



PACELINE

**Alta Alpina
Cycling Club**

**Volume 7 Issue 5
June 2009**

Hard Working Volunteers Needed...

Pete Costa, President

The 2009 Alta Alpina Challenge: Ride the Wild Sierra is completed. The course is clear, the riders have gone home and Turtle Rock Park is clean and locked up as if we had never been there. Are you as proud as I am, not only to belong to such a wonderful bicycling club, but also put on an event that is getting rave reviews from the riders despite the bad weather? The emails and ride reviews from participants are flowing in. You can check read them at: www.altaalpina.org/challenge/feedback.html

Club members turned out in large numbers to volunteer. I used to think the only way to get that many club members in one place was to advertise free beer. (Note to self: in the future I'll just advertise Hard Working Volunteers Needed To Put On A First Rate Cycling Event In Tough Conditions!) There was an outstanding number of club members that showed up on Friday to setup. I didn't get a count and there is no way I can recall everyone who was there, but it was an impressive show of support. If you were one of the lucky ones to volunteer on Saturday, I am sure you have heard many compliments because you deserved it.

I would like to share 3 of the many compliments I heard from the top of Monitor:

- An 8 pass rider rolls into Monitor from the west at 7:15, 15 minutes after the cut off. He asked to continue on, and I regretfully had to tell him it was too late. Expecting a negotiation from him, I was totally surprised when he said, "This is a great ride! Eight passes will have to wait till next year."
- Its about 8:30 pm and I am driving 4 riders off of Monitor back to TRP with hypothermia. All are 8 pass riders who didn't/couldn't finish, 3 of the 4 are strangers to each other, and they were full of compliments and questions about our club. Then one asked "Do you coach your rest stop volunteers?" I replied, "No, what do you mean?" All 4 answered almost in unison, "Everyone thanked us for coming!" They had never had volunteers thank them for doing a ride. When I explained that 90% of the rest stop volunteers were club members they were totally blown away.
- The third and the most impressive compliment for me came Sunday morning. Inge, Carson, and I stayed in our trailer last night at the top of Monitor. This morning, Inge had just pulled out with the trailer heading back to Minden. I am finishing up some last minute packing in my pickup and getting ready to follow her down the mountain. Along comes a car at a very slow speed. He pulls off the road near me and gets out looking around. When he sees my Alta Alpina sweatshirt he very enthusiastically says, "That was an awesome ride yesterday!" I didn't recognize him, but asked if he did all 8 passes. He replied, "No, I did 4 passes Kingsbury, Luther, Carson and Blue Lakes! I loved it. I didn't care if it was wet and raining! You guys were awesome! I've never been here before and I drove up Monitor Pass to see what it looks like because next year I want to do all eight!" He didn't stop there, but you get the idea. Because I have been on the top of Monitor the last two years, almost all of the riders I see are the 8 passers. To see a rider from the Build Your Own Challenge be so excited that he wants to increase his challenge next year made me excited too. Thats a good feeling after all the hard work we've put into this years event.

Lots of people are already asking about next year but I encourage you to let this one sink in and enjoy it for awhile. Make notes about what you thought of this years event. Send stories / photos to: volunteers@altaalpina.org and we'll post them at www.altaalpina.org/challenge/volunteers.html

Thank you and I'm looking forward to seeing you at the Carson Valley Classic...

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Pinenut Cracker Race Report

Robert Braun, PNC Race Director

Course clean-up

It all started about a week before the PNC. It was brought to my attention that there was a lot of trash that had piled up on the course. After a couple of phone calls, I was able to get a 30 meter dumpster, free of charge from Douglas Disposal, brought out to the Pinenuts. Saturday April 25th, seven club members went to various parts of the Pinenuts and removed nine truck loads of junk to fill the entire dumpster. GREAT WORK for everyone involved. We can only hope others will not dump their trash in our playground.

Course marking

The course was marked on May 1st in the afternoon. The entire time clouds were brewing to the south of the Pinenuts, I was having flash backs from last year! After about 20 raindrops hit the ground it moved north and was over. It was not even enough to calm the dust!

Race day

Race day started early - plenty to do, and not a whole lot of time to do it in! Went to the fairgrounds to open the pavilion for registration and to set up tables and chair. Before too long people started to show up for

running the registration. At three key intersections we had six individuals there to mark the way and give emergency support if needed.

Everyone was excited to do another PNC. Had the usual questions: how long is the course, is there much climbing, many rocks on the trail, how much single track? This is the Pinenuts, we have all that and more just around the corner. When it was all said and done, we had 67 racer starting in three waves. Racers started returning about an hour after starting, and continued for the next hour and a half.

Everyone liked the course this year. I heard comments like "short steep climbs", "fast downhill", "that was the best marked course I have ever raced" and "some nice single track". Everyone was happy to have finished and glad to have competed in this event. I was just glad nobody had any problems out on the course! **Big Daddy's, Bike Habitat, and Bicycle Authority** had given us plenty of prizes to give away! BIG THANKS for all the help, from the course officiating, to the lone masked dirt-biker, it was another successful race!

Looking forward to doing it again next year, and on a similar race course! Tell only your BEST FRIENDS about this race!!!!!!



Mel Maalouf racing pro /expert



Tammy DeGiovanni out in front





The Carson Valley Classic is Fast Approaching

Garth Jackson, CVC Race Director

July 25: Diamond Valley Road Race

July 26: Minden Criterium

Everything is looking good for the Carson Valley Classic Road Race and Criterium this year. I have seen tons of people riding already, and with any luck, July will swing around and everyone will be too tired to think about doing anything but volunteering for the race. The ball is rolling on permits, and man they seem to multiply like bunnies.

CVC has been the Northern California/Northern Nevada Masters district road race and crit championships for about the last eight years, so this race is getting to be a tradition. I am just hoping to vanquish the details devil and come up with a couple of new ideas for this little weekend where we drag the coast-dwelling cyclists out to our corner of the desert.

We need all the volunteers we can get for this year's races, so if you can lend a hand contact me at:

gjacksonbsee@yahoo.com.



The volunteer-mobile at the CVC Minden Crit



The CVC Crit in downtown Minden brings out a variety of spectators every year



Sometimes Your Body Doesn't Give you What you Expected

Garth Jackson, CVC Race Director

We all know how Francesco Moser and Danilo Di Luca suffer. Just search the web for some of their best fright masks. But for most of us, there is more to suffering than crossing the eyes and clenching the teeth. We have all had days where we should be resting rather than punishing our pedals, when it is near impossible to get the heart rate off the landing strip. As the season wears on it is also possible that that nagging pain you're feeling may close the door on the hammerfest you desire.

It's becoming a chorus in the sporting community: "listen to your body". When your speed starts to drag down after a few days of regularly intense riding, then rest. Play with your bike setup a little before every ride. And if the same irritations happen year after year regardless of what bike you ride and chamois cream you use, talk to a professional diagnostician.



Mica listens to his body while volunteering for CVC



Photo credit: Igor Terzariol

Danilo Di Luca

Does a Photo Always Say Everything It Can?

Garth Jackson, CVC Race Director

Photography is a huge factor in the popularity of sporting events of all types. The action and emotion of any competition is difficult, if not impossible, to capture with words alone. Photos build devoted fans and a desire to see the event in person so that the action portrayed by photos can be viewed on the spot.

The photo opportunities presented by a cycling event are unique because the venue is not limited to a coliseum or a strictly defined playing field. Historic cities and high alpine passes are not such a regular part of any other sport. With such a palette, cycling photographers have the opportunity to bring sport photos to a high level in artistry.

Cycling can be considered one of the most difficult sports to photograph as well. A road race will cover a big handful of miles at high speed without crossing the same point twice. This means that anyone taking photos must move with the race, and there will not be much time to compose a photo.

Lighting is generally subject to the time of day that the race happens to pass by. Ultimately, capturing a high speed event with a static photo is a job best suited for someone who likes to experiment with their camera.



AACC Member Profile:

AACC Member since: 2005

Current Residence:
Stateline, Nevada

Immigrant from: Seattle,
Washington

Bikes I ride: Look 585

In one word, my cycling style is...: Ride it now, there might not be time later.

Favorite Rides/Races:
This area has a ton of different routes. My favorites are the ones I can ride from my house..

Favorite Post-Ride Food:
Liquids, my stomach doesn't handle solids very well after a long ride.

Other Sports & Pastimes:
It's hard to afford much after I buy tires for my bike, but I try to go skiing when the snow is around.



Garth Jackson

.My Motto or Inspired Quote:

"If you can't lick 'em, chew 'em.

"Grab Bag:

I've been thinking about biking a little bit recently. I mean how many of us race with the idea that we are going to be the next Francesco Moser? Not many, right? At the end of the day we like to ride a certain style of terrain and there isn't much logical reason why. My first real rides were seven miles to sixth grade where we blew our lunch money on Swedish Fish and took the gravel pit road on the way home to try to hit the mid-thirty MPH terminal velocity on our mountain bikes. I was the slowest of everybody and didn't think of how slow a steel mountain bike was for the road or how my seat height screwed up my knees.

Never raced until I moved to Nevada from Seattle four years ago, but I've spent days of pedal time commuting and running errands. I am a stick in the mud roadie this year, but every once in a while it is refreshing to throw the flat pedals on the road bike and go ride in the rain with friends. The opportunity to tune your skills in the dirt and on the pavement are a rare gem. Let's get out there.

Email Garth With CVC Questions

Garth Jackson, CVC Race Director

Thanks for reading along. I tried to keep the topics varied even though my goal was to get everyone and their pet parakeet down to the Carson Valley Classic. Volunteers are the heart of a bicycling event because you have a large number of people unfamiliar with the area spread out over a wide distance. Keeping participants informed and on course takes a whole fleet of people, but it also ensures that riders will want to come back next year.

My fleet of people for the Carson Valley Classic includes follow car drivers, parking lot flaggers, course observers, water bottle distributors, and registration coordinators. Nothing glamorous, but if you would like to see how a cycling race differs from a commute to work, this is a good opportunity. Alta Alpina provides lunch to CVC volunteers, and volunteers can race for only \$10. The Carson Valley Classic happens on July 25th and 26th, and my Inbox is always open. Thanks again, Garth. gjacksonbsee@yahoo.com





Special Board Meeting Minutes—May 17, 2009

Secretary: Lauren Lindley; Other Board Members: Pete Costa, Mel Malouf, Michael Bayer, Twain Berg, Dave Gaskin, Jennie Hamiter, Corey Welsh; Other Attendees: Tammy and Todd DeGiovanni, Curtis Fong, Jim Sacherman

- 1. **Financial Situation:** Report from Dave on current financials: Club has \$40,000(ish). If we stop spending now on the challenge we'll lose about \$8,600 for the year provided that we continue to fund general club functions within our budget. This includes the donations we received this year. Michael notes that we have committed to spending \$12,500 between 2008-09, which is non-refundable. Dave's numbers include the current fiscal year only.
- 2. **The Challenge: Problems:** Caltrans permit has been a huge problem. We set our goals to break even but to do that we needed 500 riders. Because we wanted more than 500 riders, we were required to apply for an Alpine County permit. In turn, the Alpine Co. permit required a CalTrans permit and CHP on the course, at the cost of \$8,000.
- 3. **The Challenge: Ways to cut costs:** If we were to hold an event with less than 400 riders, we would no longer need a CalTrans permit and thus, we would no longer need to meet the Cal Trans stipulations.
- 4. **The Challenge: Options:**
 - Michael is to call Alpine County and propose a postponement/removal of the current permit and request a smaller event for which these restrictions will not be necessary.
 - Board consensus is that Michael must know within 72 hours whether or not the permit restrictions can be removed, otherwise the event will be cancelled.
 - Pete motions that we give Michael 72 hours to speak with the county and have alterations regarding the permit for our ride made and agreed upon. Motion passes.
 - Michael requests a resolution from the board regarding a new revised rider limit number. After

discussion, the board agrees that we should ask Alpine County what number they feel comfortable with before we pigeon hole ourselves into a number smaller than they might have agreed with.

-Michael is instructed to discuss all options with Alpine County and we will call in on a conference call to vote Wednesday night. The board moved that this meeting will be continued on Wednesday, May 20, at 9 pm via conference call.

Meeting Continued on May 20, 2009

Attendees: Pete Costa, Michael Bayer, Lauren Lindley, Twain Berg, Curtis Fong, Jennie Hamiter, Mel Malouf

- 5. **The Challenge: Developments:**
 - Michael met with the Alpine County Planning Dept and Alpine County Public Works Dept on Monday morning. They were extremely supportive and helpful and agreed to do what they could to help us. New rider limit is capped at 250 riders. They agreed to change the language on the permits stating that the Caltrans permit is only required "if necessary". A letter from Caltrans headquarters has been requested to this effect.
 - CHP said that we probably didn't need a Caltrans permit with the small number of participants and that if we did want a services contract the Lieutenant MIGHT determine that no services were required.
 - Pete has successfully got EMS under control with the new maximum number.
 - Board motions that the event be continued and go forth with the new capped limit at 250 riders and with the removal of volunteer and rider t-shirts. Motion passes.

Local Merchant Discount Program

Show your AACC Membership Card at time of purchase. [If are an active 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—June 1, 2009

Secretary: Lauren Lindley; Other Board Members: Pete Costa, Mel Malouf, Michael Bayer, Jennie Hamiter, Di Bolton, Twain Berg, Denis Pederson, Corey Welsh, Robert Braun

1. **Alta Alpina Challenge:** 165 participants registered as of 6/1. Most of our important orders are booked. We are still searching for an ice storage solution. A few people have requested refunds due to injury despite clear policy of no refunds. Board agrees that we should encourage them to transfer their entry to a friend, but in the event that this is not possible we will offer them a rain check for next year's event instead of a refund. Extra meals for friends/family of riders are set by board at \$10 for lunch, \$15 for dinner - tickets to be sold at registration. Volunteers will not have t-shirts now and will also need to be provided meal tickets. Blue Lakes Road may not be open by time of ride as it has not been plowed. In the event that the upper gate is closed board agrees that we will just end the pass at gate instead of asking for ambulance access from county. The burn pile at Turtle Rock Park is still there – John Cotter has been asked to monitor the county's response to our requests that it be removed. Largest volunteer vacancy is rider check in late Saturday afternoon and evening.
2. **Club and Membership Promotion:** Di realized while doing SAG during Gardnerville 100 that we need Alta Alpina information flyers that are sweat/waterproof to pass out to other cyclists. Perhaps a material similar to BIB number material that we can print on. Pete suggests creating flyers with a map of Foothill Rd that includes Alta Alpina club info to leave at the Genoa information booth.
3. **Tour de Nez Party Presence:** We have been invited to set up a booth at the kick off party for Tour de Nez on 6/21/09 at Amendment 21 (a bar) in Reno, NV. Mel and Lauren may be able to attend on behalf of the club.
4. **Alpine County Chamber of Commerce Membership Application:** Our membership application to the Alpine County Chamber of Commerce was rejected after being hand delivered by Twain and followed up on by Peter. It was rejected because "membership chair unable to attend meeting due to illness, submitted old application, insufficient funds for 2 voting members." Noted: last reason is unclear because we only requested and submitted for a small business membership which provides one voting member.
5. **Monthly Status Reports:**
 - **Treasurer's Report:** Dave not in attendance.
 - **Memberships:** Not in attendance. New member forms given to Jennie to input.
- **Weekend Rides:** No weekend ride leaders have skipped out yet. Twain would like to perhaps organize a few overnight rides. Also heard of something another club does called the "Pamper Pedal". They organize an all downhill ride for the female club members and the male members run sag. They were able to recruit 50 new members due to this ride alone. Club agrees this is a great idea and we should brainstorm ideas.
- **Newsletter:** Garth provided Jennie with CVC articles and so the June newsletter should go out on time.
- **Website:** Discussion of how difficult it would be to provide a running ticker of news updates on the front page.
- **Weekly Road Races:** No questions or complaints regarding new pricing.
- **Mountain Bike Race Series:** 14 participants at last race; 1 more new member for a total of 2 new members due to series. Tahoe mountain bike series to occur in July and then Kirkwood series Aug/Sept.
- **Gardnerville 100:** Ride went well. Di provided sag. 35 riders.
- **Pinenut Cracker:** No 2010 date yet. 67 riders Robert will give Twain results for website.
- **Junior Team:** Small group of riders but infrequent attendance.
- **Carson Valley Classic:** Garth submitted t-shirt design (looks fantastic!). T-shirts to be technical tees this year. Would like to give top 6 finishers a tee as prize as well as volunteers; will still be under budget while doing this. June newsletter will give CVC lots of coverage.
- **Kingsbury Time Trial:** New course record set up Kingsbury, at 0:32:59. Net profit: \$330.
- **Genoa Cyclocross:** Need to find a new volunteer to run event.
- **Bike Advocacy:** Assembly on the Genoa easement changes Thursday evening. Pete will send out email to club requesting support.
- **Adopt-A-Highway:** June 6, 2009. May still need to weed whack.
- **Clothing:** Garth not in attendance.
6. **Next Meeting:** Monday, July 6, 2009, 6 pm, Lake Tahoe Community College.



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

Carson Valley Classic ...Saturday July 25
 Road Race

Carson Valley ClassicSunday July 26
 Criterium

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

Pete Costa	President	president@AltaAlpina.org	775-782-8493
Mel Maalouf	Vice President	alpinajr@gmail.com	775-782-9652
Lauren Lindley	Secretary	llindley@pearlizumi.com	
David Gaskin	Treasurer	dlgaskin@earthlink.net	530-541-6472
Patti Towns	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	877-845-2453
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 6** at the **Lake Tahoe Community College.**