



PACELINE

**Alta Alpina
Cycling Club**

**Volume 4 Issue 8
September 2006**

AACC Weekend Rides—September/October

John Seher, Weekend Ride Coordinator

There will be both fast and social pace versions of our weekend rides—just show up and join the group of your choice. Social pace riders should carry extra food and be prepared to help as a ride leader.

Saturday, September 24, 2006 — King of the King and Tour de Groan
All right troops, it's time for your annual fitness test--the Kingsbury time trial. Meet at the bottom of Kingsbury grade at the intersection of Foothill Road. First rider goes off a few ticks after 09:00. After a little bit of recovery at the top and comparing times, we can continue on to South Lake Tahoe, Luther Pass, Hope Valley, and Foothill Road and complete the loop. Any speculation on who will post the fastest time?

Sunday, October 1, 2006 — Wellington to Bridgeport and Return
Cooler fall weather should bring us some fall color along the East Walker and the flanks of the Sweetwater Mountains. Let's give it a chance to warm up and meet at the town hall in Wellington and be ready to ride at 10:00. It's seventy some miles on rolling terrain. This one is a great tandem ride.

Saturday, October 7, 2006 — Choo Choo! Railroad Tunnels and Donner Summit

Let's take a historic tour of the transcontinental railroad grade over Donner Summit, explore the abandoned snow sheds, view remnants of the old Lincoln Highway, and look for troglodytes living in the tunnels. We ride from Truckee, through the Donner Lake Park, and up to the railroad grade, where we enter the snow sheds. Bring a headlight! We continue through the sheds and tunnels up to the summit, then descend back to Truckee. Meet at the Wild Cherries coffee shop on Donner Pass Road at the west end of town, and be ready to ride at 10:00.



Sunday, October 15, 2006 — Foxy's Fall Century, Davis, CA
The Davis Bike Club gives us this fine event every fall as bookend to the road season. Come on out and ride through the valley farmlands and the coast range with your AACC mates. There is a post-ride swap meet, too. Get the info at the DBC web site. Remember, fly those club colors.

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Official Notice

**The Annual Meeting of the
Alta Alpina Cycling Club
and End of Season Dinner
will take place at:**

**The Ridge at Heavenly Valley
Monday, October 23
Doors open at 5:00 pm**

RSVP ASAP to:

Membership@AltaAlpina.org

**(Family members: include
name and age of each child)**





CVC Wrap-up

Jim Rhiner, CVC Race Director

Thanks to our great volunteers, AACC has again put on a set of very successful Masters district road and criterium races.

We had a great turn out with close to 550 racers participating! I received many reports praising our friendly and cooperative volunteers, and best of all, no complaints. Our chief referee concurred that we did a great job. So a great thanks from me, to everyone who helped make the races go smoothly.

I would particularly like to thank the 2006 CVC lead volunteers that made this event a success:

Troy Walters, associate race director, with his expert advice and direction...

Kevin Willitts, DVRR permits and radios...Christine Anderson, registration, bringing the CVC into the computer age along with making registration a good experience for all...Dennis Pederson, updating AACC website many, many times...Steve Thomsen, helping to coordinate volunteers and taking on a bigger role in 2007...Kris Brown and Mike Beam keeping those water bottles going even though we were short...Jeff Ham, representing AACC as USCF official and getting us all those neat T-shirts... John Seher for the motos and pictures... John Kelly, crit setup, increased the protection with two truck loads of packaged padding... Brenda and David Giese, for informing and presenting our events to all residents along both courses... Joe Marzocco, for DVRR sign setup and blue rooms in place... Rick Rickard, presenting awards... Tom Regan and Tom Sullivan, experienced registration support... Jeremy Rutherford, Cory Bolten, Scott Herman, Jennie Hamiter, and Garth Jackson, DVRR follow vehicles--some running on empty... Suzanne Stockdale, press, CVC made all the local newspapers and TV. Cool!... John Axtell, James Sadilek, Steve Cooke, Suzy Stockdale, Nick Ruana, Peter Niday, Di Bolten, Darlene and Shawndrea Wisma, and Allen Biaggi as lead course marshalls.



Volunteering for 2007

Each year we learn more and enhance our club's great contribution to the cycling community. I am already working on improvements for 2007.

Our club needs more members with experience to fill many key areas as lead volunteers. We are seeking lead volunteers to fill the positions of race director, associate race director, registration, and course setup in order to maintain the reputation of this event.

We also need experienced volunteers with computer skills for day of registration. We will need laptop computers that we can use at check-in. We will need follow vehicles and lead motorcycles committed early on so we can obtain proper insurance (as many standard policies do not apply when participating in a bicycle race in this capacity).

As you can see, there are many opportunities to help a worthy cause, which will not be successful unless you step up and volunteer.

Please let me know early what roles you would like to play! Planning for this race begins in October and the majority of the planning in February.

Don't hesitate as this is a great opportunity to really make an impact.

Thanks again and see you on the road.





Presidential Posting

Jennie Hamiter, AACC President

Free Club Membership, Free Race Entry, Free Pizza, and Having a Say

What more could you want? Yes, YOU could be an Alta Alpina board member next year! If you've ever wanted to get more involved with the bike club, or if you wanted to have some influence in the direction the club is heading, there's no better way than becoming a board member. We always need new people and new ideas; please consider taking on one of the open positions!

Benefits of joining the board include:

- Free club membership (for you and your family)
- Free entry to Wednesday Night Races,
- Free pizza once a month at the board meetings,
- Having a say in club activities, policies, and expenditures
- The satisfaction of helping to support and grow our cycling community

Positions we need filled for 2007:

Treasurer—Sets the budget for the year, manages the club bank account, pays the bills. Needs to have access to El Dorado Savings Bank in either Carson Valley, Carson City, or Tahoe.

Secretary—Main duty is preparing minutes of the monthly board meetings, distributing them for board review, and submitting them to the newsletter.

Weekend Ride Coordinator—Sets the ride schedule and finds ride leaders for weekend rides from April through October.

Adopt-a-Highway Safety Coordinator—coordinates with the weekend ride leader to schedule four highway cleanups throughout the year for our stretch of Highway 89. Coordinates the volunteers and manages the equipment during these cleanups.

Pinenut Cracker Race Director—We need a director for this annual local mountain bike race, which is usually held in May. Duties include the up-front work of coordinating the venue, volunteers, and signups, creating a budget, and directing the event.

Complete job descriptions are in the December 2005 newsletter which you can download from the club website at http://www.altaalpina.org/news/Paceline_dec05.pdf

Please contact me if you'd like to volunteer or if you'd like to nominate someone else to serve a term as a club officer or official. Almost all the current club officers have jobs that keep them busy throughout the work week, so don't let that stop you from participating. However, if you work only part-time job, or you're retired, please we hope you'll take an extra moment to seriously consider contributing!

Uncertain about stepping forward? Feel free to contact me or any other board members even if you're only considering it. See the back page of this newsletter for contact information.



Another Successful Carson Valley Classic

Jim Rhiner did an excellent job once more as Race Director for the Carson Valley Classic. His diligence and attention to detail has made for a smooth-running event these last 2 years. He's even carrying the momentum to start lining up people to take over for him next year (though we're counting on him to lend his experience to those folks for CVC 2007).

Big thanks to Jim, and to all those who took on positions of responsibility to make this race great!



BikeSPOKEsman

Tim Rowe, AACC Bicycle Advocacy, Nevada Bicycle Advisory Board,
Lake Tahoe Bicycle Coalition Board member

Nevada Bicycle Advisory Board (NBAB) met on Thursday, August 17, 2006 at Reynolds Non-Profit Center in Incline Village, NV. The NBAB Mini-grant application will be on the Bicycle Nevada web page (<http://www.bicyclenevada.com>). The first NBAB Mini-Grant was awarded at the June meeting to the Lake Tahoe Bicycle Coalition (LTBC). The LTBC was awarded \$1,000.00 for the production of a Lake Tahoe Basin bicycle map. The LT Bicycle map, which will be free, was originally planned to ready in July. The Daily Tribune in South Lake Tahoe, who offered free set-up, has been overloaded this summer. LTBC decided to tie in with Truckee Trails Foundation and offer better coverage of the north Lake Tahoe/Truckee bicycle trails.

The Safety and Legislation Sub-committee reported progress on proposed bicycle helmet (under age of 18) legislation for the 2007 Nevada Legislative session.

The next NBAB meeting will be in conjunction with Interbike in Las Vegas on Sept 28th.

Lake Tahoe Bicycle Coalition Update

Imagine Friendly Bicycling in Tahoe—a nice new brochure is out! It's Your Lake; it's your national treasure; it's your turn to make bike friendly Tahoe a reality! The mission of LTBC is to promote safe and enjoyable bicycle transportation and recreation. Please join LTBC. Regular membership is only \$30 and we need numbers to increase our presence. LTBC has assisted in the first application for a Bicycle Friendly Community for South Lake Tahoe with the League of American Bicyclists this month. Next event is helping Tour de Tahoe with a rest stop at Spooner Summit Sept 10th. For further information check the LTBC web page (www.tahoebike.org) or write LTBC P.O. Box 1147 Zephyr Cove, NV 89448.

Olympic Training Center Highlights

Micah Herman

Nick Ruana and I got to go to a national level training camp for cyclists, thanks to Alta Alpina. It definitely improved our bike handling skills and motivated us to train harder. The basic layout for the camp was a sprinting test, where they measured the amount of wattage we put out, and two uphill time trails, where we raced up as fast as we could go and try to get the best time. Plus, we did a whole lot of easy pace riding to work on skills, and the velodrome. In fact, the velodrome, which is a banked track, was on the schedule more than once. We had a few appointments there and worked with professionals on how to ride on a track bike, (which is a single speed with no brakes or freewheel), how to ride in a group with others, and how to properly work together with a small group.

The time trails on the other hand were much harder than the track. The first one was a short but hard effort. It was about three minutes with every rider going out every thirty seconds. The second one was even harder than the first with it being about a seventeen minute effort on a steeper road. Nick and I both got good

results on the time trials and I definitely learned how to pace myself and not go out too hard in the beginning.

The last highlight was the sprinting test. This test involves riding on a stationary bike machine that measures power output and transfers the information into a laptop. After warming up for about 30 to 40 minutes, they have you hop on the machine and ride for a few minutes, while they hook everything up. Then they tell you to sprint for an interval. The first was a 10 second sprint, standing or sitting, as hard as you could go. The other one was 30 seconds. It only made for 40 seconds of hard riding that day, but it was definitely not easy.

All in all, the food was excellent, the staff was incredible, the other riders were pleasant to be around, and the coaches worked their butts off for us.

Without the club's generous support, it would not have been possible for me to go. It is an experience I will never forget and hope to have again.

Thank you



Sonoma Mountain Bike Nationals

Jeff Ham, Treasurer

Nick Ruana, Danny Auerbach, John Kelley and I went to the Sonoma Mountain Bike Nationals and had a pretty good time. Luckily, John's 31 mile race started at 8am. Sports started at 2pm and did 23 miles (3 laps). For the sport race the thermometer at the track only seemed to read in the 80's but the entire XC course was exposed (ok there was one tree good for about 5 seconds of shade) and there were several sections on the back part that had to be over 90, no breeze, and quite humid. For the first lap the sweat was running off my head like a water hose. Hydration and electrolytes were key; many people were stopped with cramps. Nick got 3rd in Sport 18, finishing with a flat tire, in front of Joe Trujillo. Also in the Sport 18, Danny got 8th after having to stop for some mechanical adjustments. John was 3rd in Expert 50+ with a broken spoke and brake drag. I was 14th in Sport 30-34 and I also got 5th in Downhill Beginner 30-34. I did both events on my 30 lb 5" travel Heckler; the downhill was more fun.

There was also a road circuit on the Sears Point track with a few Alta Alpina's. Fabien got 3rd in the Junior 17-18. Kevin Willits got 3rd and Randy Volkmar finished 15th in the Master 45+ 4/5.

Congratulations to all of you, it was quite a feat to persevere through the heat and finish strong at the 1-day MTB US National Championships.

AACC BMX Night at Edmonds Sport Complex

Jennie Hamiter, President

What do you get when you bring nine adults and eleven kids together on bikes for a couple hours at a BMX track? Twenty kids having a great time!

Thursday, July 31, Jeff Ham organized an AACC BMX night at the track in south Carson City. He spent the first half hour teaching beginner and intermediate mountain biking skills: everything from how to brake without skidding, to how to do a nose wheelie. Then we took to the track to learn how to get the most out of our mountain bikes over tricky terrain and banked turns.

The rest of the evening, we just took turns sprinting around the track, practicing our new skills. Some folks were simply trying to complete the course with all their skin intact, while others were trying to shave the milliseconds off their lap times. And everyone got a good workout: leg muscles and smile muscles ached.

Thanks to Jeff for organizing a fun evening, and for being a terrific mountain bike coach!





AACC Member Profile:

Micah Herman

AACC Member since: 2003

Current Residence:
Carson City, NV

Immigrant from:
South Lake Tahoe, CA

Résumé:
2006
1st, Nevada City Classic
2nd , Copperopolis RR
2nd, Crit Champs
3rd, Road Race Champs
1st, East Valley Club Challenge

2005
1st, Mt. Tam Hill Climb.
1st, San Ardo RR.

Race Category: Cat. 3

Bikes I ride: Specialized Tarmac

How I support my Bike Habit:
Mom...Dad...Mel

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

Favorite Rides:
Both sides of Sonora Pass...good training ride.

From the valley, over Kingsbury to Emerald Bay, then Old Meyers Grade and back over Kingsbury again. If feeling frisky, do hill repeats up Old Luther after Old Meyers..



Favorite Races:
Nevada City Classic, Sea Otter Classic, and Copperopolis Road Race

Favorite Post-Ride Food:
Oreo cookies and pasta, pasta, pasta, pasta, pasta

Other Sports & Pastimes:
Freestyle skiing, playing the drums and helping serve at my church

Ambitions/Aspirations:
To upgrade to a Cat 2 next year, to win the Junior National Championships, to find out what Italians call 'macaroni' and to see if you can buy rainbows in Ireland.

My Motto or Inspired Quote:
"Don't be a fool, wrap your tool."
- Van Wilder

Grab Bag:
Ya, so I like to race bikes. I don't have a girlfriend so I just train in all my spare time. I started riding centuries with my dad at 14 then found out about Alta Alpina and tried out racing; shaved my legs at the tender age of 15 and now I'm past the point of no return. I pretty much ride, eat, read about Boonen & Vino, and sleep, which equals Biker Nerd.

Race Team Results

Leesville Gap, July 1st
Kevin Willitts, 6th, 45-49

Cougar Mountain, July 15
Kevin Willitts, 3rd, 45 4/5

NORBA Nationals @ Deer Valley, UT, July 8
Jay Brown, 6th, Expert DH

Sonoma MTB nationals, July 15th
Danny Auerbach, 8th, Sport 18
Jeff Ham, 14th, Sport 30-34
Jeff Ham, 5th, Downhill Beginner 30-34
John Kelley, 5th, †50+ Expert
Nick Ruana, 3rd, Sport 18r

Sattley Time Trial
Casey and Kevin Willitts, 2nd, Open Mixed Tandem





Board Meeting Minutes—September 11, 2006

Acting Secretary: Michael Bayer; Other Board Members: Jennie Hamiter, Jeff Ham, Mark Hotchkin, Darla Mazzoni, Tim Rowe; Other Attendees: Ryan Jezek, Todd Jezek, Christopher Rowe

1. Monthly Status Reports:

- **Treasurer's Report:** The current balance was \$35378.52 as of August 17th.
- **Death Ride:** Among other things discussed at the agency postmortem was the possibility of eliminating Carson pass from the Death Ride. The board discussed the possibility of extending the course down Highway 4 to Bear Valley but concluded that this would introduce more safety issues than leaving the route as it is.
- **Newsletter:** Final Wednesday Race Series results will not be ready for the September issue.
- **Weekend Rides:** The weekend ride schedule for 2006 winds up with Foxy's Fall on October 15.
- **Membership:** There are 165 fully paid memberships with 241 active members.
- **Wednesday Night Races:** Approximately a dozen members met to discuss ways to improve the Wednesday night race series in 2007. The board requested that proposals should be presented in January with a final proposal for approval at the February board meeting .
- **Website:** No Report.
- **Clothing:** No Report.
- **Bike Advocacy:** Tim attended the ProBike-ProWalk Conference in Madison. Ideas: Construction permits require that roads be swept daily. Tim is looking into Bike Rack pricing.
- **Junior Team:** Junior Team had a great trip to San Jose for training at the Velodrome and Sierra

- Rd. on Saturday, Mt. Hamilton on Sunday.
2. **Fall Events:** Mel has set the date for the annual "King of the King" Kingsbury time trial for September 24. The Genoa Cyclocross race is set for November 12.
 3. **Annual Meeting and Dinner:** The annual meeting is set for October 23. Doors will open at 5:00pm. Beer and wine (2 drinks per person) will be served from 5:30 to 6:30. The business meeting will start at 6:30 and dinner will follow. Dinner will be a pasta bar and dessert will be cake.
 4. **Member of the Year Award:** Based on the input from a member, the board will establish an annual "Member of the Year" award. Selection criteria will be distributed to the membership and members will be asked to .nominate fellow members for the award. The first award would be awarded in 2007.
 5. **Documentary Film:** Ryan Jezek presented his plans for a documentary on bicycle racing and requested support from the club. The board agreed to let Ryan film club events and interview club members who are interested in participating. Ryan was also invited to take advantage of existing club programs to offset other costs and to keep the board apprised of his progress.
 6. **Roundabout:** Jennie was authorized to write a letter thanking NDOT, Douglas County, and the City of Minden for the new roundabout that makes crossing Highway 88 much safer for cyclists.
 7. **Next Meeting:** Monday, October 2, 2006, 6 pm, Pizza Factory in Gardnerville.

Local Merchant Discount Program



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



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

King of the King & Tour de Groan Sun., September 24
 Wellington to Bridgeport & Return Sun., October 1
 Choo Choo! Railroad Tunnels & Sat., October 7
 Donner Summit
 Foxy's Fall Century, Davis, CA Sun., October 15
 Annual Meeting & Dinner Mon., October 23

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

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Darla Mazzoni	Vice President	mazzoni@etahoe.com	530-577-0122
Kris Brown	Secretary	klbrown@douglas.nv.gov	
Jeff Ham	Treasurer	jeffham@wt.net	775-267-2089
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
John Seher	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-849-1876
Christine Anderson	Wednesday Race Director	christine.anderson@yahoo.com	775-781-0606
Mike Beam	Thursday Mountain Bike Race Director	lemondarmstrong@charter.net	775-267-6812
Dennis Delange	Road Cleanup Coordinator	dennis.delange@bently.com	
Joe Marzocco	Death Ride Manager	info@deathride.com	530-694-2475
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Libby Oakden	Paceline Editor	paceline@AltaAlpina.org	607-346-3933
Dennis Pederson	Website Coordinator	pedersondd@charter.net	775-883-239
Jim Rhiner	Carson Valley Classic	jim.rhiner@bently.com	775-783-9834
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

Newsletter Editor:
 Libby Oakden
 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 Gardnerville Ranchos and Stateline.. Join us on **October 2** at the **Pizza Factory** in the **Gardnerville Ranchos.**