



PACELINE

**Alta Alpina
Cycling Club**

**Volume 5 Issue 2
March 2007**

Spring Membership Party

CVIC Hall, Minden NV – Tuesday April 17

6:00pm Food, Clothing Sales, Mingling

7:00pm Club News and Ides of March Contest Prizes

The annual Alta Alpina Spring Membership Party is the official kick-off for the cycling season in the Tahoe-Carson-Gardnerville area.

Highlights of the evening include:

- Free Pizza and Other Great Food
- Ides of March Mileage Winners
- 2007 AACC Clothing (Featuring new club sweatshirts!)
- Information about the all-new evening race series for 2007: Wednesday Night Mountain Bike Races and Thursday Night Road Races
- Updates on the 2007 Weekend Ride Program, the Ride Board, the Gardnerville 100, the Death Ride, Carson Valley Road Race and Criterium, and the Pinenut Cracker

The annual spring membership party is a fun social event that is one of the many benefits of club membership.

To avoid spending time in line outside the party, please renew your membership if you haven't already done so. Print, sign, initial, and return the form that was emailed to you by April 13. Know any friends or neighbors just getting into cycling? Bring them along and we'll sign them up at the door! Please try to carpool (or ride your bike) to the CVIC Hall.

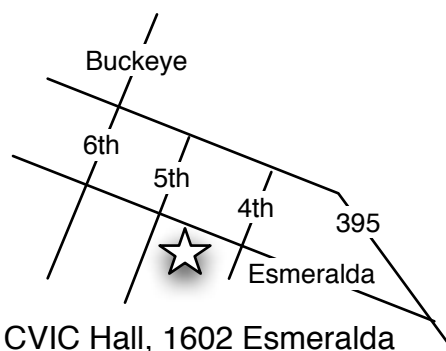
Things will get started at 6:00pm with plenty of food and great people to meet. The presentations will start at 7:00 and conclude with the winners of the Ides of March contest. We'll send everyone home after 9:00 pm. See you there!

Have you Renewed Your Membership Yet?

Michael Bayer, Membership Coordinator

You must renew your membership by April 17 in order to attend the spring party and to continue receiving the club newsletter.

If you received a 2007 membership form by email, just



CVIC Hall, 1602 Esmeralda

print it, sign and initial where indicated, and mail with your payment. If you need to update something on the form, just head to www.altaalpina.org and click on the Membership link.

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Have Any Spare Water Bottles?

We need bicycle water bottles for use at the Carson Valley Classic. If you have any spare bottles please bring them to the party and put them in the donation bin.

Racking up the Miles?

The Ides of March Mileage contest is half over! Where do you stand?

To enter:

1. Track all the road, mountain, and race miles you ride March 15 through April 15
2. Write your name and the number and type of miles you rode each day of the contest on a piece of paper. Double the mountain bike and race miles and tally up your total score.
3. Submit your tally sheet when you arrive at the spring party.



The Pine Nut Cracker: Sunday, May 6th

Jeff Ham, Pine Nut Cracker Race Director

It's time to hit the dirt! The Northern Nevada Cup Series will be in full swing this year with both cross country and downhill events.

April 22 - Rainbow Ridge XC#1

May 6 - Pine Nut Cracker XC#2

June 2 - Peavine XC#3

June 3 - Peavine DH#1

Aug 18 - Sky Tavern XC#4

Aug 19 - Sky Tavern DH#2

This year the Pine Nut Cracker course will be more of a traditional race loop with more singletrack and no pavement.

Registration, parking, and restrooms will still be at the Fairgrounds, but the start/finish will be at The Tree.

As usual, I could use a little help with the following:

- Course Marking the week before the race.
- Course Marshals for the race
- Neutral water giver-outers
- Registration gurus
- Results posters
- Setup and clean up for the race
- Course sweep before and after the race

Email me to volunteer jeff.ham@bently.com Thanks!



Bicycle Advocacy

Tim Rowe, Nevada Bicycle Advisory Board Chairman, Alta Alpina Cycling Club, & Lake Tahoe Bicycle Coalition

The latest NBAB meeting was Thursday March 15, 2007 at Southern Nevada RTC offices in Las Vegas. Presentations were given on RTC's new digital imaging software for roads and UNLV Transportation Research Center on Identifying, developing, and evaluating Pedestrian Countermeasures at high-risk locations in Las Vegas. The following items were voted on: the 2007 Bicycle Awards nomination, Grant Application, whether NBAB wants to operate a rest stop for AMBER, Bike to Work Month proclamation, possible new location for NBAB website, and possible reception of 2007 legislative session.

Updates were heard on 2007 State of Nevada Bicycle Pedestrian Conference on April 12-13, 2007, Bill Draft Request for 2007 Nevada Legislature on proposed bicycle helmet law (for under 18 year olds), which is now SB 207 sponsored by Senators Valarie Wiener and Dennis Nolan both from Las Vegas, and report from Statewide Transportation Technical Advisory Committee (STTAC). Next NBAB meeting is Thursday, May 17, 2007, at a location to be determined some where in the north.



Presidential Propaganda: Myth-Busting the Ride Board

Jennie Hamiter, AACC President

The Ride Board on the Alta Alpina website was created about 3 years ago, and I think it's been great in adding a new dimension to club rides. As a club member, you have the ability to post rides: your ride details get displayed on the website Ride Board, and an email gets sent to the club members who are signed up to receive Ride Board notices (which is most of them). The ability for anybody to post rides allows for a wider variety of rides in terms of distance, speed, location, terrain, scheduling etc.

For a club that has as diverse a membership as ours, this is the only way to ensure and encourage different types of rides. However, when I suggest to people that they post a ride, I get responses that indicate that the intent of the Ride Board is misunderstood. I'd like to clear up some of those myths today.

“The most important thing: post rides that you were going to do anyway.”

Myth: Posted Rides Must be Epic or Unusual

While it's great that people post epic rides, or rides on little-known roads, a 10 mile flat ride in Carson City would be just as appropriate. Every cyclist I talk to prefers riding with other people. The purpose of the Ride Board is to bring folks together-there's no required minimum (or maximum) for calories burned or power output on a Ride Board ride. Let's just ride.

Myth: Posted Rides Have to Appeal to a Lot of People

Yes, this contradicts the myth above, but different people have different myths. If you know you're going to ride this Tuesday at 2pm from your house in Homewood, why not post it? Yeah, many club members have regular Monday-Friday, 8-5 jobs, but you might meet folks that have a schedule similar to yours, or that live in your area. You probably do want to

have a meeting place that's easy to find, or that doesn't require people to go several miles out in the boondocks just to turn around with you and ride back into town, but if having the meeting place at your house entices you to post rides, then do it!

Myth: Only Certain People can Post Rides

Over the last few years, when I listen to people tell me that the club's scheduled rides are too long or too hard or don't fit into their schedule, and I suggest that they post a ride, the most common response is laughter. I'm still trying to understand this. If you post rides, then the club will be doing rides that fit you. What could be more convenient? It may even encourage others to post similar rides, if they think there's some interest in them.

Myth: "I should never post a ride again, because last time I posted one, nobody showed up."

The most important thing is that you post rides that you were going to do anyway. If folks show up to ride with you, so much the better. By posting rides, I've met a lot of folks I would never have met otherwise; you never know who's going to show up.

Myth: "It's OK for me to not to show up at the time/place I posted."

This is the one thing we ask-that you show up when you said you'd be there. Canceling without notice or with late notice because you didn't think anyone was going to show is not fair to the unknown folks that did show up; not everyone is going to confirm that they'll be there. If you think there might be bad weather, state what would cancel the ride ("50% chance of rain cancels", "Snow cancels", that sort of thing).

In conclusion: please post rides—the worst thing that can happen is you're committed to ride your bike!



Without the Ride Board



With the Ride Board



Big News: Evening Road Races Now On Thursdays

Di Bolton, Thursday Night Road Race Director

Hi, and welcome to the 2007 race season. I am looking forward to the upcoming season! I am hoping to see all the regular faces and a lot of new ones at the races! There has been some great assistance and ideas from "the race committee" that have volunteered to help me this year.

There were a lot of suggestions for new courses. In checking them out, safety was our primary concern. I also wanted to make sure they were suitable for all levels of racers. We found some new courses and added some changes to a couple of the regulars. It hope that they will work for the majority of the racers and appeal to newcomers.

2007 Race Schedule with New and Updated Courses

4/26	Genoa Time Trial	6/14	Club Challenge - AACC:	7/17	Club Challenge - WHEELMEN:
5/3	Diamond Valley Road Race		Eagle Ridge Criterium		Fernley
5/10	East Valley Criterium	6/21	Fredricksburg Two-Up-Mix-Up	7/26	Diamond Valley Road Race
5/15	Club Challenge - WHEELMEN:		Time Trial	8/2	Eagle Ridge Criterium
	Air Center Criterium	6/28	Diamond Valley Road Race or	8/9	Blue Lakes Road Race
5/24	Diamond Valley Double Back		Double Back (TBD)	8/16	Club Challenge - AACC:
5/31	East Valley Time Trial	7/5	East Valley Criterium		East Valley Criterium
6/7	East Valley Criterium	7/12	Blue Lakes Time Trial	8/23	Old 395 Time Trial
				8/30	Diamond Valley Short Race and Pizza Party

Diamond Valley Double Back—We will start in the parking lot, heading out to the right towards Hwy 89 and down to 88 (the same as in the past). C's and D's will make one lap around Carson River Road to Diamond Valley Road (just before the "regular" finish). There will be a left onto "little" Diamond Valley Road. Next, we will head up to Hwy 89 make a right onto hwy 89 for about a 1/4 mile, and turn right back down Diamond Valley Road heading in the opposite direction from the start and looping back around to make the left back onto Carson River Road to the finish. The A's and B's will do two regular laps, then take the same left at Diamond Valley Rd to do a reverse lap same finish as the C's and D's.

East Valley Time Trial—We will start on East Valley just north of Tolar and end at Johnson Lane.

Club Challenge - AACC: Eagle Ridge Criterium—We will start at Adams Ranch Rd and Eagle Ridge in Genoa. There is only one house under construction and the road is brand new. (This course replaces the Emigrant Criterium, where we had to contend with an unhappy sheriff and residents last year.)

Fredricksburg Two-Up-Mix-Up Time Trial—The start, turn around and finish will be different. We will start at Faye Luther Trailhead on Foothill, curve around Fairview and make the right onto Fredricksburg. We will turn around just past the school, before Hwy 88, and finish just before you get back to Fairview. The Two-Up-Mix-Up is a two person team, but you will not be teamed up until everyone is registered. I have a secret method to my madness on this one. You will have to show up to team up. I am really hoping EVERYONE will come out for the fun. This will be a great course for all levels!

Blue Lakes Time Trial—This will be a TT from the bottom at the parking lot and finish at the top.

Blue Lakes Road Race—Start at the parking lot head up and turn around at the top and come back down to finish at the parking lot.

Old 395 Time Trial—Start at Bowers and Old 395, head south on Old 395 and turn right on the south Franktown Rd head west/north on Franktown Rd. finish on Franktown just before getting back to Old 395. 8-mile loop with two rolling hills. Please respect the residents and always yield to traffic. This is a shorter race than normal so we may add two laps, depending on light.

Diamond Valley Short Race—This will be a shortened version of the Classic course or the Double Back since it will be getting dark early. This is the last race of the season! Post-race-pizza at Pizza Factory in the Ranchos!



Race Fees

The race fees will be going up this year, to help close the deficit in the race budget. AACC members will pay \$5.00, and non members will pay \$10.00. There is more incentive to join AACC, so sign up and save!

For the Club Challenges, fees will be just \$5.00 for everyone.

Numbers and New Ticket Finish

You will get a number at the start of the season/your first race. You will need to keep this number all season. I will have the sign in sheets set up after the first race with your name and number on it, and will use them throughout the rest of the season. If you lose your number, you will be charged \$1.00 for a new one. This should speed up registration.

At each road race and criterium, you will be given a tag that will be color coded for A's, B's, C's, and D's, and will have your number on it. At the end of the race, you will need to give it to the person just past finish line who is collecting them. This will help us with the finish results. It will be your responsibility to make sure you get there in the order you all finish. I'm hoping this will eliminate the confusion we have had in the past. I will explain it more at the races. We will still have the camera as an extra.

New Nine Race Mini Series

This will be a series of nine races within the overall race season. To participate in the Mini Series you will need to pick 3 Criteriums, 3 Road Races and 3 Time Trials from the season's schedule. I will have a sign up sheet at the Genoa Time Trial and Diamond Valley Road Race. Better yet email them to me at di.bolton@charter.net

There will be one winner per category. The points will be the same and counted toward the overall series. This will allow those that cannot make the whole season a chance to compete in a "smaller" season.

Earning Points and Carrying Points between Categories

Points are awarded as follows: 1st: 20 points, 2nd: 17 points, 3rd: 14 points, 4th: 12 points, 5th: 10 points, 6th: 9 points, with points being reduced by 1 for each place on down to 14th with 1 point. 10 points are awarded for racing Club Challenges regardless of placement.

Carrying points will only be available to the C's and D's. Same rules will apply as last year: If you race up you will carry full points, race down carry half points.

New Criterium Rules

1. DO NOT warm up on the course when races are in progress. You may warm up on the outer roads.
2. Ride thru the finish DO NOT sit up or get in the way of the riders behind you.
3. NO mentoring during actual races. This can be done off the course and special days will be set aside for training.
4. DO NOT cool down by following the other groups that are racing.

Donations Needed

We would like to have preems at the criteriums and possibly at the road races. If you have any new clothing, socks, bottles, fresh energy foods/ juices, gift certificates or know anybody that does or can think of anything else that would be fun to give out bring them to the Spring Membership Party April 17th at CVIC in Minden. Thank you!





Wednesday Mountain Bike Race Series

Mike Beam, Mountain Bike Race Series Director

Wednesday Nights, Starting in May

The Mountain Bike Race Series commences May 2. The series will include a total of 8 races held on Wednesday nights. The classes are men's A, B, and C and women's. The course start will be at the big tree in the Pine Nuts. The length will range in distance from 8-15 miles. Fees are \$5 for club members and \$10 for non-club members.

The races are tentatively scheduled to start at 6:00 PM (more details will follow in upcoming newsletters) There will be refreshments after each race.

Last year's series was fun and everyone enjoyed zipping around in the dirt. Come out this summer and try your skills at mountain biking!

Snelling Road Race Report, Sat. Feb 24, 2007

Scott Herman

Snelling was my first race of the year, and one I look forward to, as there's not a lot to it. It is not real technical, not too steep, just an 11 mile or so ride out in the countryside in the middle of nowhere on OK roads, except for one three mile stretch that only seems like five. Can you say "potholes"? For once, I was completely prepared for this race.

At the race, I got a good warm-up, managed to eat right, had plenty of liquids in me and on board, etc. etc. I lined up at the start and had, or was supposed to have had, an escorted promenade a few miles up to the course. Well, they didn't have an escort for us, so

the pace wasn't "mellow" like it's supposed to be. It wasn't race speed, but was brisk, which was ok until I dropped my chain on the first little kicker. By the time I got it back on the field, I was back about 200 meters or so, and up the road the brisk pace had turned into fast. I chased and chased, and almost got back on, but by then they were full on racing. Seems they just couldn't wait to get that testosterone pumping, so I sort of time-trialed for a lap and a half, and called it. I thought about jumping back on when they came around, but by then the legs were refusing to cooperate and I just didn't feel like it. I had a pleasant ride back to the car and drove some 5 hours home. Just wait till next time!

Be Bicycle Safe - Increase Your Chances & Ride Consistently!

Tim Rowe, Nevada Bicycle Advisory Board and AACC Bicycle Advocacy

Century ride season is upon us again! Yeah!

But again I offer a couple of pleas to all riders – fast, slow, and in the middle (like me). First, ride consistently and safely! Ride a straight and narrow path. Be aware of other riders around you and the road ahead of you. Be predictable and let people (and cars) know that your next move is going to be (and not too abruptly)! Use arm signals, be vocal, and look around you. Don't just move over and be surprised there is another rider, or a Lexus there.

Secondly, please ride single file. Riding 3 abreast isn't just an irritant to other riders and drivers, it is not safe either! It may be nice to ride next to your friends and be able to talk your way around 100 miles. But do not

impede traffic, and don't stick your fanny out there to challenge the vehicle roaring up behind you. Also think of the other riders that have to cross the dreaded yellow line to get around the bunch of you. Stay in the bike lane or to the right of the roadway as best possible. If you need to stop, signal and stop to the right. When riders yell, "Car Back!" that means a car is coming from behind, and please get to single file as soon as you can.

Third, always pass other riders on the left and NEVER pass other riders on the right. Always be courteous and friendly, as you may piss someone off and give all bicyclists a bad name. Just some thoughts and suggestions. Have a safe ride!



Board Meeting Minutes—March 5, 2006

Acting Secretary: Michael Bayer; Other Board Members: Mike Beam, Di Bolton, Dave Gaskin, Jennie Hamiter, Tammy Lundquist, Mel Maalouf, Darla Mazzoni, Tim Rowe; Other Attendees: Corey Bolton, Christopher Rowe

1. Monthly Status Reports:

- **Treasurer's Report:** Balance is \$38083. Dave is working to resolve some discrepancies between our accounts and our bank statements.
- **Membership:** New membership system is up and running and renewals forms were emailed out. Forms will soon be sent to expired members.
- **Weekend Rides:** Tammy is soliciting for weekend ride leaders. John Seher volunteered so far.
- **Newsletter:** February issue was delayed so that it would go out in conjunction with activation of new Membership system.
- **Website:** New blog feature is up and running. Dennis requests that members submit photos for the home page and suggestions.
- **Bike Advocacy:** Tim's role as chair of the Nevada Bike Board has him involved in new helmet law for Nevada.
- **Junior Team:** Season has started. Mel asked if the club would be willing to buy one of his bike's for use by the Juniors.
- **Carson Valley Classic:** The board discussed the need for a safe race that maximizes local participation along the lines of the Cat 3-4-5.
- **Clothing:** Voler order was placed and should arrive by end of March. Tammy will design and order sweatshirts to sell at the party.

2. **Formal Appointment of 2007 Club Officials:** The board voted to appoint all of this year's club officials to their 2007 terms. The board also voted to empower the AACC President to appoint new Death

Ride Coordinators on behalf of the board.

3. **Death Ride:** The Alpine County Chamber of Commerce terminated their contract with Joe Marzocco. Joe was also the club coordinator but is now no longer able to serve in this role as he is looking for a new job. As a result the club must find a group of new coordinators to replace him.
4. **Thursday Night Races:** It was decided that the evening road race series will take place on Thursdays this year. Race fees will be \$5 for Members and \$10 for non-Members to encourage racers to join the club. First race will be April 26.
5. **Mountain Bike Race Series:** This year's mountain bike series will take place on Wednesdays starting May 2 and will be expanded to 8 weeks. Race fees will be the same as for the Thursday night series to encourage club membership.
6. **Membership Initiative:** The board voted to fund the proposed membership initiative and authorize 50 free membership coupons. The board deferred renewal of organizational memberships.
7. **Spring Party:** Di Bolton volunteered to look into options for Pizza. The board agreed to print 100 flyers to be distributed to local bike shops and businesses. It was decided that we won't have categories this year, the top 5 mileage finishers regardless of age or sex will be awarded prizes.
8. **Budget:** The board voted to approve the 2007 budget as amended at the meeting Dave will prepare and distribute copies of the final budget.
9. **Next Meeting:** Monday, April 2, 2007, 6 pm, Pizza Factory in Gardnerville.

Local Merchant Discount Program



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



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

- Spring Membership PartyApril 17
- Highway Cleanup & RideApril 21
- Genoa Time TrialApril 26
- First Mountain Bike Race May 2
- Pine Nut Cracker May 6

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

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Darla Mazzoni	Vice President	mazzoni@etahoe.com	530-577-0122
John Seher	Secretary	JSeherNV@aol.com	775-849-1876
David Gaskin	Treasurer	jdlgaskin@earthlink.net	530-541-6472
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
Tammy Lundquist	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	530-545-3155
Di Bolton	Thursday Road Race Director	di.bolton@charter.net	775 782-4729
Mike Beam	Wednesday Mountain Bike Race Director	lemondarmstrong@charter.net	775-267-6812
Pete Costa	Road Cleanup Coordinator	intandempc@aol.com	
Joe Marzocco	Death Ride Manager	info@deathride.com	530-694-2475
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Libby Oakden	Paceline Editor	paceline@AltaAlpina.org	607-346-3933
Dennis Pederson	Website Coordinator	pedersondd@charter.net	775-883-239
Steve Thomsen	Carson Valley Classic	steve@ryderhomes.com	775-267-3538
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

Newsletter Editor:
 Libby Oakden
 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 Gardnerville Ranchos and Stateline.. Join us on **April 2** at the **Pizza Factory** in the **Gardnerville Ranchos.**