



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 16 Issue 7  
August 2018**

## **AACC Weekend Rides—August/September**

Rick Miyashiro, Weekend Ride Coordinator

Our rides accommodate participants with a wide variety of riding speeds and we plan on regular regroup points. The average net speed (including regroup/rest times) is typically 10mph. For example, we'll typically be back at the start after 4 hours for a 40 mile ride. Faster riders are encouraged to circle back at regroup points or to take some time to socialize.

### **Saturday, August 18, 2018 — 3F to Grover Hot Springs**

Meet at the junction of Foothill, Fredericksburg and Fairview under the trees (the same location as the start of the Fredericksburg TT) and be ready to ride at 8:30am. This is a shorter ride between two pretty big weekend rides. We'll start early to beat the heat and climb through Diamond Valley, to Markleeville and then up to Grover Hot Springs. By the time it heats up we'll be on the downhill way back. (Note: Please check [website](#) at 7:30am Saturday morning for any smoke related change.)

### **Sunday, August 25, 2018 — Mormon Emigrant Loop**

This is a 70 mile scenic loop with about 7000 feet of climbing, mainly through remote, narrow, shady, and poorly marked forest service roads. The ride starts at 9:45am from the Mormon Emigrant rest area parking off Mormon Emigrant Trail near the intersection with CA88. Rick has graciously volunteered to drive SAG, so we'll have plenty of water and some snacks, but please carry plenty of food and water and bring a bike that's in good working order, as there are no other services along the way.

### **Saturday, September 8, 2018 — Bodie or Bust!**

This is a tough 57 mile ride on gravel and jeep roads, with 5700 feet of climbing, suitable for a mountain bike, or a gravel bike with 40+mm tires. The ride starts along the East Walker River on NF-028, which is the gravel road that heads towards Hawthorne. We will take a very scenic dirt road up to Bodie, and stay high, returning on the Bodie-Masonic dirt road, with spectacular views of jagged mountain peaks beyond Bridgeport. Meet at the Gardnerville Starbucks to carpool at 7:45am or at the start location which is just off of NV Highway 338 on NF-028. Be ready to roll at 9:15am.

### **Saturday & Sunday, September 15-16, 2018 — Lake Davis Weekend**

We plan to camp at the [Lake Davis Grizzly Campground](#) about 6 miles up Beckwourth-Taylorville Rd from CA70 near Portola. On Saturday we'll ride the Gold Lake Loop (the loop formed by CA89, CA49, and Gold Lake Highway). On Sunday we'll do a mountain bike ride. Swimming in the lake after the rides. Watch the club website for more details. Contact Dave Scarborough ([davescar30@gmail.com](mailto:davescar30@gmail.com) or call (530)318-7878) if you're interested in coming.

### **Sunday, October 7, 2018 — Tim Rowe Memorial Ride**

The annual Tim Rowe Memorial Sweetwater Fall Ride marks the end of our weekend ride program for the season. We depart from the parking lot of CG Bar's in Wellington at 9:15am. To carpool to the start meet before 8:30 am in Lampe Park in Gardnerville. We ride from Wellington to Bridgeport over Sweetwater Pass and back. There will be a rest stop with snacks and drinks at the top of Sweetwater Pass in both directions but we recommend bring money for food in Bridgeport. At the end of the ride we'll celebrate the end of the season with pizza for everyone. The full distance is about 84 miles.

### **Saturday, October 13, 2018 — Highway Cleanup**

Meet at Turtle Rock Park at 8:00am for the club's Adopt-A-Highway clean up of Highway 89. Refreshments/snacks to be provided pre and post clean up. We'll ride Ebbetts or Monitor after the clean-up.

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### Call for Officer Nominations

After 5 years, 2018 is Chris' last year as president. So we're now actively seeking a nominee for club president. Do you know someone who would make a great president?

The job of President requires attendance at the monthly board meetings, keeping the membership informed with emails and monthly newsletter articles, selection of board meeting locations, recruiting and coordinating board members, and keeping members engaged. Download a complete job description from our website at:

<http://www.altaalpina.org/membership/JobDescriptions2015.pdf>

While the election of club officers takes place at the annual general meeting in November, the nominee(s) will likely wish to become involved in club decision making right away.

If there's someone you think would be a great AACC president, or a great fit for any other board position, please submit their name to [president@altaalpina.org](mailto:president@altaalpina.org)

**Every AACC member is encouraged to post their rides to the club Ride Board: [www.altaalpina.org/rideboard/](http://www.altaalpina.org/rideboard/)**



## Wilderness First Aid Class

Hosted by Carson Valley Trails Association  
August 25-26, 2018, 8:00am – 5:00pm (both days)  
Nature Conservancy's Whit Hall Interpretive Center, 381 Genoa Lane  
Cost: \$115 (Payment Due by August 24, 2018)

A 3 year Wilderness First Aid card will be issued upon successful completion of the class.

Wilderness First Aid instruction will be given by Bobbie Foster of Foster Calm. Classes are fun, with lots of hands-on skills practice. In addition to a half day of outdoor scenario practice of first aid and leadership skills, this class covers: patient assessment, shock and bleeding, head and spinal injuries, wounds, musculoskeletal injuries, heat and cold illnesses, and much more. Gain good tools and knowledge to handle a wilderness first aid emergency. Maximum Class Size: 24 people. Must be at least 16 years old.

To sign up please contact Tamara Lieberman ([tamlieberman@earthlink.net](mailto:tamlieberman@earthlink.net))

### Local Merchant Discount Program

For discounts from these local merchants, please visit the AACC website at [www.AaltaAlpina.org](http://www.AaltaAlpina.org)







# Weekend Rides: Emigrant Trail Mountain Bike Ride to Stampede Reservoir







# Thursday Evening Race Series – 2018 Season

Michael Bayer, Race Administration

Racing is one of the best ways to get some excellent cycling exercise and with post-race social time to enjoy snacks with fellow cyclists.

The season has just three remaining races: a criterium, a time trial, and a road race; but it's not too late to join in the fun!

8/16	Starbucks Criterium & ROP BBQ	8/23	Fredericksburg Time Trial	8/30	Diamond Valley Road Race Short Course & Pizza Party
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Visit the racing page on the club website for all the details. If you haven't been to a particular race venue before please take a moment to follow the link from this page for details on the venue:

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

### Race Rules

A few things everyone needs to know:

- Always ride as far to the right as possible and do not cross the yellow line (unless you're making a U-Turn)
- Roll over the green finish line to have your time recorded. Do not return to the finish line area after you finish.
- If you can't finish the race, let the race steward know as soon as possible.
- On a standard time trial never draft another rider or provide a draft to another rider, on a two-up time trial only work with your partner, and for other races only draft others in your category.
- Crashes are rare, but if one occurs, everyone in the category should stop to help. The race for that person's category will be neutralized and everyone will receive 10 points towards the season.

**Join us  
For a BBQ!**

August 16th– Starbucks Crit  
Stop on by after your race and  
enjoy a bite to eat.  
Sponsored by: Rite of Passage









## Junior Mountain Bike Team

Carlo Luri, Alta Alpina Composite Team Director

By the time you read this the Alta Alpina student athletes will be well into their second month of training for the upcoming cross-country race series. This year we are fielding the largest team yet in our short history. Twenty-five student athletes and ten coaches have been training on the local trails to represent the club in the fall race series.

Most of our student athletes hail from South Lake Tahoe this year. With excellent training venues such as Corral trail and Tahoe Mountain, it's been fun to see our students progress and improve as cyclists. Even the coaches have progressed by learning to negotiate some of the more challenging trails in our area.

### Upcoming Dates

- North Tahoe Challenge, Tahoe City (Sunday August 26th)
- Rattlesnake Roundup, Reno (Sunday September 9th)
- High Sierra Showdown, Mammoth (Sunday September 30th)
- Sierra Championships, Truckee-Donner (Sunday October 14th)

### Getting Involved

If you know of a student interested in joining the team next year or are interested in coaching or volunteering, please email me at [altaalpinanica@gmail.com](mailto:altaalpinanica@gmail.com).

If you want to follow our progress:

visit our Facebook page under [Alta Alpina Composite-Nevada Interscholastic Cycling Team](#) or on Instagram at [altaalpinanica](#).



Coach Mel and members of the Alta Alpina Composite team at Corral trail in South Lake Tahoe





## Board Meeting Minutes—August 6, 2018

Acting Secretary: Michael Bayer; Other Board Members: Tod Conover (Membership); Frank Dixon (Treasurer); Tammy Lundquist (Vice-president); Rick Miyashiro (Weekend Rides); Jim Sadilek (Website); Other Attendees: Ray Kauffmann

Jethros in Gardnerville

Meeting called to order at 6:11 pm

Minutes of the 7/9 meeting approved as presented.  
[Tod/Frank/Unanimous]

### 1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is \$6862.96. The Paypal balance is \$18768.90. There are a significant number of outstanding checks to pay. Frank suggested that \$5000 should be transferred from Paypal to the checking account.
- **Membership:** Current membership is 103 individuals, 1 student, and 30 families.
- **Weekend Rides:** Rides are well attended but smoke has been an issue lately. Tony has an alternative ride planned if Sonora will be smokey this Saturday. Rick reports that we have a full schedule through until October 13 with the exception of September 1 which he is working on.
- **Social Media:** No report.
- **Newsletter:** Michael requests all material for the newsletter before August 13 so that the newsletter can go out as soon as possible. Need a presidential posting, details for the September 1 ride, photos of recent rides. We need to encourage members to come forward to take positions on the board, particularly to fill the role of president.
- **Website:** Jim has been working to make our website secure so that Google will continue to rank us well and allow people to easily find the club online. The board discussed other details around ensuring that our site remains secure.
- **Weekly Road Races:** Races continue to go well with positive feedback on the online results. With just four races left in the season, we're deferring certain expenses for next year. Races have been well attended but below the level we had hoped for. Smoke has been a factor over the last few weeks with last week's Diamond Valley race being converted to a time trial due to a fire on the course. ROP is very generously hosting a BBQ after the Starbucks Criterium and we'll have Pizza after the last race of the season.

- **Junior Team:** Carlo will submit an item for the newsletter.
  - **Fall Century:** Date is set for October 7.
  - **Insurance:** Nothing new to report.
  - **Cyclocross Race:** Could still be scheduled if someone is able to organize it.
  - **Bike Advocacy:** No report.
  - **Adopt A Highway:** We had a good turnout and ride for the July cleanup. Frank is organizing the next cleanup for October 13.
  - **Clothing:** No report.
  - **Challenge:** Daily work on wrapping up the 2018 challenge is ongoing. Michael is still processing jersey orders, paying bills, dealing with lost & found, getting equipment back to people, cleaning and storing gear in the shed, and fielding other inquiries.
2. **Booths at Events:** Jim volunteered to staff at booth at Edible Pedal if we can get into one. Michael will contact Carlo to find out if there will be a CVAA booth that we can be part of. We will use maps as collateral and will discuss printing some additional material if we can secure a spot.
  3. **Filling Board Vacancies:** The board discussed at great length the search for a new president and individuals to fill other vacant positions. There was a consensus that the new president must be from outside the existing board and that the search must be one of the club's top priorities. The newsletter will prominently feature a call for referrals and board members will begin a more active recruitment campaign.
  4. **Annual General Meeting:** Planning began for the 2018 annual general meeting. It was agreed that the preferred dates are the first or second Wednesday or Thursday of November. Michael will see if CVIC is available and Tammy will check with Lori on the options for catering. Budget for the event will be the same as 2017.
  5. **Next Meeting:** Monday, September 10, 2018, 6pm, Lakeside Inn in Stateline.  
Meeting adjourned at 8:04pm.



## Alta Alpina Cycling Club

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

### MARK YOUR CALENDARS

First Aid Course    .....August 25 & 26  
 Camping Weekend    September 15 & 16  
 Last Day of Summer ..Saturday, Sep 22  
 Tim Rowe Memorial Ride .....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](http://www.AltaAlpina.org); click on "Membership"

### Alta Alpina Cycling Club Board Members

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

The club is about and for you! All AACC members are welcomed to participate in our **Board Meetings** normally held the **first Monday of each month at 6:00 pm.**

Newsletter Publisher:  
Michael Bayer

The location alternates between the Carson Valley and South Lake Tahoe..  
 Join us on **September 9** at the **Lakeside Inn** in **Stateline.**