



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 7 Issue 6  
July 2009**



**The Tour de France? No it's Carson Valley Classic!**

## **Volunteers Needed for Carson Valley Classic**

July 25: Diamond Valley Road Race

July 26: Minden Criterium

Alta Alpina is proud to host the Northern California/Northern Nevada Master's District Championship Road Race and Criterium again this year, in the form of the Carson Valley Classic. Please come help keep up the tradition that's made these races great for both the racers and the spectators.

If you can help, please contact Garth Jackson at [gjacksonbsee@yahoo.com](mailto:gjacksonbsee@yahoo.com).



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

### **Saturday & Sunday, July 25 & 26, 2009!— Volunteer for the Carson Valley Classic**

Alta Alpina is proud to host the Carson Valley Classic, as it is the Master's District Championship for Northern California and Northern Nevada. We've got two great race venues - Diamond Valley Road Race, and the downtown Minden Critereum, but we need a small army of volunteers to put on the caliber of race that racers have come to expect. Please contact Garth Jackson at [gjacksonbsee@yahoo.com](mailto:gjacksonbsee@yahoo.com) to lend a hand.

### **Saturday, August 1, 2009!— Sweetwater to Bridgeport**

This is the beautiful and lonely Sweetwater Summit ride from Wellington to Bridgeport. Very moderate grades and little traffic make for a fun social ride. There is more or less nothing in the way of food and water between the two towns so bring plenty. Lunch in Bridgeport. Since it is an out and back, those who want a shorter ride can turn around anytime. Meet at 8:00am at the Community Center in Wellington, Nevada.

### **Saturday, August 8, 2009!— Packsaddle Pass Loop**

Always well attended, this is a ride with plenty of climbing and scenery. Despite the 8000 ft of climbing we had a diverse group of riders last year and made it work for all, but it isn't an easy ride. There are long stretches between food and water, so bring plenty. Food and water is available at Strawberry, Silver Lake, and Kirkwood. There is water at Silver Creek Campground between Packsaddle Pass and Highway 88. A bite to eat after at the A Frame Mex place in Meyers? Meet at the corner of South Upper Truckee Rd. and Old Meyers Grade, just south of Highway 50 in Meyers. We'll roll at 9:30am.

### **Saturday, August 22, 2009!— Yuba Pass/Gold Lakes Loop**

A beautiful ride on low traffic roads up into the mountains west of Sierraville, California. Moderate climbs, beautiful scenery. Food and or water in a few places along the way but bring plenty of each. A bite to eat at the end in Sierraville or lunch along the way. If you have never ventured up this way to ride, it will be a real treat. Meeting place is the USFS Station in Sierraville on CA 89/49. Meeting time is TBD, please check the rdeboard.

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### **Tahoe Mountain Bike Race Series**

Cory Welsh is taking his race director experience from the Pinenuts MTB Race Series up to the Lake! Tuesday evenings, starting at Watabike in Meyers. Stay Tuned for more details!

### **Inside this issue:**

<i>Alta Alpina Challenge</i>	2
<i>Presidential Patter</i>	3
<i>Gardnerville 100 Recap</i>	4
<i>Bike-to-Work Week 2009</i>	5
<i>Riding a High Wheeler Across the Country</i>	6
<i>Board Meeting Minutes</i>	6

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### **Special Membership Meeting on The Future of AACC**

Monday, August 3rd  
6:00pm - 7:30 pm  
TRPA Building,  
128 Market St.,  
Stateline, NV  
(off Kingsbury)

This is an open forum meeting, for club members to make comments and discuss the club, its direction and our production of large scale events.

Come voice your opinion. See the Presidential Posting on Page 3 for more details.

Snacks will be provided, so please RSVP with Lauren Lindley so we have enough for everyone:

[LLindley@pearlizumi.com](mailto:LLindley@pearlizumi.com)



## Alta Alpina Challenge: Build Your Own Challenge, 13 June 2009

Mel Maalouf, Vice-President

The inaugural Alta Alpina Challenge was held on Saturday 13 June. This ride was developed to provide a new venue for riders to build their own challenge whether it be a 7 mile ride for new riders or kids, or the full Kid Carson Challenge of 27 miles intended for beginning riders or riders who want to bring their kids. Many parents brought kids in trailers to give their youngest children the thrill of riding in our Sierras. For more ambitious riders, options of riding 1 to 8 passes were offered. This ride was put on with the great help of many volunteers, including the Hung-a-Lel-Ti Washoe community. Many thanks are due to these folks. This ride started what we hope is a great relationship between the club and the local tribe. Many riders ride on Diamond Valley Road and Carson River Road, as the roads are beautiful and almost traffic free. The club uses the roads for our club road races, club rides and even the Carson Valley Classic: the District Championship Road Race in late July. The club put on four training rides for the tribe's youth to get familiar with riding the Kid Carson. Our Washoe neighbors staffed the whole 27 mile Kid Carson loop. All of the comments received for the support on this loop were extremely appreciative. In addition, these volunteers were responsible for much of the lunch and dinner preparation which was appreciated by riders on their way to meet their own challenge. The volunteer efforts cannot not go mentioned without the great efforts of the club and Michael Bayer who was the ride director. Details for organization and rider treatment did not go unanalyzed or discussed and debated. Personalized wrist bands, rider numbers (with the rider's name printed), bike tags and ride routes (left here, right there, big hill here), personalized start times based on rider estimates of speed and desired distance, raised the rider treatment to a new level. More rider support in the form of a variety of endurance level products from Hammer Nutrition and Clif Bar Products, coffee, tea, soup, melons etc. etc. etc. was also noted by many riders.

The ride just about filled up its 250 rider limit. About 100 riders signed up for the 8 pass option, 25 for the Kid Carson and the rest were riding 1-6 passes. If the reader can recall, 13 June was Carson Valley days, which made for pretty nice and cool weather for a parade and valley festivities, but the mountains saw some spotty weather. When the ride



started at 3:30 AM (this was for some 8 pass riders) there was light rain on Kingsbury. Now riding early in the morning, in the dark, in the rain on the way to 7 more passes and 160 more miles, does not sound fun, but many riders were making the trek with amazingly great attitudes. The next pass was somewhat kinder to the riders up Highway 89 to Luther Pass. Carson Pass, the third, was pretty cool for the riders, and the team had prepared coffee, hot chocolate, tea, soup, and other food for the conditions.

Later in the day, rain came to visit the riders and provided a brief challenge to those on the pass. The next was Blue Lakes, which the Alta Alpina Junior team rode to give the riders on road support for flats, mechanical issues, hand up food if riders needed it. This too had spotty showers. On the Junior team's way down, they were greeted by a shower at the top of Blue Lakes which soaked feet and clothes for the long 20 mile descent. This made for a chilly downhill. In Hope Valley, sleet greeted the team, yet just like the Challenge riders, a great attitude and outlook kept the team going. For a few of the junior riders, this was their longest ride and highest climb of their whole lives. At 60 miles, this was a big ride for anybody. The riders went back to Turtle Rock Park for a great lunch. Some riders stopped there and some went on to meet their challenge. These riders went on to ride both sides of Ebbett's pass followed by both sides of Monitor Pass. The riding went on into the night with all riders finished by 10:30 whether they finished their challenge or not.

All of the comments from the riders, volunteers and other staff have been overwhelmingly positive. Even one 8 pass rider who had to be turned around because he didn't make the cutoff on Monitor pass happily responded by something to the nature of: "That's OK. This is the best supported ride ever. This will just make sure I come back next year!"



It has been a lot of work for many people and for a long time, but it appears that it has been a great investment for the club to build a ride with even more success and increased rider experience. The club looks forward to meeting the challenge of doing it again next year. How many people finished the whole thing? Forty people earned the privilege to wear the Alta Alpina Challenge 8 Pass Jersey. I saw one of them myself last week in Nevada City.



## Presidential Patter

Pete Costa, President

### The Classic...The Challenge...The Club...The Chimpanzee...and the Cheap

Hi everyone...summer is officially here...it's July and the Tour de France has started.

#### The Classic

The Carson Valley Classic Master's District Championships are coming up on July 25th and 26th. Garth Jackson is the Race Coordinator this year and expects about 300 participants over the 2 days of racing. Saturday will have the road races out in beautiful Diamond Valley and Sunday will see many a criterium in historic downtown Minden. We are looking for volunteers...hey, it's been over a month since the Challenge, you should be rested. Contact Garth Jackson at [gjacksonbsee@yahoo.com](mailto:gjacksonbsee@yahoo.com).

#### The Challenge

The 2009 Alta Alpina Challenge on June 13th has been described as a success by the participants, the volunteers and the different local and state agencies. I find it truly remarkable what Alta Alpina Club members were able to do: >90% of the rest stop, registration, parking, communications, first aid, set up and clean up volunteers came from the club! WOW! The participants really noticed too. Please check out the web page of rider comments we've received, at [www.altaalpina.org/challenge/feedback.html](http://www.altaalpina.org/challenge/feedback.html).

A BIG "Thank You" must go to the Hung-a-Lel-Ti Washo Indian community for working from 3 AM to 10 PM providing meals to participants and volunteers at Turtle Rock Park. An AACC member commented about the tribal volunteers, "They are the happiest people at 3 o'clock in the morning!" They also staffed rest stops on the Kid Carson loop and Emigrant Trail. AACC appreciates the relationship we have formed with the Hung-a-Lel-Ti community over the last 2 years.

#### The Club

A past U.S. president (name escapes me) once said, "If you want enemies, change something." He's right. Change, beyond one's control, brings uncertainty and a level of discomfort/pain and a corresponding level of annoyance/anger. The changes seen by the members of AACC over the

past several years have created the same responses. There are many current, and now past, club members who feel the club has lost its direction. I have heard many a story via second hand accounts of club members who feel AACC is not pursuing the right new fund raising events, we're not spending our money correctly, or members are disconnected from the decision making process because of a board of directors that has its own agenda. There seems to be enough of a not-so-silent portion of the membership to call a club meeting of all active and recent past members (2007 and 2008). The date is set for 6:00 pm, Monday, August 3, at the TRPA Building in Stateline (Market St., off Kingsbury). Please plan to attend: every voice will make us a stronger club.

#### The Chimpanzee

OK, I had to use Chimpanzee because monkey just didn't fit the 'C' theme. Look for another Survey Monkey to fill out soon. This too will help the board of directors know what you are thinking. But, filling out a survey does not give us the same quality of information as a dialogue about what's really on your mind, so please try to make the General Club Meeting in early August.

#### And The Cheap

I'm too cheap to pay for the upgraded HD programming that gets me the Versus Channel, so I can't watch the Tour de France on television. I do follow the tour on the Internet through the official "letour.fr" website, but Bernard Hinault doing commentary is NOT Phil Liggett! Every time I see Hinault, I can't help but remember how Greg Lemond was told to "wait" for his teammate Hinault in the 1985 TdF...a race that Hinault won. Then, in the 1986 TdF, Hinault attacks his teammate Lemond after pledging support of Lemond in pre-race interviews. Lemond eventually caught Hinault in the Alps to win. I still get worked up now...20+ years later. I do not like "the Badger", and I'm still to cheap to get Versus.

I look forward to seeing you at the 2009 Carson Valley Classic on July 25th and 26th.



## Gardnerville 100 Recap

Mel Maalouf, Vice-President

The annual Gardnerville 100 went off well on Sunday, May 24. Di Bolton and Michael Pruis provided great support, meeting riders at the bottom of the east side of Monitor, the top of Monitor Pass, and the top of Luther Pass.

Personally, I think 100 miles is a really long way to ride, yet I finished it in much pain. Wisdom would say one should have only done the 70 mile loop, but wisdom is many times pushed aside while riding. The weather was absolutely beautiful, as it always seems to be for the G'ville 100. In the lower parts of the valleys, it was warm, but not uncomfortable. Amazingly, riding up Woodfords Canyon didn't have the stiff headwind normally expected during summer days; the temperatures while climbing were cool and refreshing. I am usually in good enough shape to give people pushes up some of the passes, but this year a former junior I coached, Micah, gave me a push up the west side of Kingsbury. This was an ironic turning of the tables.

Thanks to everyone who helped out, especially Chris Rhiner for organizing the ride, planning the food, and for opening up her home to a bunch of grungy riders.

## Chris Rhiner, Gardnerville 100 Coordinator

A big thanks to Di Bolton and Matt Pruis for spending their entire day supporting the ride. To Joe Marzocco for cutting his ride short, forgoing the rest stop at the top of Monitor, so he could set up my kitchen and await the riders' arrival. Thanks to Joannie and Howard Morris for coming out just to cook for us all and to Trish McGraw who came to clean up - but no one made a mess!

Thanks, too, to the event sponsors, Minden Grill and Tahoe Fracture Clinic!



Mel, Micah, Heath, and Nick enjoy the Monitor Pass rest stop.



## Bike-to-Work Week 2009

### Stan Hill, Club Member and City of South Lake Tahoe Bicycle Coordinator

Bike-to-Work Week offers an incentive to get out and get some climbing miles into my training regime. I live in Gardnerville and work at up at South Lake Tahoe. The Kingsbury route has too many exhaust-belching commuter vehicles speeding up the hill on weekday mornings, so even though Luther Pass is about ten miles longer and includes an additional 400 feet of climbing, I take Luther: it's worth the extra work.

Anyone who has climbed up through "Hazard Canyon" (Woodfords to Pickett's Junction - named by the pioneer emigrants who made the trip with wagon and oxen), knows there is a stretch of road that has absolutely no roadside shoulder. Each time I pedal through that section of road, it's like "shooting the gauntlet." But once I get to Pickett's Junction, it's a nice ride. The climb up over Luther Pass (State Route 89) is moderately steep with a reasonably wide bike lane. Once over the summit, the payoff descent is brisk and relaxing. You make a right where State Route 89 tees into U.S. Highway 50. Here, the highway shoulders widen heading into Meyers, but they do narrow back down to a minimum just past the easterly Pioneer Trail intersection. I take Sawmill Road (just past the bridge over the Upper Truckee River) to the North Upper Truckee Road to minimize time on the highway. After turning on to the North Upper Truckee Road, it's a short climb over to the City and my office on Tata Lane.

The return trip back to Gardnerville is somewhat different from the morning commute. Once again, I prefer the longer, more scenic route via Luther Pass. Heading out on Lake Tahoe Boulevard over to the North Upper Truckee Road and along the Angora Fire burn area is preferential to negotiating U.S. 50 traffic and the severe wind coming down Kingsbury Grade in the afternoon. Although tragic, the Angora Fire post-burn contrast is interesting; it's good to see life coming back to the area so quickly. This route involves some minor climbing and includes a nice descent back down

to U.S. Highway 50 west of Meyers.

Crossing U.S. 50 to the South Upper Truckee Road offers another scenic ride. The South Upper Truckee Road parallels State Route 89, but has very low traffic volume. By mid-May, the top end of the South Upper Truckee Road is open, and the creeks are running high; the sound of the cascading water and the beauty of the ride tends to sooth out the pain of the intense climb; it's steep, but benevolent.

Crossing SR 89, the gate into the USFS campground that continues up to Big Meadows is usually still locked in mid-May. I don't advise trying to ride around it; the last time I tried, I landed on my caboose. The gate also offers those coming down through the campground a formidable barrier; long thin skid marks in the road tell a tale of panic. But the ride up through the forest to Big Meadows Trailhead on the campground road is really nice.

At Big Meadows trailhead, a careful crossing to the right side of the road provides only a couple remaining miles of climbing on SR 89. Then it's all pretty much downhill when you get to Grass Lake. The trip back down Woodfords Canyon is a breeze; you can ride nearly the same speed as motor vehicles. With the wind at your back, the last drop before the road levels out offers some "ludicrous speed" record opportunities. It's not for everyone, but if you tuck with a tail wind, you're probably going to exceed 50 mph.

One of the most relaxing and beautiful rides in the Carson Valley area is the drop from Woodfords down Carson River Road and on to the cottonwood trees at Fairview Road and Fredericksburg Road. Since I live in the Gardnerville Ranchos, I head over to SR 88 and time trial pace to Kimmerling Road. I'm pretty spent by the time I hit Kimmerling Road, so it's a cool-down the rest of the way home.

I hope to see everyone out on the road during Bike-to-Work Week and Month.

## Local Merchant Discount Program

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





## Riding a High Wheeler Across the Country

Lin Vana, Member

Ron Leiken and I had the pleasure of hosting Martin Krieg at our home when he passed through Carson City during his ride across the country in late May. His ride began in early May in San Francisco and is scheduled to finish up in August in Boston. Martin is doing this ride to raise awareness for a transcontinental bike highway. What makes this ride unique is that he is doing it on a replica of an 1891 backwards high-wheel bicycle. This bike weighs 50 pounds and has no gears. Riding over the Sierras was pretty harsh, according to Martin, and he still has the Rockies ahead of him. We wondered what it was like getting on and off the bike with that large wheel- hopefully it's easier than it looks!

We took him out to dinner at Red's Grill and enjoyed learning more about his trip and getting to know him. The manager, Todd Bachman, (also a cyclist) surprised us by comp'ing his meal. Afterwards, Martin headed to our house on his bike. This meant having the pleasure of trying to ride up Combs Canyon on a full stomach, which required some walking at the top. The next morning Martin was heading up to Reno and from there was planning to ride east on Hwy 80 to Salt Lake City. You can follow his trip on his blog:

<http://2009hibustour.blogspot.com/>



Editor's post-script: Evidently, riding a fully loaded high-wheeler self-supported across the country is a lot harder than you'd think. Martin had to call it quits in Salt Lake City, for many reasons. He plans to try again next year, a bit more experienced for having made it that far. Tough guy. Read all about it in his blog.

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## Board Meeting Minutes— July 6, 2009

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Pete Costa, Dave Gaskin, Jennie Hamiter, Garth Jackson, Mel Maalouf, Tim Rowe, Patti Towns; Other Attendees: Jerry Lucas, Joe Marzocco, Christopher Rowe

1. **Alta Alpina Challenge:** 225 total registered riders. 10% no-shows. We ended in "break even territory." We are still awaiting a few bills which could be higher than originally budgeted: Caltrans refund, Alpine County Sheriff bill, and NHP. If the bills come in at the expected amount, we will have profited \$300 on the ride, if you do not include the assets (\$1900 in jerseys to be sold next year). Curtis Fong may be missing a box of orange vests, magnetic signs and bike stand legs. Jerry Lucas and Michael Bayer agree that the magnetic signs were in the box with the orange vests and that we should check Curtis! shed again.

Highlights of the challenge: awesome, amazing staff

of volunteers; jerseys were a huge win, and the review process clearly did its job; system for emails was a plus; check request system worked efficiently and as intended. Both the email system and the check request system technology will be utilized by the club for general club use due to their success.

Where we spent money that wasn't needed: we spent extra money on NHP/NDot requirements as their permits could not be altered with the changed participation level; the NDot permit required a lighted electronic text sign that might have been avoidable; too much insurance per CalTrans requirements that had no precedence in other



double centuries or events in California (required us to have \$5 million instead of \$2 million); \$1500 for CalTrans permit application that was eventually not required due to lower than expected attendance levels.

General complaints: no signs on California highways; registration and marketing efforts should have been in full swing by October.

Pete motions that our decision for next year be pre-empted by a: full discussion of event details by all involved members and department heads; an all club forum/discussion; a final decision to be made by board on Sept. 13, 2009.

2. **Carson Valley Classic:** Budget looks good. John and Linda will be announcing again. Encroachment permit has still not arrived from CalTrans; Kevin is in charge of this. Garth needs solution to feed volunteers. Pete will see about using Carson Valley BBQ. Top 6 finishers will be awarded shirt, pint glass and top 3 also awarded cash. Pete will send a volunteer recruitment email to membership. 4-5 more motorcycle riders will also be needed.
3. **Update on Store-All Shed:** Thanks to Robert Braun who single-handedly moved all the club assets into the new "quite palatial" 10x20 space. Pete suggests we move into a smaller space in the off season to save money.
4. **All-Member Meeting regarding Club Direction:** Pete motions that we hold an open forum meeting for club members to make comments, suggestions and create discussion regarding the club, its direction and our production of large scale events. Motion passes. All-member open forum is to be held at 6:00 PM on Monday, August 3 2009. Club members can RSVP with Lauren at LLindley@pearlizumi.com. We will provide drinks and appetizers..
5. **End of the Year Party:** To be held in November. Budget is \$1600. 80-100 people expected. Lauren will seek out a venue in the South Lake Tahoe area.
6. **Alpine County Chamber of Commerce Membership Application:** Pete motions that we resubmit our membership application. Motion passes.
7. **Monthly Status Reports:**
  - **Treasurer's Report:** As of 6/17/09: \$52,436.76
- in the bank. Deposit of \$14,957 recently made from the Challenge.
- **Memberships:** 183 registered members. There are emails bouncing back from business accounts that need to be updated.
- **Weekend Rides:** Twain not in attendance.
- **Newsletter:** June newsletter went out late. July newsletter should be sent mid-month.
- **Website:** Not in attendance.
- **Weekly Road Races:** Di not in attendance.
- **Weekly MTB Races:** Corey Welsh not in attendance. South Lake Tahoe mountain bike race series still in works for early August with Watabike Bike Shop.
- **Junior Team:** New kids have joined, some of whom are avid and accomplished high school cross country runners.
- **Genoa Cyclocross:** Board still searching for a new Genoa Cyclocross race director.
- **Bike Advocacy:** Two dates for public discussion regarding bike path from Sand Harbor to Stateline are set for 7/16/09, 6:00pm at Tahoe Regional Planning Agency office in Stateline, and on 7/23/09, 6:00 pm at the Chateau at Incline Village. More information can be found at [www.tahoempo.org](http://www.tahoempo.org). Assembly on the Genoa easement makes final decision: the family did not have to pay for a bike lane on the re-developed land, but the easement must remain.
- **Adopt-A-Highway:** Pete will set next Adopt-a-Highway cleanup for August.
- **Clothing:** Discussion regarding changing the colors and style slightly of the women's kit to make it more appealing and feminine. Pete requests estimates of clothing assets at the beginning and end of 2008 for tax purposes.
8. **Social Marketing:** Joe Marzocco offers to help take on the task of creating a social network marketing plan on Twitter and Facebook for the club.
9. **Next Meeting:** Lake Tahoe Community College [EDITORS NOTE: Location Changed to TRPA], August 3rd, 2009 at 7:30 pm, following the special meeting for club members.





# Alta Alpina Cycling Club

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## MARK YOUR CALENDARS

- Carson Valley Classic !..Saturday July 25  
Road Race
- Carson Valley Classic !....Sunday July 26  
Criterium
- Special Club Meeting !....Monday, Aug 3
- 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.AлтаAlpina.org](http://www.AлтаAlpina.org); click on "Membership"

## Alta Alpina Cycling Club Board Members

Pete Costa	President	<a href="mailto:president@AltaAlpina.org">president@AltaAlpina.org</a>	775-782-8493
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Di Bolton	Thursday Road Race Director	<a href="mailto:di.bolton@charter.net">di.bolton@charter.net</a>	775 782-4729
Robert Braun	Pinenut Cracker Mountain Bike Race	<a href="mailto:robertingville@yahoo.com">robertingville@yahoo.com</a>	
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Newsletter Editor:  
 Jennie Hamiter  
 Newsletter Publisher:  
 Michael Bayer

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 3** at the **TRPA Offices** in **Stateline** for a **Special Meeting.**