



PACELINE

**Alta Alpina
Cycling Club**

**Volume 8 Issue 5
June/July 2010**

AACC Weekend Ride Schedule

Ellen Sherrill, Weekend Ride Coordinator

Saturday, July 17th: Wild Hillacious Hill Climb Century Series #2: Hell's Kitchen

Ride Leaders: Brenda Giese and Twain Berg

Meeting Place: Behind the Markleeville Store and Court House

Departure Time: Brenda will start at 6 am, Twain is starting at 7 am.

Pick your start time depending on if you'll be riding faster or slower.

Mileage: 100 or 65

This is part of the Wild Hillacious Century Series. Brenda and Twain will both have sign-in sheets for credit for the series. The Metric Century turns around at Lake Alpine for 65 miles and over 6000 feet of climbing. The whole enchilada is to Hell's Kitchen (a.k.a. Spicer Meadow Reservoir on maps), and return for 100 miles and 12,000 feet of climbing. Both are out-and-backs, so if you're not concerned about series credit, just go as far as you want and turn around.

We're still looking for, but can't guarantee, a SAG driver for this ride, but either way be prepared to be self-sufficient. Water can be topped off at a couple campgrounds along the way, and there are stores in Lake Alpine and Bear Valley for topping off your tummy. For more details, a full map and route sheet including location of water/restrooms etc along the way, go to:

www.altaalpina.org/hillacious/HillaciousSeriesIntro.htm

Send questions to Twain at hillacious@charter.net

Sunday, Aug 1st: Mormon Emigrant Loop

Ride Leader: Jennie Hamiter

Departure Time: 10 am

Mileage: 70

Meeting Place: The Iron Mountain Sno-Park parking lot: Mormon Emigrant Trail is off Highway 88, about 12 miles west of Kirkwood. Turn right on Mormon Emigrant, go about 0.5 mile - the parking lot is on the left. Carpool from Hope Valley (Burnside Lake parking lot) at 9:15. Contact me to carpool from Minden.

Most of this loop is on small, very lightly traveled Forest Service roads, most with very good pavement, but there's one stretch that definitely requires good tires. These are remote roads, no stores, so please be self-sufficient. We'll regroup at all intersections, and at Capps Crossing Campground, which is about halfway through and you can get water there. In answer to a common question, this isn't the same as the Packsaddle Pass ride - this ride stays on the south/west side of Mormon Emigrant Trail. You can contact Jennie at jenniehamiter@mac.com, or 775-782-4848

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Wild Hillacious Century Series Update

Twain Berg, Century Series Coordinator

The Spring Century in May and the Alta Alpina Challenge: Riding the Wild Sierra in June were both great successes as the first two rides of the new Alta Alpina/Bike Habitat Wild Hillacious Century Series.

The Spring Century in May had 27 finishers and the Metric saw 23. Thanks Jim and Chris Rhiner for hosting: great job. I am awaiting the finishers list for the Wild Sierra but the Finishers Pages can be viewed at: numsum.com/people/view/AltaAlpina

The link to the Finishers Pages will be up on the Alta Alpina website very soon. A few club members have already completed three centuries and have earned rights to the Finisher's Jersey!

The Wild Hillacious Century Series continues on July 17 with the Hell's Kitchen Century. Brenda Giese is the

ride leader and has posted it on the Ride Board. I'll be there....who's coming? Remember, each century in the series has a 100 Mile and a 100 Km Metric option. It is also possible to do a make-up ride if you can't make it July 17. Just email me sagebum@charter.net for details.

August 14 is the Packsaddle Pass route, and the final century is the September 4 Sonora Pass Century. After that it will be time to tally up the Finishers List and see who wants the coveted Finisher's Jersey being designed by Garth Jackson. We want to have jerseys delivered by the Fall Meeting and handed out with the award certificates.

Get all the details: www.altaalpina.org/hillacious/HillaciousSeriesIntro.htm



Garth Sprints

Photo by Tom Compton



It's Coming: Carson Valley Classic Race Weekend

Garth Jackson, CVC Race Director

To me it seems like it just stopped snowing, but then someone mentions that the days are already getting shorter. So maybe I'm not making the most out of every day this year. Oh well, July is here and it is time for an Alta Alpina tradition.

It is time to spread the word that the Carson Valley Classic races are coming up on July 24th and 25th. The Diamond Valley Road Race is staging on Saturday at Diamond Valley Elementary School, as usual. Likewise, the crit retains the Minden Park venue on Sunday.

You're invited to come out and see just how hot/windy/fast the races will be. If you can help with the race, please send me an email ahead of time so I can fill the slots. We need volunteers for registration, course marshals, follow vehicles, parking, podium girls, etc, all day, both days.

Most importantly, if you want to actually sign up for one of the races, check out BikeReg.com and search for the Diamond Valley Road Race or the Minden Park Criterium. The full race flier is on the club website at AltaAlpina.org. You can contact me at Garth Jackson gjacksonbsee@gmail.com.



Presidential Posting

Mel Maalouf, President

Well here we are in summer: the most anticipated season for amateur cyclists. The weather has finally warmed for even the most fair weather cyclists. We can all ride somewhat carefree in short sleeves and the only moisture we really need to be cognizant is how much water we have in our water bottles. Pros and serious cyclists will ride in any weather, donning booties, hats and gloves, but those of us who enjoy riding in mainly warmer weather have brinked the bliss of riding in shorts. Those knicker and knee warmer tans should be well faded by now.

As summer is upon us, the club is over half-way done with the excellent events we promote. The Spring Century (formerly known as the Gardnerville 100), Pinenut Cracker Mountain Bike Race, Kingsbury Hill Climb Time Trial, and most importantly the Alta Alpina Challenge were all promoted with excellent execution, flawless coordination and great weather. The weekly race series is well under way with some great competition and some new faces in each of the groups A to D. It is always a delight to have a club that promotes such great bike venues right here in our back yard. I was just thinking recently that there is little reason to travel far and wide for events, rides and terrain when we have such a blessing here within a few miles of where we all live. It is always a nice refresher to ride other areas and climates, but returning home never ceases to give me appreciation for our riding variety and the cycling community that is world class.

The big news is the Alta Alpina Challenge again went off with well-thought-out execution, superior organization and dedication from those in the club. We don't have final numbers, but our ride was lightly attended at around 180 riders (compared to around

220 last year). This was likely due to the cooler and wet weather during the spring, limiting training of those who wanted to challenge themselves. The memory of cold and wet weather likely limited those who wanted to sign up for the best riding in the west. Due to the diligence of Michael Bayer, the many other volunteers and those who loaned us equipment, it seems we are in the break even range to slightly profitable again financially.

Volunteering for and organizing these events is always a great time. If you haven't helped out with the support of our rides and races, you are missing out. It is really enriching to be part of enabling others to achieve their goals, whether it be 1 to 8 passes in the Challenge, racers duking it out to do their best and capitalize on their training, or others just trying out something for the first time. To demonstrate how others in the cycling community in the West appreciate our efforts, I was stopped in Nevada City in my Alta Alpina kit by a rider who did the Challenge this year. He made it a point to thank me and the club for such an excellent ride and superior support that we provide for our events. As always, it is a privilege to be part of a club with such a history, heritage and future for cycling endeavors.

The next event is the Road Race and Criterium: the Carson Valley Classic in late July. We are looking for someone to come along with Garth Jackson to learn the ropes of promoting the best race in the Sierras and to take the reins next year. If you have any desire to become part of the CVC, which is coming up on 20 years of racing, please let Garth or me know.

See you out there, and don't forget the sunscreen and extra water.

Local Merchant Discount Program

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





2010 Pinenut Cracker Mountain Bike Race

Robert Braun, Pinenut Cracker Race Director

The 2010 Pinenut Cracker Mountain Bike Race has come and gone! This was the first race of the Nevada Cup Race Series. If you missed it, the conditions were perfect for racing, or a relaxing ride.

This year we had 73 participants, covering five race class and ability levels. Riders did from 11 to 28 miles depending on their race class. The course has year had some new trails and some from years past. There was a fair amount of climbing, descending, rocks, rollers and smooth dirt. Not much sand and very little dust, which is nice in the Pinenuts. Cory Bolton was on the motorcycle doing the lead-out and sweeping the course for riders. Di Bolton was at the start of the loop giving out water and direction lap traffic.

Kevin Joell was the race official, and is also running the Nevada Cup points series for the Reno Wheelmen. I can't say enough about Kevin: he had the computer on site and was able to print out the results shortly after all races were in. Very cool!

A special thanks goes out to all that helped with registration, the individuals out on the course helping with rider issues, and all the junior team members (and extended family) that helped with the barbecue: the hamburgers were wonderful after the race. If there is anyone I did not thank for all your hard work, this goes out to you! THANK YOU all for making the PNC a successful event.

Also, Kirkwood and Pearl Izumi came through big this year with prizes and swag! We gave a number of summer mountain bike passes for Kirkwood. Hope the winners enjoy the mountain bike park out there this summer. Gear is always nice to receive as prizes along with the cool medals from Reno Wheelmen and the Nevada Cup. Check out the Reno Wheelmen web site for information on upcoming mountain bike races. Note in particular that this September the Flume Race is back and does sound like a very exciting event.





Spring Century 2010

Chris Rhiner, Spring Century Organizer

The Spring Century ride was well attended. The largest group of riders, about 30, took off from the Pinenut Road 7-11 store at 7:30am. Twenty or so other riders started later or from other locations in Carson Valley. Thanks to Curtis Fong we had excellent support at the bottom and top of Monitor, although I think a few riders got ahead of the support vehicle. Our new lunch stop was a huge success: great idea by Helga and John Cotter to have it at their house, and it was very much enjoyed by all. Rumor has it that we almost burnt down the Cotter's garage: beware of Chris Rhiner's camp stove. Tom Tittle manned the top of Luther for many hours, as our riders doing the whole 100 got very spread out. Thank you to Di Bolton and Rick Miyashiro for feeding the riders that made it out to our house in Fish Springs. And thanks to Cory for letting Di be there

by modifying his weekend plans. Glad I was able to get some miles in myself.

The weather was awesome, the only excellent day of May! Many riders signed in for Twain's Hillacious Hill Series - both the long and short versions count toward earning the certificate and chance to purchase a specially designed jersey.

Next year we will most likely move the post-ride BBQ to another location (not that we didn't love having it at our house). We are contemplating reversing the ride, starting in Diamond Valley, and climbing that side of Monitor. So the name may have to change again: The Reverse Spring Century with Many Options.

And thanks to Jim, who literally did the heavy lifting for me!.

Honor the Stop

Marc Evans

HONOR The STOP (HTS) is a not for profit, non-partisan and no special interest community program that promotes the safe, courteous and respectful sharing of roadways by all users. Whether a motorist, a cyclist, or pedestrian, the HTS objective is to educate and positively encourage ALL roadway users to have and to give:

1. Respect for Others:
Respecting other rights, their property and families and that no individual roadway is more or less important than another.
2. Acknowledging Rights of Use: Recognizing that ALL roadway users have legitimate rights.
3. Courtesy when using the Road way: Continually adjusting behavior by avoiding aggressiveness and thinking about possible actions and how these impact Respect for Others.
 - a. Learn to make allowances for other limitations
 - b. Learn to make allowance for other mistakes
 - c. Learn to abide by rules and normal conventional social behaviors



The Black & Red HTS Wristband

Through its symbolism, a black and red wristband honors those who have lost their lives or have become seriously injured. Every person accepting a wristband pledges to obey all roadway laws and undertakes to respectfully encourage others to do the same.

I founded HTS in May 2008 and created the wristband in response to the death of Kristy Gough, a professional triathlete and former client who, along with another cyclist, were killed by a motorist.

Since the launch, nearly 5000 individuals have pledged, with the help and endorsements respectively of the California Highway Patrol and San Mateo County Sheriff. Additionally, the NY Times, San Francisco Chronicle have written articles about HTS.

In the Carson Valley, HTS partnered with the Theatre of Arts Discipline by donating over 300 wristbands in September 2009 and pledging each individual during a fund-raiser and theatre presentation for Rebecca Martin who was struck by an automobile and in a coma for some 3 weeks.



League Names Timothy Rowe League Cycling Instructor

Press Release

Reno, Nevada, May 9, 2010 –Tim Rowe has earned the prestigious certification of League Cycling Instructor (LCI) from the League of American Bicyclists, a 128-year-old national bicycling organization. Tim now joins Dan Allison as one of two LCI’s from Carson City and about 14 from Nevada.

“Tim and 13 others have recently completed in-depth training on teaching skills for cycling in traffic, on trails and with groups of riders,” said Preston Tyree, Education Director for the League of American Bicyclists. “Tim will now be able to train all levels of riders how to confidently and effectively cycle for fun, fitness and transportation.”

LCI seminars educate participants on how to teach bicycle safety and skills to all levels of riders rather than focusing on technical bicycling knowledge. The League Cycling Instructor designation is only given after a person qualifies for, and excels in, an intense three-day education seminar.

“League Cycling Instructors are the backbone of the League’s education program,” said Andy Clarke,

executive director of the League of American Bicyclists. “Tim has demonstrated a proficiency in teaching, a love of cycling, and a willingness to share these skills with other riders.” Experienced cyclists interested in teaching others how to ride safely are eligible to apply for the seminar. A prerequisite is completing the League’s Traffic Safety 101 course.

Tim has been a member of Alta Alpina Cycling Club for over 20 years and has been riding for 23 straight years. Tim is also a member of the Nevada Bicycle Advisory Board, Muscle Powered and the Lake Tahoe Bicycle Coalition. For more information on Traffic Safety 101 courses coming up, visit www.bikeleague.org . For local information, please call Tim at 775-267-9531 or email trowebikes@aol.com .

The League of American Bicyclists promotes bicycling for fun, fitness and transportation, and works through advocacy and education for a bicycle-friendly America. The League represents the interests of America's 57 million bicyclists, including its 300,000 members and affiliates. For more information or to support the League, visit www.bikeleague.org.



Photo by Tom Compton

Thursday Night Racing

Di Bolton, Race Director

AACC members race for \$8, non members \$10. See website for directions to race venues.

Thursday Evening Race Schedule

July 16 Eagle Ridge Criterium

August 6 East Valley Criterium

August 20 Foothill Time Trial

July 23 Diamond Valley Road Race

August 13 Pinenut Loop Road Race (Club Challenge)

August 27 Diamond Valley RR (short course, season finale)

July 30 Blue Lakes Time Trial



Board Meeting Minutes— June 6, 2010

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Di Bolton, Robert Braun, Peter Costa, Jennie Hamiter, Garth Jackson, Mel Maalouf, Joe Marzocco, Ellen Sherrill

1. Monthly Status Reports:

- **Treasurer's Report:** As of today our account has \$55,673. \$2,675 in our PayPal account.
- **Memberships:** According to Robert, "we have a 'lot' of members." We got 5 new members due to Spring Century. Membership due revenue is already \$500 over budget.
- **Weekend Rides:** Ride leader responsibilities have been on hold so that Ellen can deal with the Challenge. She will take a look at the calendar after the Challenge.
- **Newsletter:** June newsletter going out late due to Challenge.
- **Website:** Joe reports that we still need to update some sponsor graphics on the main AA page.
- **Weekly Road Races:** Attendance has been great despite poor weather (112 racers total in the month of May).
- **Junior Team:** Mel would like to scholarship kids who pay for the race series out of their own pocket. Agreed that their fees will be paid out of the junior budget at the end of the year.
- **Spring Century:** Alta Alpina Spring Century came in under budget. Club is grateful to Chris and Jim Rhiner, Curtis Fong, Tom Tittle, and John and Helga Cotter.
- **Pinenut Cracker:** Already scheduled for May 21, 2011. In 2010: 73 racers. Short track was cancelled.
- **Carson Valley Classic:** Caltrans permit is in. Garth is going to meet with Caltrans contact in July to assess the flag and sign requirements.
- **Kingsbury Time Trial:** Low turnout but made \$55.
- **Cyclocross:** Scott Herman is thinking of doing one in Indian Hills. We're looking to do one with Kirkwood in September.
- **Bike Advocacy:** NDot is cutting off bike access between Douglas County and Carson City; Tim is trying to alleviate the situation. Bike to Work Challenge just concluded and perhaps we should consider honoring the top riders at the Fall party in some way.
- **Adopt A Highway:** Highway cleanup was successful. Weed-wacking at Turtle Rock Park is finished.
- **Clothing:** Garth is working on Hellacious Century design. He's also thinking about doing a limited edition club jersey.

2. **LTBC Report/Tahoe Bike Festival Report:** Garth reported that there was low traffic to the club booth on both days and was not a particularly effective way to get club visibility.
3. **Reno Bike Project:** Thanks us for our support.
4. **Alta Alpina Challenge:** Permits: still missing Stanilaus National Forest permit. Humboldt-Toiyabe permits are ready to go and should be arriving on Wednesday. Letter from BLM has arrived; Ellen will be dealing with Airport Rd issue but recommends that we do not get a permit for the road if we are only going to have someone standing there. Volunteers: quite a few key positions to fill with the departure of a key volunteer who had a family emergency. Would prefer to have at least one more volunteer on radios. Equipment drop-off is set for Wednesday at the club's Stor-All shed in Gardnerville. Friday: there will be two teams in the morning - one loading and unloading and the 2nd team picking up everything at Costco. Saturday: need 2-4 more people from 7 pm until the end of the evening to work at TRP. Board approves that volunteering medics will get free entries to the ride. Hung-A-Lel-Ti is covering the Emigrant Trail rest stop. Sunday: need 3 more people to help with cleanup. Blue Lakes Rd will more than likely not be open. 154 riders have registered. If we get another 20 people and keep costs low, then we will come close to breaking even.
5. **Next Meeting:** Monday July 12th, 2010, at the Pizza Factory in the Gardnerville Ranchos.



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

- Hells Kitchen CenturyJuly 17
- Carson Valley ClassicJuly 24, 25
- Mormon Emigrant LoopAugust 1
- 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

Mel Maalouf	President	president@AltaAlpina.org	775-782-9652
Curtis Fong	Vice President	tgft@bikethewest.com	775-588-9658
Lauren Lindley	Secretary	llindley@pearlizumi.com	
Pete Costa	Treasurer	dlgaskin@earthlink.net	775-782-8493
Robert Braun	Membership Coordinator	robertingville@yahoo.com	
Ellen Sherrill	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	
Michael Bayer	Alta Alpina Challenge Ride Director	challenge@AltaAlpina.org	877-845-2453
Twain Berg	Hillacious Century Series	sagebum@charter.net	
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	
Jennie Hamiter	Paceline Editor	paceline@AltaAlpina.org	775-782-4848
Garth Jackson	Carson Valley Classic	gjacksonbsee@yahoo.co	206-459-9075
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Dennis Pederson	Website Coordinator	webmaster@altaalpina.org	775-883-2390
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

Newsletter Editor:
 Jennie Hamiter
 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 **July 12** at the **Pizza Factory** in the **Gardnerville Ranchos.**