

PACELINE

Alta Alpina Cycling Club

Volume 14 Issue 3 April 2016



Tuesday, April 12 - CVIC Hall, Minden NV - 6:00PM

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

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

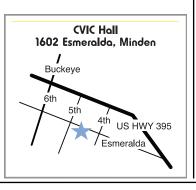
You can join or renew your membership at the party, but to avoid spending time in line, you can renew your membership now. If you were a member in 2015 we just need you to confirm your contact information and to renew with a check or Paypal payment for your 2016 membership.

Know any friends or neighbors just getting into cycling? Bring them along and we'll sign them up at the door!. For any questions contact Michael Bayer on the club hotline at 877-845-2453.

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

Bike & Stuff Swap • Trade

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



Inside this issue:			
Ride Schedule	2		
Past President Posting	3		
Thursday Races	4		
New Member Experience	5		
Board Meeting Minutes	6		
Member Profile	7		

ldes of March Mileage Contest

Don't miss out on this year's Mileage Contest. One winner will be chosen at random so everyone who enters has a chance to win! Bring your completed ride log to the party. (The ride log is on page 4 of the March newsletter:

www.altaalpina.org/news/ Paceline-mar16.pdf)

Buy a Bike Deal

Buy a bicycle from a participating local merchant and receive a free entry for the Foothill Fun Ride with the purchase of a 2016 club membership or first time members can opt for a free individual membership.

First Race: April 14

The Alta Alpina Thursday night races start on Thursday April 14. See you at the big trees at 6PM!

AACC Weekend Ride Schedule—April/May

Garth Jackson, Weekend Ride Coordinator

Our weekend rides accommodate fast and social paced riders—just show up and join the group of your choice. Social pace riders should carry extra food and be prepared to help as a ride leader. Drinks and snacks will be provided at the end of the club's weekend rides.

Saturday, April 9, 2016 — WEEKEND RIDE: Shake Ridge - Volcano Loop

Meet at Minden Starbucks to carpool at 8:30am. Meet at the junction of Hwy 88 and Shake Ridge Rd at 10:30am to ride. We'll take Shake Ridge to Fiddletown and less traveled roads to Sutter Creek returning through Volcano and up Ram's Horn grade. Snacks available for purchase in Plymouth and Volcano. 65 miles total.

Saturday, April 9, 2016 — Cinderella Century

The Valley Spokesmen Bicycle Club is hosting the 39th annual Cinderella Classic[®] & Challenge for women and girls only. The ride starts from the Alameda County Fairgrounds in Pleasanton CA and offers 65 and 85 mile distance options. For more see the website at: www.valleyspokesmen.org/cinderellaclassic

Sunday, April 10, 2016 — WEEKEND RIDE: Diamond Valley from Genoa

Meet at City Park in Genoa (at the four way stop go towards the mountains) ready to ride at 10:00am. Cruiser out Foothill etc. to Diamond Valley and back. This ride will have an easy pace as Garth should be leading an epic ride the day before. 30 to 40 miles.

Sunday, April 17, 2016 — Primavera Century

Ride the East Bay's most scenic roads including Mission San Jose, Calaveras Wall, Calaveras Reservoir and to the top of Altamont Pass. Registration includes fully stocked rest stops, SAG, and post ride meal. Sells out early so register now and support our partner, the Fremont Freewheelers! See www.ffbcprimavera.wordpress.com for more.

Sunday, April 10, 2016 — WEEKEND RIDE: Diamond Valley from Genoa

Meet at City Park in Genoa (at the four way stop go towards the mountains) ready to ride at 10:00am. Cruiser out Foothill etc. to Diamond Valley and back. This ride will have an easy pace as Garth should be leading an epic ride the day before. 30 to 40 miles.

Sunday, April 23, 2016 — WEEKEND RIDE: Virginia City/Louse Town Loop

Meet at the Governor's Field parking lot on South Roop Street in Carson City, ready to roll by 10:00am. Ride the quiet roads east of Carson City, up to Virginia City, up Gieger Grade, Virginia Highlands, Lousetown, back to Virginia City and return to Carson City. Some of the ride is on Highway 50, a little noisy but there's a good shoulder to ride on. Be ready for mostly very nice roads, some great views, and about 4000 feet of climbing.

Sunday, April 23, 2016 - Chico Wildflower Century

The Chico Velo Cycling Club's Widlfower Century will be on April 26 this year and features a new 60 mile flatflower route. Other options include the Wildcat 125 and 100, Wildflower 100 and 65, the Flatflower 30 or 12, and the Childflower 12. For more see the website at: www.wildflowercentury.org

Saturday, April 30, 2016 — Tierra Bella Bicycle Ride

Join Almaden Cycle Touring Club (ACTC) on their 39th annual Tierra Bella Bicycle Tour. There are four route options on pretty roads in Santa Clara County. Great food, excellent ACTC support, and a post ride hot meal. 2016 Tierra Bella patch included and beautiful jersey available for purchase For more see the website: www.tierrabella.org

Saturday, April 30, 2016 — Motherlode Century

Ride in the beautiful foothills of the Gold Country with five route options from 33 - 95 miles. The longer routes are excellent training rides for our Spring Century and Challenge staff ride. Go to Motherlode website for detailed descriptions of the ride: www.motherlodecentury.com/

Sunday, May 1, 2016 — WEEKEND RIDE: Kingsbury Luther

Meet at City Park in Genoa (at the four way stop go towards the mountains) ready to ride at 9:00am. Ride to the bottom of Kingsbury and up. Take Pioneer through South Lake and then up and over Luther and back via Foothill.

Volume 14 Issue 3

Page 3

Past-Presidential Posting

Mel Maalouf, Former President and Junior Team Coach

It's been a while since I have written you, so why do you say an old president is writing you this note? The current president is currently on an extended backpacking trip and I have some great news for you and your children and other children in the community.

National Interscholastic Cycling Association (NICA, rhymes with bike-a)

http://www.nationalmtb.org/

has approved a Nevada based Middle School and High School Cycling league

http://www.nevadamtb.org/

The league will arrange 4 races that will take place in the Fall of 2016. Alta Alpina Cycling Club has put their full support to form a team to participate in the league. Normally, the teams are based on clubs formed at the schools and the teams compete in individual and team standings. Not knowing if the schools will have time or resources to organize teams, AACC is stepping in to provide the environment and structure for kids to participate in a team as a composite team. A composite team allows kids from different schools to get coaching, be part of a program and learn the skills of mountain biking. Key components are safety, skills, along with other traits such as responsibility, relationships, stewardship and fitness and let's not leave out adventure. We all love cycling and know it to be a lifelong sport and NICA is a key component to build this passion for cycling for our youth.

NICA is a national organization that provides a sliding scale of levels for involvement for athletes, coaches and volunteers. This spans from learning how to use brakes, shifting, safe riding skills to top level competition for the athletes. Not all kids are required to race as this starts as a development program serving the most basic rider. NICA provides the infrastructure to form a team, train coaches, provide insurance, and their most important component–risk management–to ensure safety for the athletes.

The Nevada MTB arm of NICA is providing the tools and materials to train coaches, form teams, and to ensure a

consistent quality program for youth. AACC gave me support to attend a coaches clinic on 2-3 April to learn to coach youth, form teams, and gather support. It was a great weekend with lots of learning and networking with other coaches and volunteers to establish relationships with others who have common goals.

So keep you eyes out for more information on how you can get involved. If you have kids or know of kids and want more information, don't hesitate to reach out to me.

Looking forward to new adventures,

Mel Maalouf.

Ex-el presidente

alpinajr@gmail.com



Why Race this Year?

The Alta Alpina Twilight Series Road Races start Thursday, April 16th. Everyone is welcome and encouraged to enter these races - you don't have to consider yourself a racer to join us. Why would you want to? The answers are numerous: you'll push yourself harder than you ever would on your own, you'll be motivated to get in better shape for your next race, you'll make new friends, and you'll have fun doing it. The races have four categories, A through D, where A's are the fastest. You choose your category, and depending on how your first race goes you can move up or down accordingly. Once you find your group you'll be racing people roughly your same speed.





2016 Alta Alpina Road Race Season

Di Bolton, Road Race Director

We are gearing up and looking forward to another action packed season for 2016!

Remember there is a place for **everyone** to race!! I Hope to see all the regular faces (missed you all) and a lot of new ones at the races (looking forward to meeting you)!! Encourage your family members and friends to come out to cheer on you and the other racers.

Volunteering

Volunteers are greatly appreciated and needed to help at the finishes, especially the Crits and TT's; they can get kind of hectic. Thanks in advance to my helpers!!!

2016 Race Fees

Fees this year remain the same as last year: \$10 for Alta Alpina Members and \$15 for Non-Members. For racers under 18 the fee will be \$5, unless you are an *ACTIVE* member of the AACC JR. Team and are attending all the clinics and junior team events in which case your race will be free.

Punch Cards

To save having to bring cash every week, I will have the punch cards again this year.

- For AACC Members it will be 8 races for \$80, \$160 for the entire season (the last race is free if you purchase the entire season pass).
- For Non-Members it will be 8 races for \$120 and season pass \$240 (the last race is free for the season pass).

Punch cards can be purchased at the Spring Party.

Race Categories

If you move categories up or down you will only take ½ your points. You will only be allowed to change cats until the East Valley TT. No bouncing up and down!

Junior Series

We will be running a "Junior Series" again this year.

Juniors will race with the D's (unless otherwise designated) and will have their own points. This will take the younger kids out of the race for points that the adults will be vying for and give them their own competition amongst their age group and chance for prizes. I do encourage all Juniors (18 and younger) to join and participate on the AACC Junior Team (this will also give you free race entry). The objective of the Alta Alpina Junior Team is to provide an avenue for junior riders, with an introduction to bicycling with an emphasis on safety and nutrition and much more.

Race Waivers

All racers please bring a filled out a race waiver to your first race; this will give me the emergency contact info on site for the season and will save time at registration. I will need this even if you are an AACC member.

If you are planning on bringing your membership forms and fees to the races and/or are planning on buying race passes or just paying your race fees please make *SEPARATE* checks for membership and race fees, this helps with the accounting. All checks should be made to Alta Alpina Cycling Club.

First Race is April 14

Our first race is Thursday April 14th. We will be starting at Fredericksburg and Fairview Lane for the season Prologue. The following week we will be at Diamond Valley for a short course instead of a regular course due to the cold and it still gets dark too early for a regular course.

See our website at www.AltaAlpina.org for directions to other race venues. Schedule is subject to change, so check the website before each race. Races start promptly at 6:15 pm. Be there ready to race!

Come out and join in the fun, camaraderie, and a lot of bench racing before and after the races. See you soon!

Diamond Valley Road Race 4/14 5/19 7/14 Fredericksburg Prologue Pinenut Road Race (no points, category 5/26 **Diamond Valley Double Back** 7/21 **Starbucks Criterium** determination) Road Race 7/26 **Tuesday Club Challenge: TBD** 4/21 **Diamond Valley Road Race** 6/2 **Eagle Ridge Circuit Race** 8/4 Blue Lakes Time Trial (short course) **Pinenut Road Race** 6/9 8/11 Fredericksburg Time Trial **Starbucks Criterium** 4/28 6/16 **East Valley Time Trial** 8/18 **Diamond Valley Road Race** 5/5 **East Valley Time Trial** 6/23 **Kingsbury Time Trial** (short course, season finale) 5/12 **Starbucks Criterium** 7/5 **Tuesday Club Challenge: TBD**

My Introduction to Alta Alpina - Part 1

Tod Conover, New Member

I landed some contract work in Carson City Nevada in Feburary of 2014. Arrived in a snowstorm and my Ikea foam mattress, folded in half on the top of my car, was frozen stiff in the shape of a big useless taco - burr. In the spring it warmed; I brought my bike up and started riding on the mostly deserted roads. Just short stuff around Washoe Lake.

One day I headed up old 395 toward Reno. Got to Hwy 341, known as Gieger Grade, and kept going, sort of like Forest Gump, I just kept going. Got to Virginia City and down the other side and back home. Hey that was fun - fifty miles, and some pretty good climbing. I must have done that ride 15 times over the next year.

Soon my contract was ending and I wanted to get one more good ride in. Found a local bicycle club—Alta Alpina Cycling Club—that scheduled a ride from Wellington to Bridgeport and back; "almost a century" they called it. Sounded OK to me.

I'd never ridden with a club before; didn't know what to expect. I was a bit nervous; not sure I could keep up. About 15 people showed. They didn't look like much, so I felt better (little did I know). I managed to get a flat in the first mile – what a rookie. I great big guy helped me change the tube. No need for those pesky tire tools I've been carrying around. He just ripped the tire off the rim. When we got the thing put together, he put about 40 lbs of air in the tire just by blowing into the stem – no kidding. I guess my pump was excess baggage as well. The ride was wonderful. The road was empty of traffic - absolutely empty, and the scenery was, well, indescribable. The return trip was into a headwind; I hate headwinds. Fortunately a really fit couple on a tandem led us most of the way in. We were moving like a freight train. I was flying until my legs started cramping. I guess I was learning not to judge people just by looking at them. This motley group was teaching me something.

The project I was contracted to work on was not going well, so my contract got extended through the winter of 2014 and into 2015. It gets wicked cold up here, so most people go skiing and the bikes go into storage. I tried a bit of cross-country skiing myself, but I wasn't much better at that then the cycling.

Springtime came soon enough and I started riding more with the club. There are a handful of regulars and I got to know a few really fine people, and a bunch of really great rides... a bunch of really great passes. Had I not gone with a group I would never have tried these things. Cars have trouble going up these things —I know because mine blew up on one. But I found if you push just a little bit more each time out, you get in a little bit better shape, and soon you're looking forward to the grades and doing things you thought you'd never even try.

It's sort of a blur now, but I'll try and paint a picture of my favorite rides.

Local Merchant Discount Program

Details about local merchant offers is listed under "Merchant Discounts" on our website at www.AltaAlpina.org.





Board Meeting Minutes – April 4, 2016

Secretary: Jim Sadilek; Other Board Members: Tammy Lundquist, Vice President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge Ride Director/Newsletter Publisher/ Membership Coordinator; Di Bolton, Thursday Road Race Director; Mel Maalouf, Junior Team Coach / Lori Piccini, Clothing Coordinator; Dave Scarborough, Spring Century Coordinator

Meeting called to order at 6:21 pm Venue: Lakeside Inn and Casino – Stateline NV Minutes of March meeting approved as circulated.

1. Monthly Status Reports:

- **Treasurer**: The checking account balance is: \$34,473.08. The PayPal balance is \$7,402.02.
- Membership: There are 69 new and renewing memberships for 2016 and 146 in the grace period. A suggestion is to have a Survey Monkey survey of non-renewing members as an exit survey. Possible survey questions are solicited. A long discussion took place regarding non-AACC sponsored rides being posted on the AACC ride board. There are unanswered questions regarding the club's LAB ride insurance. No decisions were made pending a closer reading of the LAB insurance policy.
- Weekend Rides: Recent weekend rides have been well attended, six people at the Saturday group ride around the valley.
 Next weekend, 09April, will be the Omo Ranch Rd loop. Approximately 60 miles, and fingers crossed for good weather.

The gang of five weekend ride coordinators will convene again on 15 June to build the ride calendar out through the end of summer. Garth and Alex will staff the weekend ride booth at the party on 12 April. Other weekend ride coordinators are welcome to help man the booth as there will surely be hordes of people excited to learn more about the weekend rides.

- **Newsletter**: Current plan is to publish on Wednesday, April 6.
- Website: The Club's main web site is up to date. Development continues on the new Challenge site. Photographs referencing the Challenge and the passes are solicited for inclusion in the new site. Contingent on completion of the new site are are plans for a social media campaign.
- Weekly Road Races: Races start Thurs April 14. <u>http://www.altaalpina.org/clubracesroad/</u>.
- Mountain Bike Races: The position of Mountain Bike Coordinator is open. The Board of Directors

would be most grateful for a volunteer to step forward and fill the position. Contact Chris Rhiner.

- Junior Team: The Junior Team training continues with up to five participants weekly; Dave Washburn and Randy Jacobs are helping Mel Maalouf, Junior Team Coach. Mel proposes an AACC sponsorship of a National Interscholastic Cycling Association (NICA) http://www.nationalmtb.org/ junior mountain bike racing team to complement the existing Junior Team road racing program within the \$2000 junior team budget. NICA promotes middle school and high school mountain bike racing with a complete program of rules, coaching guidelines, and event insurance. It is anticipated that area high schools will form their own teams eventually. The AACC sponsored team is proposed as an interim solution while the NICA Nevada League matures. Motion 04/01: It is moved that AACC sponsor a NICA team using the Junior Team budget. Michael Bayer/Frank Dixon - Carried unanimously.
- **Spring Century**: Planning is progressing. Details will appear in the newsletter. Email will go out after the Spring Party to RSVP.
- · Pinenut Cracker: No Report.
- King of the King Time Trial: Saturday, July 30. Time TBA. Allen Biaggi will be coordinating.
- · Cyclocross Race: No Report.
- · Bike Advocacy: No Report.
- Adopt A Highway: Next clean up day scheduled for Sunday, May 8. Meet at Turtle Rock Park 9:00 am. Tammy will provide yummy coffee and bagels.
- **Clothing**: Recently ordered club clothing is in stock and will be available for viewing and purchase at the Spring Party.
- Challenge: Registrations for the Challenge: 318. Challenge insurance premium increased by \$774 compared to last year's approximately \$2000 premium. This amount is roughly an additional \$2 per rider. Therefore, registration, which usually increases on May 1, will increase by an extra \$5. Mileage reimbursement for volunteers will be \$.25 per mile for automobiles and \$.15 per mile for motorcycles.



Volume 14 Issue 3

2. **ROP:** Rite of Passage (ROP) wishes to participate in AACC activities. Membership fee for ROP will be \$40 per house as family memberships. Mel, in his role as Jr. Team Coach, will evaluate ROP riders' level of group riding experience to ensure safety for both ROP riders and others before ROP riders join AACC races.

3. **Organizational Memberships:** The list of Organizational Members for 2016 was approved

from the 2015 list without change.

- 4. **Rideboard Upgrade:** Ride Board change to email mid-week ride updates was approved.
- 5. **Surplus Food:** Motion 04/02: Moved to discard food that has been stored in the freezer since last year. Tammy Lundquist/Frank Dixon.
- Next Meeting: Monday, May 2, 2016, 6 pm, Jethro's Oven & Grill, 1281 Kimmerling Rd, Gardnerville, NV. Meeting adjourned at 8:37 pm

AACC Member Profile:

Eric Reuter (TheReut), Mountain Bike Ride Leader

AACC Member since: 2013

Current Residence: Alpine County, CA

Background: Grew up in Kirkwood, Douglas High, UC Davis (Mechanical Engineering and Materials Science), 25+ years in the Silicon Valley (Los Gatos). Now have moved back to the mountains for good.

Started Riding:

Before I could walk but after I learned to ski! :-) Rode a lot while growing up but really got more into cycling while attending college. Started mountain biking in the mid-90s.

Proudest moments:

10-time 5-pass Death Ride finisher. First Death Ride (and first 5-pass finish) was in the infamous 1992 Death Ride featuring rain, snow, hail, and lightning. The pin from that first DR is my sweetest! Also placed multiple times in the top-10 in category in Sea Otter crosscountry mountain bike races.

Bikes I ride:

Specialized Tarmac S-Works road bike, Trek Fuel mountain bike, Specialized Crosstrail hybrid for Winter riding Custom made (Dale Saso built) "steely" brazed & filleted road bike

In one word, my cycling style is...: Aggressive, Clydesdale power ("twist and shout!") I have a set of extra sprockets and chains for all my bikes! At 6'6" and 235 lbs., I am not the "typical" cyclist and burn a huge amount of calories/mile.

Favorite Rides/Races:

Death Ride, Sea Otter (Cross-Country and Enduro races), Sierra Century, Tahoe Rim Trail, Armstrong/ Corral trail network, Hope/Faith Valleys, and the

Kirkwood cross-country trail network for high altitude training.

Favorite Post-Ride Food: Anything with protein!

Other Sports & Pastimes:

Winter (when not able to ride): skiing, boarding, back country skiing, crosscountry skiing, snow-shoeing, snowmobiling

Summer (when not riding road or mountain): motocross, hiking/ backpacking, tennis, driving

All seasons: building, fixing and tuning all manner of mechanical things including bikes, boats, cars, snowmobiles, tractors, etc.

Ambitions/Aspirations:

-Being the best father and partner/companion I can be

-Directing my "semi-retired" energies and resources toward helping out my extended family and community as well as getting more people interested in and participating in mountain biking!

My Motto or Inspired Quote:

Enjoy every day doing something I love with someone I love.

I love riding (especially climbing) and ride as much as possible. I also love exploring new trails and routes! I look forward to sharing great rides with anyone else who wants to join!







Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

Tue April 12	Spring Membership Party	
Sat May 21	Pine Nut Cracker	
Sun May 29	Spring Century	
Sat Jun 25	Alta Alpina Challenge	
start Thu April 14 @6:15	Thursday Night Races	

MOVED? GOT NEW CONTACT INFO? Have you moved? Has your e-mail address changed? Pon't miss out on the latest AACC happenings! Update your info at www.AltaAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

Chris Rhiner	President	president@AltaAlpina.org	775-790-6373	
Tammy Lundquist	Vice President	tahoe.tammy@gmail.com	530-545-3155	
Jim Sadilek	Secretary	ccwatchmaker@gmail.com	775-220-2713	
Frank Dixon	Treasurer	ozatlake@gmail.com	530-318-1574	
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org		
Garth Jackson	Weekend Ride Coordinator	ridedirector@AltaAlpina.org		
Michael Bayer	Alta Alpina Challenge Ride Director	challenge@AltaAlpina.org	877-845-2453	
Di Bolton	Thursday Road Race Director	dibolton@frontier.com	775-781-4660	
Robert Braun	Pinenut Cracker Mountain Bike Race	robertingville@yahoo.com		
Tammy DeGiovanni	Road Cleanup Coordinator	ttdeg@frontier.com	775-901-1652	
Laura Caimi	Marketing Coordinator	wildsierralaura@yahoo.com		
Lori Piccini	Clothing Coordinator	clothing@altaalpina.org	877-845-2453	
Michael Bayer	Paceline Editor	paceline@AltaAlpina.org		
David Scarborough	Spring Century Coordinator	dave_scar@hotmail.com	530-318-7878	
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652	
Joe Marzocco	Website Coordinator	j_marzocco@yahoo.com		
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531	
The club is about and for you! All AACC members are welcomed to participate				

Newsletter Publisher: Michael Bayer 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 **May 2** at **Jethros** in the **Gardnerville Ranchos**.