



PACELINE

**Alta Alpina
Cycling Club**

**Volume 7 Issue 3
April 2009**

Alta Alpina Spring Membership Party



Monday, April 20, 2009 CVIC Hall, Minden, 6PM



Party Time!

If you enjoy cycling — road and mountain — you'll want to join in the Alta Alpina cycling fun.

The annual Alta Alpina Cycling Club Spring membership party is the official kick-off for the cycling season in the Tahoe, Carson City, and Carson Valley areas. The party is being held at the CVIC Hall in Minden. The fun starts at 6 p.m. with plenty of food, friendly people, and an opportunity to trade cycling stories. Club presentations start at 7 p.m.

Party Time! is one of the many benefits of club membership. Not a member? That's an easy fix. You can join at the party, but you can avoid the line and join or renew your membership online at www.AлтаAlpina.org.

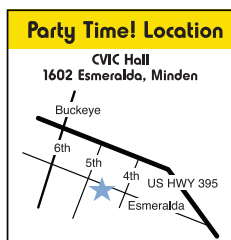
If you have any extra water bottles, we need them!

Pizza and lots of goodies.

2009 road and mountain bike race schedules.



Sign up two weeks in advance to lead a weekend ride between March and October 2009. You'll get a chance to win a prize each time you're a leader.



Bring your bike related stuff for sale, or give away to other AACC members. You will have the opportunity to sell, buy, give away, or pick up bike related items."



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2009 Membership Card

Your membership card (the label on the first copy of your newsletter after renewing) is good for discounts at local merchants.

This will be your only paper copy of the newsletter if you have chosen to "save a tree" and read the newsletter online.

The annual Alta Alpina Spring Membership Party is the official kick-off of the cycling season in the Tahoe-Carson-Gardnerville area. New this year is the Bike Swap: Bring any bike-related items to give away or sell. Bike stuff left behind at the end of the night will go to the junior team or ROP.

Membership Sign-ups: You can join or renew your membership at the party, but to avoid spending time in line, you can renew your membership now: print, sign, and initial the form that was emailed to you (or go online for a new one), and mail it in or bring it to the party. Know any friends or neighbors just getting into cycling? Bring them along and we'll sign them up at the door! Please try to carpool (or ride your bike) to the CVIC Hall.

Doors open at 6:00 pm with plenty of food and great people to meet. Presentations start at 7:00. See you there!



2009 AACC Commuter Mileage Challenge

Pete Costa, President

This is a challenge to the Alta Alpina Cycling Club to log your commuter miles and trips for May, National Bike Month, and put them up for all to see.

A commuter mile is any mile ridden on your bike, instead of your car, for a designated purpose like going to work, school, the store, a meeting, the start of an Alta Alpina race or ride, etc. There are a lot of opportunities. Sorry, but the extra miles on the "scenic route" to or from your destination don't count; only the miles that you would normally use your car to commute to that destination. Lead a Commute-to-Work ride and post it on the AACC Ride Board!

A commuter trip is counted as one leg of your total commute. For example: Round trip to work = 2 trips.

Round trip to work + a stop at the post office on the way home = 3 trips. This is strictly on the honor system, so you are the judge.

To enter, just email your name, total miles and total number of trips for the entire month of May to Peter Costa @ Intandempc2@aol.com by June 10, 2009.

Everyone is encouraged to participate as every mile will count. This is a club challenge as much as an individual challenge. Even if you only commute once the whole month, send in your miles. Individual honors and club totals will be posted on the website, the newsletter and the local papers too!

ONE MORE BIKE trip = ONE LESS CAR trip!

Pinenut Cracker Mountain Bike Race Saturday, May 2, 2009

Robert Braun, PNC Race Director

Another winter is almost over, and we are experiencing some nice spring days. Time to break out the mountain bike, dust off the cobwebs, and get ready for the Pine Nut Cracker.

This year will prove to be as exciting as years past! Racers will experience wide truck trails, which are great for passing and high speeds. Short steep climbs, just to make sure the heart is working correctly.

Rock and sand sections to verify the correct tire selection. And the real reason we race in the Pinenut Mountains: THE VIEWS. Feel free to stop racing at anytime and take in some of those great views. Or, you can volunteer and get views for free; all while watching crazy mountain bikers beat up themselves and their bikes just to finish.

I will need help marking the course in the days before the race, and the day of the race we need course marshals, dirt bike patrols, and help with registration and neutral feed. To volunteer, or for questions about the race, please contact me at:

robertingville@yahoo.com.

The start/finish is at the Douglas County Fairgrounds in Gardnerville. Registration opens at 8 am, and the first race goes off at 11 am.

Directions: Take Highway 395 south through Minden/Gardnerville. Go all the way through town to the intersection of Pinenut Road, which is the last stoplight on Highway 395 (there will be a 7-11 on the corner). Turn left and follow the race signs (about 2 miles) to the Fairgrounds. For more race details, see the link from www.AltaAlpina.org.





Presidential Patter

Pete Costa, President

Bicyclists, like the weather, are in transition in April...not sure if it's winter or spring. My thermometer at the start of this year's Party Pardee read 32 degrees! But, regardless of the temperature, you know that things are changing and full-on riding season will be here soon. Alta Alpina is already in full-on planning mode for the upcoming season: the Spring Membership Party is April 20th, the first road race is April 23rd, then May brings us the Bike Commuter Mileage Challenge, the Pinenut Cracker Mountain Bike Race is May 2nd, the Kingsbury Time Trial is May 17th and the Gardnerville 100 is May 23rd. Wow! That list is just the "pre-season", in prep for the Alta Alpina Challenge: Riding the Wild Sierra on June 13th.

Spring Membership Party

Make sure to come to the Spring Membership Party this year. As always, it's a good opportunity to renew your membership and connect with friends. It will be at the CVIC Hall in historic downtown Minden again this year. At the Party, you can learn about the new ride leader awards, this season's race series, meet our new membership coordinator Patti Towns, and hear the latest on the Alta Alpina Challenge.

Something NEW at the Party this year is the Bike Stuff Swap: bring your forgotten, too small, too large, too many, too whatever bike related items...

bring your forgotten, too small, too large, too many, too whatever bike related items that are clean and usable for giving away or selling (but mostly giving away). And, you might find another fluorescent lime green jersey just like the one you loved in 1989...for FREE! Any items not adopted will be donated to the junior team or the ROP bicycle program. Bring a friend or someone new to the club, too.

New Local Merchant and Event Sponsor

Please welcome Breathe Fitness to our Local Merchant program, and Tahoe Fracture Orthopedic Clinic as our inaugural Event Sponsor. Breathe Fitness is the new

spinning and yoga business on Highway 395 in Minden/Gardnerville. Jeanne, owner of Breathe Fitness, is excited to offer special discounts to Alta Alpina members and she plans to become a member herself. Look for her and the Breath Fitness table at the Spring Membership meeting. Tahoe Fracture Orthopedic Medical Clinic, started in the mid 1960's in South Lake Tahoe, has developed a reputation as the premier orthopedic group in the region. TFOC now has offices at the lake, Carson City and Gardnerville. Their sponsorship helps AACC continue many of the events that have been developed over the years.

Wild Sierra Buzz

Lastly, it's always heart warming to hear nice things said about our club. Here are a some selected lines from an unsolicited email from Dan Brown, owner of Bicycle Bananas to the Procrastinating Pedalers ... enjoy ... "I was reading the Pedalers Newsletter and saw a list of Upcoming Centuries but didn't see the NEW Alta Alpina Challenge: Riding the Wild Sierra, June 13th, included. I want to make sure everyone is aware of it! This ride looks to be one of the BEST one day road "century" events in the entire US! The setting includes spectacular scenery and great roads! The Alta Alpina Bicycle Club is one of the top clubs in the country and they have EXTENSIVE experience putting on events and have a stellar reputation. I have attended many, and ALL have been fun and professionally managed. Mountain, road, club, races, recreational...it doesn't matter, they have done them all. I strongly recommend doing this ride. Support one of our local clubs (who have done so much for cycling in our region, state and just in general.....a strong kids cycling program, advocacy...tons of stuff). This ride will sell out, get in on the first year "ground floor" because it will soon be a highly sought after CLASSIC."

I'll see YOU AT THE SPRING MEMBERSHIP PARTY on April 20th. Now GO RIDE!

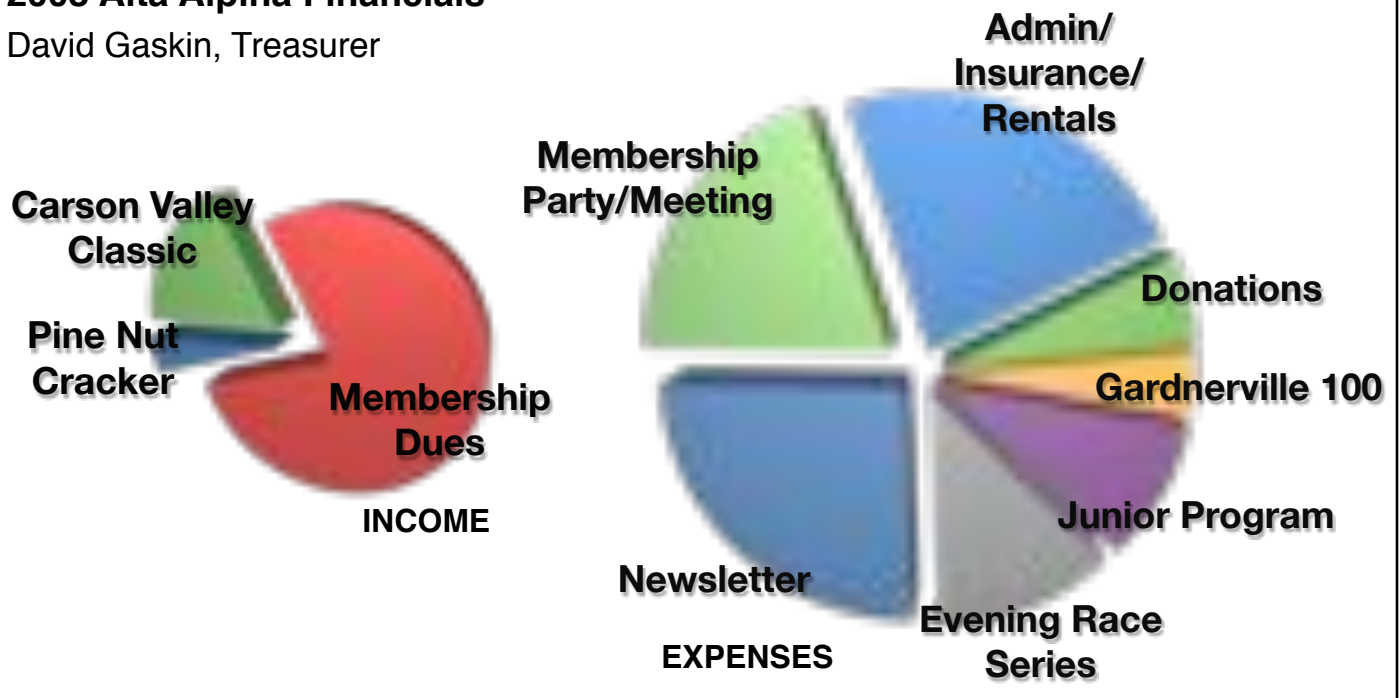
Local Merchant Program (See website for details)





2008 Alta Alpina Financials

David Gaskin, Treasurer



Thursday Evening Road Race Series Schedule

Di Bolton, Thursday Night Race Director

Welcome to the 2009 race season. It is amazing how fast this winter season went by. I am gearing up and looking forward to the upcoming season! Hope to see all the regular faces (missed you all) and a lot of new ones at the races -- looking forward to meeting you! Family members, please come out to cheer your racers on. Volunteers are greatly appreciated and needed to help at the finishes, especially the crits and time trials, which can get kind of hectic. Thanks in advance to my helpers!

2009 Race Schedule

4/23	Foothill Time Trial (no points: category determination)	6/25	Starbucks Criterium
4/30	Diamond Valley Road Race	7/2	Pinenut Loop Road Race
5/7	East Valley Criterium	7/7	Fernley Circuit Race (Club Challenge)
5/14	East Valley Time Trial	7/16	Eagle Ridge Criterium
5/19	Reno Air Center Criterium (Club Challenge)	7/23	Diamond Valley Road Race
5/28	East Valley Criterium	7/30	Blue Lakes Time Trial
6/4	Kingsbury Time Trial	8/6	East Valley Criterium
6/11	Eagle Ridge Criterium (Club Challenge)	8/13	Pinenut Loop Road Race (Club Challenge)
6/18	Diamond Valley Double Back Road Race	8/20	Foothill Time Trial
		8/27	Diamond Valley Short Race and Pizza Party

Please make sure to check the Alta Alpina website for the latest updates on the Road Race Series.



Thursday Evening Road Racing

Di Bolton, Thursday Night Race Director

Race Fees

The race fees will be going up this year to help close the deficit in the race budget. Fees cover the insurance, snacks, sodas, water, ice, porta-pottie, the race director's stipend, end of season awards and a few miscellaneous items. AACC members will race for \$8, non members \$10.

Punch cards will be offered again. We'll hold 17 races this season, not counting the two Reno Wheelmen Club Challenges in Reno. The punch cards will be \$56 for 8 races: this is a savings of \$1 per race. Purchasing the full 16 races in advance will be \$112: you'll save \$1 per race and get the last race for free. Punch cards for non-AACC members are \$10 per race: \$80 for 8 races, \$160 for the 16 race series, with the last race free. So encourage all racers to join the club and save!

You can join or renew your membership online, or at the Alta Alpina Spring Membership Party, or I will have forms at the races too. If you are bringing a check for membership or for the punch cards for the races, make it out to AACC.

Start Times:

Road races and time trials: all races start at 6:15 pm.

criteriums and Circuit races: C's and D's start at 6:15 pm. A's and B's start right after the C's and D's are finished.

Road Race Rules

No ear buds are to be worn at any race. Violators will be disqualified. This is for the safety of every rider.

Every rider must wear a helmet (DUH!).

Aero bars are only allowed in the time trials, but not road races or crits. You will be asked to remove them: no exceptions.

Ride single file when possible and ride to the right of or hug the white line. NEVER cross a double yellow and PLEASE respect the cars. Do not make them mad and give them an excuse to hate us. For the safety of every rider and for better community relations, any racer caught ignoring these rules will be disqualified.

In crits, please DO NOT warm up on the course when races are in progress. You may warm up on the outer roads. RATIONALE: When you're in a group, you need to be able to look around and know that everybody racing is in your category. Also, you are one person out of many that may inadvertently affect the race if you

are warming up during other category races. It also makes it easier to keep track of the laps, time, and race leaders.

Ride thru the finish. DO NOT sit up or get in the way of the ones behind you.

There will be NO mentoring during actual races this can be done off the course and special days will be set aside for training.

Please DO NOT cool down by following the other groups that are racing.

There will be no coaching during the races. This can be done before or after the race.

Points

1st place = 20 points

2nd = 17 points

3rd = 14 points

4th = 12 points

5th = 10 points

6th place down one point.

All participants in Club Challenges receive 10 points regardless of placement.

Carrying Points

Same rules will apply as last year for category placement. If you race up a category you will carry full points, race down carry half points. Once you move you are in that category for the remainder of the season: the decision to move up or down will need to be made by the end of the East Valley Crit on the 7th of May. This will give you the chance to race the three disciplines (TT, Crit and RR) you should have a feel for where you belong by then. If a racer is obviously in the wrong cat we will talk about moving to the right one. There will be no pressure to move, we just want you to be the best place for your ability and skills. The most important part of this race series is to HAVE FUN!

DONATIONS NEEDED

We would like to have primes (or "preems") at the crit races and possibly at the road races. If you have any new clothing, socks, bottles, fresh energy foods or juices, gift certificates, or know anybody that does or can think of anything else that would be fun to give out, bring them to the Spring Kick Off Party April 20th at CVIC in Minden. Thank you!



April Club Rides

Twain Berg, Ride Coordinator

March certainly lived up to its “in like a lion--out like a lamb” reputation. As a thank you for those who sign up in advance to lead a ride in the “iffy” weather months of March and April, we will leave your name in the hat for the [Ride Leader Contest Rewards Contest](#) even if your ride is cancelled due to weather. Bravery counts here! The Ride Leader Rewards Contest is your chance to contribute to the club a bit and get rewarded -- with up to \$100 in Pearl Izumi gift certificates at year end.

Bike Shop Show and Go Rides

The Saturday Morning Ride from Big Daddy's Bike Shop in Gardnerville has been gaining popularity each week. In April, the Bike Smith Thursday Evening Show and Go will kick off in Carson City. Check the [Ride Board](#) for all the details. How about a mountain bike Show and Go this year? Send me your ideas!

Highway Cleanup and Ride

The Alta Alpina Highway 89 Cleanup and Club Ride is June 6th, 10 am, at Turtle Rock Park in Markleeville. Come and join us for a couple hours of roadside cleanup, weed wacking (in preparation for Wild Sierra parking the following week) and socializing. Bring your bike for a ride afterwards, heading out toward Ebbetts. See the [Ride Board](#) for more details.

The [Alta Alpina Challenge: Riding the Wild Sierra](#) is really coming together. We need volunteers to lead training rides and to help report road hazards on the course especially in May and June. We'll soon have a convenient way for riders to report hazards soon.

Weekday Rides

I have started my weekly Mid Week Metric Series on the Ride Board. It has been great not riding by myself all the time. I'll do a lot of rides to train for the Alta Alpina Challenge and help report road hazards on the course roads—come along and we will make the pace work for everyone.

Saturday, April 25, 2009—Mountain Bike Poker Run

Nate Littrell is once again hosting a Mountain Bike Poker Run that starts and finishes at his house. The Poker Run leaves around 11 am, and the barbeque starts around 1 pm. The whole thing is kid-friendly and adult-friendly. Snack food and beverages will be provided (chips, soda, beer, snacks), but it is BYOM (Bring Your Own Meat).

The Poker Run has a \$5 ante for seven card stud, high/low split, and the course is an easy 10 mile dirt loop in the Pinenuts. For an additional \$5 ante, separate pot, there's a special 8th card, significantly farther out than the other seven. For those of you that want a big ride, go for 8. There is also a cooler of beverages waiting for you at the 8th card.

Sunday, May 3, 2009—Foothill Ride: Kingsbury to Markleeville

Meet at 9:45 am. Roll at 10 am. Mileage: about 50. Climbing: Moderate. Ride Leader: Jennie Hamiter. Meet at the Park 'n Ride at Kingsbury and Foothill in the Carson Valley. We'll take Foothill out to Markleeville and return. This is an easy-paced ride, as the ride leader will be recovering from the Pinenut Cracker the day before. Contact Jennie at 775-782-4848, or jenniehamiter@mac.com.

Sunday, May 24th—7th Annual Gardnerville 100

The Gardnerville 100 is on! This ride has been an annual event for the club for the last six years, and is a great early-season training goal: from Gardnerville, it goes south on 395 to Topaz, up the east side of Monitor, to Markleeville, Woodfords, and back to G'ville for the "short" loop (~70 miles). The full "100" is to turn left at Woodfords, ride up to Luther Pass, to Tahoe, and over to Kingsbury to return to G'ville (~107 miles).

This year we need to pull together as a club to ensure that we get a well supported ride. Keith, Curtis and many others who have made this a super ride in the past have got the day off. We need to fill two slots:

1. We need a volunteer to run the BBQ. Chris and Jim Rhiner have offered to have the start/finish and BBQ at their house, but would rather ride than cook.
2. SAG, which can be done at a minimum on top of Monitor Pass and, in order of decreasing necessity, Luther Pass, and the west base of Kingsbury. If we don't have SAG, then we can self-support at the stores en route. It would be good for riders to buy Gatorade and other food from local shops rather than just using their bathroom. Spreading some good will in the community would be well received.

Both of these items are in the budget and the club can fund the food for SAG and BBQ. In any case, it's sure to be a great ride, and thanks to Kris and Jim for leading the ride and opening their home.



Board Meeting Minutes—April 6, 2009

Acting Secretary: Garth Jackson; Other Board Members: Michael Bayer, Twain Berg, Diane Bolton, Robert Braun, David Gaskin, Jennie Hamiter, Mel Maalouf, Patti Towns

1. **New Membership Coordinator:** New membership coordinator Patti. Welcome. Membership is a little flat over the prior year, so new enthusiasm is good. Putting some focus on Alpine Co. may be a good place for the club to have a presence because of the amount of riding in the Alpine Co area.
2. **Alta Alpina Challenge:** Working on permits for NDOT, Caltrans, CHP, USFS. Promotion of the Alta Alpina challenge via the website, magazine ads, and local stores is in progress. Michael is working with Dennis and Craig on getting online registration ready. Materials designed specifically for the challenge ride are slightly more expensive than for more simple rides. To date, there are 34 registrations and 26 jersey orders. For the challenge ride, CHP costs are fixed regardless of the number of riders. Decided to order 100 jerseys since later order can be made if demand exceeds original buy quantity. Need to consult with Lauren on size distributions. Some extra jerseys may be made available to ride volunteers at cost if there is interest. Michael, Peter, and Mel to initiate committee for Challenge ride. They will hold bi-weekly meetings via teleconference. Email Mel if you want to be part of this committee.
3. **Race Entry Fees:** Weekly races will be an \$8 unit price for club members this year. \$10 to non Alta-Alpina members. There will be punchcards available as well (members: \$56 for 8 races, \$112 for 16 races + a 17th as a freebie. Non-members: \$80 for 8 races, \$160 for 16 races with no freebie 17th race.)
4. **Spring Party:** Membership party is on April 20th. Food arranged from Costco and several board members will make cookies. Attendance expected from 80-120 even though Mel won't be able to make it. Garth will man the club clothing table, Patti will be at the membership table, Twain will be pushing ride leadership, junior team members will be helping set up and take down.
5. **Emergency Information during Club Rides:** Club needs to request that everyone carry emergency information on club rides.
6. **Electronic Communications:** Twitter, MySpace, and Yahoo groups may be good tools for facilitating club member to club member communication, and get out small details regarding rides and club business actively.
7. **Event Sponsorship:** Tahoe Fracture Clinic has kindly donated \$500 to the club as an Event Sponsor. Would be good to have printouts of the packet available for anyone who might want to contribute to the club.
8. **AACC Banner:** Do we have one? If not, might want to look into getting one to use at events and provide greater exposure for sponsors. Di will check the storage shed next week while she is down there.
9. **Monthly Status Reports:**
 - **Treasurer's Report:** The current balance is \$42,031.03.
 - **Newsletter:** Submissions for the May newsletter need to be in to Jennie one week before the May board meeting. All club coordinators need to submit articles leading up to and following their events.
 - **Weekend Rides:** Twain passed around a sign-up sheet for people to lead weekend rides. Twain requested \$200 for raffle prize incentives for ride leaders at the Spring Party. Gift certificates to be handed out after the ride is led. Motion passed.
 - **Website:** Dennis not present to report.
 - **Membership Coordinator:** Patti is now set up to check in renewals and new members, and still needs to set up Outlook to receive emails addressed to Membership@AltaAlpina.org.
 - **Mountain Bike Ride or Race Series:** Club is looking at initiating MTB races in Tahoe. Best day of the week to hold such events is Tuesday, as there is not likely to be many racers who will agonize between racing road with the Wheelmen in Reno or MTB in Tahoe.
 - **Gardnerville 100:** Chris Zombro is working to make the Gardnerville 100 ride happen. Mel or Twain or Chris will send out an email asking for volunteers to work the BBQ at Chris and Jim's house or drive SAG.
 - **Pinenut Cracker:** Volunteers also needed for Pinenut Cracker. Robert working on prizes the event, there was a little confusion on whether prize cost was included in Pinenut Cracker budget. \$500 will likely be the prize cost for PineNut Cracker. Junior ride on smaller loop may be tried out as an intro to MTB-ing effort that would be covered by club insurance. Loop for the main race will be less strenuous this year.
 - **Carson Valley Classic:** CVC planning continues onwards. Turns out volunteers are needed for this event as well.
 - **Kingsbury Time Trial:** May 17th this year, as part of the Reno Wheelmen Hill Climb Time Trial Series. We may have a less formal one later in the year.
 - **Adopt-A-Highway:** April 25*, 10:00am. Ride to follow. [* Changed to June 6 after the meeting.]
 - **Clothing:** Clothing order for 2009 is in. Special order items to follow shortly, and others will be available at club membership party.
10. **Next Meeting:** Next meeting will be held at Lake Tahoe Community College. May 4th at 6:00PM. See you then.



Alta Alpina Cycling Club

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 Minden, NV 89423 877-845-BIKE
 www.AltaAlpina.org

MARK YOUR CALENDARS

- Spring Membership Party ...Monday, April 20
- Mtn Bike Poker Run .Saturday, April 25
- 1st Twilight Road Race .Thursday, April 30
- Pinenut CrackerSaturday, May 2
- Bike-To-Work WeekMay 11-15

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	775-690-8004
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 **May 4** at the **South Lake Tahoe Community College.**