

PACELINE

Alta Alpina Cycling Club

Volume 6 Issue 5 June 2008

AACC Weekend Ride Schedule—July/August

Twain Berg, Weekend Ride Coordinator

Sunday July 13, 2008 — Mormon Emigrant Loop

Meet at 9:00am, ready to roll at 9:15am. We'll start from the Iron Mountain Sno-Park parking lot, located near Highway 88 and Mormon Emigrant Trail less than 0.5 mile off 88 on the left. We all get this weekend off this year, but we can still work hard the way we enjoy: on our bikes. Most of the loop is on small, very lightly traveled Forest Service roads, most with very good pavement. We will have SAG support (thanks, Rowland!), with food and water, but these are remote roads, so please don't go minimalist. We'll regroup at all intersections, and at Capps Crossing Campground. In answer to a common question, this isn't the same as the Packsaddle Pass ride - this ride stays on the south/west side of Mormon Emigrant Trail. Contact Jennie at president@altaalpina.org.

Sunday, July 20, 2008 — Sonora Pass Out-and-Back

Meet at 7:45 am and be ready to roll at 8:00am. A medium paced ride over hard terrain starting at the CalTrans facility at Hwy 395 and Hwy 108 north of Bridgeport. For carpooling, meet at Big Daddy's Bike Shop in Gardnerville well before 7:00 AM. There is a campground and store at Dardanells Camp at the turnaround. At about 60 miles and 6700 feet of climbing it is always a challenge. Maximum % grade is 26% and it can be hot. Contact Rick Miyashiro at 265-6764 or email at davelynrick@aol.com.

Sunday, August 3, 2008 — Highway Clean-up and Ride

Meet at 8:00am. Join your friends of the Alta Alpina Cycling Club in cleaning up OUR section of Hwy 89. Meet at Turtle Rock Park at 8:00am. Bring gloves and wear appropriate clothing for walking and possible foraging through weeds and brush. We will supply Starbucks Coffee, muffins, danishes. A pat on the back and, oh yeah, helmets, bags, pick up sticks, safety vests. Ride to follow. Destination and length will be decided by those who volunteer. Contact Peter Costa at 782-8493 or email at intandempc@aol.com.

Saturday, August 9, 2008 — DR-on-a-Different-Day

Meet at Turtle Rock Park and be rolling between 5:45am and 6:30am depending on your speed. We'll ride the current DR course with SAG to provide food and water at key points. We need to plan food and water so please RSVP or indicate if you can SAG to membership@altaalpina.org.

Saturday, August 9, 2008 — North Valley/Genoa Loop

Meet at 8:15am, Ready to Roll at 8:30am. An easy paced loop or out and back starting at the north end of the Target parking lot on Jack's Valley Rd and 395. Regroup and refresh at the Genoa Store. Actual ride distance and route will be determined by the participants but will not likely exceed 30 miles. Very moderate terrain. Contact Mike Beam at 267-6812 or email at mikebeam8183@yahoo.com.

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Carson Valley Classic Road Race July 26 Criterium July 27

In July, the Masters District Championships are returning to Carson Valley. This is a great event that brings some competitive racing to our neighborhood.

Thanks to all of the club members and others who have volunteered to help out with the races. The more club involvement we have, the better the race will be.

We specifically need volunteers as leadout motorcycle drivers. If you have a motorbike or dualsport bike as well as a couple of hours to spare on Saturday the 26th of July, please contact Garth Jackson at

gjacksonbsee@yahoo.com





Pine Nut Cracker Race Report

Robert Braun, Pine Nut Cracker Race Director

Weather was a big factor at this year Pine Nut Cracker. The morning started off with a light rain, which soaked into the clay and made it as slippery as icing. The showers moved on, and we were left with high clouds and a very light breeze. By start time at 11am everything had dried out and firmed up nicely. The course was firm, fast and offered plenty of grip for everyone. Flat tires were a problem this year, and the rocks that caused them were all over the course.

Comments from the racers were very positive. "It was a fast course", "I liked the terrain, but the laps were a bit long", "The course was very well marked", "This was the first time riding in the Pine Nuts without dust", "Great Course, Epic Conditions".

The last couple of racers had some light showers to keep the cool after a long race.

All racers came across the start finish line under their own power, and all had a good time.

Rita, from the Pine Nut Mountain Trail Riders Assoc., cooked up some very good hamburgers and pasta at the Douglas County Pavilion for the very hungry and tired racers.

Would like to thank Chris, Nate and Corey for all their time and effort sweeping the course before, during and after the race. Chris mentioned how fast the pro/export racers were climbing some of the hills. I think he was worried about getting passing by the racers!!



One Cool Race

Jennie Hamiter, President

The Pinenut Cracker was held on a rainy May Saturday this year, and about 50 racers braved the weather to take it on. Robert Braun did a great job as first-time race director - things were well organized, the course was very well marked (pretty important for mountain bike races), and a lot of racers commented on what a fun (but tough!) course it was. Some noted that it was quite long, so it's good to know people recognized that they were getting their money's worth. We lucked out at the weather, and a hit a window in between rain showers; at race time the trails were packed down and fast - the race will never be run in better conditions. I don't know how many other racers noticed, but the wildflowers were quite lovely, too, in some places lining either side of the trail like a Disney cartoon - yeah, Robert thought of everything.

So big thanks to Robert who has also agreed to head up the Pine Nut Cracker again for 2009!. Gratitude, too, to Chris McMillen, Corey Bolton and Nate Littrel for doing dirt bike patrol, for Dan Doyle, Di Bolton, Rick Myashiro, and Mark Pupich (no, I don't know why he didn't race) for managing registration; Jim Crompton for being our reliable chief official. Special thanks to Becky Kelley for once again handling the neutral water zone. And good job to all who raced.



Presidential Persuasion to Pedal

Jennie Hamiter, President

To ride or not to ride? Often when the weather looks bleak, or the forecast is gloomy, it's real easy to find reasons to stay inside. Thing is, around these parts, that means you'll be indoors for most of the spring. Many times the weather has had me on the fence about doing a ride, and I've learned to just go out anyway. Turns out that I rarely regret it, and am almost always happy I did. The month of May held some pretty sketchy weather, and both the Thursday Diamond Valley Road Race and the Pinenut Cracker (with the

potential of icky, sticky mud), could have been miserable, but on both occasions I gathered up the cold weather gear, went out, and had a great time. Especially in the Carson Valley, the weather is usually conducive to riding even if the forecast is bleak, and even the times I've ridden in the Pinenuts with snowswirling around, the snow just adds to the experience. So check the weather to see how what kind of gear to bring, and get out there and ride.

June 14 Ride

Michael Bayer, June 14 Ride Leader

Our June 14 Ride was a tremendous success. We had 39 members who came out to ride--many who joined the club just because of this ride.

I'm still tallying all of the statistics, but we had a few participants who rode each distance available from one pass to all eight passes. A total of 8 riders rode the whole course covering about 197 miles with altimeter measurements that ranged from 20160 and 20760 feet of climbing. Rider feedback was overwhelmingly positive. Participants loved the course and were very impressed with the level of support provided. Everyone I talked to is looking forward to riding this course next year. There'll be a detailed write-up with pictures in a coming edition of the *Paceline*.

This event was only possible because of the incredible effort put forth by members of the club who volunteered their time, vehicles, and equipment.



Craig and Dee Steele's rest stop on Emigrant Trail

A big thanks to Brenda Giese worked on the event for much of the spring and did an outstanding job as volunteer coordinator, to Tim Rowe, Jennie Hamiter, Robert Braun, and John & Helga Cotter who spent long hours on logistics before and after the event.

Thanks to the SAG team of Andrew Huntington, Bruce Rosin, Curt Sanders, Rowland Tuggle, and Rick Miyashiro lead by Robin Bernhard. Thanks to the awesome rest stop volunteers: Tina Keegan, Craig & Dee Steele, David Giese, Dennis Pederson, Jeff Prater, Jim Crompton, Rich Benningon, the Costa Family, Frank Dixon, the Berettas, Emile Dzamov, Dana Worland, Jeanie Hoepfel, Howard & Joni Morris, and Jim. Thanks to the AACC board for their support, to Mel for his truck, to Steve Thomsen for the Porta Potties, and to our team of cookie bakers: Robert Braun, Margaret Mason, Tina Keegan, Michael Turek, Chris Zombro, and Lauren Lindley!



The Costa family's rest stop on Monitor

News From the Thursday Night Race Director

Di Bolton, Thursday Night Road Race Director

The 2008 season is more than half over but it's not too late to join us!

Race Fees are \$5 for club members; \$10 non-club members. Club Challenges \$5 for AACC and RW Club Members. Punch cards will be available, they will be 6 races @ \$30.00. I will keep the cards filed and will punch them when you ride. This will eliminate your having to carry cash/checks every week.

2008 Race Schedule (Subject to Change)

Foothill Time Trial Starbucks Criterium 8/7 8/21 7/17 **East Valley Criterium**

7/24 8/14 8/28 **Diamond Valley Short Race Diamond Valley Road Race** Club Challenge - AACC:

Diamond Valley Road Race and Pizza Party 7/31 **Blue Lakes Time Trial**

Please make sure to check the Alta Alpina website for the latest updates on the Road Race Series.

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Thursday Night Race Standings

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Kevin Willitts

Paul Tindal

Norm Zellers

Mel Maalouf

Michael Jacques

Micah Herman

Brett Long

Pike Reardan

Dave Gaskin

Nathan Drozd

Stefan Laursen

Randy Volkmar

Garth Jackson

Nick Schaffner

Tom Sullivan

Mike Barkley

Nate Freed Radek Jagmin

Jeff Angermann

John Marshall

Robert Beretta

John Wagnon

Chad Gerkin

Dave Stewart Marcus McKinnon Steve Thompson

James McLennan

Steve Cooke

Allen Biagi

Timo Loellgen

Spencer Erickson

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14 AA

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5/1 5/8 5/15 5/22 5/27 6/5 6/12 6/19 Club DVR EVC EVTT DVR CC EVC ERC KTT Total

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82	Chris Lucas
76	Andrew Hu
70	Peter Niday
64	Russ Petros
58	Brett Long
54	Jim Wire
53	Allen King
53	Rick Miyash
38	Mark Pupic
33	Jim Elias
30	Nick Carley
27	Robert Gag
27	Joe Marzoc
25	James Kawa
24	Steve Kreid
23	David Nobl
20	Eric Ronnin
13	Scott Robei
11	Jeff Bryan
10	Bryan Price
10	Adrian Ties
10	Dale Apgar
9	Wyatt Hons
7	Jim Sacherr
7	Howard Ne
7	Chad Gerki
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	Club	DVR	EVC	EVTT	DVR	CC	EVC	ERC	KTT	Total
B's										
Chris Lucas	AA	14			17		20		17	88
Andrew Huntington	AA	5	14	12	7		12	10	5	65
Peter Niday	AA	2	1	3	20		6	10	20	62
Russ Petrosky	AA	1	17	7	8		17		3	53
Brett Long	AA	5	1	6	8		1	10	17	48
Jim Wire	AA		12	9			9	10	6	46
Allen King	AA		6	14	6		8	10		44
Rick Miyashiro	AA	7	10				7	10	9	43
Mark Pupich	AA	9	8	10	9		5			41
Jim Elias	AA		9	17			10			36
Nick Carlevato	AA			8			14	10		32
Robert Gagen	AA			20					8	28
Joe Marzocco	AA				14				14	28
James Kawai	AA	17						10		27
Steve Kreider	AA	12	1		12					25
David Noble			7	6					10	23
Eric Ronning		20								20
Scott Robertson	AA	1					3		12	16
Jeff Bryan	AA				10		4			14
Bryan Price	AA	10								10
Adrian Tieslau	RW							10		10
Dale Apgar								10		10
Wyatt Honse								10		10
Jim Sacherman	AA	8								8
Howard Neuman									7	7
Chad Gerkin	AA	6								6
Cristina Zack	AA								4	4
Mike Pate	AA	4								4
Ron Leiken	AA	1								1

5/1 5/8 5/15 5/22 5/27 6/5 6/12 6/19



5/1 5/8 5/15 5/22 5/27 6/5 6/12 6/19

	Club	DVR	EVC	EVTT	DVR	CC	EVC	ERC	KTT	Total
C's										
Simeon Dzamov	AA	17		12	17				12	58
Jennie Hamiter	AA	12		9	12			10	14	57
Scott Herman	AA		9	20	7		8	10		54
Robin Bernhard	AA	4	12	6	6		12	10		50
Tracy Sells	AA	3	8	8	8			10	8	45
David Norvell	AA	9		14	20					43
David VanWagenen		10	20		10					40
Valerie Alexander		5		7				10	17	39
Tanner DeGivanni	AA	8						10	20	38
Timo Loellgen	AA	20			14					34
Todd Kynett	AA	1	1		5		20		3	30
Corey Bolton	AA	1					17	10		28
Jerry Lucas	AA						9	10	9	28
Stan Knight	AA						7	10	10	27
Paul Taylor	AA	1	17	1	1		5			25
Russ Probert	AA		10				14			24
Scott Roby	AA	6	14							20
Joshua Willshon		20								20
Boris Sheikman				17						17
Jorda Kynett			1		1		10		4	16
Paul Kempler	RW	14								14
Tom Tittle	AA						6		7	13
Jeremy Warren	RW	1						10		11
Paul Gallien	RW							10		10
Luke Busby				4					5	9
John Cotter	AA				9					9
Greg Howey	AA	7								7
John Cobourn	AA								6	6
Steven Valdez	AA	1	1	3						5
Suzy Stockdale	AA	1			4					5
Bret Ballard	AA			5						5
Dave Alexander		2								2
Debrea Terwilliger				2						5 5 5 2 2
Bruce Ruana	AA	1								
Lyle Freeman										0

5/1 5/8 5/15 5/22 5/27 6/5 6/12 6/19

	Club	DVR	EVC	EVTT	DVR	CC	EVC	ERC	KTT	Total
D's										
Louis Cosmos	AA	14	14	6	3		20	10	14	81
Ellen Sherrill	AA			17	17			10	17	61
Brandon Josifko	AA		20	12	12			10		54
Kristoffer Carpenter	ROP			20	20			10		50
Chris Rhiner	AA	17	17	5	4					43
Jared Manninen	ROP			14	14			10		38
Eric Leighton	ROP			10	8			10		28
Jesse Thomas	ROP			9	9			10		28
Dominique Mackabee	ROP			7	5			10		22
Lisa VanWagenen	AA	20								20
John Sanchez	ROP				10			10		20
Zack Dayton									20	20
Alejandro Grijalba	ROP			8	7					15
Zack Carlevato								10		10
Norm Carlevato								10		10
Helga Cotter	AA				6					6
Briand Perez	ROP									0

Buying Women Specific Gear

Chris Rhiner

So you got your first bike at age 3? 6? Most of us have had a bike for our entire life. So it seems simple enough that road cycling should be an easy sport to take up. Why aren't more people on road bikes? I discovered I needed to be comfortable on my bike long enough to learn to enjoy it. Proper fitting equipment is a huge factor, especially for women. It just isn't very fun to be on a seat that doesn't fit or wearing shoes that become too small 10 miles into the ride. One comment I've heard from women is not liking clip in pedals. All this equipment costs a lot of money and it's no guarantee you will like the sport. Right?

I have been involved in lots of different sports and generally buying the more expensive equipment doesn't change my skill level but, this hasn't been the case with road cycling. I started out wearing my mountain biking shoes that were a little too tight, my looser mountain biking clothes. riding on a saddle that came with the bike (not female specific) and handlebars that were a little too big, making it hard to reach the brakes. Each upgrade of my road bike components or my attire gave me a few more miles of comfort and thus ultimately an opportunity to get better at the sport. My new shoes don't make my feet go numb, my saddle gives me many hours of comfort (a professional bike fit also helped), my clothes are snug and more aerodynamic, not flapping in the wind. I now have all the necessities: arm/leg warmers, light weight rain/wind jacket, skull cap, and a good new helmet-not the one I used mountain biking 10 years ago. (Helmets need to be no more than a couple years old to be safe.) I don't borrow my husbands clothes or bike unless it absolutely fits. All this has brought me the opportunity to focus on safety and be more aware of my surroundings, rather than discomfort, so I can enjoy the scenery.

As for where to ride, there are many paved roads less traveled and selecting the best time of day can make some roads more safe. (Not riding rush hour traffic times and paying attention at dusk to the direction of the blinding sun in the eyes of drivers.) Keep it safe, ride in organized rides where traffic has been diverted or made aware that cyclists are on the road. Ride the posted rides on the AACC website with other club members who can show you the local favorite spots. Wear bright colors and reflective clothing to be more visible, pick colors you would never wear normally.

Try upgrading one item on your bike (ask an experienced female rider what works for them) and you may find that you start to enjoy the sport more. It's a great sport to take up in your 40's, 50's or 60's as it is easier on the joints than running and is a great cardiovascular workout. You will still have to do some weight training to keep bone density but cycling will definitely keep you in shape and be a sport you can participate in for years to come.



Parting Club

Thirteen Miles of New Trails on Daggett Summit

Christine Dobrowoloski

The Tahoe Rim Trail Kingsbury North trailhead to "The Bench", with it's technical singletrack and spectacular views, is a favorite among local mountain bikers. It seems like it would be hard to beat, but this ride is about to get even better. The Daggett Summit Trail System Project proposes 13 miles of trails connecting

the trailheads of Kingsbury North and Kingsbury South with a multi-use, nonmotorized trail system which will also include new loops, a new trail through Van Sickle State Park to the Casino Corridor and numerous vista points. Trail building is scheduled to start in mid-August and the 13 mile trail segment is estimated to take about 4-5 years to build. The plan is to start on the northwest trail segment this summer and each year build a usable, connected trail by summer's end.

The current Tahoe Rim Trail connection between the Kingsbury North trailhead and the Kingsbury South trailhead is along 3.8 miles of paved road. A new trail will connect these two trailheads to avoid travel along paved road. The Kingsbury North Trailhead will remain in the same location, but there will be a northwest segment of trail.

which travels approximately 2 miles to Kingsbury Grade, incorporating 2 vista points along the way. There will also be a northeast segment of trail which will travel east and south towards 207, but cross No. Benjamin Rd to connect with the northwest segment. This will make a nice additional 6.5 mile loop.

The northwest segment of trail will cross 207 near Buchanan Rd and join the southwest trail to course along the Edgewood Creek corridor, using some of the existing trails in the area. The southwest segment will intersect with the proposed Van Sickle connector trail and rejoin the existing TRT south of Stagecoach parking lot. This segment will be about 3.5 miles. The existing trail from Stagecoach to the TRT is not ecologically sustainable and a 0.5 mile reroute will

travel east of Stagecoach chairlift to the existing TRT.

The Van Sickle Connector trail will descend toward Stateline through the Nevada State Park land and just below the Gondola Fire zone to connect with current Van Sickle State Park Trails. They are expecting high use from hikers and mountain bikers from the Casino Corridor. The current thinking is to build this segment of trail similar to the Armstrong Pass reroute, built last summer. This should make the trail more fun and interesting for cyclists by incorporating turns and technical features and also help to slow mountain bikers during their descent, decreasing potential user interactions.

The TRTA has taken some big strides towards adopting more bike friendly trails and incorporating IMBA sustainable trail design into their new trails. They are always interested to hear

what cyclists have to say about the trails and it would be great to have more cyclists involved in trail building. You can sign up for a work party on the TRT website, tahoerimtrail.org - go to Volunteer and then Join a Work Party. The more volunteers, the more quickly the trail will be built. For more information, contact Clay Grubb at the Tahoe Rim Trail Association at wcgrubbjr@aol.com. Happy riding.





Board Meeting Minutes—June 4, 2008

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Twain Berg, Diane Bolton, Pete Costa, David Gaskin, Jennie Hamiter, Mel Maalouf, Darla Mazzoni, Tim Rowe, Christine Zombro; Other Attendees: Corey Bolton, Christopher Rowe

- 1. June 14 Test Ride: Next year date will need to be changed as ride occurs too close to the Terrible 2. Club is still in need of four rest stop volunteers: Blue Lakes from 10-4; top of Ebbets from 12-8pm; top of Monitor from 1pm-1am; Topaz 1-11pm. Contact volunteers@altaalpina.org. Board approves a budget of \$500 for excess supplies and food to make sure that everything is covered for event. Diamond Valley School is allowing us to use the outside facilities of the school for 20 hours, including lighting, for free. The club should make a donation in the name of goodwill to the school so that they can recoup the costs of electricity and water.
- Club Inventory: List has been completed. Please note if you have anything else in your possession that should be listed.
- 3. **T-shirts for Sale at Club Events:** Black t-shirts with yellow print are decided upon.
- 4. Monthly Status Reports:
 - Treasurer's Report: \$18,665 in bank as of May; spent-to-date \$15,000 (under budget).
 Outstanding events will bring in additional income.
 - Newsletter: Please contact Chris Zombro to volunteer as a rider profile or to write articles.
 - Memberships: 228 individuals signed up; many notable names missing from list, some new members from June 14 signups.
 - Website: Dennis not present to give report.
 - Weekend Rides: Twain is going to stay on as the weekend ride coordinator.
 - Weekly Road Races: 13 people currently signed

- up for Tri-Valley Stage Race. We need 20 people to sign up to make it viable to hold event. Please be reminded of our policy that all non members on club rides (informal or formal) need to sign waivers. Cyclists should always carry emergency contact information.
- Weekly Mt. Bike Races: No report -2nd race was rained out.
- Bike Advocacy: June 10th is last day to get your mileage in for Bike Commuter Challenge.
 Tim reported on the Nevada Bike Conference was better attended than even last year with 160 people.
- **Junior Team**: Still slow, kids are wrapping up spring sports and finals.
- Carson Valley Classic: EMT's needed to staff a booth.
- Pinenut Cracker: 52 riders. \$1300 in registrations, \$200-300 profit after refund from parks deposit including cash and prizes for winners. Robert volunteered to organize PNC next year again. Date to be determined in December 2008.
- Adopt-a-Highway: Sunday, August 3rd.
- **Clothing**: Clothing is still available at Bike Habitat in Carson City, NV.
- Gardnerville 100: 40-50 people participated.
 Thank you is in order to Curtis Fong who ran a wonderful SAG car and Keith Hart for his home for the start and finish BBQ..
- 5. **Next Meeting:** Verizon Building, Minden, Monday July 7th at 6:00 pm.

Local Merchant Discount Program

For discounts from these local merchants, please visit the AACC website at www.AltaAlpina.org













Alta Alpina Cycling Club

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

www.AltaAlpina.org

MARK YOUR CALENDARS

DR Weekend RideJuly 13

Carson Valley Classic July 26

Road Race

Carson Valley Classic July 27

Minden Criterium

DR-on-a-Different-DayAugust 9

Thursday Night Races ... every Thu @6:15

MOVEP? GOT NEW CONTACT INFO? Have you moved? Has your e-mail address changed? Pon't miss out on the latest AACC happenings! Update your info at www.AltaAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Darla Mazzoni	Vice President	tdmazzoni@att.net	530-577-0122
Lauren Lindley	Secretary	<u>llindley@nautilus.com</u>	
David Gaskin	Treasurer	dlgaskin@earthlink.net	530-541-6472
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
Twain Berg	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-901-6043
Mike Beam	Wednesday Mountain Bike Race Director	mikebeam8183@yahoo.com	775-267-6812
Di Bolton	Thursday Road Race Director	di.bolton@charter.net	775 782-4729
Robert Braun	Pinenut Cracker Mountain Bike Race	robertingville@yahoo.com	
Pete Costa	Road Cleanup Coordinator	intandempc@aol.com	
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Dennis Pederson	Website Coordinator	webmaster@altaalpina.org	775-883-2390
Christine Rhiner	Paceline Editor	paceline@AltaAlpina.org	760-914-0105
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531
Steve Thomsen	Carson Valley Classic	steve@ryderhomes.com	775-267-3538

Newsletter Editor:

Christine Rhiner

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..

Contact a board member for the exact location of the next board meeting.