



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 18 Issue 2  
March 2020**

## Presidential Posting

Nigel Leigh, President

So, that damn virus has turned your life upside down. Work is either done from home or gone completely. Kids are home. 24/7. Socializing happens at an anti-social distance...

Need a break from it all? Need some exercise? Need some fresh air?

Yes, you riders know the answer! Our sport delivers all of that, and with care it checks all the virus safety boxes too. So get on ya bike!

As you've probably already heard or read, we've had to cancel the April 2 Spring Membership Party. Unfortunate but necessary. So please make the effort to renew online at:

[http://altaalpina.org/membership/join\\_renew.php](http://altaalpina.org/membership/join_renew.php)

Ensure you do it soon to avoid any risk of loosing your lifeline to the bastion of sanity that is Alta Alpina.

Note that the March Mileage Contest has NOT been cancelled. No, its going full steam ahead, with the same April 2 end date. We'll just have to hold off awarding prizes until we can all meet again. So get on ya bike and clock up some miles!

And what about weekend rides? We're planning changes to keep them transmission free, so you can enjoy with safely. Changes like swapping to b.y.o. snacks and maintaining anti-social distancing throughout.

Similar story for the Thursday evening races, which are scheduled to start on April 16. Additional changes there will likely include time-trial format only, instead of pacelines (we'll resume the normal mix once things settle down again). And we're aiming for contact-free registration.

So yes, like everything you've been reading recently, this posting has been all about corona virus mitigation. Crazy times. What can we do, but let this dollop of miracle-March snow melt, then get on ya bike!

## Membership Renewal

Tod Conover, Membership Coordinator

**Membership fees have not changed: \$30 for individual, \$50 for family, and \$15 for students.**

No surprise, the spring party is cancelled. But you can, and should, renew your membership online this year.

Go to the membership renewal page on our web site and follow the instructions:

[http://altaalpina.org/membership/join\\_renew.php](http://altaalpina.org/membership/join_renew.php)

Enter your email address, the one we know you by, to start. If you need to make changes to your contact information, select "Changes to contact info" and then complete the form. If you're just renewing, select "No changes", then your membership type (individual or family), and click "Pay Now" so you can submit your fees via online payment.

If you still want to pay by check, send those to our PO box:

Alta Alpina Cycling Club  
PO Box 2032  
Minden NV 89423

Make sure your name *and* email address are on the check.

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# Alta Alpina Cycling Club 2020 March Mileage Contest Log

Bring completed form to designated event (TBA).

Name:  Gender:  M / F

The Ides of March Mileage Contest is Back!

Here's how to participate:

1. Print and use this official mileage log.
2. Ride as many miles as you can over 4 weeks starting on March 6.
3. Record the number of miles you ride each day and where you rode.

If you ride dirt, those miles count for double.

|            | Friday<br>3/6 | Saturday<br>3/7 | Sunday<br>3/8 | Monday<br>3/9 | Tuesday<br>3/10 | Wednesday<br>3/11 | Thursday<br>3/12 |
|------------|---------------|-----------------|---------------|---------------|-----------------|-------------------|------------------|
| Where?     |               |                 |               |               |                 |                   |                  |
| Mileage    |               |                 |               |               |                 |                   |                  |
| Week Total |               |                 |               |               |                 |                   |                  |

|            | Friday<br>3/13 | Saturday<br>3/14 | Sunday<br>3/15 | Monday<br>3/16 | Tuesday<br>3/17 | Wednesday<br>3/18 | Thursday<br>3/19 |
|------------|----------------|------------------|----------------|----------------|-----------------|-------------------|------------------|
| Where?     |                |                  |                |                |                 |                   |                  |
| Mileage    |                |                  |                |                |                 |                   |                  |
| Week Total |                |                  |                |                |                 |                   |                  |

|            | Friday<br>3/20 | Saturday<br>3/21 | Sunday<br>3/22 | Monday<br>3/23 | Tuesday<br>3/24 | Wednesday<br>3/25 | Thursday<br>3/26 |
|------------|----------------|------------------|----------------|----------------|-----------------|-------------------|------------------|
| Where?     |                |                  |                |                |                 |                   |                  |
| Mileage    |                |                  |                |                |                 |                   |                  |
| Week Total |                |                  |                |                |                 |                   |                  |

|            | Friday<br>3/27 | Saturday<br>3/28 | Sunday<br>3/29 | Monday<br>3/30 | Tuesday<br>3/31 | Wednesday<br>4/1 | Thursday<br>4/2 |
|------------|----------------|------------------|----------------|----------------|-----------------|------------------|-----------------|
| Where?     |                |                  |                |                |                 |                  |                 |
| Mileage    |                |                  |                |                |                 |                  |                 |
| Week Total |                |                  |                |                |                 |                  |                 |

Note: Miles on dirt count for double. If you rode dirt miles, write down twice the mileage ridden.

Grand Total



## Social-Distanced Club Rides

Michael Bayer, Newsletter Editor

Two words dominate life right now: "Social Distancing". Many of our members fall into high risk categories or have family who do. Social group rides are not safe and are not acceptable at the moment. However, designated club rides--non-social Social-Distanced Rides--can still serve an important role in promoting cycling: they provide people with extra motivation to get off their couches and ride, they encourage riding longer loops where there is greater safety in numbers even when we're not riding as a group, and they can introduce people to new riding routes.

So here are some rules & etiquette for participating in Social-Distanced Club Rides.

### 1. Take Social Distancing Very Seriously

Social-Distanced rides are only safe if all participants are committed to making them safe. So please don't show up if you aren't committed to being mindful at all times, prioritizing the health of everyone around you, and keeping yourself healthy. If you have any symptoms stay home.

### 2. Assume that You are Contagious

The fast spread of this disease is, in part, being attributed to the fact that infected people are contagious long before they show any symptoms. The virus can quickly jump from one host to another to another long before anyone in the chain is aware. None of us live in a perfect bubble, so regardless of how careful we've been, no one can be sure that they aren't a carrier. To keep others safe, we all need to act consistent with the assumption that we are carriers. Assume that everything you've touched and everything that's come into close contact with your face is covered in the virus. Keep your hands to yourself. Don't hand anything to anyone else or pick up something if it doesn't belong to you. Assume that you are exhaling droplets containing the virus and that anything you cough, spit, or sneeze is toxic to others.

### 3. Keep Your Distance At All Times

As cyclists, we must already maintain a heightened level of situational awareness to stay safe. We must now remain vigilant about maintaining space around ourselves at all times and respecting that personal space around everyone else. The CDC recommends keeping a minimum distance of 6 feet from other people at ALL times. That means no hand shaking, no

fist-bumping, no elbow touching--no contact of any kind. Whether you are riding or standing, monitor the area 360° around you at all times and anticipate the movements of those around you--someone may not realize that they are backing into you or they may be speeding up when you are slowing down. If you don't already have one, invest in a mirror that clips to your helmet or glasses and practice using it. Treat the CDC guideline as a minimum which applies to people who are standing still or walking. When you're riding, start and stay 10-20 seconds behind the rider ahead of you. If you want to pass, move over long before you approach the other person. Call out "on your left" as soon as you are in ear-shot so that they are aware of your approach, then pass as wide as you can, and don't come back over until you're well ahead of them.

### 4. Keep Your Fluids To Yourself

Coughing, sneezing, and runny noses are an expected byproduct of riding but it is essential that we all change our habits. Practice coughing, sneezing, clearing your nose, and wiping your face WHILE RIDING using the inside elbow of your sleeve BEFORE you participate. If the fabric of your jacket, jersey, or arm warmer doesn't work for this purpose, bring one or more small handkerchiefs (AKA Snot Rags) and practice using those to capture everything, while being careful to avoid shaking and flapping.

### 5. Stay Apart at the Start

If possible, ride to the start location listed for a Social-Distanced club ride and arrive as close to the posted departure time as possible. If you drive to the start, park your car away from others who are getting ready to ride. Ideally keep at least two empty spaces between parked cars. If you must park next to another car, make sure that it's unoccupied and no one is loading or unloading. The club's ride leader will be taking down the names of all members who are participating in the ride (rides are limited to active members) but will stay at a distance. In order to keep riders spread out, the ride leader will provide instructions for when each participant should start and the plan for regrouping. At regroup locations the same rules apply--everyone must stay a minimum of 6 feet apart. Despite the social distancing of participants we must further ensure that there are never more than 10 people getting ready to ride at a given location. If you arrive at a start location and your presence would



mean that the 10 person maximum would be exceeded, please park elsewhere and ride to the start after others have already had time to depart. If more than 10 people are participating in a social-distanced club ride, the ride leader will vary instructions so that no regroup location sees more than 10 people.

### 6. Wash Your Hands

Washing your hands is the key to keeping yourself healthy. Review how to do this properly on the CDC website if you haven't already. When you're out for a ride, be sure to have hand sanitizer with you and remember that you need to use a generous quantity

and rub vigorously for 20 seconds--just like hand washing.

### 7. Pack Your Own Snacks

Ride leaders will not have snacks or water. For longer rides, please bring all the snacks and water you might need. And, of course, don't plan on sharing anything with anyone.

### 8. Stay Informed

Monitor the CDC website for information on how to stay safe:

[www.cdc.gov/coronavirus/2019-ncov/prepare/](http://www.cdc.gov/coronavirus/2019-ncov/prepare/)

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## Doing Your Part for Carson Valley Trails

### Jeremy Vican, CVTA VP Trail Operations

Alta Alpina members are big users of the Carson Valley Trail system. Please do your part to help keep the trail systems cared for, safe, obstacle free and in good condition. Anytime you happen to be near the trailhead or on the trail, just keep an eye out for anything that may need resolved. The following are some things to look for.

#### Trees

Where has a tree fallen across the trail, how big is it and how difficult is it to get around? A picture really helps and a general location! A hiker can go around almost any tree but a down tree can be impassible for an equestrian and a serious hazard to a biker. Having this information helps decide what tools are needed to remove it. You might be able to safely pull or push a small tree or branch off the trail yourself.



Small Tree



Medium Tree



Large & Dangerous Tree

#### Rocks

Are there areas where rocks have fallen on the trail? In some places like the Genoa Trail System, there will always be some small rocks but when there are way too many small rocks or much bigger rocks that passage becomes difficult, particularly for bikers, let us know. You might be able to kick small rocks off the trail yourself but be extra careful there is no trail or people below you if you do so.



#### Vegetation/Branches

Are shrubs or branches starting to close in on the trail? Some trail areas go through brushy areas and need removed or pruned.



**Water Issues**

Is the trail becoming rutted or is there water draining onto the trail? It is not unusual to have very short sections with some rutting caused either by storms, or from bikes skidding near turns. However, longer sections or areas that just seem bad need repaired.



**Creek Crossings**

A few creek crossings have rocks/boulders placed strategically for hikers to cross fairly easily, while allowing water to flow mostly unimpeded. When these crossings are intentionally jammed up with rocks, or spanned with logs, a dam is created that impedes water flow, scouring the side banks. This leads to wider and more difficult crossings that become irreparable, creating a year-round crossing problem instead of a temporary, high-flow crossing inconvenience. There should always be a clear path option for horses and bikers to go through next to the designed set of hiker boulders. Any additional logs or rocks placed in the crossing must be removed.



**Trash/Graffiti**

Is there trash at the trailhead or along the trail? If possible, please help keep trailheads clean by picking up any bottles, glass, wrappers, etc. Are there signs, rocks, kiosks or other things with graffiti? You might be able to remove some yourself, otherwise please report.





**Signs/Kiosks**

Are the kiosks and signs in good condition? Have any signs or kiosks been vandalized, marked/scratched up, run over, shot at, fallen down, or missing?



Busted Panel



Shot At



Pulled / Tossed Sign



Marked Up / Scratched Sign

**Shortcutting/Illegal Routes**

Are people creating shortcuts or building unauthorized routes? Dogs sometimes create these but usually its people. Look around switchbacks particularly for shortcutting. Try to cover up if possible, otherwise please report.



Taking pictures is extremely helpful. If there is anything you can't take care of safely yourself, please contact [cio@carsonvalleytrails.org](mailto:cio@carsonvalleytrails.org) to report issues of concern. Thanks for your assistance!

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**Board Meeting Minutes—March 2, 2020**

Secretary: Michael Bayer; Other Board Members: Drew Bray (NICA Team Coach); Frank Dixon (Training Series); Lee Griffith (Spring Century); Nigel Leigh (President); Tammy Lundquist (Vice-president); Carlo Luri (Advocacy); Bill Magladry (Weekend Rides); Jim Sadilek (Website)

Meeting called to order at 6:08 pm  
Venue: Lakeside Inn & Casino  
Approval of February Minutes [Nigel/Bill/Unanimous]

**1. Monthly Status Reports:**

- **Treasurer:** The current checking account balance is \$6531.86. The PayPal account balance is \$6040.32.
- **Membership:** Tod reported by email that 20 paid renewals have been processed. In his email Tod also proposed that he would change the menu for the spring party and requested a budget for food and supplies. After reviewing the historical cost of

the party, the board approved a \$400 budget [Tammy/Nigel/Unanimous]. Tod to ensure that the food be selected so that the majority of any leftovers can be packed into the weekend ride kits. The board discussed moving the party to April 1 of 2 to avoid the conflict with the South Lake Tahoe spring break. After reaching Tod by text message, the board agreed to change the date to April 2. It was suggested that we should develop a system for paying for all purchases at the party with a single check.

- **Weekend Rides:** Bill organized meetings with the weekend ride leader team and has



successfully booked up the calendar through July. Bill will organize a set of rides for different abilities including a mountain bike ride for the “Rider Round-up” on April 11, probably starting from Genoa. The board discussed the need to promote the fact that weekend rides accommodate riders of different abilities.

- **Newsletter:** Michael plans to issue the next newsletter in mid March. Content is requested from everyone. The focus will be getting people to the spring party.
- **Website:** Jim reported that he restructured the newsletter page on the website as the original layout had run out of room. Our current hosting company has had serious problems delivering email and some important emails have gone missing. Carlo will investigate the option to switch to another email provider.
- **Insurance:** We are still waiting for quotes for the Challenge and Racing insurance policies.
- **Weekly Road Races:** Joseph reported that he has updated the website page for the 2020 season, archived the 2019 results, and updated the PDF forms so people can download the registration forms and fill them digitally. It was decided that the race portable toilet will be retained through September so we’ll have it for the King-of-the-King and other events. Joseph is making progress recovering chips.
- **Adopt A Highway:** No Report.
- **Mixed Terrain:** Michael has been meeting with agencies and potential partners/sponsors. CVI has agreed to host the awards event after the third event in the series. Data captured during the trial rides has been used to project when riders will reach each location on the course so traffic control and course marshal timing can be determined. Permitting is in progress. Email system issues have caused problems. Marketing is in full swing. We need social media to gear-up as soon as we are online with all platforms.
- **Social Media:** Gregg and Carlo are working to recover the club’s Instagram and Twitter accounts. If they can’t be recovered we will just start new accounts and abandon the old ones.
- **Challenge:** Forty three people registered at this point. Michael is gearing up for marketing directly to clubs, shops, and companies--a return to some of the marketing strategies we used to grow the ride in the early years. Advertising will expand for

April to focus on the May 1 deadline that drives most of the registrations. Ramping up our social media campaign is also critical now.

- **Bike Advocacy:** Carlo reported that September is shaping up to be a very busy month for new events with a competing mixed terrain event in Carson City September 12 and one at Mammoth September 19. Carlo, Michael, and Jennie will attend the CVTA meeting.
  - **Spring Century:** Lee reported that the routes are set and he has been in contact with Dave Scarborough.
  - **Training Ride Series:** Frank and Michael need to meet to work on the email component. Frank would like to explore the possibility of a closed Facebook group as a component. Carlo mentioned we may be able to partner with local gyms and attract spin class regulars. Nigel will work with the Chamber to ensure that news of the training series goes out through their channels.
2. **Club Activities Poster:** The board discussed various alternatives for getting more visibility for the club and our activities in the local cycling community. The board discussed using one posters, multiple posters, newsletter copies, rack cards, business cards, and tri-fold flyers. The pieces need to be useful both in sparking discussion and for getting people to the appropriate pages of our website. The conclusion was to make a poster for local merchant locations that would be posted for April and May and would be based on Page 3 of the Jan/Feb newsletter.
  3. **Silver State Off Road Alliance:** Matt Giltner, who prepared federal permit applications for the Mixed Terrain Series, suggested that the club should consider joining the Silver State Off Road Alliance. Michael will gather more information.
  4. **5 Pass and 7 Pass Finisher Jerseys:** The board reviewed the new jersey designs. The 7-Pass design was approved and recommendations were made to improve the 5-Pass design.
  5. **March Mileage Contest:** The board agreed that the contest will run 4 weeks ending April 2. Rules and prizes will be the same as last year.
  6. **Next Meeting:** Monday, April 6, 2020, 6 pm, Jethros in Gardnerville. [Ed Note: Will now be a conference call. Contact Nigel to participate.] Meeting adjourned at 8:15 pm



# Alta Alpina Cycling Club

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

## MARK YOUR CALENDARS

Thursday Night Races    .....Thu., April 16  
 Memorial Spring Century   .....Sun., May 24  
 Alta Alpina Challenge    .....Sat., Jun 27

**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](http://www.AltaAlpina.org); click on "Membership"

## Alta Alpina Cycling Club Board Members

|                             |   |  |              |
|-----------------------------|---|--|--------------|
| Nigel Leigh                 | President                                   | <a href="mailto:president@AltaAlpina.org">president@AltaAlpina.org</a>             | 775-267-7089 |
| Tammy Lundquist             | Vice President                              | <a href="mailto:tahoe.tammy@gmail.com">tahoe.tammy@gmail.com</a>                   | 530-545-3155 |
| Michael Bayer               | Secretary                                   | <a href="mailto:secretary@AltaAlpina.org">secretary@AltaAlpina.org</a>             | 877-845-2453 |
| Lori Kroboth                | Treasurer                                   | <a href="mailto:treasurer@AltaAlpina.org">treasurer@AltaAlpina.org</a>             | 877-845-2453 |
| Tod Conover                 | Membership Coordinator                      | <a href="mailto:membership@AltaAlpina.org">membership@AltaAlpina.org</a>           | 877-845-2453 |
| Bill Magladry               | Weekend Ride Coordinator                    | <a href="mailto:ridecoordinator@AltaAlpina.org">ridecoordinator@AltaAlpina.org</a> | 775-450-6457 |
| Gregg Westerbeck            | Membership Growth Coordinator               | <a href="mailto:growth@altaalpina.org">growth@altaalpina.org</a>                   | 650-276-6951 |
| Glynnis Miller              | Volunteer Coordinator                       | <a href="mailto:volunteer@AltaAlpina.org">volunteer@AltaAlpina.org</a>             | 928-274-6676 |
| Joseph Whiteley             | Thursday Road Race Director                 | <a href="mailto:racedirector@AltaAlpina.org">racedirector@AltaAlpina.org</a>       | 775-265-1905 |
| Desiree Aarts<br>Kiley Reid | Thursday Road Race Stewards                 | <a href="mailto:racedirector@AltaAlpina.org">racedirector@AltaAlpina.org</a>       | 877-845-2453 |
| Thomas Walker               | Road Cleanup Coordinator                    | <a href="mailto:trun@aol.com">trun@aol.com</a>                                     | 210-392-2175 |
| Lori Piccini                | Clothing Coordinator                        | <a href="mailto:clothing@altaalpina.org">clothing@altaalpina.org</a>               | 877-845-2453 |
| Carlo Luri                  | Bicycle Advocacy Coordinator                | <a href="mailto:altaalpinaNICA@gmail.com">altaalpinaNICA@gmail.com</a>             | 775-720-0754 |
| Michael Bayer               | Alta Alpina Challenge Ride Director         | <a href="mailto:challenge@AltaAlpina.org">challenge@AltaAlpina.org</a>             | 877-845-2453 |
| Brian Dempsey               | Pinenut Cracker Coordinator                 | <a href="mailto:pnc@AltaAlpina.org">pnc@AltaAlpina.org</a>                         |              |
| Lee Griffith                | Spring Century Coordinator                  | <a href="mailto:springcentury@AltaAlpina.org">springcentury@AltaAlpina.org</a>     |              |
| David Scarborough           | Fall Century Coordinator                    | <a href="mailto:dave_scar@hotmail.com">dave_scar@hotmail.com</a>                   | 530-318-7878 |
| Frank Dixon                 | Death Ride Training Ride Series Coordinator | <a href="mailto:bikeboygo@yahoo.com">bikeboygo@yahoo.com</a>                       | 530-318-1574 |
| Mel Maalouf                 | Junior Team Coach / Race Team Director      | <a href="mailto:alpinajr@gmail.com">alpinajr@gmail.com</a>                         | 775-782-9652 |
| Andrew Bray                 | NICA Team Head Coach                        | <a href="mailto:mtnwallaby@gmail.com">mtnwallaby@gmail.com</a>                     |              |
| Jim Sadilek                 | Website Coordinator                         | <a href="mailto:ccwatchmaker@gmail.com">ccwatchmaker@gmail.com</a>                 |              |
| Michael Bayer               | Paceline Editor                             | <a href="mailto:paceline@AltaAlpina.org">paceline@AltaAlpina.org</a>               | 877-845-2453 |
| Gregg Westerbeck            | Social Media Coordinator                    | <a href="mailto:social@AltaAlpina.org">social@AltaAlpina.org</a>                   | 650-276-6951 |

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 6** for a conference call (contact Nigel for details).

Newsletter Publisher:  
Michael Bayer