



PACELINE

**Alta Alpina
Cycling Club**

**Volume 13 Issue 5
June 2015**

AACC Weekend Ride Schedule—June/July

Garth Jackson, Weekend Ride Coordinator

There will be both faster and social pace versions of our weekend rides—just show up and join the group of your choice. Beginners are invited to ride a shorter version of the ride and meet everyone back at the start for snacks.

Saturday, June 13, 2015 — WEEKEND RIDE: Gold Lakes Loop

Meet at the ranger station on CA89 in Sierraville. We'll roll at 10:00am. There is a 50 mile and a 69 mile option for this loop. If there are several people doing the ride, we can likely field a group for both options. There is a good Mexican restaurant in Sierraville, and we will likely head there after the ride for dinner.

Sunday, June 14, 2015 — WEEKEND RIDE: Truckee to Cisco Grove

Meet at the Outlets/Paco's Bike Shop parking lot on Donner Pass Rd. in Truckee. We'll start at 10:00am and ride out Donner Pass Rd to the Old Highway(40) and up and over the summit (passing Sugar Bowl). Then down the other side to the Cisco Grove Campground and store. Then return back the same way. Bring money for the store.

Saturday, June 20, 2015 — Tour of Carson Valley and Ice Cream Social

Let's support fellow Alta Alpina member Curtis Fong and join his Tour of Carson Valley. Enjoy riding on picturesque Foothill Road and on to Diamond Valley. There are 11, 20, 44, and 60 miles options plus a new mountain bike option. Roads are smooth and very low traffic. After the ride enjoy a barbecue chicken lunch and ice cream. Live entertainment included - at Mormon Station State Park in historic Genoa. Start/finish is at Mormon Station State Park in Genoa. After the BBQ please help club members load equipment for the Wild Sierra. More information is available at: www.bikethewest.com

Sunday June 21, 2015 — WEEKEND RIDE: Lake Alpine

Meet behind the general store in Markleeville ready to ride at 9:30am. We'll ride over Ebbetts Pass and Pacific Grade out to the lodge at Lake Alpine, about 70 miles total. Bring plenty of water for the climbs and money for the store/restaurant at the lodge.

Saturday June 27, 2015 — Alta Alpina Challenge

This is our signature event of the year. Please plan to register for the ride or volunteer to help out (or both). See next page for more information.

Sunday July 11, 2015 — WEEKEND RIDE: Sonora Pass

The ride starts from the Caltrans station at the intersection of CA108 and US395 at 9am. Carpool from the Gardnerville Grocery Outlet parking lot a little before 8am. Sonora is one of the most scenic passes around, and riding both sides nets you about 7100 feet of climbing, some of it crazy steep. Water and food should be available at the turn-around in Dardennes. If you're only up for one side, turning around at the top makes a very respectable ride.

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Jerseys Now Available through Build-to-Order

Jerseys are now available built-to-order online in all sizes and different cuts. See Page 6 for details.





Alta Alpina Challenge June 27: Wild Sierra Century and Metric Century, Foothill Fun Ride, 5 and 8 Pass Challenges

Michael Bayer, Alta Alpina Challenge Director

This year's Alta Alpina Challenge is now just a couple of weeks away. Alta Alpina's reputation for producing world-class cycling events has spread far and wide. Riders are coming from around the world to experience our ride!

Our event features almost two hundred miles of roadway, 12 rest stops, 1 water stop, and a great menu for post ride meals at Turtle Rock Park. The "Build-Your-Own-Challenge" option is very popular with many participants choosing to ride their favorite combination of passes

The Foothill Fun Ride options are for riders who don't want to ride passes. These include the Carson Valley Ride (37 miles), the Diamond Valley Ride (19 miles), and the Carson River Canyon Ride (15 miles).

Regardless of the challenge each rider chooses for themselves, they'll collect stickers on their personalized souvenir rider bib to commemorate their achievement.

Hosting an epic event like this requires an awesome team of volunteers. We need every club member to contribute at least a little bit of time to this effort. Please plan to come out to support the Wild Sierra on Friday June 27, the day of June 28, and/or the morning of June 29. This event is a great opportunity to hang out for a fun day with fellow Alta Alpina members and enjoy the satisfaction of helping our guests succeed in their challenge.

Volunteer Now!

Please call (877)845-2453 or send email to volunteers@altaalpina.org and sign up for one or more of the available volunteer jobs. Family and friends are welcome to join us. Most jobs allow you to register to ride in the ride as well!

Staff Ride

If you volunteer all or most of the day on June 28 you can ride the staff ride for free on July 18. The staff ride has all the same ride options, but fewer rest stops, and no support vehicles.

Can You Loan us Some Gear?

We also need a variety of equipment to make the event safe and successful. If you can loan us one or more of the items listed here please let us know. Send an email to volunteers@altaalpina.org and we can make arrangements.

Encourage Your Friends to Register!

Another way you can help to make the Alta Alpina Challenge a success is to encourage your friends to register to ride with us. We keep the ride small—we're limited to 499 riders—but we're not sold out yet and we're anxious to get as many riders registered as we can over the next few weeks. The range of ride options we have available makes the Alta Alpina Challenge quite unique. There is a challenging-yet-achievable ride waiting for everyone from elite endurance riders to beginners.

Please do what you can to recruit some new participants!

ALTA ALPINA CHALLENGE



RIDING THE WILD SIERRA

Now to June 26	June 26
Equipment Food Prep Cookies 6/20 Gear Transfer	Logistics Goody Bag Stuffing Equipment Sorting Food Prep Rider Check-in
June 27	June 28
Rider Check-in Food Service Rest Stops SAG / Motorcycle Course Marshals	Clean -up Equipment Return

Equipment Needed

- 10x10 EZ Up Tents
- Large Vehicles
- Cargo Trailers
- Ice Chests
- 5 Gallon Water Coolers
- 10 Gallon Water Coolers
- Large Cooking Pots



Presidential Posting

Chris Rhiner, President

This is a busy month for most of us, lots of riding to do! Please read through the whole newsletter as we have a few new items to share with our club members. The "Challenge" is around the corner and I have seen several people at the last few organized rides training for this big event. It still remains difficult to emphasize that this can be a great century ride or a metric to meet everyone's training goals. We also need a few more volunteers should you have the last weekend in June free.

June is the Tahoe Bike Challenge month. (tahoebikechallenge.org) Keep track of your play miles and commuter miles and join the Alta Alpina team online and see what our miles together do to save the planet! Continue to track your commuter miles for the end of season party.

This month's board meeting members came up with a way to bridge the gap of a new rider, to a rider comfortable posting rides or showing up for rides on our "Ride Board." Please refer your friends to our Clinic style posted rides for those in need of some tips and guidance. Our juniors have coaches but our new adult members are in need of cycling mentors and shorter rides.

The Ray Rickard Memorial Spring Century had a great turn out but I didn't really get to socialize with many of you due to being the self designated course sweeper. (The last up Monitor Pass). Thank you to the rest stop volunteers (Curtis, Rick, Pam, John, and Bruce), organizers (Dave and Michael), and our host Tina, who provided a most beautiful setting.

Getting Started with Club Rides

Michael Bayer, Newsletter Editor

Are you a new member or just getting started with road riding? Are you a little nervous about joining your first club ride?

We organize club rides—both road and mountain bike rides—for a wide range of skills and experience. Some of our rides are long and some are short, but most can accommodate everyone. Faster riders go ahead and may even cover some extra ground but we all regroup at regular intervals. Our weekend rides feature snacks at the end so we encourage riders not interested in covering the full distance of the planned ride to work with the ride leader to split up and meet back at the start to socialize with everyone else.

But if you haven't joined us for a group ride before you may be a little nervous about showing up for the first time. How should you prepare? What do you need to bring? Will you slow down the group? What if something goes wrong? To answer these questions and many more, we're holding a series of clinics for beginners and new members starting in July.

If you're interested in participating please contact us at : GettingStarted@AltaAlpina.org

We'll keep you posted on the schedule for clinics and rides particularly good for beginners.

Ride Checklists

Carry these items when you're heading out for a ride:

- One or two spare tubes that fit your tires
- Levers for fixing a flat tire
- Pump that fits the valve on your tubes
- Water — roughly 1 bottle for every 20 miles
- Jacket — weather can change quickly
- Bright Clothing
- Personal Identification—just in case
- Emergency cash

If you might be out after dark:

- Front light
- Rear light
- Reflectors

Before you head out for a ride:

- Use a floor pump with gauge to make sure your tires are fully inflated.
- Lift the front wheel off the ground and give it a spin to make sure that the it spins freely. Apply the brakes to make sure they are working. Repeat with the rear wheel.
- Lubricate your chain.
- Make sure that your gears are shifting smoothly.



Ray Rickard Memorial Spring Century

A big thanks to all the volunteers that made this year's spring century possible! Tina Keegan hosted the start/finish at her beautiful house. Dave Scarborough organized the rest stops and managed event sign-ups. Curtis Fong hosted the first rest stop and drove sweep. Rick Miyashiro hosted the Monitor rest stop. Pam and John Poco hosted the Woodfords rest stop. Bruce Zeigler, one of our newest members, hosted the Luther rest stop.

Despite threatening storm clouds we had great weather for the ride and the after-ride BBQ.





Pine Nut Cracker

Robert Braun organized another great Pine Nut Cracker this year. Thanks to Robert and all the volunteers that marked the course, managed registration, and supported riders.



New Club Clothing

Michael Bayer, Newsletter Editor

Jerseys are now available in all sizes in both race cut and club cut and they'll be delivered right to your mailbox!

After surveying club members at the spring party and sifting through feedback at rides and races we decided to revive the most popular Alta Alpina jersey design of all times and to release an all-new green/purple design.

We've given our vintage jersey a facelift with side panels that reference our two big events and the inside of the collar has a little note.

Order your jersey online and Voler will produce the jersey and send it to you in just 7 days.

Here are the options:

Men's Club Cut with 3/4 Zip:

<http://www.voler.com/browse/product/li/1T100A9>

Women's Club Cut with 3/4 Zip:

<http://www.voler.com/browse/product/li/1T200A9>

Men's Race Cut with Full Zip:

<http://www.voler.com/browse/product/li/1T100AA>

Women's Race Cut with Full Zip:

<http://www.voler.com/browse/product/li/1T200AA>



We still have inventory of both yellow/blue and red/orange clothing. This clothing is available at the races and events. For more information see:

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

The yellow/blue shorts we have in inventory match the new yellow/blue jerseys.

New Design with Alta Alpina Challenge Emblem

We're also launching an all-new design in a purple/green color scheme. This jersey will also be available for on-demand ordering in all the same sizes and cuts.

These jerseys will be available in the lead-up to the Alta Alpina Challenge. Links for ordering will be mailed out as soon as they are available.



Local Merchant Discount Program



For discounts from these local merchants, please visit the AACCC website at www.AaltaAlpina.org



Board Meeting Minutes—June 1, 2015

Secretary: Jim Sadilek; Other Board Members: Chris Rhiner, President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge Ride Director/Newsletter Publisher/Membership Coordinator; Di Bolton, Thursday Road Race Director; Tim Rowe, Bicycle Advocacy Coordinator; Other Attendees: Kyle Hamilton, new member

Meeting called to order at 6:10 pm

Minutes of the May meeting approved as circulated.

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is \$21,989.82. The PayPal account balance is \$27,784.11.
- **Membership:** Currently, 2 Student members, 96 Individual members, 34 Family members, and 14 Organization members. Total membership: 191. Membership renewals continue to come in, but the numbers are lower than would be expected for this point in the year.
- **Weekend Rides:** Ride board is filled out until mid-June.
- **Newsletter:** Pictures will appear from Spring Century and the Pine Nut Cracker. Also a final call for volunteers for the Challenge.
- **Website:** Discussion regarding the appearance of club clothing in two different parts of the web site.
- **Weekly Road Races:** Race night's weather has been less than ideal, however the Diamond Valley double back road race (May 28) was well attended and the weather very cooperative. Thanks to Di and Cory, we appreciate you efforts.
- **Mountain Bike Rides:** Alex Kuhlman has been posting mountain bike rides, but so far they are not well attended.
- **Junior Team:** The juniors have been active in the Thursday night club races.
- **Spring Century:** The Ray Rickard Memorial Spring Century was well attended. The weather was ideal and the after ride BBQ excellent. The club's thank you to Tina Keegan for volunteering the use of her house.
- **Pinenut Cracker:** The official report is pending.
- **Bike Advocacy:** Tim Rowe reported on the two-day Bike Conference in Southern Nevada. There was an effort to push "gravel rides" that are popular in Iowa and Oregon. Carson City's Chas Macquarie (Muscle Powered) was given a Lifetime Award. Tim mentioned a proposal in a

South Lake Tahoe business meeting to reduce the Cave Rock tunnels to one lane each with bike paths. The business group was adamantly against the proposal.

To date only 120 Bicycle and Pedestrian Nevada license plates have been sold.

- **Adopt A Highway:** Next clean up day scheduled for Sunday, June 7. Meet at Turtle Rock park. Tammy will provide yummy coffee and bagels.
 - **Clothing:** A poll at the Spring Party indicated that the blue and yellow clothing was the most popular, although the polling was close. As a result, a blue and yellow "retro" jersey design is in the works. Watch the newsletter for up to date information regarding availability.
 - **Challenge:** To date 239 entries. One of the three required Forest Service permits is in hand and the other two are promised to be delivered before the event. Contact with NHP is done. Hung- a-lel-ti will not be catering the ride this year at Turtle Rock Park because of a scheduling conflict with another event. Michael is seeking alternative caterers. Hung-a-lel-ti does expect to return next year. More volunteers are still needed for rest stops and many other roles.
2. **Beginner Riders:** There was considerable discussion regarding accommodating beginning riders, new members, and those who are simply interested in shorter (20-30 mile) slower rides. It is a fact that some club members as well as those we would like to have for club members cannot cope with the length and pace of most club rides. A possible solution, which gained the consensus of the directors was to have "clinics" which would include a short rides as well as instruction in preparing for rides such as bike safety checks, what to bring on a ride, the etiquette of group riding, repairing flat tires, etc. With the Challenge taking up much of the free time for the rest of June, this program will be addressed in more detail after the Challenge.
3. **Next Meeting:** Monday, July 6, 2015, 6 pm, Lakeside Casino, Stateline NV.
Meeting adjourned at 8:10 pm



Alta Alpina Cycling Club

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 www.AltaAlpina.org

MARK YOUR CALENDARS

Tour of Carson ValleySat, June 20
 Alta Alpina ChallengeSat. June 27
 Packsaddle Pass+ ..Saturday, July 11
 Challenge Staff RideSat. July 18
 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	
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
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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 **July 6** at the **Lakeside Casino** in **Stateline.**

Newsletter Publisher:
 Michael Bayer