



PACELINE

Alta Alpina Cycling Club

Volume 3 Issue 3

April 2005

2005 Spring Membership Party

**Genoa Town Hall, Genoa NV
Thursday, April 21**

6:00pm Food and Exhibits

7:00pm Business and Presentations

Don't miss the **2005 Spring Membership Party!** Highlights of the evening include:

- △ Free Pizza and other Great Food
- △ Free T-Shirts
- △ Prizes for the "Ides of March" Mileage Contest
- △ 2005 AACC Clothing (jerseys, shorts, arm warmers, and gloves)

You'll learn about the 2005 Weekend Ride Program, the online Ride Board, the 2005 Wednesday Night Races, The Pinenut Cracker Mountain Bike Race, the Gardnerville 125 Road Tour, The 25th Annual Death Ride, Carson Valley Road Race and

Criterion,
Adopt-a-Highway,
and our Bike
Advocacy initiatives.

Know any friends or neighbors just getting into cycling? Bring them along! We'll be offering Basic Bike Maintenance Workshops throughout the evening.

Please try to carpool (or ride your bike) to the Genoa Town Hall.

If you haven't already renewed your membership, please update your membership profile online by April 19 to avoid spending too much time in line outside the party.



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AACC Wednesday Night Race Schedule 2005

Troy Walters, Wednesday Night Race Director

I love bike racing...and every year I can't wait for the new season to begin. The Pro's roll out at Het Volk (won by Nick Nuyens) and the Tour of the Med (won by Jens Voigt); and guys like Tony Reid burn through 20 tanks of gas following the NoCal spring circuit (Tony has been en fuego this year!). Well, the Wednesday Night races will be starting soon.

The first race goes off promptly at 6:15 on April 27th at Diamond Valley. See you at the starting line!

- | | |
|--|--|
| 4/27 Diamond Valley RR – no points, division determination | 6/28 Emigrant Criterium |
| 5/4 Genoa Time Trial | 7/20 Diamond Valley RR |
| 5/11 Club Challenge – Diamond Valley | 7/27 Luther Hill Climb Time Trial |
| 5/18 East Valley Criterium | 8/3 Club Challenge – East Valley Criterium |
| 5/25 Fredericksburg Two-up Time Trial | 8/10 Genoa Time Trial |
| 6/1 Diamond Valley RR | 8/17 East Valley Criterium |
| 6/8 East Valley Criterium - IntraTeam | 8/24 Diamond Valley RR |
| 6/14 Tuesday Club Challenge – Air Center Criterium | 7/5 Tuesday Club Challenge – Franktown RR |
| 6/22 Diamond Valley RR | 7/13 Blue Lakes RR |

DART Bike Racks

Really? Yes! **Multimodal transportation on DART.** Bike racks are now on all their vehicles.

Are you as excited as I am? You can now arrange transportation to Markleeville with your bike, get in a pre-Death Ride training day, and have them take you home while you eat a protein recovery bar.

Douglas Area Rural Transit provides service from Topaz Lodge to WalMart and into Alpine County. Call DART: 783-6456.

Read more at the www.RecordCourier.com. Article posted on 3/18/05 (search for "DART").



**2005 Northern California/Northern Nevada
Masters District Championships
Carson Valley Classic Criterium
Diamond Valley Road Race
July 30-31, 2005**



Jim Rhiner & Mel Maalouf CVC and DVRR Race Directors

Alta Alpina is fortunate to once again host the Masters District Championship races this July. This USA Cycling event is a top event for many racers. Don't miss out on the opportunity to join and watch the athletes perform in our backyard.

These championship races ensure an exciting and competitive racing event. Alta Alpina members should look forward to helping put on this successful racing event.

To find out how you can assist, contact:

- △ Jim Rhiner, 775-783-9834, jim.rhiner@bently.com
- △ Mel Maalouf, 775-782-9652, mel.maalouf@bently.com

Don't miss out on this opportunity to give back to the club that has sponsored the race team and ride reimbursements for many of us in the past. Members who request ride reimbursements for 2005 can fulfill some of the requirements by volunteering to help at this event..

Contact us as soon as possible with your interest. We want to ensure all race logistics will be fulfilled in a timely and manageable manner.

Thanks, Jim Rhiner

V O L U N T E E R . R A C E . P L A C E . AACC is sponsoring these races. Help us demonstrate our high-altitude spirit!

May 14: Pine Nut Cracker

July 30: Carson Valley Classic

July 31: Diamond Valley Road Race

2005 Pine Nut Cracker

Jay Brown, Pinenut Cracker Race Director

Hey everyone! The 2005 Pine Nut Cracker is less than two months away! Yes! The big day is **Saturday, May 14th**. Keith (Big Daddy's Bicycles) has put the race on previously, but this year, a really cool local club called "Alta Alpina" decided to step in and promote the event!

So if you plan on racing, get your legs and lungs ready for a great time! If you don't plan on racing and don't want to miss out on the fun, donate a couple hours and also cheer on the cross country racers!

Approximately 20 volunteers will be needed to make the race happen. So come on out, support your great club, and help keep this great local race going strong!!!

The Pine Nut Cracker "job openings" will soon be posted. Contact me early to guarantee your "position" is available.

Much Thanks!

Jay
jay.brown@bently.com

Race Team Encore

Mel Maalouf, Race Team Director

The **2005 AA Race Team** is again on (we think).

Do you want to be on our roster? Thought about it but haven't decided? Well, I'm the Race Team Director, so my job is to rally the troops and inform you of our plans.

Essentially it requires you are an AACC club volunteer and that you are enthusiastic. It's easy to get into the spirit, and I look forward to working together with each racer.

The benefits you will receive go beyond the normal entry-

fee reimbursement. If you want more details, email me.

It's easy to be on the team:

1. Ask to be on the roster.
2. Understand the responsibilities.
3. Race in an AACC jersey with good team spirit..
4. Represent the club well at the races with good sportsmanship.

Contact me to discuss more:

775-782-9652
mel.maalouf@bently.com



Presidential Primavera

Jennie Hamiter

Hello, Springtime!

By the time you're reading these words, it will technically be Spring. You may be reading it on a storm day when all the mountain passes are closed, or it may be sunny, warm, and beautiful. We spring our clocks forward on April 3rd, so all of the sudden there's more time to ride after work; this year, April 3rd is my favorite day of the year.

April is always a big month for the club. The Weekend Ride Schedule has started, the Spring Mileage Contest is in full swing, the Spring Party is coming up, and the best AACC-attended century of the year, the Chico Wildflower, is at the end of the month. The Wednesday Night Races begin the last week of April with a race in which you can determine your race category (this race doesn't count for points). Even if you haven't raced with us before, come out on April 27 to try it out... and meet your competition!

Get Ready

With the start of the new season, it's time to get ready for the year's upcoming adventures. Make sure you and your bike are equipped with the tools and the know-how to deal with at least the most basic mechanical emergencies. Being self-sufficient is empowering and frees you to go further and explore the back roads. Specifically, if you don't already know how to fix a flat, you should.

To that end, at the **Spring Party on Thurs, April 21**, we're going to have an area set up for learning simple bike maintenance. See Troy at the party, and he'll walk you through changing a tire. He's loaded with information that all cyclists should know before hitting the road or trail.

Let's Ride!

Gotta get off this computer now, and go get on my bike where I belong. Join me in making the most of this great time of year!"

AACC Weekend Ride Schedule

John Seher, Weekend Ride Coordinator



Saturday April 2 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. There's always a good AACC turnout, and the Sacramento Bike Hikers put on a great party afterwards. Wear that club jersey proudly.

Saturday, April 9 Carson City - Geiger Grade - Virginia City - Carson City

Let the tourists marvel at your physique and determination as you glide up Geiger Grade like Armstrong and Longo. Meet at the Penney's parking lot (ugly but convenient) at the south end of Carson City and be ready to roll at 09:00.

Sunday, April 17 Genoa to Markleeville and beyond

Meet in Genoa at the state park and head south to Woodfords, Markleeville, and up the east fork as far as the snow allows. As Ebbetts won't yet be open, it's our own private bike road. Be ready to get in the saddle at 10:00.

Thursday, April 21 AACC Spring Membership Party!

6:00pm at the town hall in Genoa. See your old biking pals. Swap lies. Check out the new club kit. See who's fit, who's not, and find out who rode the most miles. Any predictions?

Sunday, April 24 Chico Wildflower Century

For most of us this is the first big one for the year. Go up on Saturday and see what it's like to ride around a bike-friendly town. It's an opportunity to renew old cycling friendships, and the Chico Velo CC puts on a terrific ride, with great chow afterwards. Get the particulars at www.chicovelo.com This is an AACC "must do" event. Fly the colors.

Saturday, April 30 MTB Pine Nuts Reprise

Meet at "The Tree" at 10:00am. Get the Nutty single track tour.

Sunday, May 1 Dueling Century Rides, or two faces of California

The Grizzly Peak Century and the Delta Century. These two rides could hardly be more different. Grizzly Peak features lots of climbing and skirts major urban areas in the East Bay, while the Delta has maybe 100 ft. total and winds through the back roads and small towns of the delta region. Both are good rides, but the Grizzly Peak definitely has the edge on food. You can gain weight on this ride. Again, show 'em that AACC jersey. www.grizzlypeakcyclists.org or www.sbclub.org

2005 Jersey Blend of Old, New and Spice!

Mel Maalouf, Junior Team Coach

The 2005 AACC jersey is a mélange of a popular jersey of past and last year's jerseys. Basically, the 2001 jersey has been updated with the 2004 colors and spiced up with some polka dot fade. The updated design keeps it recognizable and similar to last year and 2001.

The shorts remain identical to 2004. This will leverage existing stock of 2004 jerseys, shorts, arm warmers, gloves etc.

I hope you like the new look. Clothing will be available at the Spring Membership Party. Get yours early!

We're looking at a possible re-order of long sleeved styles, too (jackets or long-sleeved jerseys). John Seher has volunteered to ensure that we get the minimum order (25), so if you're interested, please let him know.



Cycling Oregon XVIII: September 10th—17, 2005

Tony Reid

Cycle Oregon is an annual week-long ride that takes place the 2nd week of September. In its 18th year, it attracts approximately 2,500 cyclists each year. The ride covers a different route each year with daily mileage ranging from 50 to 100 miles. For those of you who haven't ridden in Oregon, the cycling is fantastic! Cycle Oregon spends a great deal of time designing and scouting routes that utilize beautiful roads with great scenery and minimal traffic. This year's route essentially parallels the Columbia River from Boardman in the northeast part of the state to Astoria in the northwest corner.

With 2,500 cyclists and another 500 or so support staff, it's like

a little city which moves from town to town each day. With all due respects to our own Death Ride, Cycle Oregon is truly the most organized cycling event I've ever seen, and then of course, it's a week long!

Lodging for most people is in tents on local high school football fields or farm pastures; although limited hotel space is available at additional costs. Your baggage is carried from town to town in tractor trailer rigs and all meals are included.

Dana said I only had 100 words, which isn't enough to even BEGIN to do Cycle Oregon justice. Alta Alpina alumni of Cycle Oregon include Steve and Jana Orear, Tim Rowe, Toni Bulfari, and myself. This is by

far my favorite organized ride. It has my highest recommendation. Information is available at www.Cycleoregon.com. Like the Death Ride, Cycle Oregon fills up pretty quickly so if you're interested, you should register in the next month or two. Hope to see some new faces there this year.

If you have any questions, please feel free to contact me.

treid@volcano.net
209-258-6003



FREE PIZZA

2005 AACC Board Meetings

- * 1st Monday ea month
- * 6:00, Pizza Factory
- * Gardnerville Ranchos
- * Pizza, Beer, Soda, Salad...good food!
- * Next? Monday, Apr 4



Solvang Spring Trip

Steve Orear

Some of us ole time members are doing a spring trip to Solvang (Lance trains there). We have been doing Spring Trips for many years—kind of an ole AACC thing. We are going to SOLVANG for a week in early April to jump start our cycling season.

We are going to the Flying Flags RV Park in Buellton on April 9th and staying thru April 15th for 7 days of awesome cycling. We will cycle the training grounds of USPS and Discovery. This will be a great week with wonderful country roads, minimal traffic and plenty of challenge. We will ride 7 days through the pastures, farms, country, canyons and picturesque rolling green hills, climbs and with the promise of a tailwind everyday back to camp in warm Southern California. This is an epic trip.

Perhaps more members might like to join us for a great week of awesome cycling on some of the best terrain available in the west coast. If you are interested, contact us for details:

Steve Orear: SteveOrear@aol.com
775-782-8813

Tony Reid: treid@volcano.net
209-258-6003

Mike Pate: tahoered@hotmail.com
530-577-6411

Juniors and Espoirs are Coming!

Mel Maalouf, Junior Team Coach

The 2005 Junior Team is gearing up for the big show(s). We have a few core riders, and we are always looking for new athletes. If you have anyone interested, neighbors, cousins, SONS and DAUGHTERS of club members, we have loaner bikes. It is not too late to get geared up and in reasonable shape for the racing season.

The "old" juniors are returning from college as Espoirs (under 23). We have at least one, likely three, who are looking for summer jobs that will allow some training and racing. If anyone knows of internships or just jobs with a small/miniscule amount of flexibility. We have the right

candidates: Valedictorians, Ivy League, etc. with energy and intelligence to do just about anything.

Early Season

So far the spring schedule is: Land Park, Copperopolis, and Sea Otter. Please give support and water where you can.

Sea Otter

We will be racing road and cross country (mountain bike) events at the Sea Otter Classic. We will be staying in the AA Canopy in "Campground E" at Laguna Seca. Contact me to coordinate travel.

775-782-9652
mel.maalouf@bently.com

Jeff Ham Race Report

March 5, NORBA National #1 at Tapatio Springs Resort outside San Antonio, TX



I was already headed to Texas for a wedding, so I decided to make it a super trip—visit my sister in San Antonio, do the NORBA National, and return to Houston for the Bachelor Party. Even though I'm from Texas, I expected San Antonio to be more desert. It had been raining the whole week before the race. So I registered and pre-rode the day before. The course was wet and slippery but not too muddy. I had to walk a lot of off-camber slippery rock sections, but at least I didn't get super dirty. The trail would be great dry—tight single track and some fun rolling hills.

Saturday, we (my sister and her baby) went to the race. (She just moved to San Antonio from Salt Lake City and likes to ride mt bikes, so she wanted to check out the event.) The race started in waves with my wave combining two categories for about 50 people. I stuck around the middle of the group for the first climb. Everything was moving good until we hit the singletrack. Yeah, there's usually a jam entering the single track, but the slippery course conditions basically had everyone off the bike with stop & go traffic. Some guys

were yelling and screaming, like we wanted to be stopped, and their whining was going to make a difference. We made it through several miles of off/on bike riding before reaching open sections to pick up the pace and make a few passes—more like cyclocross than mtb. My sunglasses quickly covered with mud and went into the pocket.

It started raining near the end of the first lap (2 8-mile laps for Sport). That made everything more tricky and muddy. Two miles into the second lap my pedals locked up. I thought it was chain suck, but all I could see was mud... and my derailleur caught in the spokes. A light kick freed it up. It didn't shift right after that, but at least it wasn't broken. I was content to ride in 4th gear down and just shift on the front. A good paved climb near the finish was tough with the mud-caked gears. I eventually finished, coming in 13 of 29 total; 7 people DNF'd from nasty conditions.

So now it's time to hose off and head to Houston (about 3-1/2 hours away) for the Bachelor Party. And that's a whole other story.

Profile: Jim Rhiner



Jim

AACC Member since: April 2000

Current Residence: Gardnerville/Fish Springs

Immigrant from: Sanford, Florida

Résumé: Cycling & Racing for 6 years

Race Category: Masters

Bikes I ride:

Titanium Road bikes: Litespeed Ghisallo & American Flyer

Carbon Mountain bike: Trek STP 400

How I support by Bike Habit:

Electronic Engineer, Bently Nevada Corp

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

Competitive.

Favorite Rides/Races:

Orosi Road Race and Everest Challenge

Favorite Post-Ride Food:

Bake potato and salt

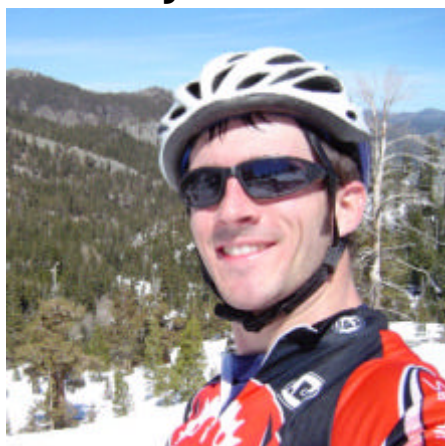
Other Sports & Pastimes: None.

Ambitions/Aspirations: Win a Road Race, and if so, I will have met my initiation goal. In so doing, I'll be a worthy member of the cycling culture enough to shave my legs.

My Motto or Inspired Quote: I did as much as possible and my best without hurting anyone—only helping to better our extremely short time we have to do whatever we choose.

Grab Bag: I have toured France four separate times with a 17-lb bike and 10 lbs of luggage. Followed three TDF's on my bike. I had one flat, met no mean people and would like to live there for a year or so. I am skipping going to Europe in 2005 to save up for Italy in 2006 and to help the club in the CVC and DVRR. In 2006, I plan to fly to Paris train to Milan then cycle to the Dolomites with my normal set-up.

Profile: Jeff Ham



Ebbett's pass in the spring.

AACC Member since: April 2003

Current Residence: Gardnerville

Immigrant from: Houston, TX

Résumé: I've been riding mountain bikes about 10 yrs and racing the last 2. I bought my first road bike a year and half ago, and it's actually kinda fun.

Race Category: MTB-Sport, Road-Cat 6 (if there was one)

Bikes I ride: TST Softail, Lemond Zurich, POS Single Speed

How I support by Bike Habit:

Mechanical Engineer

In a word, my cycling style is...

Let's go.

Favorite Rides/Races:

Tahoe Rim Trail Epics, Mammoth MTB race, and the Death Ride.

Favorite Post-Ride Food: Burrito.

Other Sports & Pastimes: Snowboarding, 4 wheelin', dabble in off-road duathlons and adventure races, and I can't deny it - TV.

Ambitions/Aspirations: Keep learning and having fun doing it.

Inspired Quote: "I thought about quitting once, when I was diagnosed with cancer that spread to my testicles, lungs, and brain. But with the support of my friends and family, I stuck with it and won the Tour de France five times. But I'm sure you have a good reason for quitting." Lance Armstrong in *Dodgeball*, 2004

Grab Bag: When Shimano says "Do not disassemble beyond this point. Shifter may not go back together." They mean it.



Roadie Ride Previews

Rider & Reviewer: John Axtel

April 16, Mulholland Double, never done it, though it is the first CA Triple Crown Stage Race this year. The ride is in S. CA. and put on by Planet Ultra, no frills. It should offer adequate support. The ride reportedly has around 14,000 feet of elevation gain, probably worth doing since it is the first of the three CA Triple Crown Stage Races this year.

April 30, Devil Mountain Double, an excellent double put on by the Quack Cyclist's, second CA

May 14, Central Coast Double, never done it, though it is the third CA Triple

Crown Stage Race this year and I have heard good reports on it, it starts in or near Paso Robles, CA. The club that hosts this double reportedly does a great job.

May 21, Davis Double, easy, very well supported double; a good first double.

May 28, Heartbreak Double, put on by Planet Ultra, no frills, in S. CA, good double, worth doing at least once, even if you live far away. Starts and ends in Palmdale. There has been a group rate at the hotel where the start finish is, very convenient.

Got Ride Previews?

- △ Send your ride reviews for others to preview. (And you don't have to do doubles!)
- △ We'll publish write-ups periodically throughout the season.
- △ Send to paceline@AltaAlpina.org.

Board Minutes—March 2005

Attendees: Christine Anderson, Troy Walters, Nate Littrell, Chris McMillen, John Seher, Jennie Hamiter, Michael Bayer, Tim Rowe, Christopher Rowe, Jim Rhiner, Mel Maalouf, Rick Miyashiro

Agenda Items

1. Monthly Status Reports:

Treasurer's Report: Not present.

- △ **Weekend Rides:** John distributed an updated schedule for March through June 25. Check the website/Ride Board for details.
- △ **Membership:** Michael reports 28 new members have signed up so far as we are into a third of the renewal process.
- △ **Carson Valley Classic:** Jim expects the permit process to be completed in about 4 weeks for the criterium. Kevin is working on the permit process for the road race.
- △ **Junior Race Team:** Juniors are training hard and Mel expects a couple of them to make the racing clinic in Reno. They are hoping to make it to the Land Park Criterium in Sacramento on March 19, 2005.
Plans for this season are to upgrade some bikes and travel to more races. Mel will be working on the team budget proposal. A request for funding for one of the juniors to enter a prestigious snowboard/skier cross event was turned down by the Board, as it was not a cycling-related event.
- △ **Death Ride:** Not present. Registration for the DR is closed.

2. Other Reports:

- △ **Clothing:** Mel presented the revised design for the jersey and shorts. The board has decided to reimburse \$2.00 to merchants selling our club clothing for a credit card transaction.
- △ **Club insurance:** AACC paid \$600.00 for a \$2 million liability insurance coverage for club events.

- △ **Wednesday Night Races:** Troy has completed the schedule and he will be e-mailing them. AACC has approved to fund the Franktown Road Race with the Reno Wheelmen to cover security expenses.

- △ **Nevada Bike Conference:** March 29-30 at Stateline.

3. **BePro 2005:** It is a bicycle conference that discusses the logistics on how to promote and sponsor bicycling events. Tim attended the event.

4. **Budget Discussion:** Discussion centered on the ride reimbursement program and the goals of that program, i.e., to promote cycling participation and volunteerism. Also, setting limits on the reimbursements were discussed. Michael will email the BOD re. limits/policy. Mel has a tentative budget proposal for the AACC Race Tea m.

5. **AACC Spring Party:** Will be held on April 21, 2005 at the Genoa Town Hall. Flyers to be distributed to the bike shops. We will possibly set up a new rider clinic/info. booth. March Mileage Madness contest prizes will be awarded, as well as t-shirts for all. Dave Simpson will arrange for the food/refreshments.

6. **Pine Nut Cracker 2005:** Jay Brown and Jeff Ham have volunteered to coordinate the race. The race is set for Saturday May 14, 2005. Please reserve that day to help and/or race.

8. **Gardnerville 125:** Keith Hart has volunteered to coordinate the ride again, starting at his house and ending there with a BBQ again on Sunday, May 22, 2005.

9. **Highway 89 Road Clean Up:** The clean up day will be changed to Saturday, May 21, 2005 due to the Gardnerville 125 ride.

10. **AACC Bylaws:** Michael discussed the need to review our current bylaws and updating and revising the bylaws as needed including the job description and duties of all the board members. This issue will be ongoing until completed.



Alta Alpina Cycling Club

P.O. Box 2032
Minden, NV 89423

877-845-2453
877-845-BIKE
www.AltaAlpina.org

MARK YOUR CALENDARS

- Party Pardee Metric Century 4/2
- Carson City—Geiger Grade—Virginia City 4/9
- Sea Otter Classic @ Laguna Seca 4/14-4/17
- Genoa to Markleeville 4/17
- Spring Membership Party 4/21
- Chico Wildflower Century 4/24
- MTB Pine Nuts Reprise 4/30
- Dueling Century Rides 5/1
- Pinenut Cracker MTB Race 5/14
- Death Ride 7/9
- Carson Valley Classic 7/30 & 7/31

Classified Ad

Fisher RCS Skate Skis 185 Medium with pilot bindings; brand new, never used: \$300
 Parabody EX 350 home exercise gym and weight bench, many extras: \$700
 Call **Darla Mazzoni 530-577-0122**

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Chris McMillen	Vice President	chris.mcmillen@bently.com	
Rich Miyashiro	Secretary	davelynrick@aol.com	775-265-6764
Jeff Ham	Treasurer	Jeff.ham@bently.com	
Dana Lookadoo	Newsletter Editor	paceline@AltaAlpina.org	775-783-9038
Joe Marzocco	Death Ride Manager	info@deathride.com	530-542-3994
Tim Rowe	Death Ride Committee Member	Trowebikes@aol.com	775-267-9531
Troy Walters	Wednesday Race Director	racedirector@AltaAlpina.org	
Michael Bayer	Membership Director	membership@AltaAlpina.org	
Joe Marzocco	Webmaster	j_marzocco@yahoo.com	530-542-3994
Jim Rhiner	Carson Valley Classic	jim.rhiner@bently.com	775-783-9834
John Seher	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-849-1876
	Death Ride Committee Member		
Mel Maalouf	Junior Team Coach	mel.maalouf@bently.com	

All AACC members are welcomed to participate in our **Board Meetings** held the **1st Monday of each month, 6:00 pm** at the Pizza Factory in the Gardnerville Ranchos. The club is about and for you, so help us plan some great cycling opportunities for 2005. See you **April 4th!**