



PACELINE

**Alta Alpina
Cycling Club**

**Volume 16 Issue 3
April 2018**



Ray Rickard Memorial Spring Century—May 27

Rebecca Kemp & Tina Keegan, Century Coordinators

Free for club members!

The Ray Rickard Spring Century takes place on Sunday May 27th—the Sunday of memorial day weekend. Once again, we have several ride options so there's an option for everyone. New for this year, we've opted for distances that encourage everyone to meet up at the end to enjoy the BBQ. Choose from the metric century option—the Main Ride, Monitor West Side, or a relaxed loop of Diamond Valley. See the full maps on pages 2.

There will be three well stocked rest stops:

- at the East side bottom of Monitor ("Topaz") from 9:30-noon,
- the top of Monitor 11:00-2:00, and
- opposite Woodfords Inn 12:00-3:30.

Tina Keegan has graciously volunteered to host the event and the ride start/finish and the post ride BBQ at her home again this year. She is located between Foothill and Hwy. 88 off Centerville Rd. The address is 1008 Georgia Lane which is at the corner of Centerville and Georgia. Parking is limited so riding to the start and car pooling are encouraged. If you'll be driving, please park on the east (right) side of Georgia Lane or on Centerville Rd.

The main ride starts at 8:00am with our annual photo so please arrive early and be ready to to roll at 8:00am.

There is plenty of lawn at the finish, but if you would prefer a chair, you need to bring one. A big thanks to those who have volunteered to help at the rest stops and to Tina for hosting.

Please RSVP to springcentury@altaalpina.org as soon as possible so we have enough food for everyone. Please indicate which ride option you're planning to do (Main, West Side, or Diamond Valley) and your burger preference (Beef, Turkey, or Veggie).

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Critical Vacancies:

Volunteer Coordinator Marketing Coordinator

We organize many events and activities throughout the year— all made possible by our amazing club volunteers but we desperately need someone to take over the role of volunteer coordinator.

We also need a club marketing coordinator so that we can better promote everything that the club does.

Please contact Chris Rhiner at president@altaalpina.org if you have any questions or would like to volunteer.

Time to Renew your Membership!

If you haven't already done, so, please renew your membership today:

http://altaalpina.com/membership/join_renew.php



Ray Rickard Memorial Spring Century — May 27

You can choose from the Main Ride of 70 miles which climbs the east side of Monitor, a 68 mile ride that climbs the West side of Monitor, and a casual loop around Diamond Valley rides.

The Main Ride will start at 8:00am with a group picture and mass start.

The 68 mile West Side ride starts can be started any time after 9:00am. It's an out-and-back so if you're running late or need to cut your ride short you can turn around at any time.

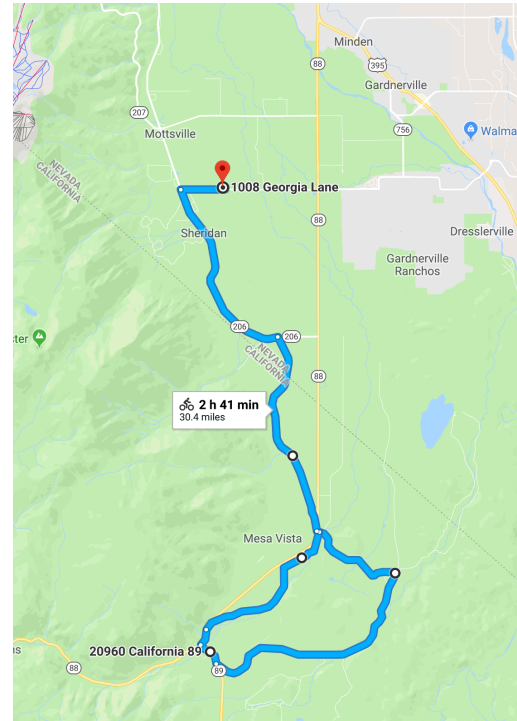
The 30 mile Diamond Valley ride, with ride leader, will be at 11:30am.

Please RSVP to springcentury@altaalpina.org as soon as possible so we have enough food for everyone. Please indicate your route and choice of beef, turkey, or veggie burger.

We're still looking for volunteers to help with setup on Saturday and Clean-up after the event.

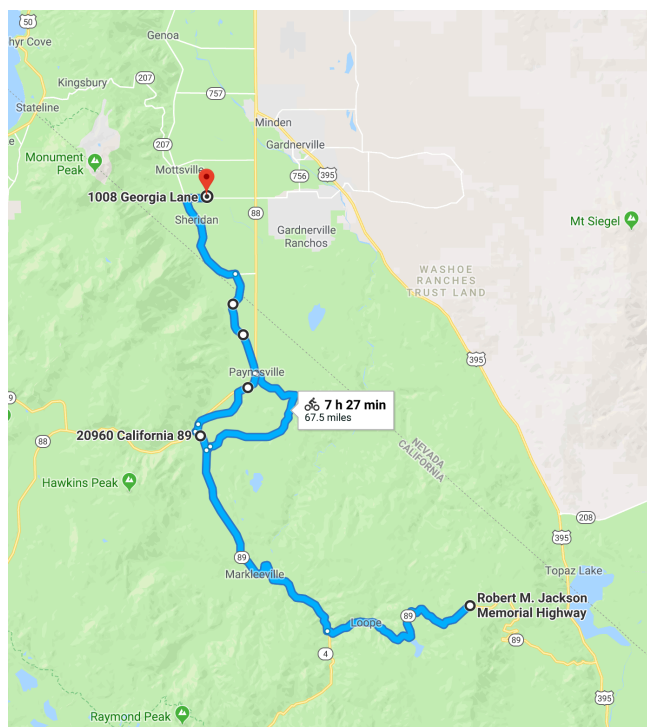
Diamond Valley Option (11:30am)

www.altaalpina.org/attachments/RRMSC2018-30.pdf



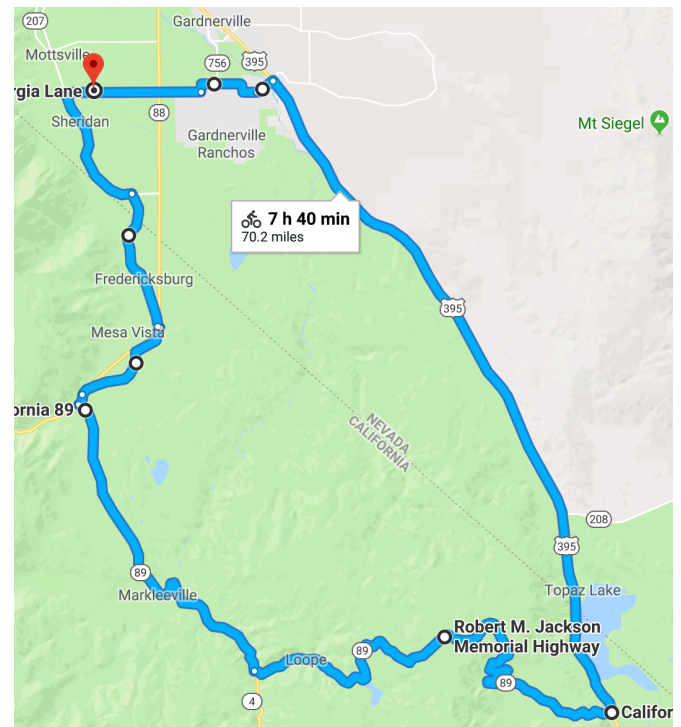
West Side Option (after 9:00am)

www.altaalpina.org/attachments/RRMSC2018-68.pdf



Main Ride Option (8:00am)

www.altaalpina.org/attachments/RRMSC2018-70.pdf





Presidential Posting

Chris Rhiner, President

Happy Spring! Welcome to our new club members! It was great to see everyone at the Spring Membership Party. Lets all have a great 2018 season on our bikes. Make sure you check the ride board for fun weekend rides. Our Challenge Ride is coming up soon June 30th, please review the volunteer spots that are still available. I will be up on Ebbetts Pass as usual which is pass #5 & #6 for the riders. Each year the weather really dictates some of the specific needs of the riders. Running a rest stop is lots of fun with enough people helping out. All the supplies are gathered for you and are ready for pick up from Turtle Rock Park. The day of the ride or even the night before if you plan to stay the night at your rest stop.

See you at the races! They started last week and continue every Thursday night at 6pm rain or shine. This is a great way to do some speed training if you are not already incorporating variety into your weekly cycling. Our new time trial series is great for those who can't see themselves riding with the pack.

See you out there. Chris

We need photos to help promote our rides, races, and events.
Please send photos that we can use to photos@altaalpina.org

Editors Notes

Michael Bayer, Newsletter Editor

2018 Season Shaping Up to be Awesome

Spring Party Launches the Cycling Season

Thanks to Tod for organizing the well attended 2018 Spring Membership Party! If you missed this year's party you need to sign up for the Spring Century, sign up for the Challenge, sign up for Thursday races—you'll find all the necessary contact information in this newsletter.

Thanks to **Big Daddy's Bike Shop**, **Bike Smith**, and **Velo Reno** for donating door prizes for the spring party.

Ides of March Contest

Winter came in March this year so club members struggled to get in their early season miles. Jennie Hamiter, Bill Mobley, and Kevin Willits were this year's

winners of the Ides of March Contest. Jennie got in 245 miles, Bill rode 367 miles, and Kevin won the draw.

Weekend Rides

Rick Miyashiro has been working with ride leaders to organize the 2018 weekend ride program and it's off to a great start. Last weekend we had well attended rides of different distances start from Schat's Bakery in Carson City. Rick is still looking for more ride leaders to round out this year's ride options.

Thursday Night Races

The 2018 race season is underway and we had a great turn out for the Fredericksburg Prologue on April 19.

Local Merchant Discount Program

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





AACC Weekend Ride Schedule—April/May

Rick Miyashiro, Weekend Ride Coordinator

We have a great schedule of weekend rides planned for 2018 and we're off to a great with some fun well attended rides. We're still looking for weekend ride leaders for a greater variety of ride options. Please send an email to ridecoordinator@altaalpina.org if you can lead a weekend ride.

Saturday April 28, 2018 — Genoa to Markleeville

Meet at Genoa Town Park on Nixon Street in Genoa (Nixon is just the continuation of Genoa Lane), ready to ride at 10am. We'll ride out along Foothill Road to Carson River Road to Woodfords to Markleeville, and return taking Diamond Valley, for about 2500 ft of climbing and 50 miles. It's an out-n-back, so if you're looking for a shorter ride you can turn around when you've had enough. This is a designated Weekend Ride, so snacks and drinks will be served afterward.

Saturday May 5, 2018 — Jacks Valley Out and Back

Meet at the base of Kingsbury, ready to ride at 10:00am. We'll head north through Genoa for an easy ride up to the Clear Creek trailhead.

Saturday May 12, 2018 — Kingsbury-Luther Loop

Meet at Genoa Town Park on Nixon Street ready to ride at 9:30am. We'll ride up Kingsbury to Lake Tahoe, to Pioneer Trail to old South Upper Truckee Road, and over Luther Pass, down Woodfords Canyon and back along Foothill to the start, for about 4800 feet of climbing and 62 miles. Or just join us for the Kingsbury portion if you want.

Saturday May 19, 2018 — Lemond Loop, Clockwise

We'll start from Schat's Bakery at 9:30am. and head for Spooner Pass. The route takes us from Spooner on Highway 28 around the lake to Incline Village. We'll take Village, College, SR 431, SR 341 to Virginia City and then down to Hwy 50 and back to the start via Empire, and California Trail. The Lemond Loop is 80 miles and over 8,700 feet of climbing. We'll make stops at Tunnel Creek, Veterans Pkwy Maverick, Virginia City, and possibly the Chocolate Factory. There is an option for reducing the ride by 8 miles and 1,900 feet of climbing by taking Alt 395, Lakeview, and the V&T trail for more modest early season goals.

Sunday May 27, 2018 — Ray Rickard Memorial Spring Century

One of our biggest club rides of the year—an event with multiple distance options, rest stops, and post-ride BBQ that's free for all members. For 2018 Tina Keegan has volunteered her property off Centerville Road for our start/finish location. The three ride options for 2018 are: the full 70 mile loop over Monitor Pass, a 65 mile out-and-back to the top of Monitor, and the 36 mile Diamond Valley loop.

Sunday June 10, 2018 — Ride around Lake Tahoe & BBQ

Meet at Dave Scarborough's house, ready to ride, at 8:30am (see address posted on website rideboard). We'll ride clockwise around the lake at a medium casual pace—a distance of about 72 miles—with frequent regroupings. We will have snacks and BBQ leftovers from the Spring Century afterwards. (Also feel free to bring your own meat to BBQ.) Please let us know if you are coming so we know how much food to defrost (davescar30@gmail.com or call 530-318-7878).





Thursday Evening Race Series — 2018 Season

Michael Bayer, Race Administration

Alta Alpina races are open to everyone in the cycling community. The race categories make it easy for anyone from racing veterans to first-timers to have a great race experience. Racing is one of the best ways to get some excellent cycling exercise and social time for cyclists of any age.

Race Schedule

The race schedule for 2018 features a full set of twenty races with something for everyone. By popular demand we've increased the number of time trials. For those who are a little nervous about getting started with racing we suggest participating in the **Time Trial Series**—the subset of the overall series consisting of just the time trials. Please encourage your friends who might be uncertain about racing to consider participating in the time trials!

4/26	Diamond Valley Road Race Short Course	6/14	Jack's Valley Time Trial	7/26	Kingsbury Time Trial
5/3	Starbucks Criterium	6/21	Diamond Valley Double Back Road Race	8/2	Diamond Valley Road Race
5/10	East Valley Time Trial	6/28	Fredericksburg Two-Up Time Trial	8/9	Blue Lakes Time Trial
5/17	Pinenut Road Race	7/5	Eagle Ridge Circuit Race	8/16	Starbucks Criterium
5/24	Starbucks Criterium	7/12	Blue Lakes Time Trial	8/23	Fredericksburg Time Trial
5/31	Kingsbury Time Trial	7/19	Pinenut Road Race	8/30	Diamond Valley Road Race Short Course
6/7	Diamond Valley Road Race				

Rain or Shine

Races will take place rain or shine, hot or cold, still or windy or smokey. We won't cancel a race. However, the Race Steward reserves the right to adjust the course, timing, or number of laps to reflect conditions. If access to a race start location is blocked for some reason we'll simply move the start to the closest possible location and adjust the course. If conditions change after the start of a race and the Race Steward determines that it must be terminated early for safety reasons all racers will receive 5 points for the series.

Race Registration

Register for each race between 5:30pm and 6:00pm. If you already have a season pass you just go to the front of the line and check-in. If not, and it's your first race, allow time to register and get your RFID chip.

Race Venues, Maps, Directions, Safety Rules, Race Formats, and Race Results

Visit the racing page on the club website for all the details:

<http://www.altaalpina.org/clubracesroad/>

Fast and Accurate Race Results

The new digital race timing system that incorporates both RFID chips and photo finish software has been working well. The software will automatically compute everyone's finish times and time trial times. The photo finish software will allow race officials to determine finishing sequences when the RFID system indicates a tie. Race results are generally available on the website within a few hours and the new software presents additional information that you'll find fun and interesting.

The new RFID chips take the place of race bibs so no more sticking pins in your jerseys and jackets. No more bibs flapping in the wind. The chips are a very bright color that corresponds to your race category. You can easily spot others in your race category because they have the same colored chip as you. Chips must be mounted on the right fork close to the axle parallel to the wheel and be held in place so that it doesn't move around and the number on the chip remains visible. If your chip is loose or isn't positioned correctly, it won't get detected. The zip ties we provide will hold the chip in the right position on most forks as long as they're tight. However, the shape of some forks require the use of o-rings to hold the chip in the right position and we recommend using o-rings if in doubt. O-rings are available at the start for \$1/pair.



Bicycle Advocacy and Outreach

Carlo Luri, Advocacy and Alta Alpina Composite Team Director

Junior MTB Team (NICA)

We are just starting our pre-season. Now is the time to get the word out about this program for getting more youth into cross-country riding. Actual training rides will begin in July, races run from late August to October. More information on the flyer below. If you need an excuse to get out and ride this summer think about volunteering as a coach. You don't need to be a hardcore rider, just be willing to work with the kids and be available 3 to 6 hours per week.

Do you enjoy cross country mountain biking and working with kids? Have you ever considered coaching but are not sure where to start? Alta Alpina will be sponsoring a team in the 2018 Nevada Interscholastic Cycling League this year. The league has a great development program for coaches. Find out more at:

nevadamtb.org/coaching/coaches-license-program/

Important dates:

April 29th – MTB On-the-Bike Skills Clinic

June 23/24 – Leaders Summit Coach Training Weekend

July 1st – Weekly rides begin

Sign-Up Today!

If you know of a student interested in joining the team this season or have questions about coaching, please visit our Facebook page under Alta Alpina Composite-Nevada Interscholastic Cycling Team, or email me at

altaalpinanica@gmail.com.

Amgen Tour of California 2018

The Carson Valley Visitor's Authority is organizing the volunteer effort around the Amgen Tour this year. Both the men and the women will be riding through the valley on **Friday May 18**. The pelotons will be descending Woodfords Canyon before heading north and back up Kingsbury Grade. Fun Fact: The *average* speed for the women up Kingsbury last year was 12 mph!!! All sorts of volunteers are needed, contact kim@visitcarsonvalley.org if you are interested. Disclosure: I sit on the board of CVVA.

HIGH SCHOOL AND MIDDLE SCHOOL INTERSCHOLASTIC MOUNTAIN BIKE TEAM BOYS AND GIRLS WELCOME



The Alta Alpina Composite team is open to all boys and girls interested in cross country mountain biking who want to improve their skills in a relaxed and friendly environment. Students entering 6th thru 12th grades in the fall of 2018 from the Carson Valley, Alpine County, and South Lake Tahoe areas are welcome to join.

Pre-season activities start in April and run through June when we will have information meetings and open registration. Team practices will start July 1st and run weekly through the summer. Most practices are in the Carson Valley or South Lake Tahoe. Race season starts the last week of August and runs through mid-October. Last year we competed in four XC (cross country) races in places like Mammoth and Tahoe-Donner.

Alta Alpina is part of the National Interscholastic Cycling Association's Nevada League, which started operations in 2016. Last year we had over 300 students and 14 teams participate from schools across Northern Nevada and California.

NICA www.nationalmtb.org

Nevada League www.nevadamtb.org



For information email: AltaAlpinaNICA@gmail.com
www.facebook.com/groups/AltaAlpinaNICA



Board Meeting Minutes—April 2, 2018

Secretary: Alisa Ashbaugh; Other Board Members: Desiree Aarts (Race Steward); Michael Bayer (Alta Alpina Challenge/Newsletter/Insurance); Corby Cobb (Social Media); Tod Conover (Membership); Tina Keegan (Spring Century); Carlo Luri (Advocacy); Rick Miyashiro (Weekend Rides); Jim Sadilek (Website); Board Members Participating by Telephone: Frank Dixon (Treasurer); Tammy Lundquist (Vice-president); Chris Rhiner (President); Other Attendees: Brian Dempsey

Meeting called to order at 6:08 pm
Venue: Jethros's Bar & Grill, 1281 Kimmerling Rd,
Gardnerville, NV 89410

Minutes of the March 2018 meeting approved

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is: \$4,544.50. The PayPal account balance is \$10,480.13. Frank shared that we may need to move money from PayPal to the bank account before the end of April.
- **Membership:** Current membership is 163. Todd shared that emails have gone out to ALL members to re-up their membership.
- **Weekend Rides:** Rick says the schedule is planned and is being posted through July. He has contacted April Wolfe about the Project Hero ride. Rick asked the board if they wish to sponsor this ride and all agreed.
- **Social Media:** Corby shared that he has created an Instagram account for the club #altaalpinacycling and is asking for any pictures to post. He has also updated the Facebook page with info from the AACC page. Corby asked if money is available boost posts on Facebook. This to be added to new business for discussion and possible motion at the next meeting.
- **Newsletter:** Discussion by the group with a decision to have the newsletter out after the first race so updated race info can be included.
- **Website:** Jim added spring party info to the site, posted ride maps, and is adding the race schedule.
- **Weekly Road Races:** Michael asked the board to approve a budget of \$340 to print posters of the race calendar, pay for Webscorer software and O-rings. Moved by Frank, second Alisa, all agreed. Michael informed everyone that the insurance and porta potty fees have increased significantly such that the race budget is \$5700 and we need to increase race fees in order to break even. There was much discussion by all suggesting punch cards, increasing season pass fees across the board by 10% and 20%, ROP paying for the insurance fees only, and increasing non-member fees. The board asked Micheal to work through the numbers and distribute a proposal to the board. Alisa suggested online registration with the

ability to purchase a race online to help increase number of attendees and income. Michael will investigate this.

- **Junior Team:** Carlo shared that preseason opens April 1st and the ride season begins July 1st. Carlo handed out flyers that have been created to help recruit junior team participants. This is the 3rd year for the team and last year there were 18 kids.
 - **Insurance:** Michael reported that the Challenge insurance policy has finally been issued however insurance certificates have still not been delivered to us. Permit applications for the Challenge cannot be submitted without these certificates so permitting is now 5 weeks behind schedule.
 - **Bike Advocacy:** Carlo shared that the annual meeting for the Carson Valley Trails Association is tomorrow night. Amgen tour is set to come through our area Friday May 18th and they need volunteers. Carlo is working on getting international visibility for rides in our area. There are three contested Douglas County Commission races this year and not all of the candidates are supportive of the cycling community. Cyclists should try to learn more about the candidates' positions on issues that affect the cycling community. Most of these races will be decided in the June Primary NOT in November elections.
 - **Adopt A Highway:** Alisa shared that she has been in contact with Tammy DeGiovanni about getting the supplies and that CalTrans has her info.
 - **Clothing:** Lori will be at the party with the clothing.
 - **Challenge:** Michael shared that marketing efforts are going well.
2. **Spring Party:** Discussion was had by all about the spring membership party on April 11th. Tod is asking bike shops to donate prizes and board members to staff tables. Michael asked the board to approve a budget of \$640 to fund the membership party. Motion by Tammy Lundquist and 2nd by Alisa Ashbaugh, Unanimous approval.
 3. **Next Meeting:** Monday, May 7, 2018, 6 pm, [Ed Note: Now rescheduled for May 21] The Timbers Restaurant, Lakeside Casino, Stateline
Meeting adjourned at 7:43 pm



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

Spring Century Sunday, May 27
 Alta Alpina Challenge .Saturday, June 30
 Project Hero Ride Sunday, July 15
 Fall Century Sunday, Oct 7
 Thursday Night Races ..every Thu @6:00

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

Chris Rhiner	President	president@AltaAlpina.org	775-790-6373
Tammy Lundquist	Vice President	tahoe.tammy@gmail.com	530-545-3155
Alisa Ashbaugh	Secretary	secretary@AltaAlpina.org	877-845-2453
Frank Dixon	Treasurer	bikeboygo@yahoo.com	530-318-1574
Tod Conover	Membership Coordinator	membership@AltaAlpina.org	877-845-2453
Rick Miyashiro	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-450-6457
Michael Bayer	Alta Alpina Challenge Ride Director	challenge@AltaAlpina.org	877-845-2453
Desiree Aarts Kiley Reid	Thursday Road Race Stewards		877-845-2453
Alisa Ashbaugh	Road Cleanup Coordinator	secretary@AltaAlpina.org	877-845-2453
TBD	Volunteer Coordinator		
Corby Cobb	Social Media Coordinator		
Lori Piccini	Clothing Coordinator	clothing@altaalpina.org	877-845-2453
Michael Bayer	Paceline Editor	paceline@AltaAlpina.org	
Tina Keegan Becky Kemp	Spring Century Coordinators	springcentury@AltaAlpina.org	
David Scarborough	Fall Century Coordinator	dave_scar@hotmail.com	530-318-7878
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Jim Sadilek	Website Coordinator	ccwatchmaker@gmail.com	
Carlo Luri	Bicycle Advocacy Coordinator	altaalpinaNICA@gmail.com	775-720-0754

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 **May 21** at the **Lakeside Casino** in **Stateline.**

Newsletter Publisher:
 Michael Bayer