



PACELINE

**Alta Alpina
Cycling Club**

Volume 6 Issue 6
July 2008

AACC Weekend Ride Schedule—August

Twain Berg, Weekend Ride Coordinator

Sunday, August 3, 2008 — Highway Clean-up and Ride

Meet at 8:00am. Join your friends of the Alta Alpina Cycling Club in cleaning up OUR section of Hwy 89. Meet at Turtle Rock Park at 8:00am. Bring gloves and wear appropriate clothing for walking and possible foraging through weeds and brush. We will supply Starbucks Coffee, muffins, danishes. A pat on the back and, oh yeah, helmets, bags, pick up sticks, safety vests. Ride to follow. Destination and length will be decided by those who volunteer. Contact Peter Costa at 782-8493 or email at intandempc@aol.com.

Saturday, August 9, 2008 — DR-on-a-Different-Day

Meet at Turtle Rock Park and be rolling between 5:45am and 6:30am depending on your speed. We'll ride the current DR course with rest stops at the tops of the passes. We need to plan food and water so please RSVP or indicate if you can volunteer to membership@altaalpina.org.

Saturday, August 9, 2008 — North Valley/Genoa Loop

Meet at 8:15am, Ready to Roll at 8:30am. An easy paced loop or out and back starting at the north end of the Target parking lot on Jack's Valley Rd and 395. Regroup and refresh at the Genoa Store. Actual ride distance and route will be determined by the participants but will not likely exceed 30 miles. Very moderate terrain. Contact Mike Beam at (775)267-6812 or email at mikebeam8183@yahoo.com.

Saturday, August 16, 2008 — Ebbetts Pass

Meet at 7:30am, Ready to Roll at 8:00am A medium paced ride in hard terrain starting at the Markleeville Courthouse next to the General Store. This will be an out and back ride to the top of Ebbetts Pass with options to ride to Hermit Valley and Alpine Lake. This ride could be as much as 62 miles and a lot of climbing. Re-group at the top of Ebbetts to decide on the options. Riders can choose to return to Markleeville at any point.

Saturday, August 23, 2008 — Yuba Pass/Gold Lake Loop

Ride description will be posted on ride board. Contact Tim Rowe at 267-9531 or email trowebikes@aol.com.

Sunday, August 31, 2008 — Packsaddle Pass Loop

A medium paced ride in hard and fairly remote terrain starting at S. Upper Truckee Rd. and Old Meyers Grade near Meyers. At least 7000 ft. of climbing and it can be hot. Sections of Hwy 50 and 88 can have a fair amount of traffic. There may be no water between Silver Fork and Silver Lake. Despite all of this it is great ride. Looking for someone who might like to SAG. Map <http://www.mapmyride.com/ride/united-states/ca/south-lake-tahoe/484902932>. Contact Twain Berg at 775 901-6043 or email sagebum@charter.net

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Ladies, Lets Ride!
Chris Zombro-Rhiner

Each week look for a Ladies Only ride posted on the ride board.

Since there aren't as many of us as men hopefully we can meet up and get to know one another!

Feel free to post a ride that works for your schedule. Maybe we can rotate between three regular locations so we share in the driving? I'll start the first post and then someone else can pick a ride. We had one on July 30th with 4 women and 2 men. We let the men come along too!

Volunteers Needed for Aug 9
Michael Bayer

Can you spare 4-5 hours on August 9? The club will pay for gas. Please contact me at:
membership@altaalpina.org



2008 AACC Commuter Mileage Challenge Results

Peter Costa, AACC Commuter Mileage Challenge Coordinator

May is "National Bicycle Month" with Bike to Work Day and Bike to Work Week as the high visibility events. This year, Alta Alpina Cycling Club (AACC) started the Commuter Mileage Challenge (CMC) as a way to encourage and challenge our members to use their bicycles in their daily commutes. We hope that this year is the first of a long run of annual challenges.

This year, May was a month of weather extremes, warm to hot the first two weeks and cold and wet the last two weeks. Never the less, 16 riders participated and logged 1814 miles and over 307 trips (one rider didn't provide his trips) through the month. That represents approximately 10% of our registered membership in the month of May.

Individual honors go to everyone who participated. The three riders with the most commuter miles were Robert Braun with 252 miles, Jennie "The Generator" Hamiter with 240 miles and Mel Maalouf with 205 miles! See chart for details.

Participants	Mileage	Trips
Robert Braun	252.0	
Jennie Hamiter	240.0	61
Mel Maalouf	205.0	52
Michael Bayer*	165.9	18
Scott Robertson	162.8	14
Nate Littrell	150.0	20
Becky Kemp	134.0	28
Chris Rhiner	110.5	19
Peter Costa	92.0	22
Suzy Stockdale	87.0	38
Mary Bennington	84.0	11
Rick Miyashiro	74.0	10
Tammy DeGiovanni	30.0	8
Vanessa Littrell	12.0	2
Sasha Littrell	12.0	2
Inge Costa	3.0	2
	1814.2	307

We saved 90 US gal of gasoline based on 2006 US Dept of Transportation statistics for US passenger car (pick ups not included) fuel efficiency.(1) That represents 0.000000012% of the US annual consumption of gasoline. Considering it takes one 42 gallon "barrel" of crude oil to make approximately 23 US gallons of finished gasoline, 3.9 barrels of crude oil, fossil fuel, dino juice, or Jed Clampett's "black gold, Texas tea" were saved.(2,3,5) The atmosphere was saved an additional 1,746 pounds of Carbon Dioxide per my calculations from the US EPA's Emission Facts.(4)

The benefits of commuting by bicycle go beyond the "green" statistics...think increased energy and efficiency at work, training benefits, more time to do non-bike activities because you already rode today, financial benefits, and don't forget the all important benefit...your significant other can't complain about it. So, it's not too late to start using your bicycle to go to work, school, the bank, stores, restaurants, etc. See you on the road.

References and Disclaimers:

- (1) 2008 National Transportation Statistics, Bureau of Transportation Statistics, US Dept of Transportation.
- (2) What's In A Barrel of Oil?, California Energy Commission.
- (3) How Many Gallons in a Barrel of Oil?, WikiAnswers.
- (4) Emission Facts: Greenhouse Gas Emissions From a Typical Passenger Vehicle, US Dept of Environmental Protection Agency, Feb. 2005.
- (5) Jed Clampett's name was used without his permission.

AACC Hosts the Carson Valley Classic 2008



Great job was done by organizers Steve Thomsen and Garth Jackson. More coverage next month.



Presidential Pulmonary Ponderings

Jennie Hamiter, President

At the time the last newsletter was mailed, in early July, my presidential posting (written May 31) might have seemed out of place. I went on about not letting weather forecasts keep you indoors always plan on riding, and you'll usually be glad you did.

That newsletter came out in the midst of the thickest, yuckiest smoke I've seen in the 16 years I've lived in the Carson Valley. Even at the Lake, I understand there were days the smoke was so bad that boaters in the middle of the lake couldn't find the shore without a compass. Many of you are very health conscious, and would hate to do anything that would harm your lungs, and it's hard to imagine that the smoke isn't harmful in some way.

I can't know how the weather will be when you're reading this, but according to some forecasts, it may still be very smoky for months; if it's not, it's bound to be smoky again before the season's out. So here are a few words about cycling and smoke.

I found a public health warning from the California Air Resources Board which discusses the health hazards of inhaling wildfire smoke. The report has a lot of interesting detail, but the most useful part is about how to judge the current air quality for yourself. Accordingly, "sensitive" people (people with asthma or other breathing or heart problems, the elderly, kids, pregnant women) should stay indoors when visibility is around 3 to 5 miles or less. People with healthy lungs, it's a little more complicated: visibility of 1.5 to 2.5 miles is considered unhealthy, while visibility of 1 to 1.25 miles is very unhealthy. Visibility of less than 3/4 of a mile is considered

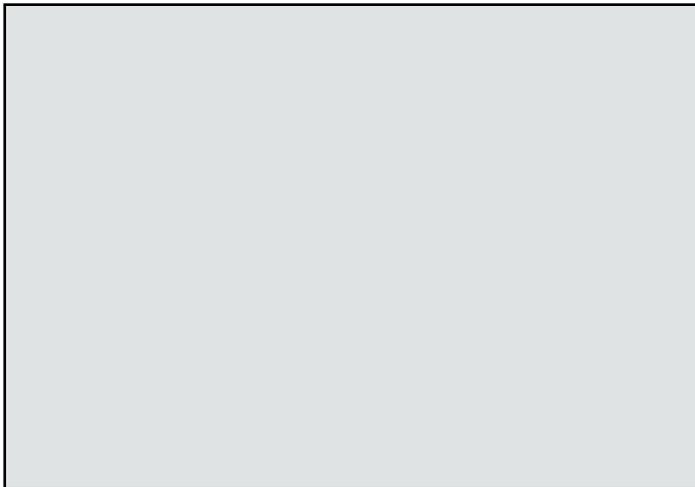
hazardous, so that should keep everybody indoors.

Everyone has to judge the air quality, weigh the risks, and decide for themselves.

So what's a cyclist to do when the visibility dictates that you shouldn't ride?

You could ride the trainer indoors. "Woohoo!", I hear you exclaim. Nothing like riding your trainer when it's light and warm outside.

You could do some of those indoor exercises that you hear are good for cyclists. Now's your chance to do abs and upper-body weights that are recommended for avoidance of back injuries, for healthy bones and sexy biceps - these exercises are great for you, but unfortunately will only marginally help you keep up with



View of Mt. Tallac from South Lake Tahoe, 9 July, 2008

your biking buddies when you do go out again.

Exercises that will directly benefit your cycling are explosive exercises such as lung jumps, high steps, jumping jack squats; these will tax your cycling muscles as well as your cardiovascular system. Many of them have the added benefit of providing impact, which improves bone density, since cycling alone does nothing for bone health. For more details on these types of exercises, check out almost any edition of *Bicycling* magazine, or its website. If you have a gym membership, obviously working out on the machines for quad lifts and hamstring curls will increase strength in the right cycling muscles.

Myself, I'm assuming day to day that I'm going to ride, then I keep an eye on the visibility. While I don't actually wear my bike clothes around at work, I do want to be ready to ride if the air clears up - sometimes it only clears up for a couple hours before the winds change and the Beijing skyline returns again. If it turns out the smoke is just too disgusting, then I use the time to do the exercises described above. Or I work a little longer so I can get off earlier to ride on a better day.

Of course, you could still ride but take it easy on bad days. I still ride my bike into the office (an easy, flat, 4 miles) on the worst days. "I'm in no hurry, I'm on my way to work!"

In conclusion, do what's right for you, but don't give up on biking. Do what you can to get through these tough times, and come back stronger, faster, and healthier than ever.



Presidential 'Preciation

Jennie Hamiter, President

The Club's Next Big Thing

Thanks to Michael Bayer for all his efforts, sleep deprivation, and incredible organizational skills he put toward the success of the June 14th ride, the predecessor for the club's next big organized ride. Not being one to do things the easy way, he spent an incredible amount of time on all the details. Thanks, too, to Brenda Giese for her time and effort spent coordinating volunteers - the ride was held on a weekend when a lot of people already had plans, and Brenda only had about a month to bring it all together. Thanks to ALL the volunteers - this year every volunteer had a tremendous amount of responsibility to do their job alone and figure out problems and solutions on their own.

On a personal note, thanks to Robert Braun for being indispensable, for keeping a cool head and being very organized the day before the ride while I was stressing out, and thanks to Helga and John Cotter for helping organize rest stop supplies late Friday and early Saturday before the ride, and for the use of their

garage (right across the road from Diamond Valley School) as the ride's warehouse. And for being so darn pleasant to work with. Thankfully, leaving the radio and lights on in the Cotters' garage overnight kept the neighborhood bear from enjoying the smorgasbord he'd have found within.

Mountain Bike Race Series

Thanks to Mike and Debbie Beam for directing the Mountain Bike Race Series once again. Mike marks the course before each race and takes the signs down afterwards, so regardless of attendance, it's a fair amount of work. While some big rains in late May made for some fabulous trail conditions in early June, the weather and smoke this year made for fewer racers than previous years - but Mike and Debbie kept the same high standards and fun levels as ever. The barbeque after the last race was a good time, with everyone getting to know one another better and swapping contact info for more riding throughout the summer. Thanks to you both, Mike and Debbie.

Health Effects of Wildfire Smoke

Visibility	Health Category	Health Effects
10+ miles	Good	None
5 - 10 miles	Moderate	Sensitive people should consider reducing prolonged or heavy exertion.
3 - 5 miles	Unhealthy for Sensitive Groups	Sensitive people should reduce prolonged or heavy exertion.
1.5 - 2.5 miles	Unhealthy	Sensitive people should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
1 - 1.25 miles	Very Unhealthy	Sensitive people should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
< 0.75 miles	Hazardous	Sensitive people should remain indoors and keep activity levels low. Everyone else should avoid all physical activity outdoors.

This table is at <http://www.co.el-dorado.ca.us/publichealth/PressReleases/2008/06262008HealthAdvisoryExtendedDuetoWildfireSmoke.html>



BTC- Bike Tour of Colorado

Chris Zombro-Rhiner

Well, we're back from the BTC! Lots of Alta Alpina members made it over to the beautiful Rocky Mountains of Colorado. The AACC jersey could be sited on the each and every day. Rick Miyashiro brought his two sons, who made it back to camp every evening. Congrats on completing the tour! We had good female representation too, with Tina, Leslie, Darla, Tammy, and myself. Each of us going at our own pace, but we did see each other frequently at the rest stops. This being my first BTC, I insisted on pre-purchasing all meals and boy did we miss out on some fine dining at all the towns. The locals in several towns put together a feast for those needing a meal. Unlike Cycle Oregon, meals could be purchased separately.

This was my 2nd week long bike tour and one would hope to have learned from the first. I made a few changes to my packing. Each week-long tour has its own unique requirements. I will bring a chair to Cycle Oregon because each night there is entertainment and a weather report to listen to, along with music or a lesson on bike maintenance. A 6-outlet extension is handy if one needs to keep a cell phone, camera battery, or ipod charged. Earplugs are great for silencing the noise at camp. After a few days, though, I don't need them as I am so tired. I bring trial size shampoo/conditioners, 2 sets

are handy as I usually lose one set in the first few days. The restrooms are usually very inconvenient at night if you are sleeping in a tent, so bring what works for those midnight trips. Ladies, check out "Lady Janes", or improvise. Walking through a grassy field with tent stakes and lines spread out everywhere can be quite



treacherous. I won't be bringing a small pillow again as it takes up too much space and one can easily be made with my clothes. Lastly, I won't be doing all the optional rides, as I found that my recovery afterward is better if I have one complete day off. You really have to be fond of camping to do these tours, or you can pay extra for the hotel accommodations. The tent and porter service looks interesting, but then you have the same neighbors and guaranteed close quarters each night. Only one night of the BTC was extremely crowded, our night in Naturita was the smallest town of the tour with tents literally touching each other. We even hooked into our neighbors tent stakes, rather than adding more to trip over.

I just love these tours for training; I would never be motivated to get up so early and ride so long after riding 5 previous days, one day off, of course. I have learned to leave camp earlier than my husband so that I can enjoy the afternoon and evening activities. Also, being from the Eastern Sierras, I am less adapted to hot weather and so any miles done before the heat of the day feel like "free" miles to me.

On a final note: This year, BTC had a pretty ominous first day, so I trained hard to make those 3 passes at 10,000+, 10,900, and 11,018 foot elevation. As it turned out, my hard day was the third day coming into Telluride at 8500: go figure! Each person had their own hard day and usually it is not the day one expects. Soon it's off to North East Oregon for Cycle Oregon. This year's program offers a lot more mileage-customizing and less camp set up, as a couple days start from the same location and head out in different directions.

Lake Almanor/Mile High Century

This a basically a local ride these days with gas prices going up. Its a short drive with no gas guzzling Sierra Passes to go over. The "Mile High Century" is a great way to get the 100 mile confidence builder into your training regime. The start and finish at Chester Park was a perfect place to stage an organized ride. This will go down in my log book as "good food" and "lots of easy miles." Turns out it was 110 miles on my cyclometer and I didn't get lost, well I actually cut the course short by missing a turn. The rest stops had some unusual treats; cinnamon almonds, olives, cheese blocks and some unique trail mixes. The jelly beans at the last rest stop were helpful as was the mini water sprayer. This century had a very "hometown" feel with kids helping out.



Mormon Emigrant Trail Loop

Michael Bayer

A great day of riding was had by everyone who turned up for the Mormon Emigrant Loop ride held on July 13. After meeting at Pickett's Junction for carpooling, we all met up at the parking lot near Highway 88 and Mormon Emigrant Trail. The ride went north on Mormon Emigrant and then followed some beautiful forest roads

through some great terrain before a steep climb back out to highway 88 for the return to the start. A big thanks to Rowland Tuggle who volunteered to drive SAG for the day carrying water, food, jackets, and other gear.



Poised for take-off at the Iron Mountain Sno-Park



We had the roads mainly to ourselves



Still smiling around mile 50



Rowland's car was a traveling cookie buffet



Showcasing a very lush part of the Sierra Nevada



Michael, Valerie, Dave, Rick, Pete, and Jennie



Board Meeting Minutes—July 7, 2008

Acting Secretary: Michael Bayer; Other Board Members: Diane Bolton, Pete Costa, David Gaskin, Jennie Hamiter, Mel Maalouf, Tim Rowe, Steve Thomsen, Christine Zombro; Other Attendees: Garth Jackson, Christopher Rowe

1. **Vice Presidential Vacancy:** Darla resigned as vice president. Pete Costa volunteered to take on this job. Officers will vote on his appointment by email.
2. **June 14 Ride:** The test ride was a big success. Rider surveys were very positive and excitement about our new event is widespread. Expenses exceeded rider contributions by just under the \$500 budgeted. The board approved selecting a name, negotiating a date for 2009, and establishing a planning committee.
3. **CVC:** Steve Thomsen reports that everything is on track. Garth is coordinating volunteers and still needs motorcycles and a team to handle catering at both venues. The board agreed to spend up to \$100 on a new first-aid kit for CVC and all future events. Garth and Pete will work on acquiring it. The 2009 T-Shirts look great and will be provided to all volunteers, awarded to the top 10 finishers in each category, given as preems, and sold for \$10.
4. **E-Newsletter Distribution:** The e-newsletter will go to all current members, not just those who have opted out of the paper newsletter.
5. **Mountain Bike Series:** Mike and Debbie Beam did an awesome job on this year's Mountain Bike series. While smoke and bad weather are blamed for limiting the participation, everyone had a great time. Mike has volunteered to do it again next year and the board discussed the need to promote the series more heavily with posters and flyers.
6. **Fall Dinner:** Pete Costa will begin investigating options for the fall dinner venue.
7. **Monthly Status Reports:**
 - **Treasurer's Report:** The checking account balance on the June statement is \$20,738.56 plus we have \$30,000 in an investment CD.
 - **Newsletter:** The June issue was delayed by the June 14 ride, summer travel, and printing delays. We need articles for the July newsletter.
 - **Memberships:** There are 202 fully paid memberships with 256 active members.
 - **Website:** Send requests for updates to Dennis Pederson. He's traveling on business but still able to update the website.
 - **Weekend Rides:** The board approved a budget of \$50 for the Mormon Emigrant ride and \$150 for the DR-on-a-Different-Day ride.
 - **Weekly Road Races:** The Tri-Valley race series was very well attended despite the smoke. The new Pinenut loop course will appear on next year's schedule based on positive feedback. Wearing of ear buds, even in one ear, is strictly against the rules (as is crossing the yellow line) so Di will make announcements at the start reminding people of this rule from now on.
 - **Bike Advocacy:** Pete will publish results of the commuter challenge in the next newsletter. Chris reported seeing a new type of "Share the road" sign in Colorado will pass pictures along to Tim to raise with the Nevada Bike Board.
 - **Junior Team:** The annual velodrome trip is being planned for later in the summer.
 - **Adopt-A-Highway:** Next highway cleanup will be August 3rd.
 - **Kingsbury Time Trial:** The Kingsbury Time Trial is scheduled for Sunday September 7 and will be a USCF event this year.
 - **Genoa Cyclocross:** Tentatively scheduled for the third weekend in October.
8. **Next Meeting:** Monday, August 4, 2008, 6 pm, LTCC. [Ed note: Later moved to Minden.]

Local Merchant Discount Program

For discounts from these local merchants, please visit the AACC website at www.AltaAlpina.org





Alta Alpina Cycling Club

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 Minden, NV 89423 877-845-BIKE
 www.AltaAlpina.org

MARK YOUR CALENDARS

Highway CleanupAugust 3
 DR-on-a-Different-DayAugust 9
 Kingsbury Time Trial September 7
 Tour de Tahoe September 7
 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

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Newsletter Editor:
 Christine Rhiner
 Newsletter Publisher:
 Michael Bayer

The club is about and for you! All AACC members are welcomed to participate in our **Board Meetings** held the **first Monday of each month at 6:00 pm.** The location alternates between the Carson Valley and South Lake Tahoe.. Join us on **August 4** at Pete Costa's house in **Minden.**