



PACELINE

**Alta Alpina
Cycling Club**

**Volume 12 Issue 1
Jan/Feb 2014**

President's Message

Chris Rhiner, President

It is my honor to accept the job of President for the Alta Alpina Cycling Club and hope this will be an inspirational year. After 5 years of pre-requisites and nursing school I am finally done (for now) with school. I am enjoying my new career as a registered nurse and have just completed my bachelors degree. I should have lots of spare time now! For those that don't know me, I am 51 years young, I married Jim Rhiner 61/2 years ago and moved to Gardnerville as a Yoga Instructor, Massage Therapist and a brand new cyclist. I am from the Mammoth Lakes area (California), where I spent 20 years raising 2 boys, enjoying the mountains hiking and snowboarding. I am still teaching yoga once a week at Pulse Fitness and maintain my massage license with the State of Nevada. I am working full time at Carson Tahoe Hospital and love my new career in nursing. Enough about me...

First I really want to thank the board and committee members who have been holding office for several years and specifically those that will have a break this year from previously held positions; President, Vice President, Secretary and Ride Leader, respectively. Thank you, Mel Maalouf, Curtis Fong, Lauren Lindley, and Dave Scarborough. Their dedication and time commitment has not gone unnoticed and will be rewarded in good bike karma. Kudos and karma also to Twain Berg, for the Wild Hilacious Century Series operations these past few years.

I look forward to serving Alta Alpina Cycling Club as President and hope that I can meet your expectations and incorporate your desires and suggestions this year. Our club has voted in several new faces for board member positions as well as committee members. Welcome to Laura Caimi as Vice President, Garth Jackson as Ride Leader and Jim Sadilek as Secretary. We have several returning and appointed board members to add stability and consistency, and for that I am grateful. Thank you to; Michael Bayer, Frank Dixon, Robert Braun, Di Bolton, Joe Marzocco and Tammy Lundquist for your ongoing efforts. Forgive me if I have missed a few names and those behind the scene that never are recognize i.e., Cori Bolton, Jennie Hamiter etc.. New to the Board is Wayne Treloggen chairing Club Publicity. Laura Caimi continues as the Challenge Publicity director and Michael Bayer remains as the Challenge Director.

I am open to suggestions and criticism in this new role and would hope that you will join us in making our cycling club an attraction to those who have not discovered the joys of participating in a cycling club. Being a part of a cycling club has made me a better rider, providing motivation for rides I did not think I was capable of and has given me lasting friendships, as well as insight into the latest and greatest cycling equipment, training tips and the discovery of new routes through the ride board postings. Please be an active participant by posting rides, giving suggestions, volunteering or showing up for a ride. Come meet the board members on the first monday of each month at the board meeting. Please email me if you intend to come in case we have changed the date to accommodate or bicycle vacations! Please feel free to email suggestions to me at president@altaalpina.org.

Finally, I want to say a few words on safety. I know we all have really cool jerseys and there is even a new design for Alta Alpina on the way. I dislike having to cover my jersey with "high visibility" jackets but the human eye is able to spot the green long before it can see black, red, blue etc... and gives the persons who share the road with us, a much longer time to make accommodations for us cyclists. We had a recent death of a cyclist in Gardnerville a few months past. Please be courteous to drivers and "be seen." If "hi vis" isn't your thing then add lights or reflective material available at our sponsors shop's in Tahoe, Gardnerville and Carson City. Be safe and courteous and may vehicles see you brightly on the road!

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Upcoming Events

Laura Caimi, Vice President

We have a great line up of weekend rides planned for 2014. Here are a few events to start planning for today:

Saturday, May 10, 2014 — Ride for Mom

Come out and support the Ride for Mom and their mission to raise funds for organizations that promote healthy lifestyle choices. This is the third annual ride which includes three route options. Registration includes rest stops, support, healthy lunch and a lifestyle fair. The event is organized by an Alta Alpina member and they are helping us promote Alta Alpina Challenge so let's reciprocate and join their ride! For more info, see the website at: rideformom.com

Saturday, May 10, 2014 — Motherlode Century

Rolling through ranch, forest, farms and vineyards, the Motherlode Century guides you through some of No. California's most beautiful landscapes. Five route options from 28 miles with 3000 feet of climbing to 97 miles and 11,000 feet offer rewarding climbs and awe-inspiring scenery. Post ride soak in the cool river, hot showers and massage available. Enjoy a delicious riverside dinner with live music following the ride. Lodging options from \$10 camping to luxurious B&B's. Expand your weekend experience with a rafting trip, a walk through time at the adjacent Gold Discovery State Park, hiking, mountain biking or a visit to the many local wineries and micro-breweries. For more info - motherlodecentury.com.

Sunday, May 25, 2014 — Alta Alpina Spring Century

Meeting Place is still to be determined. Just put the ride on your schedule. Remember your membership must be current to participate in this ride! We will once again have the metric and full century rides over Monitor and to Tahoe for the century. Also, a Diamond Valley Loop for those less energetic. Details will be updated after the spring meeting. Also, I need four volunteers for the rest stops. So please think about helping out. Could use some-one with a truck on Saturday to help get supplies.

Sunday, June 1, 2014 — Sequoia Century

Com join Western Wheelers Bicycle Club 40th annual Sequoia Century. There are four route options all which wind through magnificent redwood trees. The metric has 6600 feet of climbing, 102 miles has 8520 feet, and the 120 mile route has 9920 feet. The ride is fully supported and includes a hot post-ride meal. Special 40th anniversary Sequoia jersey available for purchase. For more details see the website: westernwheelersbicycleclub.memberlodge.com/sequoia

A Request from Linda Muir

My name is Linda Muir and my husband and I have been members for year. I teach in Yerington and in April our school will be starting Cub Club Fridays where the teachers and students will do fun projects together. I will be doing bicycle safety for K-4th grade and am looking for 'outgrown' gloves and helmets that I can give away when school ends.

If anyone has such items and would like to give them to kids who don't, please call me at 775/465-2146 or email: 2tiredandretired@gmail.com



2014 Officers



**Chris Rhiner,
President**



**Laura Caimi,
Vice-President**



**Jim Sadilek,
Secretary**



**Frank Dixon,
Treasurer**



**Robert Braun
Membership Coordinator**



**Garth Jackson
Weekend Ride Coordinator**



Bike Spokesman

Tim Rowe, Bicycle Advocacy

Carson City Freeway Interchange – To Bike/Ped or Not to Bike/Ped?

Numerous meetings with NDOT staff, Carson City/CAMPO staff and the public have been held at NDOT and Carson City RTC/CAMPO in December 2013 and January 2014. The meetings were to discuss how to accommodate pedestrians and bicycles through the US50/US395 at-grade intersection (interim condition) in south Carson City. This discussion comes after NDOT recently revised the plans for the interchange. The original interchange will still happen—but at a later date—and an interim at-grade intersection was designed that will be constructed sooner.

This change was at the request of Carson City/CAMPO. CAMPO (the Carson Area Metropolitan Planning Organization) which includes coverage of the north part of Douglas County and US 50 east to Dayton Valley in Lyon County. The change was asked for in order to reduce costs and to get the last phase of the Carson City Freeway finished to Hwy 395 south sooner. The new date for the completion of the freeway to Hwy 395/50 intersection is tentatively March 2017.

Note that the Hwy 395 southbound traffic pattern to Jacks Valley, Minden and points south really did not change much with this interim design, as both designs have traffic come off the freeway and then turn left at a signal. Hwy 395 northbound will have a two-lane on-ramp to get on the freeway just past Old Clear Creek Rd. The main affect of the intersection change will be for the Lake Tahoe east and west bound traffic as they will not have a pass over but will have to stop at the signal.

NDOT re-designed the interim intersection according to CAMPO's bike plan, which basically had no bike lanes through the intersection. A sidewalk on the southbound side and 10' wide shoulders on both north and southbound were to be installed. There were concerns brought up to the NDOT Design team by NDOT Bike/Ped staff, members of Muscle Powered and AACC.

The concerns were how to get north bound pedestrians and bicyclist through the intersection safely, with the main concern being getting peds and bicyclists across the multi-lane high speed northbound on-ramp.

Many internal meetings happened at NDOT with the Project Management, Project Design, Bike Ped Planning and Safety Engineering. It was made known that many bicyclists and pedestrians use this interchange, including Glen Lucky and me. Also many

touring bicyclists from all over the world travel the ACA Western Express Route through here. This may also be a future route of the proposed US Bike Route System. Little or no accommodations for bikes/peds have occurred during existing construction.

Note that the project area is on Hwy 395 from Old Creek Road (Costco light) in the south to Appion Way (Chevron station) in the north.

Here's a summary of the meeting's outcome.

US395 Southbound direction:

Pedestrians will utilize a 10' shared use path on the west side of US395 from Appion to Clear Creek.

Bicyclists will have two options. They will either utilize a 10' shared use path on west side of US395 from Appion to Clear Creek or a 10' shoulder from Appion to Clear Creek.

Bicyclists can also use the marked 395 Bike Route on the east side of hwy 395.

US395 Northbound direction:

Pedestrians can utilize a 5' sidewalk from Clear Creek to Snyder. At the dual free right, there will be a pedestrian/bicycle signal to provide a safe crossing for pedestrians.

Bicyclists can utilize a 10' shoulder from Clear Creek to Snyder. At the dual free right, bicyclists have two choices and if a gap exists, bicyclists may merge across the dual free right into the painted gore area. Or bicyclists have the option of following the ramp/shoulder to the pedestrian/bicycle signal, which will return you to the ramp and shoulder further north.

Bicyclists can also use the marked 395 Bike Route on the east side of Hwy 395, which will utilize the new Snyder Ave bridge (which will be completed in March 2014).

US50 Westbound/Eastbound direction (to/from Lake Tahoe):

In the westbound direction, bicyclists will utilize the 8' shoulder.

In the eastbound to northbound direction, bicyclists will utilize a striped island between the dual left turn lanes and through lanes to make a left to go northbound.

In the eastbound to southbound direction, bicyclists will utilize the right turn lane shoulder to the 10' shoulder in



the southbound direction.

Note that suggestions for bike/ped tunnels under the intersection for north and south bound Hwy 395 were checked out and were found to be very expensive and not within the limited budget for the project. Also there were large issues with having enough space within the ROW (right of way) to construct a proper structure according to ADA (American Disabilities Act). Also there were problems with Carson City water lines, fiber optic cables (recently installed), power lines, lighting and drainage issues.

Next Steps

This project will be discussed again at the next Carson City CAMPO/RTC meeting at the Community Center in Carson City the afternoon of February 12, 2014.

The next concern for bicyclists and pedestrians in the area is what happens to old Hwy 395-Carson Street from Fairview to Appion Way after the freeway opens. What will Carson City/CAMPO plan to do with the old road?? Hopefully they will change it back from 6 lanes to 4 lanes and have at least wide shoulders. Maybe they also need to extend the shared use path along Hwy 395 to the north from Appion Way and to the south from Old Clear to Jacks Valley Road. Maybe the CAMPO planned shared use path along the new freeway can be completed sooner too.

NEVADA BIKE AND PEDESTRIAN SUMMIT

9TH ANNUAL SAVE THE DATE!

Where: Atlantis in Reno
When: March 11-12, 2014
 For information on registration please call:
 Janie Fromm @ (775)888-7727
 And for vendor space and sponsorship please call:
 Tim Rowe @ (775)888-7357

NEVADA BICYCLE & PEDESTRIAN ADVISORY BOARD

NEVADA DOT

Tips for Walking Safely to School

Walking is fun, but you need to be safe while doing it. Follow these tips to make sure you get to and from school without any problems.

Walk together

Younger children should always walk with an adult. Tell your parents that walking is great exercise and a nice way to spend time together.

If your parents say that you can walk to school on your own, remember these tips:

- Walk with a friend when possible.
- Ask your parents to help you pick a safe route to school; one that avoids dangers.
- Stick to the route you picked with your parents. Don't let friends talk you into shortcuts that are more dangerous.
- When you are near the street, don't push, shove, or chase each other.
- Never hitchhike or take rides from people not arranged by your parents.
- Talk to your parents and teacher about any bullying that may happen during your walk.

Be seen

Remember, drivers may not be able to see you well. Always wear bright-colored clothes and if it is dark or hard to see, carry flashlights or wear reflective gear.

Look for traffic

Watch out for cars and trucks at every driveway and intersection on your walk to school. Look for drivers in parked cars. They may be getting ready to move.

Cross the street safely

1. Stop at the curb or edge of the street.
2. Look left, right, left and behind you and in front of you for traffic.
3. Wait until no traffic is coming and begin crossing.
4. Keep looking for traffic until you have finished crossing.
5. Walk, don't run across the street.

Obey traffic signs, signals and adult school crossing guards

NEVADA MOVES DAY

Wednesday March 19, 2014

Get Moving, Nevada!
 Children and adults across Nevada are celebrating the benefits of walking & bicycling to school! Join us!

The 5th annual Nevada Moves Day promotes walking & bicycling to school statewide:

- Helps to teach safe walking and bicycling skills to children & adults
- Reduces traffic congestion and air pollution near schools
- Increases physical activity
- Increases concern for the environment
- Increases awareness of how walk/bike friendly a community is and where improvements can be made
- Increases sharing time with children, parents, and community leaders

Celebrate walking & bicycling to school!

Be Safe & Be Seen

Tim Rowe, State SRTS Coordinator
 Nevada Department of Transportation
 775-888-7357, trowe@dot.state.nv.us



Local coordinators that are funded through SRTS:

- Clark County School District, Sherie Moore, 702-799-6560
- Washoe County School District, M.J. Cloud, 775-333-3782
- Western NV SRTS, Cortney Bloomer, 775-263-7525

National information:
 National Center SRTS: 1-800-610-SRTS, www.saferoutesinfo.org





Board Meeting Minutes— January 13, 2014

Secretary: Jim Sadilek; Other Board Members: Michael Bayer, Diane Bolton, Laura Caimi, Frank Dixon, Garth Jackson, Tammy Lundquist, Mel Maalouf, Chris Rhiner; Other Attendees: Wayne Trellogen

Meeting called to order at 6:15 pm

1. **Monthly Status Reports:**

- **Secretary:** Last month's minutes were reviewed without objection.
- **Treasurer:** The current checking account balance is \$30,820.22 (12/31/2013). The PayPal balance is \$23,613.56 (01/13/2014).
- **Membership:** Spring Membership Party will be April 18 at Tahoe Douglas Elks Lodge, 1227 Kimmerling Road in Gardnerville Ranchos.
- **Weekend Rides:** Garth reported three people participated in the Minden to Virginia City ride on 01/11. Mel and Garth will maintain a regular Saturday ride schedule. Ride meeting point is Big Daddy's shop in Gardnerville.
- **Newsletter:** No report.
- **Website:** No report.
- **Weekly Road Races:** Club Road Race Series will begin April 17.
- **Mountain Bike Races:** The club needs a volunteer to coordinate mountain bike races.
- **Wild Hillacious Century Series:** Twain will not be taking this on in 2014. Garth will still schedule Wild Hillacious Century rides but we won't have the series and offer the jersey in 2014.
- **Junior Team:** Mel will continue to coach the juniors with rollers sessions through the winter.
- **Spring Century:** Dave Scarborough will coordinate. Date TBA.
- **Pinenut Cracker:** Pine Nut Cracker Mountain Bike Race date is May 18.
- **King of Kingsbury Time Trial:** No report.
- **Cyclocross Race:** No report.
- **Bike Advocacy:** No report.
- **Adopt A Highway:** No report.

- **Clothing:** Current inventory is unknown.
 - **Alta Alpina Challenge:** Michael Bayer reports 77 online Challenge entries to date and 13 mail-in entries.
2. **Appointment of Club Officials for 2014:** All Coordinator positions remain in effect except the following, which have been vacated: Insurance Coordinator, News Letter Editor, and Clothing Coordinator. A new position for Public Relations Director was created and Wayne Trellogen was appointed to this role. [Motion 01/01: Mel Maalouf/Garth Jackson/carried unanimously].
 3. **Spring Party:** The budget for the Spring Party was set at \$1200. [Motion 01/02: Michael Bayer/Mel Maalouf/carried unanimously].
 4. **2014 Membership Renewals:** Grace period for annual club dues payment remains April 30. Member dues amounts remain as last year. [Motion 01/03: Mel Maalouf/Garth Jackson/carried unanimously].
 5. **Junior Team Bikes:** Mel requested \$1200 to replace three Junior Team race bikes. Old bikes are to be sold to offset a substantial portion of the cost of new bikes. Bike Habitat has offered to help by discounting new bikes. [Motion 01/04: Garth Jackson /Frank Dixon/carried unanimously].
 6. **Server Software Upgrade:** A software upgrade for the club's server is overdue. After discussing the alternatives it was decided that Filemaker Data Base server software Version 13 will be purchased for \$1156. This software is used for challenge administration, membership administration, and e-mail functions. [Motion 01/05: Mel Maalouf/Frank Dixon/carried unanimously].
 7. **Next Meeting:** Monday, February 3, 2014, 6 pm, at Jethro's, 1281 Kimmerling Road in Gardnerville Ranchos.

Meeting adjourned at 8:30 pm.

Local Merchant Discount Program

Show your AACC Membership Card at time of purchase. [The mailing label on the first Paceline you received upon renewal is your membership card.]





Board Meeting Minutes— February 3, 2014

Secretary: Jim Sadilek; Other Michael Bayer, Robert Braun, Laura Caimi, Frank Dixon; Chris Rhiner, Wayne Trelloggen; Other Attendees: Jim Hill, Ingrid Nelson, Ken Nelson, Jeremy Vican – representing Carson Valley Trails Association

Meeting called to order at 6:15 pm

1. Monthly Status Reports:

- **Secretary:** Minutes of the January meeting were approved as circulated.
- **Treasurer:** The current checking account balance is: Unreported. The PayPal balance is \$24,806.87. This represents an \$1193.33 increase from the previous report.
- **Membership:** Robert working on Spring Party.
- **Weekend Rides:** No Report.
- **Newsletter:** Michael working on budget.
- **Website:** Frank paid renewal for at least a year.
- **Weekly Road Races:** The series will begin April 17.
- **Mountain Bike Races:** The position of Mountain Bike Coordinator is open. The Board of Directors would be most grateful for a volunteer to step forward and fill the position.
- **Junior Team:** The Board of Directors requests that Mel Maalouf submit an inventory of Junior Team equipment.
- **Spring Century:** The date set for the Spring Century Ride is Sunday, May 25.
- **Pinenut Cracker:** The Pinenut Cracker Race date will be Sunday May 18. Race start will be Pinenut Road number 2.
- **King of Kingsbury Time Trial:** No report.
- **Cyclocross Race:** In December there were 35 riders for two races. It was judged by those who produced and attended the race to be a successful event.
- **Bike Advocacy:** No Report.
- **Adopt A Highway:** No report.
- **Clothing:** Current inventory is: 53 articles (various) of the 189 originally ordered in the current red/orange design. Total value is stated at \$3200. Clothing will be available at the Spring Party.
- **Alta Alpina Challenge:** Posters and post cards are being readied for distribution. An advertisement reproducing a smaller version of the poster has been placed in Cycle California

magazine—in color. Ninety people are currently registered for the Challenge.

2. **Carson Valley Trails Association:** Jeremy Vican, representing Carson Valley Trails Association – www.carsonvalleytrails.org -- made a presentation to the AACC Board of Directors. Jeremy highlighted the various trails open to bicyclists. The Faye-Luther/Jobs Peak Ranch Trail System is open to bicyclists except for the Job's Peak Ranch section. Access to the Fay-Luther Trailhead is on Foothill Road (NV 208) south of Genoa.

The Genoa Trail System with several access points along Jack's Valley Road and intersecting with the Tahoe Rim Trail is open to bicyclists.

The Clear Creek Trail, open to bicyclists, is scheduled to officially open on Saturday, April 12 at 10 a.m. with a one hour opening ceremony at the Jack's Valley trail head. Access is from Jack's Valley Road at the green painted double gates to the west of Jack's Valley School as well as from Tahoe Golf Course Drive at Highway 50. Tours led by CVTA will be available. A led bicycle tour is tentatively scheduled for Sunday, April 13. More information and maps are or will be available at the CVTA web site.

3. **New Business—Website Correction:** Michael Bayer will request of Joe Marzocco, Website Coordinator, to change geographical areas served as described on the AACC web site to match AACC bylaws.
4. **Organizational Membership Renewal:** Renew all organizational memberships for the coming year, i.e. other clubs, bicycle shops, public relations contacts, etc.. [Motion 02/01: Michael Bayer/Robert Braun/carried unanimously]
5. **Updating Job Descriptions:** Add proposed job description for Public Relations Coordinator and correct title for Spring Century Coordinator. [Motion 02/02: Michael Bayer/Robert Braun/carried unanimously]
6. **Next Meeting:** Monday, March 3, 2014, 6 pm, TRPA Building, 128 Market Street, Stateline NV. Meeting adjourned at 8:37 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 PartyApril 18
 Spring CenturyMay 25
 Alta Alpina ChallengeJune 28

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
Laura Caimi	Vice President	wildsierralaura@yahoo.com	
Jim Sadilek	Secretary	ccwatchmaker@gmail.com	775-220-2713
Frank Dixon	Treasurer	ozatlake@gmail.com	530-318-1574
Robert Braun	Membership Coordinator	robertingville@yahoo.com	
Garth Jackson	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	
Michael Bayer	Alta Alpina Challenge Ride Director	challenge@AltaAlpina.org	877-845-2453
Di Bolton	Thursday Road Race Director	di.bolton@frontier.com	775-781-4660
Robert Braun	Pinenut Cracker Mountain Bike Race	robertingville@yahoo.com	
Tammy Lundquist	Road Cleanup Coordinator	tahoe.tammy@gmail	530-545-3155
Wayne Treløggen	PR Coordinator	pr@altaalpina.org	877-845-2453
Michael Bayer	Paceline Editor	paceline@AltaAlpina.org	
David Scarborough	Spring Century Coordinator		530-318-7878
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Joe Marzocco	Website Coordinator	j_marzocco@yahoo.com	
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

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 **March 3** at the **TRPA Building** in **Stateline.**

Newsletter Publisher:
 Michael Bayer