



PACELINE

**Alta Alpina
Cycling Club**

**Volume 4 Issue 2
March 2006**

AACC Weekend Ride Schedule—Early Season

John Seher, Weekend Ride Coordinator

Saturday March 11, 2006 — Tour of Carson Valley

Yes, I know, we put in a lot of miles grinding around the valley in the wind, but it's close by and convenient. Meet at Big Daddy's in Gardnerville at 12:00 noon and we'll do about 40 miles around the valley, route and distance depending upon enthusiasm. Feeling frisky? Make it a double header and meet at Spooner Lake XC and be ready hit the trail at 9:00. Ski for a couple of hours, then head down to Gardnerville for the bike ride.

Sunday March 19, 2006 — Plymouth, Ione, and the Low Foothills

Let's go over the hill where it's warm and enjoy a fine ride on quiet back roads. Meet at the park in down town Plymouth, CA at 10:00. There is a handy parking lot next to the park and a convenience store just up the street. A network of roads leads in all directions providing a variety of riding opportunities. See the AAA map "Lake Tahoe Region." The route will depend upon temperature and attendees, but we'll try to get in about sixty miles. The countryside will be green, trees will be in bloom and you can make a good start on the AACC spring mileage contest. Don't miss this one!

Sunday March 26, 2006 — Carson City to Virginia City and Lousetown via Six Mile Canyon

Take a historical tour of the Comstock and enjoy the high desert scenery. This is a fairly hilly ride with a couple of surprisingly steep spots, so gear accordingly. Meet at the Albertson's parking lot on highway 50 east of Carson City at 10:00. Distance is about 50 miles. Expect some rough pavement climbing up Six Mile Canyon. Remember, Virginia City's most famous newspaper reporter recommended cycling. Mark Twain was noted to have said, "Get a bicycle." "You will enjoy it.... If you live."

Saturday April 1, 2006 — Party Pardee Metric Century

This is good introduction to the spring century rides. Nice rolling terrain with no long climbs, but a few hills to get the blood circulating. Check out the details at www.bikehikers.com. There's always a good AACC turnout and the Sacramento Bike Hikers put on a great party afterwards. Wear that club jersey proudly.

Ides of March Spring Mileage Contest March 15 - April 17

To qualify, you must be an AACC member and log your mileage each day.
Mountain bike and racing miles count double.
Prizes will be awarded at the Spring Membership Party.

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2006 Thursday Night Mountain Bike Race Series

The racing begins on
May 18th
and ends on
June 15th.

There will be five consecutive
Thursday night races.

Starting point will be "the tree":
the first big turnout on Pine
Nut Road, 1 mile east of the
intersection of Pine Nut Road
and Pine Nut Road #2.





2006 Death Ride

Check-in and Expo — July 7, Tour of the California Alps — July 8

Joe Marzocco, Death Ride Manager

Now is the time to volunteer for this year's Death Ride! As a special incentive/benefit, volunteers who sign-up by March 30 can receive 25% off current prices of pre-2006 merchandise. This merchandise is already selling at greatly reduced prices. For example:

- 2004 jerseys - \$7.00, volunteer special - \$5.25
- 2004 shorts - \$7.00, volunteer special - \$5.25
- Wind vests - \$5.00, volunteer special - \$3.75
- Socks - \$1.00, volunteer special - \$0.75

Of course, sizes are limited. Please call Angela Witten



at the Alpine County Chamber of Commerce for sizes, 530-694-2475.

You may also sign-up to volunteer with Angela or visit: <http://www.deathride.com/volunteers/vsignup.php>

Any club members wishing to ride this year's event please contact Joe Marzocco at the Alpine County Chamber of Commerce or email info@deathride.com by March 30 to receive a registration form.

Spring Membership Party April 17 at Genoa Town Hall

Michael Bayer, Membership Coordinator

The annual Alta Alpina Spring Membership Party is the official kick-off for the cycling season in the Tahoe-Carson-Gardnerville area. Things will get started at 6:00pm with plenty of food and great people to meet. The presentations will start at 7:00 and we'll send everyone home after 9:30 pm.

We'll have the latest club clothing on sale, information

about the new mountain bike race series, updates on all the big events we're sponsoring this year, and much, much more!

The annual spring membership party is one of the many benefits of club membership. If your haven't already done so, please renew your membership by visiting our website at www.AltaAlpina.com.

THE RIDE OF SILENCE WILL NOT BE QUIET

Tina Keegan

On May 17 at 7:00 PM local time, the Ride of Silence will begin at over 120 locations in the United States and eight other countries across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

In 2003, Chris Phelan organized the first Ride Of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed.

**Our Ride of Silence:
May 17, 2006 at 7:00pm
Douglas High School**

The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors, no registration fees and no t-shirt.

The ride, which is being held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or

injured.

Contact Tina Keegan at 775-265-7848 or email T4myj@aol.com with questions.



Presidential Podium

Jennie Hamiter, President

Reflections on the 2006 Olympic Winter Games

I spent more time in February in front of the television than I have in the last 4 years – I just love the Winter Olympics. A few things I heard that really stuck with me:

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have pedaled well.”

—The Olympic Creed.

(Actually the Creed says “fought” instead of “pedaled”, but we know what they mean.)

“Kids dropping out of sports, becoming overweight, needing medication to be happy or feel normal, is all a result of having success defined for them... they start to realize when they re 8, 9, 10 that if they can t win or be the leader of the team... they shouldn t be on the field at all. I think that s an unbelievably unhealthy attitude for sports, for parents, for kids.”

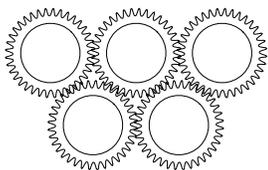
—Bode Miller

Our club is making an effort this year to increase our membership by appealing to more than just the “80 miles and 8000 feet of climbing” crowd. The Alta Alpina Cycling Club is for people who simply like to ride bikes (on-road and off-road) or would like to get into riding. So talk to your neighbors, friends and the kids in your neighborhood, get ‘em out on bikes, and encourage them to join the club. They don’t need to aspire to be Lance Armstrong to understand the freedom and fun of being on two wheels.

“What are you waiting for - a written invitation to participate in life? Well, you ve got one. It s called a birth certificate.”

—Visa

This was my favorite slogan from the 2006 Winter Games telecast. So go forth and bike, ski, skate, run, and play games!



Double Your Fun

John Axtell

Ever done a century and felt like the fun did not last long enough? Why not double it; seems to me that would equate to double the fun. The popularity of double centuries has increased rapidly in California. In 1990, 19 people completed 3 or more double centuries, and in 2005, 508 people completed 3 or more. If I recall correctly, the Davis Double sometimes has close to 1,000 entries and why not, they are twice as fun as a century. This year 18 doubles are scheduled in California alone. California doubles vary greatly in difficulty. Some of the flatter ones are easier than the Death Ride, while some require more effort. No matter what the difficulty, they are all fun (well maybe not Butterfield, lots of traffic, narrow roads, traffic lights, cities, etc). The web site at <http://caltriplecrown.com/index.htm> has lots of useful information

including good descriptions of all of the doubles, links to all the double organizers and a schedule. It even has tips on training, though the amount of recommended mileage per day is probably more than necessary. Some of the doubles are

relatively close to the Carson Valley, such as Eastern Sierra, Davis Double, Knoxville, Devil Mountain, Mount Tam and Terrible Two. Bass Lake is in the middle of California and the others are in the southern part of the state or in Death Valley.

Most of the doubles are organized by bike clubs. Planet Ultra and Adventure Corp are for profit and generally not as well supported, cost a little more and do not provide an after-ride meal. They are worth doing at least once. Many of the doubles start and end at a motel or hotel and have a good group rate which makes if very convenient.

Some of the rides with a lot of climbing may not be fun for your first double; Davis, Solvang or Eastern Sierra would be good first choices. Make sure to register early as some of these events sell out early. There are almost always a few too many Alta Alpina members at these events so come join the fun.





AACC Member Profile:

Kris Brown

Alta Alpina Corporate Secretary

AACC Member since:
2002

Current Residence:
Smith Valley, NV (AKA Camelot)

Immigrant from:
Winfield, Kansas

Résumé:

After spinning for a year, I graduated to a real bike in 2002. My first bike was a mountain bike. My first crash was when I fell on the printer in the office trying to figure out clipless pedals. In 2003, I got my first road bike and started riding centuries. In the spring of 2004, I upgraded my road bike. In the fall of 2004, I ripped my frame in half after losing my brakes on a steep downhill grade (maintenance tip: never oil your chain in the dark while talking to the guys parked next to you, you may oil your back rim instead). In the spring of 2005, I got my Trek Madone 5.2. In addition to the usual centuries, I rode the Solstice. Toward the top of the final climb, which is about 30 miles long, I started seeing dead animals by the road. I convinced myself that if you're hallucinating, but know you're hallucinating, it's okay to keep riding. In 2005, I did all 5 passes on the Deathride. It may have taken 15 hours (no laughing), but I finished. Obviously, I don't race.

Bikes I ride:

Gary Fisher Sugar 2,
Trek Madone SL 5.2

How I support my Bike Habit:

Deputy District Attorney, Douglas County.
I prosecute the bad guys.

In one word, my cycling style is...:

Slow and steady. Okay that's three words. But the good news is you don't have to be a hammerhead to be a member of Alta Alpina. The good riders are always willing to help you out. John Seher will even help push you downhill if he thinks you're going too slowly.

Favorite Post-Ride Food:

Summer sausage, cheese, crackers and wine.

Other Sports & Pastimes:

Horseback riding and dog collecting.



Favorite Rides:

Sierra Century. A good practice ride is to park at the Pioneer Park, ride up Slug Gulch and Omo Ranch to 88, then back down. That gives you plenty of time to hit the wineries before you come home.

Ambitions/Aspirations:

Win lots of races.

My Motto or Inspired Quote:

For every guy in the Tour, there comes a point where he doesn't feel capable of finishing. At that moment, the race becomes spiritual. The moment he surmounts his weakness changes his life. In my first tour, I made a conscious decision to put no limits on the amount of suffering I would endure. I didn't sleep. The ceiling started to drip blood and the saints came out of the walls, sat on my bed and talked to me. I went from weighing 165 pounds, with 4% body fat to 148 pounds at the finish. By the time it was over, I felt like a 72 year old. But I finished. And it changed me forever."—Bob Roll



Icicles and Bicycles

Jim Strange

Sometimes one just has to ride outside. It is the moment when another session on the trainer is about as palatable as liquid SPAM in the water bottle on a hot day. A glance outside at the blue sky and sunshine, a glance back at the trainer...the decision is made! Who cares if the outside thermometer shows a two-digit number starting with "3"? We can fix that: shorts, heavy tights, multiple layers of fleecy stuff all wrapped in a neon green shell. Apply beanie, shoe covers and gloves. Out the door we go. HOLY SNOTCICLES, BATMAN! It's coooold! But we're warriors of the road. Chattering teeth and numb face notwithstanding, this is what we live for. We're having fun!

I found myself in this frame of mind in mid-January. I plowed out of my door and up to Geiger Summit clad in my fleecy armor, in an act of thermal rebellion the likes of which has not been seen since the last time I did something stupid. After 85 minutes, I gingerly make my way around the final icy, north-facing bends and reach the summit, just in time to meet a cyclist coming up from the Reno side. I think to myself as I unclean and set my foot down in 6 inches of snow "Who would be stupid enough to ride their bike in conditions like this?" The other cyclist and I regard one another for a moment, basking in each other's exhaled steam. I decide to break the ice, "Ah, another idiot climbing in January." He gets a very serious look on his face. "I have to race Patterson next week." "It doesn't seem fair," I opine, "that we have to compete against those fair weather cyclists from California." "I just plan on getting dropped in January and February. I'll get 'em in March." Hmm...this guy doesn't know much about

spring in Nevada, does he?

It isn't fair. We can't escape the pressure exerted by our friends and foes to the west. They started training in September for the current season. But we can get back at them. To wit, invite one of your California riding friends over for a "winter spin." Now drag them around for 2 hours starting at 10 in the morning. Be sure to offer them some extra layers of fleecy stuff so they can turn you down in an effort to show how ignorant they really are. A couple years back, I plopped my Sonoma County-based brother on the back of my tandem on Thanksgiving Day and took him up Gold Hill. Tandem, \$2500; winter togs, \$100; look on bro's frozen face coming down the Truck Route at 40 mph, Priceless.

Another challenge that rears its ugly head during ice fest rides is food and water. Have you ever bitten into a Power Bar when it's 35 degrees? Ever been to the dentist for a crown? It's special when one inverts their water bottle only to see a core of ice. If you're lucky, that holiday fruit cake is still in the cupboard. It's got sugar, starch and some nuts for protein...sounds like riding food to me. Put a couple of slices of that brick in your jersey pocket and head up Gold Hill. Chomp down on a slice as you pass the "Dolls and Quilts" sign. Your teeth get lodged. You slog up past the Gold Hill Hotel with snool dripping onto the half slice still protruding from your mouth. You suck nut fragments into your nose in a desperate attempt to breathe. Finally you collapse on the V&T tracks and cough up a lung. Or is that one of those candied red things?

Like I said...we're having fun.

The 2006 Pine Nut Cracker, Saturday May 20 – Call for Volunteers

Mountain bike season is fast approaching. I don't know about you but I'm looking forward to some nice warm days. Our classic cross-country race, the Pine Nut Cracker, will be on **Saturday May 20th**. It should be another fun event with live music and grilled delights to fill the post race appetite. The course will be the same as last year and the racing should be just as fast. Please email me at jeff.ham@bently.com to volunteer for one of the following positions:

- Race Day Coordinator 10am-2pm (1 person)
- Results Organizer (at the event) 11am-2pm (1)
- Registration/Setup 8:00-11:30am (6 people)
- Course Sweep 1:30-2:30pm (1 on a dirt bike)
- Start/Finish Setup 8:30-10:00am (2)
- For those who want to race:
- Pre-Race Sweep/Trail Check 10am-noon (1)
- Course Marking 2-3hrs/day Wed, Thu, Fri (2-4 who know the course)
- Course Marshals/Neutral Water 10am-2pm (8)
- Remove Course Markings Sat, Sun, or Mon (2)
- General Cleanup 2-4pm (4)



Board Meeting Minutes—February 2006

Secretary: Kris Brown; Other Board Members: Christine Anderson, Michael Bayer, Micheal Beam, Jennie Hamiter, Jeff Ham, Mel Maalouf, Joe Marzocco, Darla, Mazzoni, Dennis Pederson, Tim Rowe, John Seher; Other Attendees: Christopher Rowe

1. Monthly Status Reports:

- **Treasurer's Report:** The account balance is \$40,300.
- **Death Ride:** Registration is ongoing. Permits are close to being finalized.
- **Junior Team:** The board approved purchasing race kits for the junior team. This expense will be included in the junior team budget.
- **Newsletter:** No report.
- **Clothing:** The long sleeved jerseys are in. Those who didn't pre-order may purchase them at Big Daddy's. The order has been placed for spring items.
- **Mountain Bike Race Series:** There will be five Thursday night mountain bike races starting May 18th and ending June 15th. Mike Beam is researching fees for insurance, portable toilets and misc. expenses. A final budget will be completed by the end of February..
- **CVC:** No report.

2. Approval of Membership Agreement and Waiver:

Michael Bayer presented the 2006 Membership

Agreement and Waiver. Minor changes were suggested and possible review by legal counsel. The agreement was approved with changes.

3. **2006 Budget:** Jeff Ham presented the proposed budget which showed a \$12,000 deficit. Ways to reduce spending were discussed. The board voted to reduce ride reimbursements by \$2000. Further action was tabled until the March meeting.
4. **Use of the Alta Alpina Name:** Comments were heard, no action taken.
5. **Midmonth Newsletter:** A midmonth newsletter was approved by the board.
6. **Clothing Order:** See above.
7. **Spring Membership Meeting:** The Spring Membership Meeting will be Monday April 17th at the Genoa Town Hall. Current Memberships will be honored until April 30, 2006.
8. **Ride of Silence:** The Ride of Silence, honoring those who have died in cycling accidents, will be held May 17th at 7:00pm. The course is still to be determined. Tina Keegan will organize the event.
9. **Next Meeting:** Monday, March 6, 2006, 6 pm, at the Gardnerville Pizza Factory, Nevada.

BikeSPOKEsman – 2006 – Get Motivated & Get involved!

Tim Rowe, AACC Board - Bicycle Advocacy and Nevada Bicycle Advisory Board Member

Nevada Bicycle Advisory Board (NBAB) February meeting summary

NDOT Bicycle program is working on the State of Nevada Road Bicycle Map and a draft version will be ready for the April meeting. NBAB suggested adding popular county road riding routes in addition to state highways. Bicycle Nevada license plate: NBAB still needs about 340 more signatures to make application so more sign-up sheets will be sent out.

The Safety and Legislation Sub-committee reported progress on proposed bicycle helmet (under age of 18) legislation for the 2007 Nevada Legislative session. Sen. Dina Titus, D-Las Vegas seems very supportive of sponsoring the bill.

Lake Tahoe Bicycle Coalition has been formed! Initial Board of Directors are: President-Ty Polastri, Vice President-Tim Rowe. This group can help improve bicycling in the Lake Tahoe Basin and can work in conjunction with other bicycle groups in the area, including Alta Alpina CC. Current activities include incorporation papers, a 2006 Lake Tahoe Bicycle Map and the Bicycle Friendly Community Application for the City of South Lake Tahoe. Next meeting will be Tuesday, February 28th at 5:30pm. For further information contact Ty Polastri at 775-586-9566 or <http://www.tahoebike.org>.



Board Meeting Minutes—March 2006

Secretary: Kris Brown; Other Board Members: Christine Anderson, Michael Bayer, Micheal Beam, Jennie Hamiter, Jeff Ham, Joe Marzocco, Libby Oakden, Dennis Pederson, Tim Rowe; Other Attendees: Chris McMillen, Christopher Rowe

1. Monthly Status Reports:

- **Treasurer's Report:** The account balance is \$36,358.00.
- **Death Ride:** Registration ended February 28th . There were 3700 registrations, 2800 will be selected. Tickets will be mailed out by the end of the month. Joe is working on getting captains for volunteer venues. Angela Witten will be volunteer coordinator.
- **Junior Team:** A couple of riders will be competing in an upcoming mountain bike race.
- **Newsletter:** The newsletter will now be coming out midmonth.
- **Membership:** Online registration is now up and running.
- **Clothing:** Spring clothing is scheduled for delivery in late March.
- **Weekend Rides and Mileage Contest:** Weekend rides will begin on March 11th . The mileage contest will begin on March 15th and end April 17th. There will be three categories: male, female and juniors. Prizes will be awarded for 1st, 2nd and 3rd place in each category. Mountain bike and race miles count double. Prizes will be decided on at the next meeting.
- **Wednesday Night Races:** Christine is working on the race schedule. Insurance is still being investigated. It will cover both the road and mountain bike races.
- **Mountain Bike Race Series:** There will be trophies! The races will be open to club members only. There will be A,B and C categories . Mike is still working on the courses but anticipates them being 8/11/15 miles. He is arranging for porta-potties that will be used for both the road and mountain bike races.
- **Pinenut Cracker:** The Pinenut cracker will be May 20th. It will be part of the Northern Nevada State Championship. Volunteers will be needed.
- **CVC:** No report.
- **Website:** The new website should be in place by April 1st.

2. **2006 Budget:** The budget is still a work in progress. The ride reimbursement program will probably take the main hit since it can be adjusted after the Death Ride check is received.
3. **Ride of Silence:** Tina Keegan is still working on the details.
4. **Review of Honorary and Organizational Members:** The Honorary and Organizational Members were reviewed and modified.
5. **Spring Meeting:** The meeting will follow the same format as last year. Some job assignments were made, others will be determined later.
6. **Next Meeting:** Monday, April 3, 2006, 6 pm, at the Kahle Community Center, Stateline, Nevada.

Local Merchant Discount Program

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 receive after renewal has the club logo and note indicating that it is your membership card.]





Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

Tour of Carson Valley Saturday, March 11
 Plymouth, Ione, Foothills .Sunday, March 19
 Carson City to Virginia .Sunday, March 26
 City and Lousetown
 Party Pardee ... Saturday, April 1
 AACC Spring Party ...Monday, April 17

MOVED? GOT NEW CONTACT INFO?

Have you moved? Has your e-mail address changed?
 Don't miss out on the latest AACC happenings!
 Update your info at www.AлтаAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Darla Mazzoni	Vice President	mazzoni@etahoe.com	530-577-0122
Kris Brown	Secretary	klbrown@douglas.nv.gov	
Jeff Ham	Treasurer	jeffham@wt.net	775-267-2089
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
John Seher	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-849-1876
Christine Anderson	Wednesday Race Director	christine.anderson@yahoo.com	775-781-0606
Mike Beam	Thursday Mountain Bike Race Director	lemondarmstrong@charter.net	775-267-6812
Dennis Delange	Road Cleanup Coordinator	dennis.delange@bently.com	
Joe Marzocco	Death Ride Manager / Website Coordinator	info@deathride.com	530-694-2475
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Libby Oakden	Paceline Editor	paceline@AltaAlpina.org	607-346-3933
Jim Rhiner	Carson Valley Classic	jim.rhiner@bently.com	775-783-9834
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

Newsletter Editor:
 Libby Oakden

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 Gardnerville Ranchos and Stateline.. Join us on **April 3** at the **Kahle Community Center, Stateline, NV.**