



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 12 Issue 6  
July 2014**

## **AACC Weekend Ride Schedule—July/August**

Garth Jackson, Weekend Ride Coordinator

Club Weekend rides are indicated below. Fast and slow riders will all be accommodated with regular re-group points. Refreshments are served at the conclusion of club weekend rides.

### **Sunday, August 3, 2014 — Shasta Summit Century**

One of our partners, Shasta Summit Century describes their ride as follows: "We offer you the good things in life. Like challenging climbs. Breathtaking views. Lightly trafficked, rural roads. And 16,500 vertical feet of climbing over the course of 139 miles (rides of 100, 60 and 30 miles also available)." You're never more than a downhill away from the start. For more details see their website: <http://www.mtshastasummitcentury.com> which has more mileage details, the elevations, pictures and registration details.

### **Saturday, August 9, 2014 — Volunteer BBQ & Ride**

The 2014 Alta Alpina Challenge Volunteer BBQ will take place on August 9 at 5:00pm. Frank Dixon is hosting this year at his house off North Upper Truckee. There are two pre-BBQ Ride options starting from Frank's house. The long ride option is Barker Pass a 65 mile ride that will start at 10:30am. The short ride option is Fallen Leaf and Lilly Lake, a 13.5 mile ride that will start at 3:00pm.

### **Sunday, August 10, 2014 — WEEKEND RIDE: Tahoe the Hard Way**

Meet at 10:00 at Meet at Boulder Lodge parking lot at Heavenly. Up to 120 miles. Proceed around the south end of the lake and up the west side. At Incline Village, climb to Mt. Rose summit. Those who want the full loop will descend to Reno, climb Geiger Grade, take a quick visit to Virginia City, descend to Carson City and climb back to the lake via Spooner Summit. Those who want to stay in the lake basin will descend the west side of Mt. Rose and continue around the lake back to the start. Both groups will have snacks at the end. Garth is the ride leader, contact him with any questions.

### **Saturday, August 16, 2014 — WEEKEND RIDE: Mormon Emigrant Loop**

Ride starts from the snow park on Mormon Emigrant Trail at CA 88, rolling at 9:30am. To carpool to the start meet at Douglas High School at 8:00am or at the bottom of Old Myers Grade at 8:00am or Burnside Rd. and CA 88 at 8:30am. The ride heads down Mormon Emigrant Trail and then west and south on small, minimally travelled Forest Service roads. Eventually we'll get back on CA 88 to climb back to the start. The whole loop is about 70 miles but there are no stores so please carry plenty of food and water.

### **Saturday, August 23, 2013 — WEEKEND RIDE: Lake Alpine**

Meet behind the General Store in Markleeville, ready to roll at 10:00am. This ride features about 7,000 ft. of climbing and 65 miles and is always one of our most popular rides. Food and water is at Lake Alpine.

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## **Congratulations!**

### **Kevin Willitts**

Kevin placed first overall in the Little City Stage Race Omnium for 55+ Cat 1/2/3/4.

### **Frank Dixon**

Frank won the Lake Tahoe Bicycle Coalition's 2014 Tahoe Bike Challenge in two categories. He rode the most "Play Miles" and he won for the most elevation gain.





## 2014 Alta Alpina Challenge: Riding the Wild Sierra

Michael Bayer, Ride Director

On Saturday June 28 the club held it's big annual event: the Alta Alpina Challenge: Riding the Wild Sierra. Overall pre-registration was down from last year but we had a significant number of onsite-registrations. We had more 8 Pass Riders than expected and the number of riders who registered for "Build-Your-Own" options jumped significantly this year. Participants traveled from as far away as Louisiana, Texas, Illinois, Japan, and Ireland. Some people were riding their very first organized ride and others were going for the personal best on the 8 pass course.

We've once again been flooded with wonderful feedback from riders. The thrill of accomplishing a significant goal and the delight of riders experiencing our wonderful passes are what makes all the effort worthwhile. Members of Alta Alpina should be very proud of the world-class event that we've created.

Our club's mission is to promote cycling in this region and this event does that in multiple ways—with world wide visibility for the awesome cycling we have here *and* providing an opportunity for local cyclists to experience their first organized ride. Proceeds from the event fund the Spring and Fall Centuries, the snacks for Weekend Rides, the club racing program, and all the donations the club makes to support trail building, trail marking, and cycling facilities.

On behalf of the club and all the riders, I'd like to extend a big thank you to all the volunteers, sponsors, and agencies who came together to make it possible! If you were a volunteer this year and you didn't get a volunteer t-shirt or you need a t-shirt in a different size, please let me know and we'll get you what you need. If you had expenses that you haven't been reimbursed for yet, please get your receipts or mileage to me as

soon as possible.

While the event is now over, work on the Wild Sierra continues day and night with many post-event activities keeping me busy.

I am so proud of the members of Alta Alpina. We are only able to host this event because we have such resourceful, talented, committed people. It takes an army of volunteers to keep riders safe and ensure that they can achieve their personal challenge on the day of the event. We had teams of volunteers at all the rest stops and water stops keeping riders cool, hydrated, fed, and informed. We had a team of Radio, Motorcycle, and SAG vehicles monitoring riders, keeping supplies moving, and transporting riders when needed. Back at Turtle Rock Park volunteers directed parking, checked-in and timed riders, sold jerseys, served hundreds of meals, and kept the place clean and tidy.

I don't have room here to recognize the significant contributions of each and every club member who stepped up, got involved, and made an impact. I hope that everyone can come to the **Volunteer BBQ on August 9** where I'll get the opportunity to do so in person. I do want to mention the contributions of a few volunteers whose contributions stretched over the last year: Laura Caimi directed Marketing; Wayne Treloggen worked on PR; Dennis Pederson wrote and maintained the software for the online registration system; Frank Dixon handled finances; Peter Costa assembled the medical team coordination and supplies; and last but not least, Jennie Hamiter did everything that might otherwise have fallen between the cracks and put up with me working day and night for the last year.





## Summertime Blues

Chris Rhiner, President

So now that we are well into the summer and our prime season is flying by; we have a strange new trend of fewer ride postings. My thought on this is... there are a heck of a lot of good century rides out there and I myself have tried three "new to me" this year. I even have made a point of riding our local area organized rides. My point in mentioning this is I miss my rides with my "homies." Part of this is my fault as I am trying to continue working full-time and we all know the reality of cycling is that it is a time consuming sport and takes as many hours as a part time or full time job. Since the available club rides are limited I just want to remind everyone that on Thursday night each week there is usually a club bike race. Now you have to remember that this is a "club" race and so it is open to all levels, there are both serious and more casual riders. The races work well for speed work and variety in your training, plus there are riders closer to your level than you may find at any weekend ride. Now, I myself am guilty of not showing up for a race until mid July, which was not my intention as my fellow "D" level riders have become faster from attending all the other races. So, although the races cost \$8 it is money well spent. The

"primes" (those are the prizes one can earn during a criterium) are motivation to go just a little bit faster for a lap. If the cost is bothersome you can consider becoming a board member next year and race for free!

On another note... I was enjoying a day on my commuter bike, heading to the gym to teach a yoga class a few weeks ago. I spotted a runner ahead. When I caught up with the runner he was face down in the dirt. After he attempted to get up and failed it was apparent that CPR and a 911 call was absolutely necessary. I have been a little slack at bringing my cell phone lately in an effort to "save weight" which was a problem. Fortunately there were some nearby walkers who had a phone and an extra set of hands to assist. Time stood still until help arrived and the runner went to the hospital. I met him later in the week (he is a neighbor) and discovered he had 2 stents placed. Bottom line in sharing this is just a reminder that when we spend this much time on the road anything can happen. If you have any stories that you would like to share, please email them to myself or Michael Bayer to place in the newsletter.



## Local Merchant Discount Program



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







### Bike Spokesman

Tim Rowe, AACC Bike Advocacy Coordinator

On Friday June 20, 2014 a group of Boy Scouts – 18 Eagle Scouts to be exact, rode up Foothill Road into Genoa and on to Carson City on their across the country cycling adventure. The group is called Eagle Scouts Cycling Across America. I saw a posting in Adventure Cycling magazine a few months ago about this group, Boy Scout Troop 165 from Fredericksburg, VA. They were looking to meet up with Boy Scouts, Eagle Scouts and cyclists and possible places to stay on their 60 day journey and it looked like they were coming along Hwy 50. As a local Boy Scout Leader (and former Boy Scout) and my son Christopher a Boy Scout and we a cycling family, I jumped at the chance to help out and sent an email. They responded and I help set up with Carson City Parks and Recreation a place to stay & shower/swim at Mills Park. Then I arranged a BBQ (& cooked with Christopher) Friday and breakfast Saturday with Boy Scout Troops 33 & 16 and Cub Scout Packs 33 & 341. I also suggested for them to ride up Foothill Road and stop at the Cub Scout Pinenut District Day Camp in Genoa, where they

sure were a hit with the 180+ Cub Scouts. I met them on Foothill Road and rode with them on into Carson City, with a stop at the NV State Capitol. Unfortunately, Governor Sandoval and LT Gov Krolicki were both out of town, as I had invited them to greet the Scouts and join us in a group photo. I also helped arrange newspaper coverage and had articles in both local papers. NDOT Bike and Pedestrian Program also provided the riders & support staff NV bike safety items and Bike the West (Curtis Fong) provided them AMBBR t-shirts and granola bars, which they really liked. That was their 6th day of riding, starting at the Pacific Ocean in Stinson Beach, CA, north of The City (SF). They had ridden 75 miles over Carson Pass from BS Camp Winton off Hwy 88 near Bear River Reservoir with support staff and an amazing support trailer. Saturday they were headed to Fallon. Now they are in Colorado somewhere and will end at the Atlantic Beach in Virginia Beach, VA in August 15. Check their progress at their website: <http://www.escaa2014.org/>

### Adopt-A-Highway, July 20

Tammy Lundquist





## Board Meeting Minutes—July 7, 2014

Secretary: Jim Sadilek; Other Board Members: Chris Rhiner, President; Laura Caimi, Vice President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge Ride Director/Newsletter Publisher; Robert Braun, Membership Coordinator; Tammy Lundquist, Road Cleanup Director; Tim Rowe, Bicycle Advocacy Coordinator; Dave Scarborough, Spring Century Coordinator; Wayne Trelloggen, PR Coordinator; Other Attendees: Jim Hill, Larry Roach and Ruby Roach, all AACC members

Meeting called to order at 6:20 pm

Minutes of the June meeting were approved

### 1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is: \$11,683.06. The PayPal account balance is \$47,849.63.
- **Membership:** There are 203 fully paid memberships.
- **Weekend Rides:** Saturday, July 12 Mormon Emigrant loop. Saturday July 19, Staff Challenge Ride. No rides scheduled for July 26 and beyond.
- **Newsletter:** July Newsletter will have Challenge wrap-up.
- **Website:** No Report. Challenge web site needs a complete redo, per Michael Bayer.
- **Weekly Road Races:** The Thursday night road races have been well attended this year, with the exception of the July 3 race at Eagle Ridge. Poor attendance at Eagle Ridge may be attributed to the imminent Independence Day holiday. Regular racing schedule will resume July 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. Contact President Chris Rhiner.
- **Junior Team:** Thank you to Leon Malmed for donating clothing to the Junior Team. The Junior team and Junior team parents volunteered at the Challenge, helping with parking at Turtle Rock Park.
- **Spring Century:** For next year's spring century, a start / finish venue will need to be chosen.
- **King of Kingsbury Time Trial:** Allen Biaggi has volunteered to be coordinator. The event will be in September--date TBA.
- **Cyclocross Race:** No Report.
- **Bike Advocacy:** In Carson City, the Snyder Avenue Bridge is completed and opened (almost three months past stated completion date). This allows for much safer cycling both inbound and outbound south from Carson City, compared to using the Carson Street/U.S. 395 route which is shoulderless in both directions. Now, going south from Carson City, one travels south on Silver Sage to the new bridge, left onto the bridge and then right at the east end of the bridge onto Central. From there, about three blocks to a right turn on Clear Creek. Continue to the end and then across U.S. 395 at the Clear Creek signal, where riding south from that point, there is an adequate shoulder. Inbound from the south is the same route. There are U.S.

395 bicycle signs marking the new route.

- **Adopt A Highway:** Next clean up day scheduled for Sunday, July 20. Meet at Turtle Rock Park 0800 hrs.. Tammy will provide yummy coffee and bagels.
  - **Clothing:** Pearl Izumi is no longer selling AACC clothing. Chris Rhiner will be keeping the existing inventory at her house. Clothing sales, through Chris, are limited to current stock. There are no immediate plans for new clothing orders. The Board is earnestly seeking a volunteer to act as Clothing Coordinator. Contact President Chris Rhiner.
  - **Public Relations:** Issued a press release one week before the Challenge to notify area drivers of bicyclists on the road—no road closures. Wayne Trelloggin forwarded Nancy Yu's Photo journalistic chronicle (<http://yurides.wordpress.com/2014/07/03/alpine-carson-valley-pinenut/>) to Carson Valley Chamber and Visitors Authority and added comments that the AACC Challenge event brings tourism to Carson Valley.
  - **Challenge:** Preliminary number for the 2014 Alta Alpina Challenge: 412 Total Registrations Processed, 28 Transfers, 6 Injury Credits, 371 Pre-Registrations as of 6/25, 25 On-site Registrations, 49 No Shows, 347 Riders with Bibs, 121 8 Pass Riders (of 135 Registered), 49 5 or 6 Pass Riders (of 59 Registered), 170 1 to 4 Pass Riders (of 195 Registered), 7 Foothill Riders (of 7 Registered). Total gross revenue (including jersey sales but not including post event jersey sales) was just over \$40,400. Net positive contribution will be in the same range as last year (\$8000-\$13000). Once again, leftover food should cover club rides for the months to come, and there should be minimal expense for the staff ride, and volunteer BBQ. Challenge Staff Ride will be Saturday, July 19. Watch e-mail for details. Challenge post-mortem is tentatively scheduled for July 22 or 23—time and location TBA..
2. **Refund Policy:** Motion 07/01: Keep the current Challenge rider refund policy as is, basically refunds only under very special circumstances. Allow no more eight pass jersey pre-orders. Chris Rhiner/Frank Dixon – Carried unanimously.
  3. **Mileage Reimbursement:** Motion 07/02: Mileage reimbursement for next year's Challenge will be \$.50 a mile for cars and trucks and \$.25 a mile for motorcycles. Frank Dixon/Laura Caimi – Carried unanimously. Reimbursement will remain unchanged for 2014.
  4. **Next Meeting:** Monday, August 11, 2014, 6 pm, Sprouts Restaurant in South Lake Tahoe.
- Meeting adjourned at 7:43 pm



# Alta Alpina Cycling Club

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## MARK YOUR CALENDARS

- Alta Alpina Challenge ....Monday, July 28  
Postmortem
- Alta Alpina Challenge ....Saturday, Aug 9  
Volunteer BBQ
- Tahoe the Hard Way ....Sunday, Aug 10
- Mormon Emigrant Loop ..Saturday, Aug 16
- Thursday Night Races ..every Thu @6:15

**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](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
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Tim Rowe	Bicycle Advocacy Coordinator	<a href="mailto:Trowebikes@aol.com">Trowebikes@aol.com</a>	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 **August 11** at the **Sprouts Restaurant** in **South Lake Tahoe.**

Newsletter Publisher:  
 Michael Bayer