



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 18 Issue 3  
April 2020**

## Presidential Posting

Nigel Leigh, President

So, you haven't quite gotten around to renewing your Alta Alpina club membership yet, and with all this social distancing stuff, and postponed or cancelled events, you're wondering if its worth bothering. Hmmm, lets have a think about that...

Meanwhile, yes, at the Board meeting in early April we cancelled our new Death Ride Training Series, just in time to hear a couple of days later that the Death Ride itself is now cancelled. Naturally

attention now turns to our own Challenge ride. With new comprehensive virus-safe procedures, easing of the lock-down, and community support we could find ourselves the sole organized ride in the region in late June or on our alternate date in July. So we'll keep that door open as long as we can (without incurring any additional costs).

So, are you on Strava yet? If so, join this group: AACC 2020 Social Distancing Road Race Series . If not, then now is the time to download the app and get into it! Why? Because that's how we're running our race series this year (the first part of it anyway). Joseph Whiteley has displayed a remarkable combination of determination and agility by firstly picking up and preparing thoroughly for the Race Directors role this year, and then suddenly dropping all that and pivoting to Strava-based virus-safe races. See all the details here on page 2 and on the website at:

<https://altaalpina.org/clubracesroad/>

And don't forget to squeeze in the first ride at Fredericksburg, any time up to this Sunday, April 19.

While we're on the subject of social media (yep, Strava is, despite all the perspiration) are you following our club social media feeds? Check out these:

<https://www.facebook.com/AltaAlpinaCyclingClub/>

<https://www.facebook.com/Alta.Alpina.Challenge/>

<https://www.instagram.com/altaalpina/>

Follow them, then re-share the stuff you like, to get the word out about this great little club.

And now that we're onto the subject of this club being great, I want to let you know about a huge contributor that you may not be aware of. His name doesn't appear in the Board Members list, despite his huge contribution. This person re-constructed the online booking system for the Challenge, with all its options and permutations. He cleared up old links on the website and has started a move to mobile-friendly pages. From your phone, check out:

<https://altaalpina.org/rideboard/>

You can read it now! Thank you Dennis Pederson for all that you are doing!

Now, what was that thing we said we'd think about earlier? That's right - is it worth bothering to join the club this year? Ponder for a moment that the club's finances haven't been stellar recently, and that most revenue-generating activities are at risk of cancellation. And that overhead like insurance and advertising have already been paid. You'll start to get the picture. So, if you'd like to have a club to join next year, we strongly suggest you join it now!

[https://altaalpina.org/membership/join\\_renew.php](https://altaalpina.org/membership/join_renew.php)

Thanks!



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## AACC 2020 Social Distancing Road Race Series

Joseph Whiteley, Thursday Road Race Director

The 2020 Thursday evening Road Race season is upon us. Unfortunately, so is COVID-19. So while we can't jump out in to the normal racing format we are accustomed to, we have come up with a social distancing twist for the first few races until the local health officials give us the green light to resume our normal racing.

Here is how it will work:

**Step 1** – Renew your Alta Alpina club membership for 2020 if you have not done so already:

[https://altaalpina.org/membership/join\\_renew.php](https://altaalpina.org/membership/join_renew.php)

**Step 2** – Create an account on Strava ([www.strava.com](http://www.strava.com)) if you have not already got one . Install the Strava app on your phone or use your compatible GPS enabled cycling head unit to record your rides. If you have never used Strava, do some practice rides so you get some experience with how Strava works. While logged into Strava, request to join the Strava club called [AACC2020SocialDistancingRoadRaceSeries](#). You can do this in the app or on the web:

<https://www.strava.com/clubs/AACC-2020-SDRRS>

**Step 3** – Watch for an email from me announcing details for the upcoming week's Strava challenge.

**Step 4** – Plan your ride day and time. You will have one week, more specifically, one Strava week (Monday – Sunday) to go out and complete the ride.

**Step 5** – Get out and ride! Enjoy the beauty all around us and be grateful that we can still get out and ride solo. Record your ride as you cover the Strava segment for the challenge segment of the week and upload your results to Strava.

Repeat steps 3 – 5 each week!

Each weekend we will send out preliminary results from the previous week and specific instructions for the next week's ride.



**FAQs:**

**Q1:** So I can go out whenever I want during the week to give it my best effort on the ride?

**A1:** Yes! In fact, ride the weeks segment multiple times if you want too. Strava will report your best time for the week.

**Q2:** How will the season points be tracked?

**A2:** We will use the same point system as the regular race format but your accumulated points will not roll into the regular seasons race series points due to that added variability (mainly weather and Strava/GPS receiver inconsistencies). We will start points over again when we are able to resume the normal group races with our Webscorer chip timing system and RFID tags. See <http://www.altaalpina.org/clubracesroad/#SeriesPoints> for the points breakdown. I will attempt to break everybody from the overall leaderboard on Strava out in to their respective race divisions to assign points (See Q5).

**Q3:** How much does it cost?

**A3:** Free, with your current paid AACC membership. When actual racing starts we will have updated pricing for the shortened season.

**Q4:** Can we still ride as a group?

**A4:** Unfortunately group riding is not appropriate for now and it looks like drafting won't be part of our sport for the foreseeable future. Please refer to the club's guidelines on social distancing while riding at:

<https://www.altaalpina.org/socialdistance.html>

Keep in mind that although members of the same household are permitted to exercise together, we'd like to ask members to maintain separation of 10-20 seconds so that we are modeling appropriate cycling behavior for everyone. Keep in mind that your respiratory signature is not a 6 foot sphere when you are on the move--it becomes a long wake behind you while pedaling. Per the latest CDC guidelines, please consider wearing a face covering that can catch your breathing/sneezing/coughing.

**Q5:** What about the different racing divisions? How will those work?

**A5:** For returning racers I am going to place you in the same category that you were in last year, or the most recent results I can find for you from previous race seasons. Let me know if you want to be in some other category. For newcomers, please let me know which category you want to be tracked in after completing your first two or three of these rides. To help you decide, you can compare your ride(s) standings against others in the club for the same segment on Strava at the end of each week. Additionally, check the official race times for these segments or laps with the times of other racers on the same course from the actual race results from previous years:

<https://www.webscorer.com/altaalpina/clubraces>



For the week of April 13-19 the Strava challenge is the Fredricksburg Prologue. The segment that you need to cover and attempt your best time on is:

<https://www.strava.com/segments/7030972>

Start and finish at south end of the big trees at the intersection of Fredericksburg and Foothill. Turn around at the south end of Fredericksburg where it meets with the private driveway and drops left to hit highway 88. If you zoom in on the segment map and switch to satellite view, you will see that the finish point is about right for our race, but the start point is much further south down the road than our normal start. Keep your eyes on the road for the return leg at mileage 5.8 to 7, just as you approach the ranch house on your right and on until the gentle right turn on the final downhill. Along this stretch there are several small sink holes in the tarmac that can give you a good jarring if you hit them.



# Alta Alpina Cycling Club 2020 Early Season Mileage Log

Send photo of completed form to Bill Magladry at [ridecoordinator@AltaAlpina.org](mailto:ridecoordinator@AltaAlpina.org)

Name:  Gender:  /

Another Mileage Contest for Socially Distanced Riding (Riding for fame and toilet paper)  
Here's how to participate:

1. Print and use this official mileage log.
2. Ride as many miles as you can over 4 weeks starting on April 20.
3. Record the number of miles you ride each day and where you rode.  
If you ride dirt, those miles count for double.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4/20	4/21	4/22	4/23	4/24	4/25	4/26
Where?							
Mileage							
Week Total							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4/27	4/28	4/29	4/30	5/1	5/2	5/3
Where?							
Mileage							
Week Total							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5/4	5/5	5/6	5/7	5/8	5/9	5/10
Where?							
Mileage							
Week Total							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5/11	5/12	5/13	5/14	5/15	5/16	5/17
Where?							
Mileage							
Week Total							

Note: Miles on dirt count for double. If you rode dirt miles, write down twice the mileage ridden.

Grand Total



## March Mileage Contest and New Mileage Contest

As it doesn't look like we'll be able to meet as a group anytime soon, we'll announce the winners of the March Mileage Contest in the next newsletter. Please transfer your recorded mileage to an email or take a photo of your March Mileage Contest log page and send it to Bill Magladry at [ridecoordinator@AltaAlpina.org](mailto:ridecoordinator@AltaAlpina.org) Submit your results to Bill no later than May 4.

For the new Mileage contest starting April 20, please submit your log to Bill by email as soon as it is complete.

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## Items for Sale

As we missed the annual bicycle parts swap that takes place at the Spring Party, we'll undertake to list items that members would like to sell here in the newsletter.

Allan King ([allanking25@yahoo.com](mailto:allanking25@yahoo.com)) has the following items to sell (all are new):

SRAM Force 22 11 sp. rear medium cage derailleur—\$75

Shimano Ultegra 11sp.rear long cage derailleur—\$65

Shimano Ultegra 10sp. Rear short cage derailleur—\$50

If you have items you'd like to have listed in the next newsletter, please submit to [paceline@altaalpina.org](mailto:paceline@altaalpina.org)

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## Etiquette for Socially Distanced Riding

Michael Bayer, Newsletter Editor

### Ride Daily but Ride Distanced

No restaurants, no theaters. No gyms, no pools. You could just hide out in front of a TV at home for the next few weeks or months, but that doesn't sound very healthy. So what should you do?

**GO RIDE YOUR BIKE!**

Whether you're riding with your family or housemates, or you're participating in one of our Strava challenges, or you're participating in one of the club's socially distanced weekend rides, there are some rules you need to observe so that we all stay safe and there's also some etiquette that you should be aware of.

If you haven't already reviewed the rules for socially distanced riding, check out the March newsletter or review the web page at:

[www.altaalpina.org/socialdistance.html](http://www.altaalpina.org/socialdistance.html)

To summarize those rules:

1. Take Social Distancing Very Seriously
2. Assume that You are Contagious
3. Keep Your Distance At All Times
4. Keep Your Fluids To Yourself
5. Stay Apart at the Start

I recommend that you purchase a rear-view mirror if

you don't already have. I use the type that clips to my helmet but there are good options that clip to glasses or to your handlebars. A mirror is important because it allows you to see if someone is approaching you from behind and that will make passing and maintaining distance. If someone is passing you, stay as far to the right as possible.

So that everyone remains at least 10 to 20 seconds apart, it's helpful to have a cycle computer mounted on your handlebars. Try to maintain a constant speed and use the clock or timer on the display to measure how long it takes you to reach an object just passed by the rider ahead of you.

While technically there's no reason to ride socially distanced from people you share a home with, please continue to maintain that 10 to 20 second spacing even from them so that you are modeling best behavior for other cyclists and for passing motorists. It's important that the cycling community not only do our part to prevent the spread of the virus but we need to be seen as doing our part.

Finally, be sure to give a friendly wave and a nod to all the pedestrians and other cyclists that you see—but keep your distance and avoid calling out.



## Board Meeting Minutes—April 6, 2020

Secretary: Michael Bayer; Other Board Members: Drew Bray (NICA Team Coach); Tod Conover (Membership); Frank Dixon (Death Ride Training Series); Lee Griffith (Spring Century); Lori Kroboth (Treasurer); Nigel Leigh (President); Tammy Lundquist (Vice-president); Carlo Luri (Advocacy); Bill Magladry (Weekend Rides); Lori Piccini (Clothing); Jim Sadilek (Website); Gregg Westerbeck (Membership Growth and Social Media)

Meeting held by conference call.

Called to order at 6:00 pm

### 1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is \$5368.46. The PayPal account balance is \$7116.30.
- **Membership:** Current membership is 70 as of April 2. Tod recommends considering extending the grace period. Nigel suggested extending the grace period until the club's next major event or activity. Tod reported that he is working on a new club waiver.
- **Newsletter:** Michael will get newsletter out in a week or two and requests content from everyone.
- **Website:** Jim added a page for rules on social distanced rides. Dennis Pederson has been taking advantage of the lockdown to work on recoding much of the website and is very busy converting the whole website to be mobile friendly.
- **Insurance:** We deferred purchasing insurance for racing and events until we know we can proceed. We can get race insurance with a week's notice.
- **Weekly Road Races:** Joseph has refurbished chips and has all the equipment up and running. The board discussed how we should proceed with the 2020 race series. There was a consensus that we could restructure the race operations to be virus safe and encouraging members to race is consistent with the stay-at-home orders however having race officials contravenes the stay-at-home orders. It was also agreed that even staging virus-safe races would have the appearance of holding a gathering under the current circumstances. It was decided to delay the start of the Thursday Race Series by four weeks and re-evaluate at the next board meeting in May [Joseph/Tod/Unanimous]. It was then suggested that we organize a series of weekly Strava challenges to promote a time-shifted way to get members to engage with racing in the meantime. Participants must renew their membership for 2020. Joseph will organize the Strava challenges and Michael will reschedule the porta-potty.
- **Weekend Rides:** Bill posted a ride for Saturday. Jim has created a social distancing web page. Dennis should create links to this page in every possible place. Lee recommended making every ride posting more detailed with respect to route so that people can distance without fear of getting lost. Bill will continue posting Social Distanced Weekend Rides and all postings will reference and link to the new webpage with the rules for Social Distanced Rides. [Nigel/Bill/Unanimous].
- **Mixed Terrain:** Michael reported that prior to the lock-down, we were making good progress on permitting and sponsorship. The lock-down has prevented marketing the new rides at spring mixed terrain rides. Fall events are likely to require mitigation to make them virus-safe. Further complicating our plans are the rescheduling of competing spring events into the already crowded fall calendar. One option is to delay the series until 2021 and switch our focus for 2020 to be entirely on promoting our year-round mixed terrain solo rides. Other options include converting the 2020 series to members-only (like the spring-century) or to replace them with a mixed terrain Strava challenge using the year-round routes.
- **Social Media:** Gregg has been posting to Facebook at least once a week and is still working to get Instagram up and running. Carlo has been posting to Instagram and they will work together. Twitter may represent an opportunity to reach people in lock-down using appropriate hashtags.
- **Challenge:** Plans for expanding our advertising have been put on hold but most marketing funds for posters, cards, and print ads have already been spent. Only half of the posters and cards were distributed before lock-down began.



Despite the lock-down and the cancellation of many other events, registrations for the Challenge have been trickling in. Michael has developed a comprehensive plan for making the Challenge virus-safe which has been submitted to Alpine County. It is unlikely that any events will be permitted in June and July if they are not virus-safe and few events can be mitigated in the way that the Challenge can. Lori will study the financial impact of our options. Michael pointed out that if we are blocked from holding the event on June 27, we should plan on rescheduling for July 18. The board agreed that we will not cancel or reschedule the Challenge at this time and we will revisit this at the next meeting.

- **Bike Advocacy:** No report.
- **Spring Century:** Lee proposed that we cancel the social component of the Spring Century but proceed with the ride. Rather than having a single start/finish location, members will join the ride route at whatever point is closest to their home and without a specific start time. All the rules for socially distanced riding would apply. Rest Stops would have to be virus-safe and would only be possible if rules around stay-at-home orders permit. A decision was deferred to the next board meeting.
- **Death Ride Training Series:** As there doesn't

appear to be a way to offer this in a way that is safe and consistent with stay-at-home rules, we must cancel this project for 2020. The small number of registered participants will receive refunds or credits.

- **Junior Teams:** The NICA coaches training weekend is still scheduled to proceed and the NICA regular season is still scheduled for July..
- 2. **Membership Engagement:** We will do another round or two of mileage contests to keep people riding even if they aren't into racing or socially distanced weekend rides. Lee and Tod recommend that we do a membership survey to check in with members on what they are looking for from the club.
- 3. **Grace Period:** Without the membership party and in-person race registration it will take longer to get all of our 2019 members renewed. The board therefore decided to shift the grace period for renewal to the end of May [Michael/Tammy/Unanimous]. Members will need to renew before joining the Strava race challenge.
- 4. **Next Meeting:** Monday, May 4, 2020, 6 pm, by Conference Call.

Meeting adjourned at 8:12 pm

**We're looking for photos from club and local rides!**

**Please send ride photos to:**

[photos@altaalpina.org](mailto:photos@altaalpina.org)

## Local Merchant Discount Program

We're excited that local merchants who support the Alta Alpina Cycling Club are offering discounts to club members. While we're all riding solo these days we still need parts and maintenance so don't forget to continue to work with all of our local merchants! Details about local merchant offers is listed under "Merchant Discounts" on our website at [www.AltaAlpina.org](http://www.AltaAlpina.org). Check out they're websites or call to find out how they're operating right now.



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596 Highway 505  
Gardnerville, Nevada

**BIKE  
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# Alta Alpina Cycling Club

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    www.AltAlpina.org

## MARK YOUR CALENDARS

Memorial Spring Century .....Sun., May 24  
 Alta Alpina Challenge .....Sat., June 27  
 Alta Alpina Challenge .....Sat., July 18  
    Alternate Date

**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.AltAlpina.org](http://www.AltAlpina.org); click on "Membership"

## Alta Alpina Cycling Club Board Members

Nigel Leigh	President	<a href="mailto:president@AltAlpina.org">president@AltAlpina.org</a>	775-267-7089
Tammy Lundquist	Vice President	<a href="mailto:tahoe.tammy@gmail.com">tahoe.tammy@gmail.com</a>	530-545-3155
Michael Bayer	Secretary	<a href="mailto:secretary@AltAlpina.org">secretary@AltAlpina.org</a>	877-845-2453
Lori Kroboth	Treasurer	<a href="mailto:treasurer@AltAlpina.org">treasurer@AltAlpina.org</a>	877-845-2453
Tod Conover	Membership Coordinator	<a href="mailto:membership@AltAlpina.org">membership@AltAlpina.org</a>	877-845-2453
Bill Magladry	Weekend Ride Coordinator	<a href="mailto:ridecoordinator@AltAlpina.org">ridecoordinator@AltAlpina.org</a>	775-450-6457
Gregg Westerbeck	Membership Growth Coordinator	<a href="mailto:growth@altaalpina.org">growth@altaalpina.org</a>	650-276-6951
Glynnis Miller	Volunteer Coordinator	<a href="mailto:volunteer@AltAlpina.org">volunteer@AltAlpina.org</a>	928-274-6676
Joseph Whiteley	Thursday Road Race Director	<a href="mailto:racedirector@AltAlpina.org">racedirector@AltAlpina.org</a>	775-265-1905
Desiree Aarts	Thursday Road Race Stewards	<a href="mailto:racedirector@AltAlpina.org">racedirector@AltAlpina.org</a>	877-845-2453
Kiley Reid			
Thomas Walker	Road Cleanup Coordinator	<a href="mailto:trun@aol.com">trun@aol.com</a>	210-392-2175
Lori Piccini	Clothing Coordinator	<a href="mailto:clothing@altaalpina.org">clothing@altaalpina.org</a>	877-845-2453
Carlo Luri	Bicycle Advocacy Coordinator	<a href="mailto:altaalpinaNICA@gmail.com">altaalpinaNICA@gmail.com</a>	775-720-0754
Michael Bayer	Alta Alpina Challenge Ride Director	<a href="mailto:challenge@AltAlpina.org">challenge@AltAlpina.org</a>	877-845-2453
Brian Dempsey	Pinenut Cracker Coordinator	<a href="mailto:pnc@AltAlpina.org">pnc@AltAlpina.org</a>	
Lee Griffith	Spring Century Coordinator	<a href="mailto:springcentury@AltAlpina.org">springcentury@AltAlpina.org</a>	
David Scarborough	Fall Century Coordinator	<a href="mailto:dave_scar@hotmail.com">dave_scar@hotmail.com</a>	530-318-7878
Frank Dixon	Death Ride Training Ride Series Coordinator	<a href="mailto:bikeboygo@yahoo.com">bikeboygo@yahoo.com</a>	530-318-1574
Mel Maalouf	Junior Team Coach / Race Team Director	<a href="mailto:alpinajr@gmail.com">alpinajr@gmail.com</a>	775-782-9652
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Gregg Westerbeck	Social Media Coordinator	<a href="mailto:social@AltAlpina.org">social@AltAlpina.org</a>	650-276-6951

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 4 for a conference call (contact Nigel for details).

Newsletter Publisher:  
 Michael Bayer