



PACELINE

**Alta Alpina
Cycling Club**

**Volume 6 Issue 3
April 2008**

AACC Weekend Ride Schedule—May

Twain Berg, Weekend Ride Coordinator

Saturday, May 3, 2008, etc. — Saturday Morning Training Rides

Start at Big Daddy's Bike Shop in Gardnerville at 10:00am, The route is the same each week—a loop within the Carson Valley without any long sustained climbs. The actual pace is determined by the riders who show up.

Sunday, May 4, 2008 — Pearl Izumi Sunday Ride Series

This is gonna be an early one! Dress warm! 26 miles, 2 hours or so. We're going to do the Pioneer/Sawmill/Tahoe Mountain/Emerald Bay loop. (See rideboard posting for a map.) We'll be leaving from the parking lot for the Pearl Izumi Store in South Lake Tahoe at 6:45am.

Saturday, May 10, 2008 — Luther/Blue Lakes

Meet at the base of Kingsbury and be ready to ride at 9:30am. We'll ride Kingsbury-Luther-Blue Lakes at a moderate pace with regular regroupings.

Sunday, May 18, 2008 — Gardnerville 100

See Below.

Sunday May 25, 2008 — Carson/Diamond Valley Fast Loop

Meet at the base of Kingsbury and be ready to ride at 9:00am sharp. We'll circle both valleys (about 75 miles) at a brisk pace (about 4 hours).

Saturday May 31, 2008 — MTB in the Pinenuts

Join Tammy DeGiovanni for a moderate paced 15 mile ride on her favorite pinenut trails starting from the Tree at 10:00am.

Gardnerville 100, May 18

Keith Hart, Big Daddy's Bicycles

Big Daddy's Bicycles & Alta Alpina presents the Gardnerville 100. Please call 775-782-7077 during business hours to sign up.

The route will be the same as in rides past, [Keith's House](#) in Gardnerville to Topaz Lake via Hwy 395, Topaz to Markleeville via Monitor Pass, Markleeville to Gardnerville. It is about 72 miles. For the brave studs who ride the awesome 107 mile loop, the route continues from Markleeville to South Lake Tahoe via Woodfords Canyon, Luther Pass Hwy 88 to 89 to Pioneer Trail to Kingsbury Grade Hwy 207. Back to [Keith's House](#) via Mottsville lane to Hwy 88. See the Alta Alpina Website for [directions to Keith's House](#).

The ride is free to any Alta Alpina Cycling Club member. If you are not yet a member, just join the club before the event and ride for free. This is a semi-supported ride; you must carry money for the various convenient store stops. We will have support on the top of Monitor Pass and a barbecue on the patio of [Keith's House](#) after the ride.

Inside this issue:

<i>Commuter Challenge</i>	2
<i>Getting Started Racing</i>	2
<i>Presidential Pursuit</i>	3
<i>Party Pardee</i>	4
<i>Evening Races</i>	5
<i>Member Profile</i>	6
<i>Board Meeting Minutes</i>	7

The Pine Nut Cracker Saturday, May 24th

Please Contact Robert Braun at robertingville@yahoo.com if you will be able to volunteer with any of the following:

- Course Marking the day before the race.
- Course Marshals for the race
- Neutral water giver-outers
- Registration gurus
- Results posters
- Setup and clean up for the race
- Course sweep before and after

2008 Membership Card

Your membership card (the label on the first copy of your newsletter after renewing) is good for discounts at local merchants.

This will be your only paper copy of the newsletter if you have chosen to "save a tree" and read the newsletter online.



2008 AACC Commuter Mileage Challenge

Peter Costa, Bicycle Advocacy and Highway Cleanup Coordinator

This is a challenge to the Alta Alpina Cycling Club to log your commuter miles and trips for the month of May, National Bike Month. To enter, just email your name, total miles and trips to me at Intandempc@aol.com by June 10, 2008.

A commuter mile is any mile ridden on your bike, instead of your car, for a designated purpose like going to work, school, the store, a meeting, the start of an Alta Alpina race or ride, etc. There are a lot of opportunities. Sorry, but the extra miles on the "scenic route" to or from your destination don't count; only the miles that you would normally use your car to commute

to that destination.

A commuter trip is counted as one leg of your total commute. An example: round trip to work = 2 trips; round trip to work + a stop at the post office on the way home = 3 trips. This is strictly on the honor system, so you are the judge.

Everyone is encouraged to participate as every mile will count. This is a club challenge as much as an individual challenge. Even if you only commute once the whole month, send in your miles. Individual honors and club totals will be posted on the website, the newsletter and the local papers too!

Racing in the "D's"

Chris Zombro Rhiner, Paceline Editor

Well.. to start off I'll just say racing wasn't in the game plan. Riding my road bike more than 20 miles and more than one day in a row was my only hope. Last year began during the cold wintery months on my bike. Freezing my appendages at 28 miles an hour descending in 40-50 degree weather was not my idea of fun. But thanks to club members who gave some good advise on clothes and equipment I survived. I wasn't as brave this year and skipped riding January and February, resting up for a big year, I suppose.

I started out as a spectator at the races, watching Jim race in the "B's." Somehow he talked me into doing the East Valley Criterium. I figured that I couldn't get lost and I could stop anytime and return to my car and probably nobody would notice. How hard can it be? I'll just blend in... Yeah right! It wasn't what I expected, not many people in my category, but I had a great time riding as hard as I could even though it hurt.

At my first race I rode with Kevin Willet's 12 year old daughter, lap after lap and then feeling pretty good about it all, my soon to be husband yells "It's a race! Go hard." I was going hard, couldn't he see that? Apparently not... After 30 or 40 minutes of circles and learning the ropes of "racing in the D category", like staying to the "left in a Crit" and to the "right in a Time Trial" if you are on the slower side of the pedaling, my 12 year old companion effortlessly pushed ahead of me for the last 100 yards and beat me! She didn't even feel bad about it or want to tie! I guess I don't really

have what it takes to race, I thought. I didn't let it bother me much. I tried again and again. I was beat on many/all occasions.

I started to realize that whatever was happening on Thursday Nights at the races was having a very positive effect on my riding. I was getting a great workout and pushed myself beyond anything I would ever be able to do on my own. It took a few races to feel comfortable about being at my maximum edge. Even though it didn't look too impressive I could feel the effects of the anaerobic training I was experiencing. What I noticed was, some of the weekend organized rides I was doing were easier than a night at the races, even though they were many hours longer.

So this year you will see me out at the races and in the D category again. Yes, I did win the trophy for the "D's" last year but that was because I earned the most points by showing up a lot, not because I was actually faster than anyone. In fact I didn't beat anyone! If you don't think you are a racer or ever will be, there is still a place for you to come out and enjoy a great workout. Come learn a little about the art of racing, drafting, taking turns drafting, and just maybe getting a little faster or accumulating some good training miles.

Last year I was able to log 4000 miles on my odometer, I hope to do that again or more. Some of those miles will definitely be at the "Road Races." Thanks Di for putting on such great opportunity for all levels.



Presidential Pursuit

Jennie Hamiter, President

Club Races: Not Just for Hammerheads Anymore

Before I ever entered my first bike race, I assumed that bike racing was only for folks who devoted their whole lives to it: they trained hard many days a week, and hardly had time for anything else. But when I started racing a little, I realized that if that were the case, then there wouldn't be many people showing up to the races. Most people are out just to have fun and get a good workout, and if you're the sort of person who gets in a few good, spunky rides per week, you'll find people your level to race with, and I bet you'll have a great time. And after racing the same people for a few weeks, you'll find that it feels like you're racing your friends - the attitude is pretty friendly and encouraging.

The club races have all different levels: the Tuesday Night Mountain Bike Races are split into A, B, and C, the Thursday Night Road Races have A, B, C, and D, where the A's are the fastest. If you're just starting out, feel free to enter the Cs or Ds, and see how it goes. In those categories, you'll find juniors who have never raced before, and 60-somethings that have ridden their whole lives, and all men and women in-between.

Don't be intimidated.

There are racers who do eat, live, and breathe bike racing, but when you're just starting out, you probably won't be racing them. However, I have seen people, over the years, go from mild-mannered recreational rider to taking it pretty seriously and racing well. Some

even start eating right, just to get that extra edge.

Alta Alpina has always fought the reputation for being a race club. I've tried to snuff that image out by encouraging use of the ride board for easier rides, encouraging people to lead easier rides, but year after year, the most popular thing the club does is the weekly races. It's not because we're a bunch of arrogant hammerheads: it's because racing is fun and gets you in better shape than you could ever have imagined.

Time TRY-als

So TRY it. The least intimidating type of road race is the time trial, and the next one is the East Valley Time Trial on May 15th. Come out and see how you like it; check out the vibe. Time trials start each racer 30 seconds apart, no drafting, so the intimidation factor is low. And definitely give the mountain bike races a shot - I dare you to say that crowd's too serious.

Still not Convinced?

For those who really just want the club to do easy rides: PLEASE post such rides on the ride board, or contact our ride coordinator to get your ride on the ride schedule. We need ride leaders to lead ALL types of rides, and it's very difficult to find folks to lead easy rides. So if that's what you're looking for, we need YOU to lead them.

Death Ride Press Release

After a two decade partnership, Alta Alpina Cycling Club is no longer involved in the Tour of the California Alps - Death Ride(R). The Alpine County Chamber of Commerce has decided not to renew the long standing contract with the Club to co-produce the Death Ride for 2008, and efforts to negotiate any kind of mutually beneficial agreement between the two parties were fruitless.

The club and the chamber have produced the ride as partners for the last 20 years. The Chamber owns the equipment used for the ride, and now owns the Death Ride trademark. The Chamber normally has handled the finances, registration and merchandising, obtained permits and worked with government agencies, placed orders, and acquired sponsors. The Club has been largely responsible for the cycling side of the event: we have ensured that the right food, water, and equipment get to proper course locations, maintained safety on the course with experienced course marshals and SAG drivers, placed appropriate signage, coordinated ambulances as well as tech support, and swept the course. Our numerous volunteers have also helped set up Turtle Rock Park, organized parking, and staffed registration, rest stops and the store. This year the chamber has indicated that they have the skills and experience needed to put on the event themselves.

We wish the Chamber of Commerce the best of luck in providing a safe and fun ride. Stay tuned as Alta Alpina harnesses its vast expertise and volunteer work force to host a new premier ride on the east side of the Sierras.



Party Pardee Ride Report

David & Lisa Van Wagenen

My wife, Lisa and I enjoyed riding the Party Pardee a few weeks ago. As most club members know, this is a nice 100k ride starting in lone, CA.

The weather is always a crap shoot on this ride, but this year I knew we hit the jackpot. We started rolling at 8:30am under beautiful, crisp, blue skies and calm wind. Perfect weather! Averaging a comfortable 14mph, we rolled into the first rest stop above Camanche reservoir about an hour later.

The second leg has a few more rolling hills than the 1st leg, so it's kinda fun and a nice change of scenery to see California green instead of Nevada winter brown. After the 2nd rest stop, you do a bit more climbing, nothing more than a few hundred feet at a time. Somewhere in these hills, three Alta Alpina members flew past us with their pants on fire, two on a tandem. Sorry, I didn't recognize you guys, nice pace! Also ahead of us was Jim Rhiner, Mark Dieter, and Chris McMillen, but they were hammering too fast for us to catch. We did, however, see Chris Rhiner on Hogan Dam road. This road takes you up above New Hogan reservoir where we snapped some pictures.



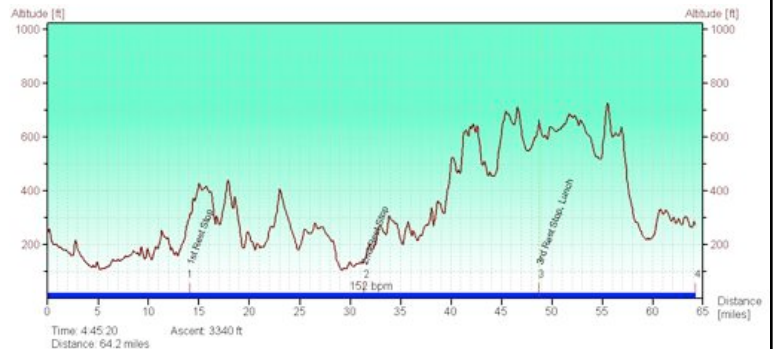
After New Hogan, you roll into Valley Springs at mile 48 for the 3rd rest stop and lunch. After that, we passed lake Pardee where you get to ride across the dam and then there's a cute little hill that reminds me of the Death Ride® for a few minutes.

After 4h 45min, 64.2 miles, and 3340 ft of total climbing, we rolled back into lone where the band was rocking and spandex was shaking. Since I dance like Elaine on the show Seinfeld, I didn't participate, but people were having a good time. Overall, Lisa and I loved the ride. Some lines were a little long, but it's a beautiful route, supported well, and a great way to start the riding season.

Party Pardee AACC Member Sightings

Chris Zombro Rhiner, Paceline Editor

Saturday, April 5th turned out to be a fabulous day for all those that dared sign up to ride in lone, California. The ride reached its maximum limit of 1200 participants. With beautiful clear skies, a sunny day at Howard Park made a nice location for the start and finish festivities. Great camping for early arrivals was available at the back of the park for \$10. Several Alta Alpina jerseys were sighted at the "Safari" themed ride. Most of us had to keep our jackets on even with the sunny skies. Thanks for wearing the jersey so I could spot you! The following members were caught "on safari": Twain Berg, Peter, Inga & Carsen Costa (on triple), Mike & Marie Lico, Joe & Nancy Marzocco, Dennis & Deirdre Pederson, Ray & Char Rickard, Jim Rhiner and myself, Scott Roby, Jeff Rudd, John Seher & Suzy Stockdale (on tandem, welcome back), Craig & Dee Steele, Jeff Rudd, Dave & Lisa Van Wagenen.



If you haven't ridden it, it is a winding, scenic loop course with 4700' of climbing, lots of uphill as well as downhill throughout the entire 64 miles. A great ride! With the risk of bad weather, this proved to be a gamble worth taking, at least for this year. If I've missed a name, my apologies, keep me posted on your attendance at future events. Looks like I will have to buy an AACC jacket so that you can find me on the cooler weather days! See you at the Wildflower in Chico.



News From the Thursday Night Race Director

Di Bolton, Thursday Night Road Race Director

I am looking forward to having a lot of beginners show up this year. Please don't be intimidated come out and give it a try. I have tried to have courses that will challenge every level of racer.

Race Fees are \$5 for club members; \$10 non-club members. Club Challenges \$5 for AACC and RW Club Members. Punch cards will be available, they will be 6 races @ \$30.00. I will keep the cards filed and will punch them when you ride. This will eliminate your having to carry cash/checks every week. (Cards are not valid for the Tri-Valley Stage Race, see below).

2008 Race Schedule (Subject to Change)

5/8	East Valley Criterium	6/24-26	Tri-Valley Stage Race	7/24	Diamond Valley Road Race
5/15	East Valley Time Trial	6/24	Jacks Valley Time Trial	7/31	Blue Lakes Time Trial
5/22	Diamond Valley Double Back	6/25	Diamond Valley Road Race	8/7	East Valley Criterium
5/27	Club Challenge in Reno (TBD)	6/26	East Valley Criterium	8/14	Club Challenge - AACC:
6/5	East Valley Criterium	7/3	Diamond Valley Road Race		Diamond Valley Road Race
6/12	Club Challenge - AACC:	7/8	Club Challenge in Reno (TBD)	8/21	Foothill Time Trial
	Eagle Ridge Criterium	7/17	Starbucks Criterium	8/28	Diamond Valley Short Race
6/19	Kingsbury Time Trial				and Pizza Party

Please make sure to check the Alta Alpina website for the latest updates on the Road Race Series.

Mountain Bike (MTB) Race Pine Nut Race Tuesday Evening Races

Michael Beam, Tuesday Night Mountain Bike Race Director

Now starting from Douglas County Fairgrounds

Tired and bored with riding or racing on the paved road; then switch to the dirt and saddle your fat tire machine!

The AACC MTB race series commences Tuesday, May 20th and ends June 24th.

There are a total of 6 races scheduled. **There is a change in this year's starting point**, please meet at the west side of the Douglas County Fairgrounds (outside the chain link fence). The fairgrounds are located at the end of Pine Nut Road, across from the County Dump.

Race registration starts at 5:15 p.m., and the races start at 6:15 p.m.

The race course will range in distance depending upon the race class you enter:

A class 12-14 miles,

B class and women's class 10-12 miles,

C class and single speed 8-10 miles.

Racer fees are as follows:

junior racers \$3.00,

club members \$5.00 and

non-club member's 10.00.

There will be refreshments after the events, please venture on out and have some fun with us.

New Club Clothing Unveiled at Spring Party

If you missed the Spring Party you missed the chance to see and buy the new club jersey design. Fortunately, there are still some club jerseys left but don't miss out!

Bike Habitat in south Carson, has our full assortment of jerseys, shorts, arm warmers, and jackets etc.



AACC Member Profile:

Heath Medeiros

AACC Member since: 2006

Current Residence:
Carson City, NV

Résumé:
ex- AACC Jr Race Team.

Race Category:
Cat 3

Bikes I ride:
Specialized S-Works ES

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



Favorite Rides/Races:
Anything with a hill!.

Favorite Post-Ride Food:
Pizza

Other Sports & Pastimes:
Interneting

Ambitions/Aspirations:
Win a Cat 3 race and upgrade to Cat 2's

My Motto or Inspired Quote:
"Dream high or fall hard."

Grab Bag Favorite:
Traveling to races with friends

Are you Getting Your Club Email?

Michael Bayer, Membership Coordinator

Club emails, including Ride Board postings, are a big benefit of your membership in the Alta Alpina Cycling Club, but to receive club emails you need to make sure that we have your current email address and that your email account is set to accept club email.

If you didn't provide an email address when you joined the club or if you no longer have access to the email address you used to join the club, send an email explaining the situation to Membership@AltaAlpina.org.

If your email address is up to date you can confirm that you are receiving club email using the website. Access the logon page of the club membership system by click on the "Membership" link on the Alta Alpina website and then on the "Join/Renew/Update Membership" link. Select the "Forgot Password" option and click the "Continue" button. Follow the instructions that are presented and the system will send you your password. If you get the password email you're all set. If you don't get the password email, it means that your Internet Service Provider(ISP) or your junk filter is blocking club emails—check your junk mail folders and contact you ISP if necessary to fix this.

Local Merchant Discount Program

Show your AACC Membership Card at time of purchase. [If you are an 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



Board Meeting Minutes—April 7, 2008

Board Members: Michael Bayer, Twain Berg, Diane Bolton, Robert Braun, Pete Costa, David Gaskin, Jennie Hamiter, Darla Mazzoni, Dennis Pederson, Tim Rowe, Christine Zombro; Other Attendees: Corey Bolton, Christopher Rowe

1. **Spring Party:** Logistics were discussed and volunteers assigned to help with party setup and to staff tables.
2. **Club members helping with Death Ride:** Certain club members have agreed to be hired to work for the 2008 Death Ride this year and other members have voiced their opinion that this is inappropriate. After a rather animated discussion, the board voted to approve a resolution that no representative of the club is to provide any services to the 2008 Death Ride. The board agreed that while we would prefer that no club members help out the 2008 Death Ride, we are not in a position to stop those who wish to do so but they should do so on their own without any connection with the club and without wearing any club clothing, ball caps, etc..
3. **New AACC Organized Ride:** Michael spoke about the challenges and trade-offs of planning a new organized ride, one that would have broad enough appeal to attract riders from the Bay Area, etc. The club needs to start this year by having a practice-run of the course as a club ride, and the date agreed on was Saturday, June 14.
4. **Day of DR Club Ride:** A big, fun ride is planned for the day of the Death Ride, however it was suggested that the ride be held on Sunday instead if we want to do a ride that intersects the Death Ride course but it was also pointed out that on Sunday there's extra car traffic with people driving home so we would probably be best served avoiding the area anyway. It was decided that we should put this to a vote of the membership at the spring party.
5. **DR Course, Different Day:** So far we haven't received many responses regarding doing a minimally-supported Death Ride on a different day. It was agreed to also have a sign-up sheet at the Spring Party. Several board members agreed to help support the ride.
6. **AACC Bike Boxes:** The boxes are no longer at Big Daddy's. Di reported that they are in the storage shed, and Chris Zombro volunteered to keep them at her house.
7. **Monthly Status Reports:**
 - **Treasurer's Report:** Bank account balance = \$22,1178, plus \$30K in a CD at El Dorado Savings Bank.
- **Newsletter:** There has been some confusion by members who signed up to get an electronic copy of the newsletter receiving one more paper copy. This is because each member's membership card is the mailing label of the newsletter they receive after joining or renewing. Membership cards are used for identification at our Local Merchants.
- **Memberships:** Based on the rate of mailed in renewals, we expect the majority of renewals to come at the spring party.
- **Website:** Dennis is currently working on upgrades to the Ride Board, such as providing a drop-down calendar for the date, and ways to update or cancel a ride. He is also working on adding rout maps of popular local rides, and integrating the Ride Board into a calendar of events.
- **Weekend Rides:** Twain announced that he is resigning from the position of Weekend Ride Coordinator as of June 12, however, he will try to get signups for every weekend as far into the year as he can. Jennie encouraged the board members present to lead rides, pointing out that it's about the most pleasant volunteer work the club needs done.
- **Weekly Races:** Di reported that the road races start Thursday, 24 April. Mike Beam was not present to comment on the Tuesday night mountain bike races.
- **Adopt-a-Highway:** Pete has a highway cleanup scheduled for Sunday, 20 April, bike ride to follow.
- **Carson Valley Classic:** Steve Thomsen was not present to report.
- **Pinenut Cracker:** Robert has submitted the paperwork to the BLM; now looking for volunteers for the day of the event.
- **Clothing:** Clothing arrived at Bike Habitat last week, and Garth will bring it to the Spring Party.

8. **Next Meeting:** Monday, May 5, 2008, 6 pm, Verizon building on 395 in Minden/Gardnerville.



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

Gardnerville 100Sunday May 18
 First MTB Night Race .. Tuesday, May 20
 Pinenut Cracker ...Saturday May 24
 New AACC Ride Event .Saturday, June 14
 Thursday Night Races .. every Thu @6:15

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

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Darla Mazzoni	Vice President	tdmazzoni@att.net	530-577-0122
Darlene Wisma	Secretary	dwisma@yahoo.com	
David Gaskin	Treasurer	dlgaskin@earthlink.net	530-541-6472
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
Twain Berg	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-901-6043
Mike Beam	Wednesday Mountain Bike Race Director	mikebeam8183@yahoo.com	775-267-6812
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	
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Dennis Pederson	Website Coordinator	webmaster@altaalpina.org	775-883-2390
Christine Rhiner	Paceline Editor	paceline@AltaAlpina.org	760-914-0105
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531
Steve Thomsen	Carson Valley Classic	steve@ryderhomes.com	775-267-3538

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 **May 5** at the Verizon offices in **Minden/Gardnerville.**

Newsletter Editor:
 Christine Rhiner
 Newsletter Publisher:
 Michael Bayer