



PACELINE

**Alta Alpina
Cycling Club**

**Volume 12 Issue 2
March 2014**

Alta Alpina Spring Membership Party



Saturday, April 12 — Elks Lodge, Gardnerville Ranchos — 5PM

The annual Alta Alpina Spring Membership Party is the official kick-off of the cycling season in the Tahoe-Carson-Gardnerville area. Like last year, the party will be at the new Elks Lodge on Kimmerling Road in the Gardnerville Ranchos.

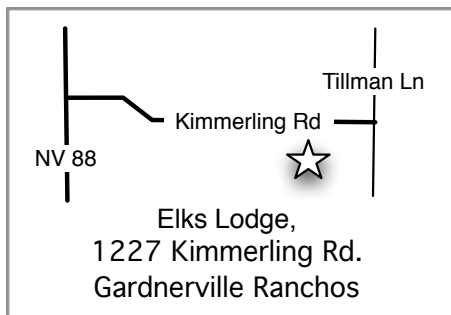
There will be free food, friendly people, and lots to see and learn. Again this year we're holding the big Bike Swap: Bring any bike-related items to give away or sell. Bike stuff left behind at the end of the night will go to the junior team or ROP. Membership Sign-ups: You can join or renew your membership at the party, but to avoid spending time in line, you can renew your membership now online. If you were a member in 2013 we just need a check or Paypal payment for your 2014 membership.

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 new Elks Lodge. For any questions contact Robert Braun at 775-720-5983.

Doors open at 5:00 pm with plenty of food and great people to meet. Presentations start at 6:00. See you there!

Bike & Stuff Swap • Trade

Bring your bike related stuff for sale, or give away to other AACC members. You will have the opportunity to sell, buy, give away, or pick up bike related items.



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Membership Renewal

If you were a member in 2013 we just need your membership fee paid by check or Paypal payment—no forms to sign!

If you're a new or returning member, just complete the online form on the website.

THURSDAY EVENING ROAD RACING KICKS OFF ON APRIL 17

Meet at Fredericksburg and Fairview Lane for the season Prologue. Everyone is welcome and encouraged to participate. If you've never raced before just show up—the entry level "D" group so its easy to get started with your first race!

Challenge Registration

While most members will be volunteering on June 28, we'd like you to invite your friends, neighbors, and colleagues to be participants. Please tear out pages 5/6 of this newsletter and pass them along!



Upcoming Events

Laura Caimi, Vice President

Here are a few events to start planning for today:

Saturday, May 10, 2014 — Ride for Mom

Come out and support the Ride for Mom and their mission to raise funds for organizations that promote healthy lifestyle choices. This is the third annual ride which includes three route options. Registration includes rest stops, support, healthy lunch and a lifestyle fair. The event is organized by an Alta Alpina member and they are helping us promote Alta Alpina Challenge so let's reciprocate and join their ride! For more info, see the website at: rideformom.com

Saturday, May 10, 2014 — Motherlode Century

Rolling through ranch, forest, farms and vineyards, the Motherlode Century guides you through some of No. California's most beautiful landscapes. Five route options from 28 miles with 3000 feet of climbing to 97 miles and 11,000 feet offer rewarding climbs and awe-inspiring scenery. Post ride soak in the cool river, hot showers and massage available. Enjoy a delicious riverside dinner with live music following the ride. Lodging options from \$10 camping to luxurious B&B's. Expand your weekend experience with a rafting trip, a walk through time at the adjacent Gold Discovery State Park, hiking, mountain biking or a visit to the many local wineries and micro-breweries. For more info - motherlodecentury.com.

Sunday, May 25, 2014 — Alta Alpina Spring Century

Meeting place is still to be finalized. Just put the ride on your schedule. Remember your membership must be current to participate in this ride! We will once again have the Diamond Valley Loop, Metric Century, and Full Century rides. The Metric and Full Century will go over Monitor. Due to the road closure on Kingsbury we're looking for a new route for the full century. (Send your suggestions to Dave Scarborough!). Details will be announced at the spring party. Also, we need four volunteers for the rest stops. So please think about helping out if you won't be riding.

Sunday, June 1, 2014 — Sequoia Century

Come join Western Wheelers Bicycle Club 40th annual Sequoia Century. There are four route options all which wind through magnificent redwood trees. The metric has 6600 feet of climbing, 102 miles has 8520 feet, and the 120 mile route has 9920 feet. The ride is fully supported and includes a hot post-ride meal. Special 40th anniversary Sequoia jersey available for purchase. For more details see the website: westernwheelersbicycleclub.memberlodge.com/sequoia

A note from Laura Caimi

Hard to believe it's already March and our annual event, The Alta Alpina Challenge: Riding the Wild Sierra is just a few months away. If you would be able to pass out pamphlets at bike shops, fitness centers and sporting goods stores please let me know.

If you will be riding any of the rides above or other organized rides, please consider taking some pamphlets to distribute to prospective Wild Sierra riders. We have "Ask Me" stickers available for you to attach to your helmet, jersey or ride number at these events.

Cinderella Classic and Chico Wildflower both have Expos at their events. If you would be able to organize an Alta Alpina booth at these events please let me know. It would involve setting up a table with posters and pamphlets to promote Wild Sierra and answer riders' questions.

Thank you for helping out!

Laura wildsierralaura@yahoo.com

775-781-3480



Presidential Posting

Chris Rhiner, President

Make the most of what Alta Alpina has to offer this year (and every year). Our road race series will begin mid-April. This is a chance for all levels compete or at least ride much harder than we do when training by ourselves. Come out and try a race hosted by Di and Cory Bolton on Thursday evenings. Talk is in the air of a Mountain bike series of rides rather than races.

Well now that we have a few hours of day light after work, please feel free to post evening rides. Our ride board on the AACC website is for all members to post rides. Our posted rides are for members but many times we have out of town guests join us, which is a lot of fun but... we will need to have non-members sign a waiver or join the club for a mere \$25 which isn't a bad deal especially if it is a fantastic ride like the Spring Century (May 25th) which is a fully supported ride concluding with a BBQ yard party. Keep watch for further specific details.

The Spring Membership Party is April 12th, 6pm. This is a chance to meet up with long lost cycling buddies and make plans for this year's bike rides with new members too. Garth Jackson, our 2014 ride leader, is looking for some new adventurous routes to add to our collection of favorites, try to keep them under 200 miles

“If you have some ride ideas, give them a shot and post to the rideboard”

a day please! Actually it was brought up at the last board meeting that multi-day rides could be done pretty easily with a small pack and a credit card for overnight motel stays. There has never been a posting of this sort in my short time of being a member. So, if you have some ideas, give it a shot and use the ride board. Try not to take it personally if no one shows up as we are a busy bunch, but hopefully a few will turn up to offer good cheer.

Keep June 28th open on your calendar for a few hours of volunteer time for our "BIG" signature ride called: "The Alta Alpina Challenge." This ride varies from 30 to 200 miles with several 100+ mile century routes with lots of climbing.

And last but not least our club exists to support local riding. There are many organizations in the Carson Valley and Tahoe area building trails, and shortly we will be deciding on how much funds we will be distributing to each entity to fulfill our commitment to the community in support of cycling. Our funds for these donations are generated by the Alta Alpina Challenge profits. So come on out and help us continue to bring cycling awareness to the area. Share the love, I mean the road....

Local Merchant Discount Program

We're excited to announce that local merchants who support AACC will be offering discounts to club members.

Visit the merchant, peruse their shops and find out what you can buy as a benefit of being an AACC member. Details about local merchant offers is listed under "Merchant Discounts" on our website at www.AltaAlpina.org.

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





Bike Spokesman

Tim Rowe, Bicycle Advocacy

The 2014 Nevada Bicycle and Pedestrian Summit was held March 11-12, 2104 at the Atlantis Casino Resort in Reno. The 12th Summit was put on by the Nevada Bicycle and Pedestrian Advisory Board (NBPAB) with assistance by the Bike/Ped Program of NDOT. About 200 people from all over Nevada and nearby states attended the summit. Sponsors include NDOT, NBPAB, Kimley-Horn and Associates and Nevada Bicycle Coalition.

Pedestrian and bicycle transportation and safety were among the topics discussed. The Summit was developed to augment statewide bicycle and pedestrian resources, the summit provided the latest information on bicycle tourism, facility planning and design, safety, enforcement and education initiatives, Americans with Disabilities Act (ADA) accommodations, and Effective Change

Highlights included an Introduction by Rudy Malfabon, Director of NDOT, an opening Keynote on 'Bikeconomics' by author Elly Blue, Lunch speakers Rick Gunn, the Soulcycler, on 'Why you ride', and George Dare on Music, Motivation and Education. Other highlights included an exhibit area, a Building Advocacy Mixer Tuesday night and NACTO (National Association of City Transportation Officials) Urban Bikeway Design Guide Training and a Walking/Transit workshop and a Bicycle Facilities Workshop on Wednesday.

"This annual conference is truly the state's foremost event for bike and walking enthusiasts, advocates, engineers, administrators, educators and consultants," Nevada Department of Transportation Bicycle/Pedestrian Program Manager Bill Story explained. "People understand that bicycling and walking provide many benefits to health, congestion mitigation and air quality; not to mention finding a parking spot. And this conference provides resources and information to further those benefits in Nevada."

Next Summit – the 13th will be in Southern Nevada, probably Las Vegas in the spring/fall of 2015.

Tips for Walking Safely to School

Walking is fun, but you need to be safe while doing it. Follow these tips to make sure you get to and from school without any problems.

Walk together

Younger children should always walk with an adult. Tell your parents that walking is great exercise and a nice way to spend time together.

If your parents say that you can walk to school on your own, remember these tips:

- Walk with a friend when possible.
- Ask your parents to help you pick a safe route to school; one that avoids dangers.
- Stick to the route you picked with your parents. Don't let friends talk you into shortcuts that are more dangerous.
- When you are near the street, don't push, shove, or chase each other.
- Never hitchhike or take rides from people not arranged by your parents.
- Talk to your parents and teacher about any bullying that may happen during your walk.

Be seen

Remember, drivers may not be able to see you well. Always wear bright-colored clothes and if it is dark or hard to see, carry flashlights or wear reflective gear.

Look for traffic

Watch out for cars and trucks at every driveway and intersection on your walk to school. Look for drivers in parked cars. They may be getting ready to move.

Cross the street safely

1. Stop at the curb or edge of the street.
2. Look left, right, left and behind you and in front of you for traffic.
3. Wait until no traffic is coming and begin crossing.
4. Keep looking for traffic until you have finished crossing.
5. Walk, don't run across the street.

Obey traffic signs, signals and adult school crossing guards



ALTA ALPINA CHALLENGE

RIDING THE WILD SIERRA, MARKLEEVILLE, CA

June 28 2014



ALTA ALPINA CHALLENGE June 28, 2014

THE PASSES OF THE WILD SIERRA

Come to Tahoe and experience the breathtaking scenic beauty of classic, wild sierra climbs plus panoramas of Diamond Valley and Carson Valley on a course that features some of the best pavement you'll find on any organized ride. The route travels through wilderness areas—there are no traffic lights and just a dozen stop signs. Choose your favorite pass(es) or pick one of these popular routes:

THE WILD SIERRA METRIC

Featuring Luther Pass and Blue Lakes Road along with a scenic loop through Diamond Valley and views of Carson Valley, this is a beautiful 64 mile ride with 5000 feet of climbing.

THE WILD SIERRA CENTURY

The Wild Sierra Century features three passes: Kingsbury, Ebbetts East, and Monitor West. It also includes the scenic Diamond and Carson Valleys. This is a challenging 110 mile ride with 11000 feet of climbing.

5 PASS CHALLENGE

A classic combination of passes: Carson, both sides of Ebbetts, and both sides of Monitor. By adding Diamond Valley and Emigrant Trail for a scenic warmup and covering Woodfords Canyon early in the day we've perfected it. This tough ride is 134 miles with over 16,000 feet of climbing.

8 PASS CHALLENGE

With nearly 200 miles, nearly half over 7000 feet of altitude, and over 20,300 feet of climbing this is the ultimate single day ride—the world's toughest double century. Those who complete this challenge earn the right to wear the 8 Pass Finisher Jersey.

Scan for information or to register.



www.AltaAlpina.org/challenge
877.845.2453



ALTA ALPINA CHALLENGE: RIDING THE WILD SIERRA 2014 Ride Registration Form (One form per participant)

Complete this form and sign it. Mail to: Alta Alpina Challenge, PO Box 2032 Minden NV 89423 with attached check
OR email to ChallengeRegistration@AltaAlpina.org / fax to 877-845-2453 and pay online at www.AltaAlpina.org/paypal

1 Rider Personal Details

First Name: _____
 Last Name: _____
 Nickname: _____
 Age: _____ T-shirt Size(Circle): XS S M L XL XXL
 Parent's Name (if under age 18): _____
 Email (important!): _____
 Phone Number: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Emergency Contact Name: _____
 Emergency Contact Phone Number: _____

ASSUMPTION OF RISK, WAIVER OF LIABILITY, CONDITIONS OF PARTICIPATION AND HOLD HARMLESS AGREEMENT
Notice: This entry and release form is a contract with legal consequences. Read it carefully before signing.
 In consideration of my being accepted as a participant in this event, I hereby freely agree to and make the following contractual representations and agreements:
 I acknowledge that cycling is an inherently dangerous sport and fully realize the dangers of participating in this bicycle event, and I fully assume all the risks associated with such participation. I understand these risks include, by way of example and not limitation, collision with pedestrians, spectators, vehicles, other riders, and fixed or moving objects; the dangers arising from surface hazards, equipment failure, inadequate safety equipment, and weather conditions; property damage or loss; the dangers of traveling to and from cycling events; and the possibility of serious physical and/or mental trauma or injury associated with athletic cycling participation.
 I pledge to participate in this event in a safe, responsible manner, obeying all laws, civil and traffic and operate my bicycle with the utmost degree of care. I understand that I can be held liable for all injuries and property damage that I cause.

I hereby waive, release and forever discharge for myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (hereinafter collectively referred to as "successors"), any and all rights and claim, including those for negligence, which I have or which may hereafter accrue to me against Alta Alpina Cycling Club and their members, agents, representatives, sponsors, the California Triple Crown, States of California and Nevada, Counties of Alpine and Douglas, as well as government entities and private landowners whose property or jurisdiction is involved in these events, successors or assigns (hereinafter collectively referred to as "Alta Alpina") for any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in this cycling event, including travel. I agree it is my sole responsibility to be familiar with the event conditions and rules, the course, and any special regulations for the event. I understand and agree that situations may arise during this cycling event which may be beyond the immediate control of Alta Alpina, and I must continually ride so as to endanger neither myself nor others. I accept sole responsibility for conditions and adequacy of my riding equipment. I will ride wearing an ANSI approved bicycling helmet that can protect against serious head injury, and assume all responsibility and liability for the selection of said helmet. I have no physical or mental condition, which to my knowledge, would endanger myself or others if I participate in this cycling event. I am physically able to participate in the event for which I have registered.
 I agree, for myself and my successors, that the above representations and agreements are contractually binding, and are not merely recitals, and hereby absolve and hold harmless Alta Alpina and, accordingly, that should I or my successors assert any claim in contravention of this agreement, I or my successors shall be liable for the expenses (including legal fees) incurred by Alta Alpina in defending, unless Alta Alpina is finally adjudged liable on such claim for willful or wanton negligence. This agreement may not be modified orally.

In addition, on occasion there may be photographs taken of me participating in this event either specifically or incidentally. I acknowledge and permit that all images of me can be used for promotional and advertising purposes for Alta Alpina and Alta Alpina's events for no consideration.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS AN ASSUMPTION OF RISK, WAIVER OR LIABILITY, AND HOLD HARMLESS AGREEMENT, AND THAT IT FORMS A CONTRACT BETWEEN MYSELF AND THE ALTA ALPINA CYCLING CLUB, AND I SIGN OF MY OWN FREE WILL. I UNDERSTAND THAT THE EVENT WILL TAKE PLACE RAIN OR SHINE AND IS SUBJECT TO THE RULES AND REGULATIONS POSTED AT altaalpina.org/challenge, AND THAT NO REFUNDS WILL BE MADE FOR ANY REASON WHATSOEVER.

2 Ride Selection

Wild Sierra Metric
 Wild Sierra Century
 5 Pass Challenge, start(Circle): 6:30 7:00 7:30 8:00
 8 Pass Challenge, start(Circle): 3:30 4:00 4:30 5:02 5:30
 Build Your Own Challenge (Specify Passes)

3 Jersey Selection

Size(Circle) Men: S M L XL XXL Women: XS S M L

Ride Jersey Only \$74 8 Pass Finisher OR Ride Jersey \$74
 Ride Jersey PLUS 8 Pass Finisher OR Ride Jersey \$140

Jerseys ordered after March 1 may be mailed after the event.

4 Payment

	after 1/1	after 5/1
8 Pass Challenge (or any 7 passes)	\$110	\$130
5 Pass Challenge (or any 5 or 6 passes)	\$100	\$115
Wild Sierra Century (or up to 4 passes)	\$65	\$75
Wild Sierra Metric	\$65	\$75

Registration Fees Due: \$ _____
 Discount (\$5 Tahoe/Carson Address or 5+ forms in one envelope): \$(_____)
 Jersey Purchase: \$ _____
 Total: \$ _____

Indicate agreement to waiver, note total amount, and pay via Check or by [Paypal](http://www.AltaAlpina.org/paypal)/Credit Card at www.AltaAlpina.org/paypal

Signature: _____ I Agree
 Date: _____
 Parent's Signature (if under age 18): I Agree
 Date: _____



Board Meeting Minutes—March 3, 2014

Secretary: Jim Sadilek; Other Board Members: Chris Rhiner, President; Laura Caimi, Vice President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge/Newsletter; Garth Jackson, Weekend Rides; Tammy Lundquist, Road Cleanup; Dave Scarborough, Spring Century; Wayne Trelloggen, PR

Meeting called to order at 6:13 pm. Minutes of the February meeting were approved as circulated.

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is: \$33,075.04. The PayPal account balance is \$26,154.12.
- **Membership:** No report.
- **Weekend Rides:** No organized rides are planned for March. April rides will be weather dependent.
- **Website:** No report.
- **Weekly Road Races:** The 2014 Thursday evening race series will begin April 17.
- **Mountain Bike Races:** The position of Mountain Bike Coordinator is open. The Board of Directors would be most grateful for a volunteer to step forward and fill the position.
- **Junior Team:** No report. Pending: The Board of Directors requests that Mel Maalouf submit an inventory of Junior Team equipment.
- **Spring Century:** The date set for the Spring Century Ride is Sunday, May 25. The start/finish will be the same location as last year. Rest stop volunteers are needed. Contact Dave Scarborough 530.318.7878 Budget for the ride is estimated at \$800.
- **Pinenut Cracker:** The Pinenut Cracker Race date will be Sunday May 18. Race start will be at the tree on Pinenut Road 2.
- **King of Kingsbury Time Trial:** No report.
- **Cyclocross Race:** No report.
- **Bike Advocacy:** No report.
- **Adopt A Highway:** The Club's "Encroachment Permit", this is the permit from CalTrans for our cleaning the section of highway near Turtle Rock Park, has been extended to 2019.
- **Clothing:** No report. Clothing will be available at the Spring Party. The Board is earnestly seeking a volunteer to act as Clothing Coordinator.
- **Public Relations:** A press release has been issued announcing "Open Registration" for the Alta Alpina Challenge. Contacted the Carson

Valley Visitors Authority—no confirmed meeting date. Updating accommodations information for AACC Challenge web site.

- **Alta Alpina Challenge:** Volunteers are disseminating Challenge posters and rack cards, primarily in Bay area and Sacramento region, our major marketing target. Sent 250 Challenge rack cards to Cycle California magazine for distribution at western states cycling events. Ordered another 1/4 page Challenge ad in Cycle California magazine. Continuing to co-promote Challenge with other organized cycling events and respective sponsoring bike clubs. There are now 135 registrations for the AACC Challenge
2. **Insurance:** The subject of insurance for all the club's activities was discussed at length. A motion was passed to purchase both the LAB General Liability policy for \$651.48 and the LAB Directors & Officers Liability insurance for \$519.23. [Motion 03/01: Michael Bayer/Jim Sadilek/carried unanimously] It was also agreed that we should continue to pursue a property loss policy.
 3. **New Business, Club Hotline:** Garth Jackson will periodically update the message on the club hotline. The recommendation was to update monthly until April and then weekly thereafter.
 4. **New Business, Challenge Staff Ride:** Michael announced that we will probably need to schedule the staff ride in July and requested that everyone weigh in on a preferred date.
 5. **New Business, Ride Exchange Program:** Dramatic increases in insurance and other non-discretionary expenses in 2014 mean that implementing a ride reimbursement program is probably not prudent. Instead, it was agreed that we will work with other event organizers to exchange free entries that can be distributed to volunteers who work a significant number of hours. Participants in the program must wear a club jersey on the ride.
 6. **Next Meeting:** Monday, April 7, 2014, 6 pm, Jethro's, 1281 Kimmerling Road in Gardnerville Ranchos, NV. Meeting adjourned at 7:59 pm



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

- Spring Party .Saturday, April 12
- Spring Century ...Sunday, May 25,
- Alta Alpina Challenge .Saturday, June 28
- Challenge Staff Ride ..Saturday, July 19
- Thursday Night Races Starting April 17
 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; click on "Membership"

Alta Alpina Cycling Club Board Members

Chris Rhiner	President	president@AltaAlpina.org	775-790-6373
Laura Caimi	Vice President	wildsierralaura@yahoo.com	
Jim Sadilek	Secretary	ccwatchmaker@gmail.com	775-220-2713
Frank Dixon	Treasurer	ozatlake@gmail.com	530-318-1574
Robert Braun	Membership Coordinator	robertingville@yahoo.com	
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 Lundquist	Road Cleanup Coordinator	tahoe.tammy@gmail	530-545-3155
Wayne Trellogen	PR Coordinator	pr@altaalpina.org	877-845-2453
Michael Bayer	Paceline Editor	paceline@AltaAlpina.org	
David Scarborough	Spring Century Coordinator		530-318-7878
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Joe Marzocco	Website Coordinator	j_marzocco@yahoo.com	
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

The club is about and for you! All AACC members are welcomed to participate in our **Board Meetings** held the **first Monday of each month at 6:00 pm.** The location alternates between the Carson Valley and South Lake Tahoe.. Join us on **April 7** at **Jethro's** in the **Gardnerville Ranchos.**

Newsletter Publisher:
 Michael Bayer