



PACELINE

**Alta Alpina
Cycling Club**

**Volume 14 Issue 6
July 2016**

AACC Weekend Ride Schedule—July/August

Garth Jackson, Weekend Ride Coordinator

Weekend rides feature drinks and snacks at the end.

Saturday, July 23, 2016 — Sonora Pass — Weekend Ride

We'll start from outside the CalTrans Maintenance station at US395 and CA108 at 9am. Carpool from the Gardnerville Grocery Outlet parking lot a little before 8am. This 50 mile ride has spectacular scenery and about 7,100 feet of climbing, some of it quite steep. Ride CA108 from US395, up and over Sonora Pass at 9600 ft elevation, down to Dardanelles Resort at about 5000 feet, and return. Dardanelles Resort has a convenience store for Gatorade and Fritos and running water. Bring a bike with good brakes and plenty of water. We'll have cold drinks and snacks at the end. Note that riding from the meeting place to the top of Sonora and turning around, roughly 25 miles total, is a very respectable, tough, steep ride, so consider joining us for an east-side-only ride if the whole enchilada sounds like too much.

Sunday, July 23, 2016 — The Flume Classic — Weekend Ride

Meet and be ready to roll at 9am from the front entrance kiosk at Spooner Lake State Park. (Park your car in the upper parking lot.) . This will be the first ride (Epic I) in the 7-part "Summer Epic MTB Series" set up to give AACC mountain bike riders exposure to some of the most beautiful mountain bike trails in the South Lake Tahoe area. Come out and join the rides! The Flume Trail is one of Tahoe's most famous and beautiful rides with spectacular views. This first ride will be geared toward beginner and intermediate riders though advanced riders are encouraged to join too. There are multiple options after the initial 4-5 miles (one way) which consists of smooth fire road and wide single track with very little technical climbing or descending (with one short exception at the outlet of Marlette Lake which can be walked). We will ride the Flume Trail to Tunnel Creek Road and then decide how to proceed based on group preference. The main ride to Tunnel Creek Road will be an out-and-back format with options to turn around for those who would prefer. This will be an AACC weekend ride so drinks and snacks will be provided at the end. Rain and/or threatened thunderstorm activity will cancel the ride.

Saturday, July 30, 2016 — King of the King

Are you the King of Kingsbury? Come test yourself in Alta Alpina's annual King of the King Kingsbury Time Trial. This will be a time trial from the parking area at the bottom to the top of the pass. Cash awards will be given for the top three riders in Juniors (under 18), Men's Open, Men's Masters (35+), Women's Open and Women's Masters (35+). First rider is off at 8:00 am sharp. This is not a USA Cycling sanctioned ride so no license is required.

Saturday, July 30, 2016 — R2R Project Hero Family Ride

This free event starts at Bentley Science Park, 1751 Orbit Way, Minden. Arrive, check-in, and be ready to ride at 9am. We'll have four ride options:

- 12 mile - ridewithgps.com/routes/15106995,
- 18.3 mile - ridewithgps.com/routes/15191775,
- 29.8 mile - ridewithgps.com/routes/15191417,
- 40.1 mile - ridewithgps.com/routes/15103211.

This is a great opportunity for families and beginner cyclists to explore the great backroads of Carson Valley.

Inside this issue:

<i>King of the King</i>	2
<i>R2R Family Ride</i>	3
<i>Alta Alpina Challenge</i>	4
<i>Presidential Posting</i>	5
<i>Jerseys</i>	5
<i>Building a Gravel Bike</i>	6
<i>Board Meeting Minutes</i>	7



AACC Weekend Ride Schedule—July/August (cont.)

Sunday, July 31, 2016 — Highway Cleanup and Ride

Meet at Turtle Rock Park at 8am. We'll have coffee and snacks and the pick up trash along our adopted stretch of highway. Twelve people should be able to cover it in about an hour. After the cleanup we'll ride Ebbetts.

Sunday July 31, 2016 — Tahoe City to Cisco Grove —Weekend Ride

Meet in Tahoe City in the parking area next to the river adjacent to Transit Center. Be ready to ride at 9am. We'll ride out to Truckee and have our first stop at The Outlets/Paco's on Donner Pass Road. Those who want a shorter ride can meet us there at 10:15am. We'll then ride up and over the summit on Highway 40 and then join the I-80 frontage road down to Cisco Grove and return to Tahoe City by the same route for a total of 70 miles.

Sunday August 7, 2016 — Summer MTB Epic II - Armstrong-to-Toads —Weekend Ride

Meet at the Oneidas St. Parking lot at the base of Fountain Place Rd. in Meyers. (Take Pioneer trail and turn SW, right if coming from Meyers, onto Oneidas St. Follow it for about 1/2 mile and park in the dirt parking lot on the left just past the creek crossing.) Be ready to ride at 10:00am. This will be the second ride (Epic II) in the 7-part "Summer Epic MTB Series" set up to give AACC mountain bike riders exposure to some of the most beautiful mountain bike trails in the South Lake Tahoe area. Armstrong-to-Toads is a locals favorite which combines beautiful scenery with technically challenging terrain and long sustained climbs and descents. Riders should be comfortable with negotiating rocks, granite steps, roots and other technically challenging trail obstacles and bring plenty of water, etc. The final route (including a possible initial loop through the Corral trail network prior to climbing the Armstrong Connector trail) will be determined depending upon who shows up and will be between 20 and 25 miles. Drinks and snacks will be provided at the end. Rain and/or threatened thunderstorm will cancel the ride

Saturday August 13, 2016 — Panther Creek Exploratory Gravel —Weekend Ride

Our first gravel ride of the year! Meet at the Gardnerville Starbucks to carpool at 9:00am. Panther Creek road is a paved/gravel/dirt road that starts from CA88 near Mehrten Springs Rd. and heads towards Salt Springs reservoir. We will take Panther Creek and Salt Springs Reservoir road towards the reservoir in an out-and-back ride of about 60 miles. Please RSVP to gjacksonbsee@yahoo.com for this ride if you plan on attending.

2016 King of the King Kingsbury Time Trial

Allan Biaggi, Ride Director

What's your best time climbing Kingsbury? How does your time compare to your friends and other club members?

Alta Alpina's annual King of the King Time Trial is on July 30 and it's the best opportunity to measure your fitness at this point in the cycling season.

Registration is at 7:15 am. The entry fee is \$10.

Prizes will be awarded in five categories:

- Women's Open
- Women's Masters (35+)
- Men's Open
- Men's Masters (35+)
- Juniors (under 18)

The first rider will start from the base of Kingsbury grade at 8:00 am and the rest of the participants will follow at fixed intervals.

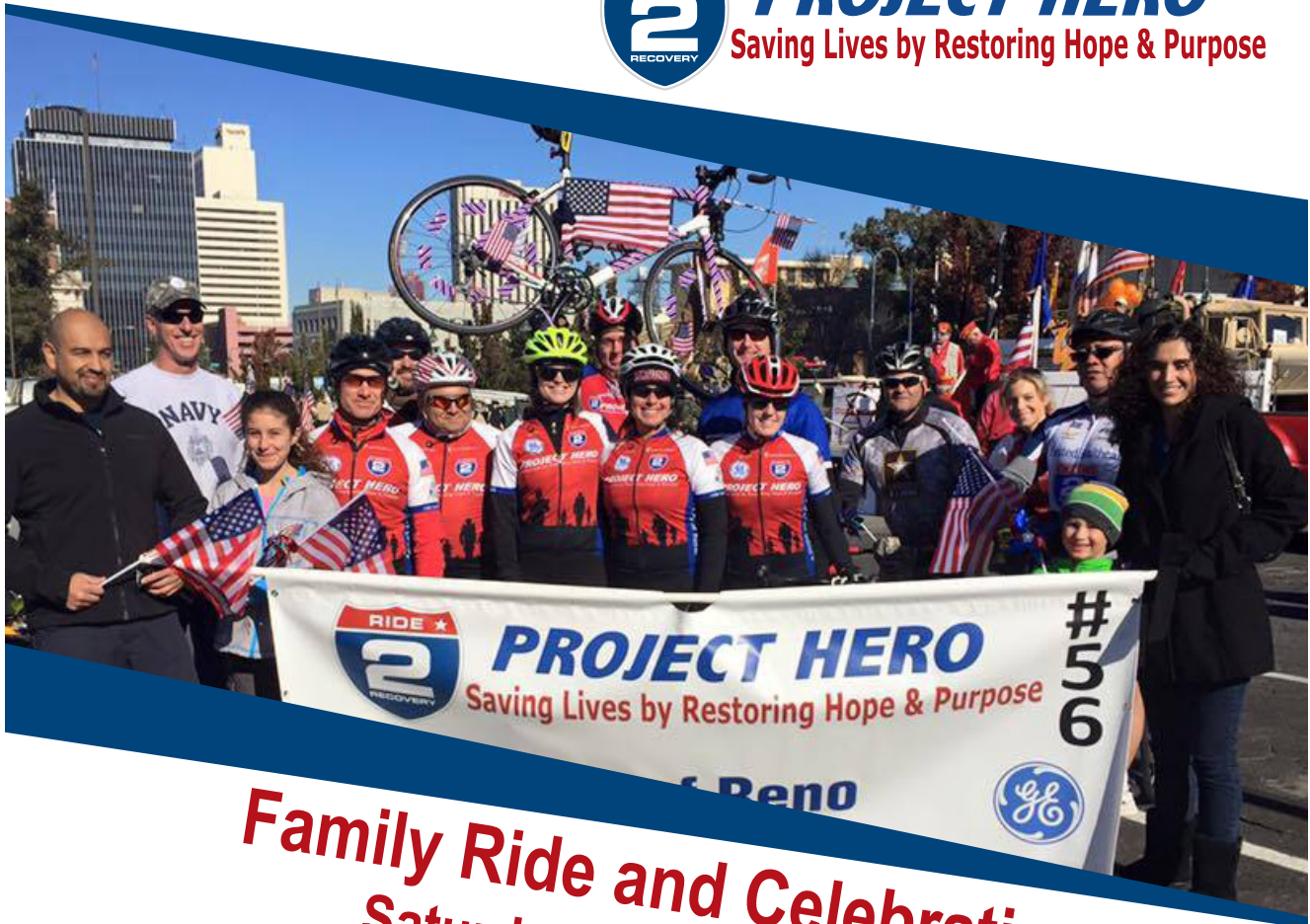
Don't miss this opportunity to go after your best time up Kingsbury.





PROJECT HERO

Saving Lives by Restoring Hope & Purpose



Family Ride and Celebration

Saturday, July 30 at 9am

Bently Science Park
1751 Orbit Way
Minden, Nevada 89423

A variety of ride distances will be offered by Alta Alpina Cycling Club including a family friendly route. Join us for post-ride food trucks, family games and activities.

In October 2013, City of Reno became a Ride 2 Recovery Project HERO chapter, a groundbreaking Veterans Cycling program started in 2008. In addition, we will be joined by Alta Alpina Cycling Club and by the GE Veterans Network employees from Minden, NV. This is an exciting partnership that will combine the passion, commitment, and national reach of the GE Veterans Network with Ride 2 Recovery's broad range of cycling-based programs to help raise awareness and bring healing for service members and veterans facing various health issues.





2016 Alta Alpina Challenge

Michael Bayer, Ride Director

Thank you for the very best Wild Sierra ever!

The feedback from riders during and after the Alta Alpina Challenge was truly overwhelming. People were going out of their way to find me to talk about how much they enjoyed themselves and how impressed they were by our amazing volunteers. We can all be very proud of what we achieved this year.

Here's what one participant wrote in an unsolicited email I received:

"This was the best run event of any type I have ever attended. I have done tons of triathlons, 100's of USAC bike races, and many ultra distance runs. Your event was the best organized, safest, and coolest event I have ever done. Everybody had a great attitude (especially the volunteers on Monitor pass) the food was superb and exactly what riders want after 100+ miles. I wouldn't have been able to successfully complete this challenge without the great team you put together. I also want to thank you for keeping the prices low."

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. Despite the financial hit from last year's Washington Fire and the fact that we credited all riders last year with entries for this year, our 2016 event was a financial success too.

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 the ride 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. 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. Planning for next year starts right away as we study what we can improve through our postmortem process.

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 and this is reflected in the feedback we get from our participants. 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 do want to mention the contributions of a few volunteers whose contributions stretched over many months. 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. The two biggest contributors were Lori Piccini who worked on marketing this year's event, put in an incredible effort getting supplies ready, and worked very long hours at Turtle Rock Park and last but not least, Jennie Hamiter who did everything that might otherwise have fallen between the cracks and put up with me working day and night for the last year.





Presidential Posting

Chris Rhiner, President

Happy Summer

Our big event, the Challenge is complete for 2016. We had a very positive day with great weather. Our volunteers had a great time! It was a really fun day but there were many hours behind the scenes to make it successful.

It has taken almost 10 years to conceive, develop, and brand this ride. And we have achieved success!! Our club has created another legendary organized ride with the help of our amazing volunteers and magnificent mountains.

Next year we need to find more volunteers to make the workload lighter and in 2018 there's a good chance we'll be part of the Triple Crown Stage Race and we'll have record numbers. Next year's ride will be on June 24—please put it on your calendar now.

As we do every year, we're holding a meeting to review all of the feedback from the ride and find ways to improve what we do. If you have ideas, or connections, please help us brain storm as the logistics of putting on a ride of this many miles calls for a few more hands.

We are also excited to announce that we're planning our first Gravel Grinder event next year which will be the same day as the Pinenut Cracker mountain bike race. We will run both simultaneously from the same start point. The Gravel Grinder will be approximately 70 miles of mixed surfaces that can be ridden with a mountain bike, cross bike, or gravel-specific bike (stay tuned for the exact route).

Have a great summer and thank you to all the Challenge volunteers, we received some wonderful feedback. Riders like having cyclists as their support!

Jerseys Still Available for Build-to-Order

Voler will build a jersey just for you. Select the design, cut/zipper length, and size and you'll have your jersey in about two weeks:

<http://www.voler.com/browse/collections/details/li/AltaAlpinaChallenge>

We still have inventory of both yellow/blue and red/orange clothing. This clothing will be available at the spring party on April 12. For more information see:

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



Local Merchant Discount Program

Details about local merchant offers is listed under "Merchant Discounts" on our website at www.AлтаAlpina.org.

Show your AACC Membership Card at time of purchase. [If you are an active AACC member, the mailing label on the first Paceline you received in the spring has the club logo and note indicating that it is your membership card.]





How to Build a Cheap Cyclocross/Gravel Bike

Allan King

With cyclocross and gravel racing the new craze, here's some ideas on how to build a cheap CX gravel bike.

Carol had been riding a 24 pound Surely Cross Check for the last 12 years so it was her turn to get a new bike. We use these bikes for traveling and riding Rails-to-Trails. Each of our bikes have two sets of wheels. One set is for dirt with CX tires and the other is a light set with road tires.

I used Ebay and Craig's List to source my parts.

I found a new carbon frame that had a non adjustable seat post. The owner had cut off the seat tube too short which made the frame too small for him. I was able to repair and lengthen the seat post to fit Carol.

I like using old square spindle mountain cranks with a bolt circle pattern of 94mm. The chainring range is 30 to 46 teeth. You must cut/file off the inside chainring bosses and use a narrower spindle (see photo). The other cranks I use are old triple sets. I use the inside and middle rings. The inside ring is a 74mm bolt pattern with a range 24 to 34 teeth. The middle ring is a 130mm pattern with a 42 to 46 tooth range (see photo).

The most important part is the gearing. Carol uses 28/42 rings and I use a 30/44 or 46. The rear



Shopping List

Frame	carbon (\$175 Craig List)
Fork	carbon (\$50 Craig List)
Headset	FSA, 1 1/8 to 1 1/5 adapter (\$18 online)
Handlebar	FSA, (traded with a friend)
Stem	Origin8, (traded with a friend)
Seat	Terry Butterfly (\$60 Ebay)
Crankset	FSA triple with bottom bracket, (traded with friend)
Shifter	Shimano 105 (\$140 Ebay)
Brakes	Tektro CR720 (\$36 Ebay)
Front derailleur	Ultegra CX top pull (\$24 Ebay)
Rear derailleur	Shimano 105 long cage (\$49 Ebay)
Cassette	Sram 1050, 11/32 (\$55 Ebay)
Dirt Wheelset	Vuelta, (traded with a friend)
Dirt Tires	Kenda Small Block 8, (traded with a friend)
Road Wheelset	Xero Lite, (traded with a friend)
Road Tires	Panaracer Sport, (\$36 with tubes, Ebay)
Handlebar Tape	Gel, (\$14 Ebay)
Total	\$717 (includes both sets of wheels)



cassette on Carols is 11/32, 10 speed and mine is 11/28.



Board Meeting Minutes— July 11, 2016

Secretary: Jim Sadilek; Other Board Members: Chris Rhiner, President; Tammy Lundquist, Vice President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge Ride Director/ Newsletter Publisher/Membership Coordinator; Garth Jackson, Weekend Ride Coordinator

Meeting called to order at 6:15 pm

Venue: Jethro's Oven & Grill, 1281 Kimmerling Rd, Gardnerville, NV

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is: \$50,309.04. The PayPal account balance is \$2,988.91.
- **Membership:** We have 230 up to date members. Regarding the AACC Booth at the Bijou Park event (South Lake Tahoe), a recommendation from Frank and Tammy to have a banner printed, for use with the booth at future events, proclaiming the benefits of AACC membership. For example, not just racing, community involvement, donations, mountain biking, weekend rides, etc..
- **Weekend Rides:** The weekend ride leaders have completed the calendar of rides for the rest of the year. The rides will be posted to the AACC Ride Board soon.
- **Newsletter:** Newsletter is anticipated to be out on Thursday (07/14) assuming necessary content is available.
- **Website:** No report.
- **Weekly Road Races:** <http://www.altaalpina.org/clubracesroad/> The most recent event at Eagle Ridge was not well attended—possibly because of wind.
- **Junior Team:** No report.
- **Insurance:** All insurance is up to date. The board seeks guidance from the membership on obtaining a proposal for property insurance to cover the increasing amount of club owned equipment.
- **Pinenut Cracker:** The Board seeks a Ride Director(s) for both the Pinenut Cracker and the Leviathan “Gravel Grinder”, the new 70 mile

AACC club event slated for May 2017.

- **King of Kingsbury Time Trial:** This event is scheduled for July 30 – See the Ride Board.
 - **Bike Advocacy:** The Board will send a letter on the AACC letterhead in favor of the question from Alpine County whether bicycle lanes should be included on the road between Markleeville and Grover Hot Springs.
 - **Adopt A Highway:** Next clean up day scheduled for 0800 Sunday, July 31. Meet at Turtle Rock park. Congratulations to Tammy DeGiovanni for receiving a Volunteer of the Year award.
 - **Clothing:** V.P. Tammy Lundquist brought up the possibility of using Hyper Threads <https://hyperthreads.com/> as a source for club clothing and specifically club shorts, which are not currently available in an acceptable quality.
 - **Challenge:** A preliminary report on Challenge registration has the following numbers. Total registrations for the 2016 ride were 494. Some number of these registrations were carried over from 2015. Because of cancellations and registrations carried over to 2017, the expectation for the 2016 event was 433 riders. As it turned out, there were an unusually large number of no shows, 106, and also 13 onsite registrations, leaving the actual number of riders being 327. There were 110 Eight-Pass Starters and 37 Eight-Pass Finishers. Considerable time was devoted to Challenge post-mortem. It was decided to have another meeting on July 27 devoted to entirely to Challenge post-mortem. The meeting is planned for Frank Dixon's home at 6 p.m.
2. **Next Meeting:** Monday, August 8, 2016, 6 pm, Lakeside Inn and Casino, 168 US-50, Stateline.
Meeting adjourned at 8:46 pm



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

July 30 ...R2R Family Ride
 July 30King of the King
 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; click on "Membership"

Alta Alpina Cycling Club Board Members

Chris Rhiner	President	president@AltaAlpina.org	775-790-6373
Tammy Lundquist	Vice President	tahoe.tammy@gmail.com	530-545-3155
Jim Sadilek	Secretary	ccwatchmaker@gmail.com	775-220-2713
Frank Dixon	Treasurer	ozatlake@gmail.com	530-318-1574
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	877-845-2453
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	dibolton@frontier.com	775-781-4660
Robert Braun	Pinenut Cracker Mountain Bike Race	robertingville@yahoo.com	
Tammy DeGiovanni	Road Cleanup Coordinator	ttdeg@frontier.com	775-901-1652
Laura Caimi	Marketing Coordinator	wildsierralaura@yahoo.com	
Lori Piccini	Clothing Coordinator	clothing@altaalpina.org	877-845-2453
Michael Bayer	Paceline Editor	paceline@AltaAlpina.org	
David Scarborough	Spring Century Coordinator	dave_scar@hotmail.com	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 **August 8** at the **Lakeside Inn and Casino** in **Stateline.**

Newsletter Publisher:
 Michael Bayer