sheet of plastic in the back so that lumpy items don't poke through and create pressure points. The waist strap is wide, padded, and comfy, and of course there are lots of pockets, even a small zippered one that's fleece lined to keep sunglasses etc from getting scratched. It's got a narrow profile, a "blinkly" loop for mounting a taillight,

a flat pocket specifically

for carrying a U-lock, some reflective piping (though for some reason it's hard to find backpacks with very much reflective material), and even a rain fly.

Fenders: I can hear a lot of you gagging now - what self-respecting avid cyclist would use fenders? I do, for one. Living in Nevada, of course I don't need them very often, so I got a pair that attach

and detach from the bike quickly, tool-free. For those days when it rained overnight but it's shaping up to be a lovely day, I can now ride to work in the morning and stay perfectly dry. Then you've still got them for those centuries that you sign up for, drive over to, just to find that it's raining in the morning. Fenders are no longer made of chrome, they don't rust - they're just practical, handy, and a god send when you really need them.

The Bike: You probably want your commute bike to be comfortable and you may need to ride off the curb now and then, so consider one of those old bikes in your

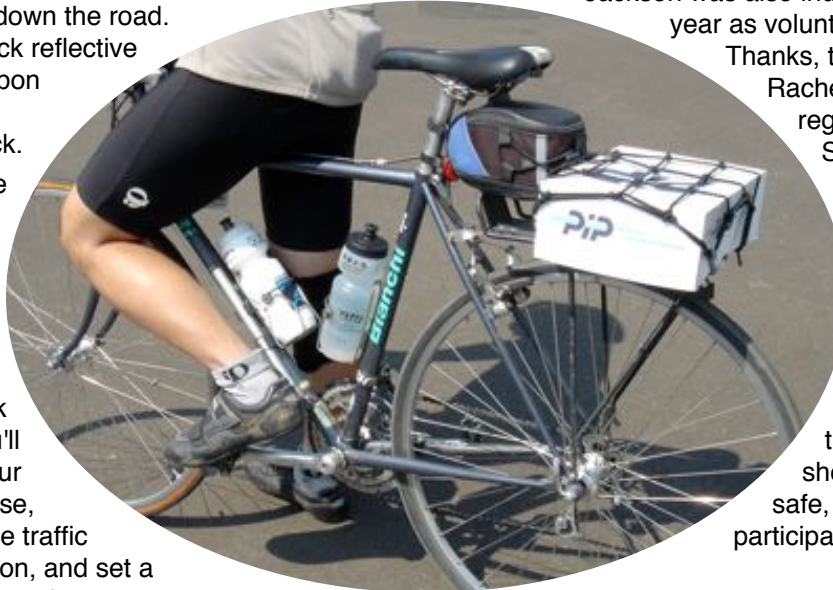




garage that would be glad to see the light of day again - if it's steel, so much the better for comfort. Slightly higher handlebars are better to see traffic with, and more comfortable with a backpack.... I'm kind of a visibility freak - I have reflectors on my wheels <gasp!>, and I have reflective tape on my bike. With a reflective jacket, in the glow of headlights I must look like a Christmas tree pedaling down the road.

You might not want to pack reflective stuff all over a classy carbon number, but with an old beater bike, what the heck.

Of course, you don't have to buy all this stuff to start bike commuting. I've just acquired it over the years, and now my car stays in the garage most days of the week. So tomorrow, ride to work with what you've got. You'll get more riding in, put your commute time to better use, save some money, reduce traffic congestion and air pollution, and set a good example for everyone else.



Another Successful Carson Valley Classic

I'd like to thank Steve Thomsen for once again being race director of the Carson Valley Classic Road Race and Criterium. A lot of up front work goes in to making this race happen every year, and everything that was under Steve's control went really smoothly. Garth Jackson was also indispensable in his first year as volunteer coordinator.

Thanks, too, to Di Bolton and Rachel running registration. Sienna Sager and the Search and Rescue crew were a welcome new addition, staffing a first aid booth all weekend for patching up the inevitable road rash. Thanks to all the volunteers who showed up to ensure a safe, fun weekend for all participants.

Fernley Club Challenge

Ellen Sherrill

On July 8th, I traveled from my home in South Lake Tahoe to far-off, exotic Fernley, Nevada, for my first club challenge race hosted by the Reno Wheelmen. I had heard that the course was on a race track, and that it was a fun one. I'd also heard that the Wheelmen "C" division riders are strong. Although I had only one race as a "C" with Alta Alpina under my belt, my yearning for punishment was strong. Rationally, there was very little reason for me to drive over two hours by myself, as I'd been unable to find anyone to carpool with me, to get steamrolled by the competition under hot, smokey

conditions. In spite of all the reasons not to go, I went, and it was great! It really wasn't as hot as I'd been led to believe - mid-90s at most, probably, perfect for me, and not significantly smokey.

Lots of AACCCers showed up, actually, though not for the Cs. We took top 5 in the As. Myself, Rick (Myashiro), and Robin (Bernhard) represented in the "C"s. I kept with the main pack of 9-10 men for 2.5 laps before I just couldn't keep up. I rode by myself for 1.5 laps, because the people behind me just weren't catching up, in spite of my rather lackadaisical pace post-drop, then with Paige, a female

Wheel"Man", from the bottom of the hill during the last lap, to the last corner. I tried *so* hard to be patient and wait to break, but got all slap-happy at the last turn, zig-zagged back and forth like a loony trying to keep her from drafting (which was unsuccessful), and she beat me by a wheel. What else is new?? Tough not to keep making my usual mistakes! But every race is a great learning experience for me at this point in my cycling career, and this one was no exception. I had a grand time, got another valuable lesson, and the usual endorphin rush that keeps me coming back.



Our Junior Cyclists

Mel Maalouf, Junior Team Coach

2008 saw a similar year to others for the Junior Team. We have a few dedicated juniors who show up consistently for training, racing and volunteering at club events. We spend most of our time learning and refining skills that make us safer, smarter, faster and stronger riders. We practice things like how to ride in a pack, how to corner, how to draft, paceline, echelon, how to avoid almost ANY crash and if we do crash, we practice crashing. The quality of the young adults are always impressive, not only in their athletics, but in

their ability to take direction, follow training, tactics, learn new skills, be gentlemen, dedicated to the sport and club, and focus on their future (for more than cycling).

Although I would like to see more of the community kids take advantage of the support the club puts forth to provide the opportunity for the young to explore cycling, as long as the team has the kind of quality people which we have had and continue to recruit, I hope to be able to be part of their lives.

Bikejournal.com

Twain Berg, Weekend Ride Coordinator

Need some motivation or just a neat way to record and view your progress for the season and every season to come? This website is awesome! It takes a few minutes, well maybe a half hour of high speed internet to set yourself up and then you can use it even if you just have dial-up like me. Check out the Alta Alpina Club on the website, you'll probably recognize a few of your close buddies. You can start your own online club or join the existing 1000's of clubs. You can record whatever is important to you and your cycling: distance, speed, heart rate and much more. Try it out! Its free! Its fun!

Blue Lakes Time Trial

Di Bolton, Race Director

A's		C's		D's	
1 Robert Beretta	58:01:00-20pts	7 Andrew Huntington	1:09:20-8	13 Frank Dixon	1:18:49-2
2 Heath Medieros	59:49:00-17	8 Rick Miyashiro	1:09:38-7	1 Eric Studenicka	1:19:07-20pts
3 Garth Jackson	59:52:00-14	9 Steve Kreider	1:10:17-6	2 Chris Rhiner	1:27:09-17
4 Dave Gaskin	1:01:23-12	1 Christina Zack	1:07:39-20pts	3 Helen Cotter	1:29:07-14
5 Allen Biagi	1:01:37-10	2 Ellen Sherrill	1:09:12-17		
6 Pike Reardon	1:01:59-9	3 John Cotter	1:09:18-14		
7 Kevin Wilits	1:02:37-8	4 Tanner DiGiovanni	1:09:39-12		
8 Randy Volkmar	1:03:12-7	5 Jennie Hamiter	1:10:32-10		
		6 Jerry Lucas	1:11:50-9		
B's		7 Robin Bernhard	1:12:05-8		
1 Zack Dayton	1:04:23-20pts	8 Todd DiGiovanni	1:12:39-7		
2 Peter Niday	1:05:24-17	9 Valerie Alexander	1:13:13-6		
3 Joe Marzocco	1:05:57-14	10 Jorda Kynett	1:13:38-5		
4 Scott Robertson	1:06:38-12	11 Tom Tittle	1:13:56-4		
5 Jeff Bryan	1:08:37-10	12 Todd Kynett	1:18:43-3		
6 Jim Wire	1:09:07-9				





Bicycle Advocacy

Tim Rowe, Bicycle Advocacy Coordinator

2008 Nevada Bicycle Pedestrian “Hike, Bike and Walk” Conference

The 2008 Nevada Bicycle Pedestrian “Hike, Bike and Walk” Conference, was held May 15 & 16 at Mont Bleu in Stateline at Lake Tahoe. The conference was held during Bike to Work week and was sponsored by Nevada Bicycle Advisory Board, NDOT and the Tahoe Rim Trail. The event was a success with the highest attendance numbers! Note the 2009 Bicycle Conference will be in Las Vegas in March 2009.

2008 Bicycle Awards:

- a) Life Time Service Award: Max Jones- Flume Trail Bikes, Carson City
- b) Advocacy/Activists: Maggie Saunders- Las Vegas, Terry McAfee- Reno, Carol Nicholson- Reno
- c) Individual Employee/Agency: Cheryl Surface- Nevada State Parks- Carson City, Duane Sikorski- Washoe County Air Quality Management- Reno, Lt. Tim Filson – Nevada Dept Corrections- Las Vegas.
- d) Agencies: Carson City Parks and Recreation, Nevada DOT, Nevada Dept of Corrections, Southern Desert Correctional Center
- e) Community Plan: Regional Transportation Commission of Southern Nevada

- f) Bicycling Board Member: Sig Jaunarajs, Nevada Div of Environmental Protection
- g) Bike Organization: (no nominations)

Nevada Bicycle Advisory Board Bicycle Mini-Grant Program

The Nevada Bicycle Advisory Board (NBAB) has a mini grant program and gives out grants to bicycle groups for up to \$1,000. The grant must follow the NBAB mission – “To promote and coordinate bicycle safety and facilities in Nevada and to integrate such programs into the operations and policies of appropriate agencies”. Check out the details and application on - <http://bicyclenevada.com> and then click on ‘mini-grants’. Recent grants included Carson City’s Muscle Powered – 1st and 2nd version of Carson City Bicycle Map, Lake Tahoe Bicycle Coalition – 1st version of Lake Tahoe Bicycle Map and update of bicycle web site, TRPA – support of Bike to Work Week at Lake Tahoe, Southern Nevada Correctional Center – bicycle parts for bikes for kids program, and RTC of Southern Nevada for Bicycle Safety message delivered for Viva Las Vegas Century. Note that Tim Rowe is a NBAB member representing Organization Promoting Bicycling and is appointed by the Governor.

Board Meeting Minutes – August 4, 2008

Board Members: Michael Bayer (by phone), Mike Beam, Twain Berg, Robert Braun, Pete Costa, David Gaskin, Jennie Hamiter, Mel Maalouf, Dennis Pederson; Other Attendees: Garth Jackson, Timari Pruis

1. **New Vice President:** Pete has been elected as the new Vice President via unanimous email ballot. Darla has signed off as signatory for checking account, Dave will set Pete up to be the 3rd signatory besides Dave and Jennie.
2. **Officers for Next Year:** Jennie will step down as president for next year. Pete is open to being a club officer, but did not commit to a particular position. All others present agreed to stay on in their current positions. Mel and Pete are considering splitting the jobs of president/VP together.
3. **CVC:** Kudos to Steve and Garth for a smooth race weekend. Attendance was up from last year: 329 road racers, 220 at the crit. Estimated profit \$1400. Garth has offered to be the race director next year, and Steve, via email, has said he'll help out where he can.
4. **12/24 Hour Mountain Bike Race:** Robert proposed that the club stage a 12 or 24 hour mountain bike race next year, in conjunction with the Pinenut Cracker. He suggested holding the event May 9/10 or 23/24 of 2009, pending scheduling of other NORBA races. Concern was expressed that it would tax our volunteer base to have another long weekend of volunteer work, as we've already got 2 full weekends (AACC Challenge and CVC). Consensus was to make it a 12 hour race, as attendance is expected to be better, and to have the PNC on the same day as the endurance race, rather than just the same weekend. Robert is willing to be the race director, and the board requested he do a cost analysis as well as derive an accurate count of volunteers required.



5. **Fall Dinner:** Pete will investigate B'Sghetti's as the venue. Concern expressed that it's not convenient for Tahoe residents, but since some venues in past years have not been convenient for CC residents, the board agreed it's reasonable to have it there for one year. Concern expressed that B'Sgetti's can't accommodate 120 people. If not, Pete will look into options, such as catering, somewhere more spacious.
6. **Monthly Status Reports:**
- **Treasurer's Report:** \$18117.34 in the bank on the July 17th statement, though CVC expenses will make actual balance somewhat lower. 3-month CD balance is \$30390.85, and up for renewal. Discussed spacing out 3 CDs of \$10K, so money is easier to retrieve when we need it. Agreed to keep it as is for now, and in November rearrange. Renewing IMBA membership.
 - **Newsletter:** All members now being emailed newsletter link. 123 paper newsletters sent in July. Jennie will write an article for the next newsletter looking for new officers for next year, with an emphasis on not letting the club get too Carson Valley centric.
 - **Memberships:** 137 Individual memberships, 4 Students, 43 Families, 28 Organizations.
 - **Website:** Dennis has developed a way for Twain to update the online Weekend Ride Schedule, and Twain has been working on a "Routes" page off the Rides page to show routes of favorite local rides. Discussed the layout of the Rides page, and agreed that the Weekend Ride Schedule should be the most prominent link.
 - **Weekend Rides:** Twain thanked Dennis for all his recent work on the Rides page, and requested that the club be sent a reminder that schedule of weekend rides and all posted rides can be viewed from the Rides page.
 - **Weekly Road Races:** 4 races left this season.
 - **Weekly Mtn Bike Races:** The series finished in June; scheduled for 6 weeks in May/June, but one race was cancelled due to smoke, by unanimous vote of participants, who went for a fun ride. 65 total paid racers for the series. The series lost \$281 this year. Mike has agreed to be race director for the series again next year, and graciously offered to use the trips to the Pinenuts as tax write-offs in lieu of payment from the club.
- **Bike Advocacy:** Discussed articles in Nevada Appeal on the club and bike commuting.
 - **Junior Team:** Another September San Jose Velodrome trip is planned. Pete suggested opening up this unique opportunity to other club members; Mel said he would.
 - **Adopt-a-Hiway:** Pete to schedule a cleanup on Diamond Valley Road in place of a Hwy 89 cleanup as the final one of the year.
 - **Kingsbury Time Trial:** USCF sanctioned this year, as part of the Sierra Nevada Hill Climb Time Trial Series, in conjunction with Reno Wheelmen. Discussed the \$20 fee - agreed to keep it as is to be consistent with the other races in the series, despite that previous years the race has been free. NDOT permits are required, but should be of no cost. Insurance and permits shared with RW.
 - **Genoa Cyclocross:** Already appears in a very tentative calendar on NCNCA website, but that date is based on last year's. Mel will attend upcoming Genoa town board meeting to discuss. Generally town residents have been favorable.
 - **June Ride:** Michael has started to negotiate with the California Triple Crown folks for a date. Also needs to coordinate with TARA (ham radio group) for their availability.
 - **Clothing:** Dave will stop by Bike Habitat to see how clothing sales have been. A box of T-shirts and a box of tank tops are leftover from CVC; design was generic enough and appropriate for selling at future AACC events.
7. **Next Meeting:** Monday, September 8th, at Pete's house again, in Minden.

Local Merchant Discount Program

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





Alta Alpina Cycling Club

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 www.AltAlpina.org

MARK YOUR CALENDARS

Foothill Time TrialAugust 21
 Thursday Race FinaleAugust 28
 Kingsbury Time Trial September 7
 Tour de Tahoe September 7
 Tahoe Sierra Century September 20

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.AltAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Pete Costa	Vice President	intandempc@aol.com	
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David Gaskin	Treasurer	dlgaskin@earthlink.net	530-541-6472
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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	
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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 **XXX XX** at the **XXXXX** in the **XXXXXX**.