



PACELINE

**Alta Alpina
Cycling Club**

Volume 6 Issue 10
December 2008

Presidential Parting

Jennie Hamiter, President

After four years, my turn at the front is coming to an end. It's been fun: I never thought my life could get more immersed in bike culture, but the last four years I ate, breathed and lived bikes. Which is not a bad thing. I had the opportunity to meet almost every club member, and the opportunity to share all of it once a month in this column. And the gray hair I've now got may have happened anyway.

If I may leave you with some advice: the best way to get the most out of the club, ironically, is to volunteer for it. There's no better way to get to know the other club members, and they (you) are a group of really terrific people. Think about it: people who volunteer are people who can see beyond the ends of their own noses - what better friends could there be? To volunteer, you don't have to have any special skills, don't need to know the job ahead of time - trust me, I knew nothing about being a bike club president when I took over. Just sign up, get out there, and do it.

And next year there's shaping up to be a lot of opportunity for doing just that. "The Alta Alpina Challenge: Riding the Wild Sierra" will require all of us to pull together. There's a lot of positive buzz about this ride out in the larger cycling community, and it's shaping up to be something we can all take pride in helping make happen. And of course we'll still need volunteers for the Pinenut Cracker, Carson Valley Classic, Genoa Cyclocross and any other events the club may get involved in (stay tuned to this space next year...)

So thanks to all the club members I've worked with over the years. Especially Pete Costa! I'm delighted that Pete is the next president, delighted to turn it over to someone who's enthusiastic and who will do a great job. Also, special thanks to Michael, who never got tired of talking and working club biz with me; anyone else would have eventually run screaming at the mention of it. And an overdue gratitude to Suzy Stockdale for all the advice and all the work she's done creating posters for the Spring Party and other events, and for also not getting sick of talking club biz during the many times we "Rode the Rut" together after work.

Thanks to all the other terrific board members and the other diehard volunteers that shared the load, and to all the enthusiastic club members who showed up to the events to make it all worthwhile.

See you out at all the AACC rides, races, and parties in 2009!



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THANKS!

Thanks to the following folks who contributed prizes for the Fall Dinner raffle:

Bike Habitat

Curtis Fong

Big Daddy's

Woodette's Diner

And thanks for hosting our Fall Dinner to Scott Doerr, AACC club member and owner of:

B'Sghetti's



Cycle Oregon/Cycle Advocacy 2008

Chris Zombro-Rhiner, Paceline Editor

We've or maybe its just me can become complacent about our role with the communities we ride in. Sharing the road is more serious to us than to a motorist, the consequences of carelessness on either party's side can result in very serious injuries to us cyclists. Participating in Cycle Oregon has given me the opportunity to ride on roads that are not closed to traffic by any means but the education of rider safety to these communities shows by the way we are treated on the road by the motorists. This is due in part to the Cycle Oregon "giving back" to these communities and it has made an impact that can be felt on the road.

This was my second year at Cycle Oregon. This cycling event is a "benefit" to the communities of the towns it travels through and a fine example of cycling advocacy for us to consider incorporating into our own 3 communities & Markleeville. By the way, kudos to Pete Costa for arranging the clean-up near the reservation on Diamond Valley Road- that is cycle advocacy in action! Back to Oregon.... it is amazing how Colorado warms/educates non-cyclists to the sport

of cycling. Each town is happy to have 2500 people drop in and take over. Not only is it a day of cycling but an evening of community involvement. Each town Mayor speaks to the crowd and tells a little story of their town. The weather is reported for the following day and how the ride went for the current day, cyclists don't always share the road perfectly and we are informed of any poor road sharing style. The town of Union, Oregon has a 19 year old Mayor, an excellent speaker by the way, watch out Sarah! Entertainment ranged from local talent to professional level musicians and a highlight was "Karaoke from Hell", a professional Karaoke band on the evening we road into "Hell's Canyon". Each morning a small newspaper is printed with pictures of the previous day, messages from riders, the current day's program and menu. The funniest submission to the paper was an ad: "Tandem bike for sale \$1000, w/stoker \$500." Posted the day after our big day. (84 miles/7700ft of climbing) The weather was great and this year's options to customize the ride to your level of desired challenge made for a lot of happy cyclists. (Except for that big day!)





AACC Member Profile:

Tanner DeGiovanni

AACC Member since: 2007

Current Residence: Gardnerville, NV

Immigrant from: Arizona

Résumé:

I've been on the Junior Team since summer 2007.

Bikes I ride:

Specialized Tarmack,
Specialized m4 (my Dad's hand me down)

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

Favorite Rides/Races:

Any ride in Canada.



Favorite Post-Ride Food:

Pizza with extra pepperoni. Anything fattening

Other Sports & Pastimes:

Skiing and running.

Ambitions/Aspirations:

To move to Canada and become a skiing and mountain biking bum in Whistler

My Motto or Inspired Quote:

"Bend your elbows"—Mel Maalouf

Grab Bag:

My goal is to not get lapped three times at Nevada City next year.

AACC Member Profile:

Ellen Sherrill

AACC Member since: May 2008

Current Residence: South Lake Tahoe, CA

Immigrant from: 6 years old seasonal biology fieldwork = lots of places!

Résumé:

SWF seeks...oops, I mean, new to bike racing as of first AACC race in May this year; competing triathlete since July 1st 2007.

Race Category: C

Bikes I ride:

Giant OCR1. No race wheels, no road pedals. Has been called "beast", "tank", and other mean things by the unappreciative.

Favorite Rides/Races:

Hills. Distance. Time Trials. Pet TT: Old Meyer's Grade.

Favorite Post-Ride Food:

Beer! Non-liquid food, you say? Baklava

Other Sports & Pastimes:

Summer: the other two sports (swimming and running, obviously). Winter: telemarking. Occasionally neglected: rock climbing. Whenever possible: Aikido (the Art of Peace). Non-athletic: trombone-playing jazz musician.

Ambitions/Aspirations:

Too big a question! Narrowed down to cycling/tri for the next year: get sponsorship for 2009 triathlon/cycling race year. Compete in 2009 Hill Climb series. Take 1st overall female in a 2009 triathlon (best so far is 1st in age group and 2nd overall).

My Motto or Inspired Quote:

"True Victory is Victory Over Oneself"—Morihei Ueshiba

Grab Bag:

Fight terror - ride a bike!

Local Merchant Discount Program





2008 Evening Road Race Results

Di Bolton, Race Director

2008 Overall Points	5/1	5/8	5/15	5/22	5/27	6/5	6/12	6/19	7/3	7/10	7/17	7/24	7/31	8/7	8/14	8/21	8/28	Total
A's																		
Heath Mederos	17	20	10	20		5	10		12	10	20	20	17	20	10		12	203
Kevin Willits	10	14	17	9	5	10	10	6	2	10	14		8	8	10	17	9	159
Micah Herman		8		1	5	20	10	14	14		10	14		17	10		17	140
Norm Zellars	20		20	14			10			10	17				10		20	121
Paul Tindal	12	17	12			14	10	5			12			9		20		111
Mei Maalouf		7	4	12	5	17	10	8			8	8		1	10	10	7	107
Pike Reardon		10	14	6	5	8			4		6	6	9	1	10	12	10	101
Garth Jackson							10	10			1		14	10	10	14	14	83
Dave Gaskin	4	1	8				10	4	8	10	4	7	12				8	76
Spencer Erickson							10	20				17		14	10			71
Allen Biazl			7			4		12	17	10			10		10			70
Randy Volkmar		1	9			1	10	3	9	10	7		7					57
Michael Jacques	9	12		17		6	10											54
Brett Long	5	6	6	8		1	10	17										53
Jeremiah Holdway									20					12	10			42
Steve Cooke					5	3	10		5	10	3							36
Tom Sullivan					5		10		6	10	5							36
Timo Loellgen		9	2	10		12												33
Nathan Drozd	14		3				10											27
Robert Beretta								7					20					27
John Wagnon	6								10						10			26
Stefan Laursen	8	1				7		9								10		25
Jason Suszko												10			10			20
Nate Freed						9									10			19
Steve Thompson						1			7		9							17
Josh Rennie												12						12
Nick Schaffner						1	10											11
Mike Barkley							10											10
Jeff Angermann							10											10
Nenad Rodic																10		10
Darin Oide																10		10
Scott Fairman													9					9
Radek Jagmin		7																7
John Marshall				7														7
Chad Gerkin	6																	6
David Washburn									3		1							4
James McLennan		2																2
Dave Stewart			1															1
Marcus McKinnon							1											1

2008 Overall Points	5/1	5/8	5/15	5/22	5/27	6/5	6/12	6/19	7/3	7/10	7/17	7/24	7/31	8/7	8/14	8/21	8/28	Total
B's																		
Peter Niday	2	1	3	20	5	6	10	20	7	10	7	14	17	14	10	20	10	176
Chris Lucas	14	20		17		20		17	20		17	20						20 165
Andrew Huntington	5	14	12	7	5	12	10	5			9	1	8	6	10	10	7	121
Rick Miyashiro	7	10				7	10	9	12		8	10	7	8	10	8	4	110
Jim Wire		12	9			9	10	6			10	8	9	7	10	10	5	105
Zack Dayton								20			6	17	20	20	10			93
Joe Marzocco				14				14	14			9	14		10		12	87
James Kawai	17						10				14			17	10		17	85
Nick Carlevato			8			14	10		10		12			10		9	6	79
Russ Petrosky	1	17	7	8		17		3			4	1		4		7	2	71
Steve Kreider	12	1		12							5	12	6		10		9	67
Jeff Bryan				10		4							10	12	10	14	3	63
Scott Robertson	1					3		12				1	12		10	12		51
Brett Long	5	1	6	8		1	10	17										48
Allen King		6	14	6		8	10				3							47
Mark Pupich	9	8	10	9		5												41
Keegan Bruemmer									17		20							37
Jim Elias		9	17			10												36
Robert Gagen				20				8										28
David Noble			7	6				10										23
Eric Ronning		20																20
Adrian Tieslau							10								10			20
Bryan Price		10																10
Dale Appgar								10										10
Wyatt Honse								10										10
Michael Castro																		10
Robb Wolf																		10
Eric Wang																		10
Joe Pace																		10
Paul Day																		10
Scott Winzeler									9									9
Paul Kempler															9			9
Jim Sacherman	8																	8
Dave Norvell									8									8
Howard Neuman								7										7
Chad Gerkin		6																6
Jeff Harris														5				5
Cristina Zack								4										4
Mike Pate		4																4
Ron Leiken		1																1
Charlie Straka																17	14	

Alta Alpina Races: A Useful Training Tool

Ellen Sherrill

As a triathlete, cycling is not my strength. It was easily my weakest of the three disciplines during the 2007 season. Admittedly, it was my first year as a competing tri-geek. My swimming and running were noticeably better compared to my fellow athletes than my performance on the bike. While I can often catch some of these ladies on the run, I grew tired of continually being passed by more powerful riders, and decided to focus on cycling in 2008. Riding with faster cyclists was an obvious way to push myself to excel, and racing seemed an ideal environment to find a few prime suspects. Club races came to my attention as the perfect medium to find competition and learn a little something.

At first, Thursday night races were just hard, short workouts, part of my training regime, and low-priority as far as placing. I soon became a twilight race addict and grew to love the sport more than ever, but that's a narrative on its own. I attended every race possible. Beginning as a D, I was bumped to the Cs after several races. There are some pretty strong D racers, but the move was probably fortuitous for my training, as the competition was stiffer here. Although I never won a single race as a C, I made slow progress from an initial 5th place result at the Pinenuts Road Race, to a 2nd by the Diamond Valley Short Course at the season's end. Comparing my first couple of flat time trials to the Foothill Time Trial at the end of August, I look to have gained about a half-mile per hour. It didn't seem very impressive, but a small improvement is preferable to none!

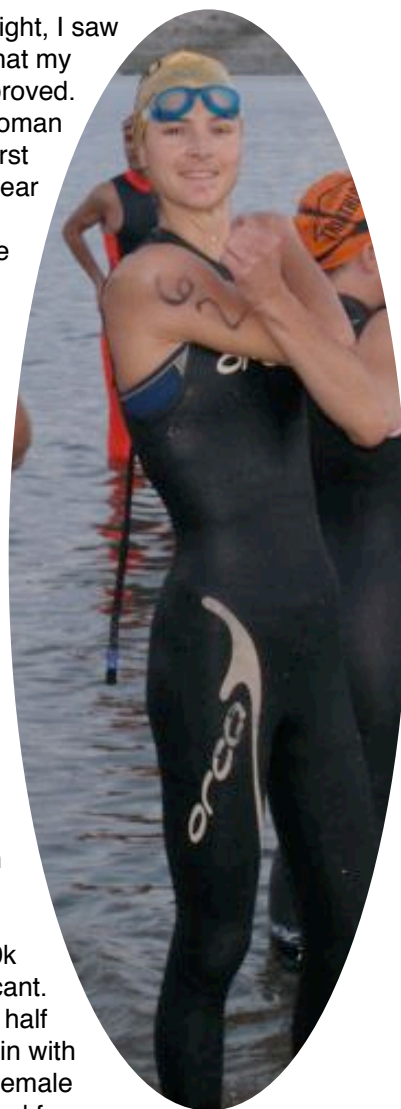
During the month following the season finale road race, I competed in three triathlons, those affiliated with my second training cycle of 2008. Each event was a different length - one Sprint, one Olympic, and one Half-Iron distance race, in that order. I was keen to see if there might be any correlation to a summer of AACC races and improved performance on the bike. At least, I was sure hoping so! The sprint bike course would be shorter than our time trial courses, the Olympic course just a bit longer than a typical "C" road race distance, and the Half-Iron much longer



2008 Overall Points	5/1	5/8	5/15	5/22	5/27	6/5	6/12	6/19	7/3	7/10	7/17	7/24	7/31	8/7	8/14	8/21	8/28	Total
C's	DVR	EVC	EVT	DVR	CC	EVC	ERC	KTT	PNRR	CC	SBC	DVR	BLTT	ERC	DVR	FTT	DVRR	Total
Ellen Sherrill			17	17			10	17	12	10	10	14	17	14	10	14	17	179
Robin Bernhard	4	12	6	6		12	10		5	10	12	8	8	8		10	12	123
Jennie Hamiter	12		9	12			10	14	14			12	10	12	10			115
Scott Herman			9	20	7		8	10			9	5		6	10	17	9	110
David Norvell	9		14	20										9	10	20	8	98
Tanner DeGiovanni	8						10	20				10	12	20	10			90
Stan Knight					5	7	10	10	6	10	8	2			10	7	6	81
Kristoffer Carpenter			20	20			10				20	9						79
Jorda Kynett		1		1		10		4	17		14	20	5					72
John Cotter				9								17	14	17	10			67
Jerry Lucas						9	10	9	10			7	9				10	64
Simeon Dzamov	17		12	17				12				1						59
David VanWagenen	10	20		10							17							57
Tracy Sells	3	8	8	8			10	8				7	4					56
Todd Kynett	1	1		5		20		3	8		1	3	3	1	10			56
Tom Tittle						6		7	7		6	6	4	7	10			53
Valerie Alexander	5		7				10	17					6					45
Paul Kempfer	14								20						10			44
Scott Roby	6	14									9					12		41
Paul Gallien							10								10		20	40
Timo Loellgen	20			14														34
Corey Bolton	1					17	10										5	33
Russ Probert		10				14										8		32
Paul Taylor	1	17	1	1	5	5												30
Jeremy Warren	1						10							10				21
Joshua Willshon	20																	20
Christina Zack													20					20
Luke Busby			4					5								9		18
Boris Sheikman			17															17
Todd DiGiovanni													7		10			17
Paul Morris															10		7	17
Thomas Hamma																	14	14
Erick Studenicka															10			10
Paul Morris															10			10
Dan Brown															10			10
Eric Aquilara																	8	8
Greg Howey	7																	7
John Cobourn								6										6
Steven Valdez	1	1	3															5
Suzu Stockdale	1			4														5
Bret Ballard			5															5
Robert Trew											5							5
Timari Pruis																	4	4
Dave Alexander	2																	2
Debra Terwilliger			2															2
Frank Dixon													2					2
Bruce Ruana	1																	1
Lyle Freeman																		0

2008 Overall Points	5/1	5/8	5/15	5/22	5/27	6/5	6/12	6/19	7/3	7/10	7/17	7/24	7/31	8/7	8/14	8/21	8/28	Total
D's	DVR	EVC	EVT	DVR	CC	EVC	ERC	KTT	PNRR	CC	SBC	DVR	BLTT	ERC	DVR	FTT	DVRR	Total
Chris Rhiner	17	17	5	4					17			12	17		10	12	12	123
Louis Cosmos	14	14	6	3	5	20	10	14	12									98
Jesse Thomas			9	9			10				17	20				20		85
Jared Manninen			14	14			10				14	17						69
Nicole Carlevato									20					20	10	14		64
Ellen Sherrill			17	17			10	17										61
Brandon Josifko		20	12	12			10											54
Zack Carlevato							10							14	10	17		51
Kristoffer Carpenter			20	20			10											50
Eric Leighton			10	8			10							20				48
Trent DiGiovanni													14				17	31
Andrew Dominguez											10	10				9		29
Alejandro Grijalba			8	7							12							27
Dominique Mackabee			7	5			10											22
Lisa VanWagenen	20																	20
John Sanchez				10			10											20
Zack Dayton								20										20
Christopher Unike											20							20
Helga Cotter					6									14				20
Tami DiGiovanni																	20	20
Annie Brinson											2			17				19
Derrick Celecki											9	9						18
Jesus Mendoza												8				10		18
Dana Worland									14									14
Gilman Wolsey																	14	14
Norm Carlevato							10											10
Andy Miller									10									10
Casey Willits											1							1

Much to my delight, I saw in each event that my cycling had improved. I was the top woman on the bike, a first for me, at the Bear Valley Sprint Triathlon. While there were plenty of better riders on the Folsom International Triathlon course, my bike split was slightly better than usual, compared to the field. I looked at the splits from the two Olympic distance races I completed earlier in 2008, and I had taken 4-5 minutes off those times. Modest for a 40k ride, but significant.



For the 56-mile half course, I rolled in with the 7th fastest female bike time, not bad for me...and I did cream the next-best rider in my age group!

After such delightfully positive results in using Thursday night twilight races as a training tool this year, I'm definitely back for more in 2009. Did I also mention all the wonderful people I got to know from attending these friendly weekly competitions? Great folks! Take a bow; you all know who you are. And thanks to Di for her efforts as race director. Watch out Bs, I'll soon be nipping at your...uh...dust? Well, never mind.



Board Meeting Minutes—November 10, 2008

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Twain Berg, Di Bolton, Robert Braun, Pete Costa, David Gaskin, Jennie Hamiter; Other Attendees: Corey Bolton, Keith Hart, Corey Welsh

1. **Election Results:** Pete Costa elected president for 2009 year; Keith Hart elected Vice President for 2009 year; Corey Bolton elected Membership Coordinator for 2009 year. Twain Berg
 - Pete will contact other interested parties involved with the club and decide on a date to meet outside of the monthly board meeting
 - Proposal to be given to Chamber of Commerce on December 12th Potential of creating a survey via survey monkey to gage club members' interest in supporting Death Ride again.
2. **Death Ride Involvement 2009:** Pete has sent email to Jim Sacherman expressing our interest to meet with the Alpine County Chamber of Commerce to explore our options for the upcoming Death Ride.
 - Pete proposes that we create a survey committee to discuss what we would like the club's role to be for the Death Ride.
 - A proposal must be created to present to the chamber of commerce
3. **Monthly Status Reports:**
 - **Treasurer's Report:** CD came due – Dave proposes we just roll it over (\$18k).
4. **Next Meeting:** Pete's house, Monday December 1st at 6:00 pm.

AACC Member Profile:

Becky Kemp

Current Residence:

Fish Springs in Gardnerville

Immigrant from:

Cherry Valley (So Cal).

Resume: Tried race team in college-way too slow-learned what being swept is. First Century in 1997. First week-long bike tour in Colorado in 2001-declared I would never do another tour...finished my 12th tour this September.

Bikes I ride:

Specialized Roubaix, Giant something Mtn bike

In one word, my cycling style is...: Mostly road, but when I ride the mountain bike I don't know why I don't do it more often...lots of WooHOO!!

Favorite Rides/Races:

British Columbia, Big Horn Montana, Grand Tetons...anyplace with mountains.



Favorite Post-Ride Food:

Apparently my finger...I keep biting into it when eating a Turkey/ Provolone/Avacado sandwich

Other Sports & Pastimes:

Hiking but ouch on the knee, X-C skiing (master of the butt-plant), SCUBA (hard to do so far from the ocean)

Ambitions/ Aspirations:

Every year I hope to

keep up with other cyclists in Alta Alpina

My Motto or Inspired Quote:

" Slow but Capable."

Grab Bag:

Love fluffy, purring kitties...even though they don't ride bikes



Board Meeting Minutes—December 1, 2008

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Twain Berg, Robert Braun, Pete Costa, David Gaskin, Jennie Hamiter, Dennis Pederson, Tim Rowe, Christine Zombro; Other Attendees: Corey Bolton

1. **Fall Dinner Feedback:** Raffle raised \$75. Attendance 64-65. RSVPs-82.
2. **Death Ride Involvement 2009:** Pete Costa meeting Theresa Burkhauser and Amy Broadhurst of Alpine County Chamber of Commerce on Wednesday, Dec 10th.
3. **Wild Sierra Budget:** Tom Tittle has agreed to be the controller for the budget. 25 of 30 key volunteer positions have been filled. Allocation of funds and budget for Wild Sierra approved by board.
4. **Job Descriptions:** Full job descriptions will be on the "About Us" page of the Alta Alpina website.

Board to add new position of "Database Coordinator," Michael Bayer, who will continue to work on the data base and server for the club records. Michael will continue to work on an automated system interface that will allow anyone to manage the data base. He will manage and maintain the system for distributing emails to lists.

Corey Bolton will become the "Membership Director" as an elected officer. Term will be January 1-December 31st. Membership Director will be responsible for ensure membership database, webpage and agreement are up to date. Promote new memberships, renewals, and recruitment.

Board to add new position of "Insurance Coordinator," an appointed member, Robert Braun, who will evaluate, update and purchase insurance policies.

5. Monthly Status Reports:

- **Treasurer's Report:** As of 11/17.08 - \$19,151. This does not include the end-of-year dinner. CD is \$30,697 matures on Feb. 8th. We will probably want to bring that back into our account for the Wild Sierra expenses.
- **Newsletter:** "Where in the World is Alta Alpina?" Photo of a member on a ride somewhere with a blurb about where and what

they are doing. No upcoming activities.

- **Memberships:** See agenda #4.
 - **Website:** Twain will send in new photos for the website
 - **PNC/12 Hour Race:** Pine Nut Cracker to be held Saturday, May 2 pending access at the main building. 12 Hour Race - Big Foot Racing does not have any open dates for May-July available. Rick Newberry out at Kirkwood will instead create the 12 hour race for a date in August with Big Foot Racing as it's cooler and Robert has offered to help if needed.
 - **Weekend Rides:** At the end of year dinner Twain lined up 20 volunteers to lead a weekend ride next year. Twain added favorite routes to the website and has received a lot of positive feedback. Twain wants to request an amount of money to create a contest that rewards weekend ride participants. To be revisited during 2009 budget creation.
 - **Weekly Road Races:** No update.
 - **Bike Advocacy:** Tim suggests that we revisit our Goals, Objectives and Mission as a club. Tim Rowe and Mike Kimbrough have been renewed on NDot. Bike Conference to return to Tahoe in May of 2009.
 - **Junior Team:** No update.
 - **Adopt-A-Hwy:** No update.
 - **Genoa Cyclocross:** No update.
 - **Clothing:** Garth proposes a jersey order to fill in the lack of stock in Men's Race Jerseys (we are sold out). Club members to be emailed for special requests. Expense to be approved at January board meeting.
 - **Carson Valley Classic:** No update.
6. **Next Meeting:** January 12th, 2009 at LTCC in South Lake Tahoe, CA in the Aspen room.



Alta Alpina Cycling Club

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 www.AltaAlpina.org

MARK YOUR CALENDARS

Winter Solstice December 21, 2008
 Party Pardee April 4, 2009
 Sea Otter April 16, 2009
 Devil Mountain DoubleApril 16, 2009
 Alta Alpina ChallengeJune 13, 2009

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

Pete Costa	President	president@AltaAlpina.org	775-782-4848
Keith Hart	Vice President	barthart99@aol.com	775-782-8493
Lauren Lindley	Secretary	llindley@pearlizumi.com	
David Gaskin	Treasurer	dlgaskin@earthlink.net	530-541-6472
Corey Bolton	Membership Coordinator	membership@AltaAlpina.org	
Twain Berg	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-901-6043
Michael Bayer	Alta Alpina Challenge Ride Director	challenge@AltaAlpina.org	
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	
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The club is about and for you! All AACC members are welcomed to participate in our **Board Meetings** held the **first Monday of each month at 6:00 pm.** The location alternates between the Carson Valley and South Lake Tahoe.. Join us on **January 12** at the **Aspen Room** in **LTCC.**