



PACELINE

**Alta Alpina
Cycling Club**

**Volume 17 Issue 7
August 2019**

Time-Is-Right Special Time Trial

Saturday August 31, Registration 8:30am, Start 9:15am

Michael Bayer, Race Administration

A Fun Event for Everyone with Prizes sponsored by Robert Braun

This special format levels the playing field among riders of all ages and abilities. Racers are ranked based on the difference between their actual time and their estimated time. Go at your own pace and enjoy the ride!

Prizes for top 5 finishers in the form of Gift Certificates to Bike Habitat.

The route is a 20.3 mile clockwise loop of Washoe Valley. The start/finish is the very large pull-out on the north side of Eastlake Blvd 1.1 miles east of US395. The route heads west on Eastlake, turns right on US395 going north, passes Bowers Mansion, crosses over I-580, passes the Chocolate Factory, turns right on Eastlake Blvd going south for the final 9.2 miles to the finish.

The race will be timed using the same timing chips used for Thursday night races. If you already have a timing chip, be sure to have it on your bike. If not, collect a new timing chip when you register for the race (\$20 deposit applies).

When you register, give your estimated time to complete the 20.3 mile course in minutes. No watch, headphones, bike computer, or other timing device may be utilized. Leave them in your car! Normal road biking rules apply--ride to the right of the white line and signal for the two turns.



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Ride the Emigrant Trail at the Base of the Sierra Nevada Range

\$35
BBQ Lunch Included

ANDY'S RIDE

Saturday, September 14, 2019 Genoa, NV
 Pre-registration: <https://andysride2019.app.rsvpify.com/>
 Day of Registration & Check in: 8:30 am \$40

WHAT: 20 or 30 mile routes to choose from
WHERE: Genoa Firehouse~Foothill/Emigrant Trail~Out & Back
WHY: Help bring awareness during suicide prevention month!

775-783-1510 Tax ID: 73-1646702 www.spnawareness.org



AACC Weekend Ride Schedule—August/September

Rick Miyashiro, 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, August 31, 2019 — Time-Is-Right Special Time Trial

This fun ride devised by Robert Braun levels the playing field--anyone can win. See Page 1.

Sunday, September 1, 2019 — Mixed Terrain

Meet at Stodick Park on Toler Ave., in Gardnerville, ready to ride at 8:00am. We'll tackle some rough pave and dirt in Gardnerville, the Pine Nuts and points east. Cross/gravel bike, mountain bike, or road bike with 28mm tires are recommended. Total mileage will depend upon the group. There will be snacks afterwards.

Saturday, September 7, 2019 — Walker to Sonora Pass

This year's Sonora Pass ride will start from the town of Walker and climb just one side of Sonora Pass. We'll meet at the Walker Community Park. Be ready to ride at 9:00am. From the town of Walker we'll ride up the Walker River canyon to Hiway 108, then climb the east side of Sonora Pass, for 4900 feet of climbing and 58 miles. The climb is very scenic and very steep - bring a bike with low gears and good brakes. This is an AACC Weekend Ride, so snacks and drinks afterwards.

Saturday, September 14, 2019 — Andy's Ride

This is a fund raising ride in Carson Valley organized by the local Suicide Prevention Network with 20 and 30 mile options. Start/Finish is at the firehouse in Genoa. Come support a local organization aimed at reducing suicides and supporting survivors and family. Please pre-register for this ride as soon as possible. See details at: andysride2019.app.rsvpify.com

Sunday, September 15, 2019 — Edible Pedal

The Edible Pedal offers 10, 32, 54, 74, and 93 mile options starting from Bowers Mansion (4005 Old Highway 395 North in Washoe Valley). Rides start at 6:30am. Online registration closes on 9/12. See details at: www.ediblepedal100.org

Friday, Saturday, Sunday September 20-22, 2019 — Carson Valley Adventure Ride Preview

We'll preview three of the Carson Valley Adventure Ride courses. Whether you're new to mixed terrain or one of the club's most experienced riders, we need as large and diverse a group as possible. You'll need a cross/gravel bike, mountain bike, or road bike with 35+mm tires. Please contact challenge@altaalpina.org for details.

Saturday, September 28, 2019 — King of the King

Who will be the King or Queen of Kingsbury? Can you beat Egan Bernal's record breaking time up the mountain? This is an individual time trial up Kingsbury. Cash awards will be given to the fastest man, fastest woman and fastest under 18 participants. The route is the classic 8 mile Kingsbury climb with the same start and finish locations as the Thursday night Kingsbury Time Trial. The start/finish is the park and ride at the base of Kingsbury Grade. The race will be timed using the same timing chips used for Thursday night races. If you already have a timing chip, be sure to have it on your bike. If not, collect a new timing chip when you register for the race (\$20 deposit applies).

Sunday, September 29, 2019 — Genoa to Woodfords

A recovery ride after the Saturday Hill Climb featuring a loop of Diamond Valley loop via a climb of Emigrant Trail and back. Meet at the Genoa Town Park on Nixon, ready to ride at 10:00am. Snacks and Drinks afterwards.

Sunday, October 6, 2019 — Tim Rowe Memorial Ride

Start finish will be at CG Bar in Wellington. The depart time at 8:00 is for carpooling from Lampe Park. More information will be posted as we get closer to the ride. Out and back from Wellington to Bridgeport over Sweetwater Summit. Rest stop at top of the pass. Bring money for goodies in Bridgeport. Pizza provide at the end at CG Bar. You have to buy your own beer. This ride is to honor Tim Rowe past president of the club, Death Ride director, and bike advocate.



Presidential Posting

Nigel Leigh, President

Do you find that registering for an event really focusses your riding? That you can go that little bit further, or push that little bit harder, knowing this is training, not merely riding for pleasure?

That's how I've felt for the last month or so, training for an event called Rose-to-Toads. If you're not familiar with it, it's sort of the mountain biking equivalent of the Death Ride or the Alta Alpina Challenge. That's right, beautiful roads/trails in the Tahoe region, but far more than any right-minded person should attempt at one sitting. And a ride rather than a race, the goal is to survive long enough to complete.

Now, I have no experience with training for an AA Challenge, but have survived a couple of Rose to Toads, so have a few ideas about how to train for it. The first will be a no surprise: do lots of riding. Rides with multiple climbs. Both days each weekend. For longer than the month that I allocated.

But more interestingly, focus on the technical riding too. It's a long difficult trail, so efficiency of motion is key. The ability to cross rocky steps or drops smoothly without undue effort. For about 10 hours straight. So how to prepare for that? Here are a few points that I suspect most road bikers will find quite counter-intuitive:

Learn to balance your bike at speeds way lower than you ever go a road bike. Walking pace, or slower. Why? Because...

...on a steep climb that's how slow you'll be going! And

so you can ease off completely, just before a tricky section, to build up the burst of energy to power through. And then to ease off just after it, to defuse your exploding lungs.

But what, you still didn't quite make it? Got ¾ of the way through and stalled on a rock? Don't walk it, or you'll always walk it. Think about it, refine your line, go back and try it again! It often takes me 3 or 4 attempts to get through. Do this, and next time you'll ace it! (Hopefully).

Turn off Strava. Or at least completely ignore the slow time it gives you. With that time pressure, you'll be skipping step 2, walking hurriedly through step 3, and never improving.

OK, that's enough for today, too many new ideas clouds the brain.

No, hang on, there is one more: Come out and practice! Join our Tuesday evening rides. Treat them as a journey rather than focusing on the destination. Most are out and return, so there is no stress about having to keep up. "I'm not slow, I'm just practicing the stuff that bloke wrote in the Paceline".

So there you have it, that's what I've been focussing on for the last month or so. Lots of riding, lots of re-tries. What about you? What's your next event? Or what's on your radar for next season?

But do remember not to be too focussed on events. Merely riding for pleasure is a mighty fine thing too.

Local Merchant Discount Program

Visit the merchant, peruse their shops and find out what you can buy as a benefit of being an AACC member. Details about local merchant offers is listed under "Merchant Discounts" on our website at www.AaltaAlpina.org.

Show your AACC Membership Card at time of purchase.



BlueZone @ Sports





Recent Weekend Rides



Mormon Emigrant Loop



Mormon Emigrant Loop



Boca to Cisco Grove



Camping Weekend: Starting Gold Lakes Loop



Camping Weekend: Sierra Buttes



Camping Weekend: Yuba Pass



Board Meeting Minutes—August 5, 2019

Secretary: Michael Bayer; Other Board Members: Tod Conover (Membership); Frank Dixon (Treasurer); Lori Kroboth (Deputy Treasurer); Nigel Leigh (President) Carlo Luri (Advocacy); Rick Miyashiro (Weekend Rides); Lori Piccini (Clothing); Kiley Reid (Race Steward); Jim Sadilek (Website); Dave Scarborough (Spring & Fall Century); Thomas Walker (Highway Cleanup); Gregg Westerbeck (Membership Growth); Other Attendees: Andrew Bray

Meeting called to order at 6:19 pm

Minutes of the July meeting approved as printed
[Nigel/Tod/Unanimous]

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is \$10,185.32. The Paypal balance is \$4395.09. Frank will report balance that is for the NICA team going forward. There is a stack of checks to deposit that are not reflected in these numbers.
- **Membership:** Membership is still growing. Tod is working directly with Dennis on updating the system. Gregg is working with Edible Peddle--we'll have a booth in exchange for promoting in the newsletter and on social media--and Suicide Prevention Ride which are both the same weekend. Sept 14/15. Gregg is working on an "Elevator Pitch" so that everyone is better equipped to recruit their friends. Gregg proposes bringing forward the opening of 2020 membership to Nov 1 and allow new members to have immediate membership benefits. [Michael/Tod/Unanimous].
- **Weekend Rides:** The ride leaders met to set the schedule for the balance of the year. The schedule includes Andy's Ride and Edible Pedal.
- **Social Media:** No report.
- **Newsletter:** The next Newsletter will go out mid-August. Content should be submitted before the camping weekend.
- **Website:** No report.
- **Clothing:** Samples of the NICA Team clothing were passed around and reviewed. Everyone is encouraged to order socks in the second round as they have a separate minimum order.
- **Insurance:** No activity.
- **Weekly Road Races:** Attendance is a little lower for the second half of the season which appears to be the normal pattern. The suggestion of switching to Wednesday nights was discussed

but the consensus was to keep races on Thursdays. The "Time Is Right" Time Trial needs to be rescheduled due to conflicts with other rides. After considering every possible weekend the race was rescheduled for August 31.

- **Junior Team:** The first NICA race is August 24 and the team has been having some great training rides. There are now about 50 people involved including some local teachers to tie into local school programs. Coach Drew has solicited sponsorship funding of \$5000 for the team.
 - **Fall Century:** No activity.
 - **Adopt A Highway:** Good turn out for the last two clean-ups. The third highway cleanup needs to be scheduled for later in the season.
 - **Pinenut Cracker:** No report.
 - **King of Kingsbury Time Trial:** Scheduled for September 28.
 - **Mixed Terrain:** Work has begun on marketing the Carson Valley Adventure Ride Series. Michael has been finalizing maps and generating a library of photos, working on a new website, and arranging meetings with potential partners.
 - **Challenge:** Work continues wrapping up the 2019 Challenge including settling final payments for permits, etc.. We are still missing a reflective yellow vest that needs to be returned to Curtis or replaced. Work on the 2020 event involves implementing ideas from the postmortem.
 - **Bike Advocacy:** Carlo reported that the state of Nevada is creating an Office of Outdoor Recreation and there may be an available board position. NDOT is planning to build a Class 1 Bike Path on Foothill Rd. NDOT is also planning their annual BikePed Conference to take place in the fall.
2. **Next Meeting:** Wednesday, Sept 4, 2019, 6 pm, Lakeside Inn in Stateline.
Meeting adjourned at 8:30 pm

