



PACELINE

Alta Alpina Cycling Club

Volume 4 Issue 4

May 2006

The Gardnerville 100 (Formally the Gardnerville 125)

Keith Hart, Big Daddy's Bicycles

What: Big Daddy's Bicycles & Alta Alpina presents: The Gardnerville 100 in memory of Alaina Sage Lester. This ride was formally known as the Gardnerville 125. In the past, this ride was limited to the first 80 people to sign up. Due to an increased demand, the ride has expanded to the first 160 people to sign up. Call: 782-7077 during business hours to RSVP.

When: Sat. May 13th. Start time: 8:00 a.m.

Where: The start and finish has changed. The start and finish will be at Big Daddy's Bicycles, 1546 Hwy 395, in G-ville. The route will be the same as in rides past:

- ◆ Gardnerville to Topaz Lake via Hwy 395
- ◆ Topaz to Markleeville via Monitor Pass
- ◆ Markleeville to Gardnerville (That's about 72 miles.)

For the brave studs whom ride the awesome XL 107-mile loop, the route continues:

- ◆ from Markleeville to So. Lake Tahoe via Woodfords Canyon

- ◆ Luther Pass...Hwy 88 to 89...to Pioneer Trail Road
- ◆ to Kingsbury Grade...Hwy 207
- ◆ Back to Big Daddy's via Mottsville Lane and Hwy 88

Who: The ride is free to any current Alta Alpina member. If you are not a current Alta Alpina member, you can sign up before the ride as a member and ride for free. This is a semi-supported ride. You must carry money for the various convenience store stops. We will have support on the top of Monitor Pass and a BBQ on the patio of Big Daddy's after the ride, including cool, free raffle prizes to the participants. The 72 milers will earn one free raffle ticket, and the 107 milers will earn 3 free tickets.

Why: This ride is a chance to commemorate the life of a special four-year old girl and the daughter of one of our fellow cyclists:

Alaina Sage Lester (1998-2003)

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Cycling Morsels

AACC Clothing

Clothing is available at Big Daddy's Bike Shop in Gville.

Bike Boxes

AACC has 2 Bike Boxes suitable for airline travel available at Big Daddy's, FREE to club members.

Membership Reminder

Remember, the address label on the first newsletter you received after you renew or join AACC is your 2006 membership card.

AACC Babies!

Congratulations to . . .

Jay & Brown on the birth of your son **Colton Brown**

Mel & Hillary Maalouf on the birth of your newest Jr. racer,

Simon James Maalouf



Carson Valley Classic, July 29th & 30th

Jim Rhiner, Carson Valley Classic Race Organizer

Bike racing is off to a great start in California. Soon we will have a chance to show off Nevada and our cycling club by again hosting the District Master Championships. AACC will be seeking volunteers for the Carson Valley Classic (CVC) events on July 29-30 2006; AACC volunteers will provide all event support. Many tasks can be performed before the events if you cannot volunteer the day of the race. Remember AACC members seeking ride and race reimbursements can fulfill some of their requirements by volunteering at either the Minden Criterium or Diamond Valley Road Race.

“The success of this event depends on us, the volunteers.”

Many riders in the Northern California and Nevada area really appreciate the high quality courses and excellent organization/attitude of the volunteers. The success of this event depends on us, the volunteers. It will be a good time for volunteers, spectators and racers. I am looking forward to working with race officials, volunteers, spectators and racers. Please contact me to sign up as a volunteer (jim.rhiner@bently.com, 775-783-9834 or 775-215-1019). Check out the race ads posted on the AACC website for more detail. Please call or email me ASAP!



Wednesday Night Race Schedule 2006

Christine Anderson, Wednesday Road Race Director

The racing season is well underway. It's been great to see all the new and returning faces at our first few races. Now that it really seems like spring, I hope to see even more faces at the races. Tuesday, May 16, will be our first Club Challenge in Reno. The Air Center Crit starts at 5:45 for the C's; the Reno Wheelmen website www.renowheelmen.org has more detailed information. The first five across the line receive points for their respective clubs, and the club with the most points at the end of the season wins. Everyone

else will receive 10 points in their respective club's series. So come on up and show Reno that just because they're bigger, doesn't mean they're faster. Hope to see you out there!

The following week we resume our regular Wednesday schedule. Registration is from 5:30-6:00 and racing starts at 6:15. Check the website for details. Any questions or just need a pep talk before trying this racing thing out, e-mail me: christine.anderson@yahoo.com.

Race Schedule

5/16	TUESDAY —Club Challenge in Reno (Air Center Crit)	7/12	***East Valley Crit (tentative intra-team—more to come)
5/24	Diamond Valley RR	7/18	* TUESDAY —Club Challenge in Reno (Franktown RR)
5/31	Genoa TT	7/26	Diamond Valley RR
6/7	East Valley Crit	8/2	Luther TT
6/14	*Diamond Valley RR (Club Challenge)	8/9	Blue Lakes RR
6/21	**Fredricksburg Two-up TT	8/16	*East Valley Crit (Club Challenge)
6/28	Emigrant Crit	8/23	Genoa TT
7/5	Diamond Valley RR	8/30	Diamond Valley RR

* **Club Challenges:** The Reno Wheelmen & Alta Alpina will each host 2 Club Challenge races. The club with the best overall results in these races wins. As these are "team tactics" races, all riders will receive 10 points for participating in AACC or RW Club Challenges.

** **Two-up Time Trial:** Teammates should be chosen before the race, if possible. No mixing categories. Each rider gets the points of the team. The second rider across the line records the team's time.

*** **Intra-team Criterium:** To be determined.

Pinenut Thursday Night Cross Country Series (PNS)

Mike Beam, Thursday Mountain Bike Race Director

Five Events: 5/18, 5/25, 6/1, 6/8, and 6/15

A new mountain bike race series starts in May, in our very own Pinenuts. The snow has finally subsided, so get out your mountain bike and start training. The race dates are 5/18, 5/25, 6/1, 6/8, and 6/15 at 5:00 p. m. This is a non-licensed and non-sanctioned event. Trophies will be awarded to the top three finishers in each class.

The categories will be A-Expert, B-Sport, and C-Beginners.

The course is top secret, but distances will be approximately A's-17 miles, B's-12 miles, and C's-7 miles.

Registration/Start/Finish will be at the world famous "tree." More details coming soon. The series will be free to club members! You don't have an excuse to not race!

Adopt-a-Highway

Dennis DeLange

Date: May 14th

Time: 8:30 AM

Meeting Place: Parking Lot at Turtle Rock Park, about 5 miles south of Woodfords on Hwy. 89.

Come and join the AACC litter team in keeping our stretch of highway clean. Enjoy a beautiful morning stroll along a quiet road. Stylish orange vests, hard hats, bags, and trash grabbers will be provided. Come see if anyone disposed of a carbon fiber frame over the long winter. Bring your bike for a ride post-cleanup, if you wish.



The League of American Bicyclists is promoting **Bike-to-Work Week** from May, 15-19 and **Bike-to-Work Day** on Friday, May 19.



AACC Weekend Ride Schedule

John Seher, Weekend Ride Coordinator

Saturday, May 13—Gardnerville 100

OK, we have renamed the ride, as the distance is closer to 100 miles than a buck twenty five, but it's still the same great AACC celebration of road and perspiration. This year the start/finish will be at Big Daddy's in Minden with a post-ride barbecue and raffle at the shop. The long distance riders should be rolling by 08:00. The route is the same as in past years: Minden to Topaz Lake then up the east side of Monitor Pass and descend to Markleeville, then over the hump to Woodfords. Here the true road warriors turn left and head up Woodfords Canyon to Pickett's Junction, then over Luther Pass to South Lake Tahoe and eastward over Daggett Pass and back to Minden. The sane people can make a right turn at Woodfords and head for early burgers at BD's. The shorter route is about 65 miles. We'll have food and water stops on Monitor and Luther passes, but bring some money for convenience store rest stops. What other bike club has a weekend ride like this?

Saturday, May 20—Dirt or Road?

If you're a hairy-legged mountain biker, it's the Pine Nut Cracker Mountain Bike Race, and if you're a smooth-legged roady, it's the Davis Double Century. Pick your poison. Either event will yield stories to be told around the campfire.

Saturday, May 27—Indian Valley Century

A beautiful ride through the Indian valley, the old mining town of Genessee and Antelope Lake. This has to be the lightest traffic century in CA. Check it out at: www.indianvalley.net/centuries.html

Saturday, June 3—Sierra Century at Plymouth, CA

This is a really great century ride in the Sierra Foothills and is well attended by AACC riders. Lots of hilly terrain, including the infamous Slug Gulch. Those who conquer this nasty piece of road will receive the special Slug Gulch pin, with, you guessed it, a picture of a bike-riding slug. The Sacramento Wheelmen put on a good meal afterwards. If anyone has plans on doing the Death Ride or the Summer Solstice long route, this event is good training. See you there in your club jersey!

Sunday, June 11—Markleeville to Lake Alpine and Back

An old favorite returns, again. Make no mistake, this is a hard ride featuring some extended climbing well into the teens percent grade with some 20% plus pitches. This is one of the classic road rides in the Sierra. The scenery is fantastic and there will be a sense of accomplishment after conquering those world-class climbs. It's about 60 miles, but the distance has nothing on the climbing. Bring some money to buy food at the Lake Alpine store or do like the French, and enjoy a sit down lunch at the lodge. Meet at the Alpine County building parking lot in Markleeville at 09:00. Last year this was our best attended weekend ride.

Saturday, June 17—Smith Valley to Bridgeport and Back

We'll try once more to get this one in. Hopefully, the weather will be better than in April. The route is south from Smith Valley and over Sweetwater Summit, down to the Walker River, then west to Bridgeport where we can get food and water. Return is by the same route to make an 80-mile ride. There is some climbing, but the gradients are modest. This ride is a nice contrast to the previous weekend and makes a good tandem or recumbent ride. Meet at the Smith Valley town hall in Wellington at 09:00. Watch out for Ray and the flying banana.

Saturday, June 24—Mile High Century or the Summer Solstice Century...take your pick.

Both of these are fine rides, with the Mile High being the easier choice. It's a beautiful tour of the Lake Almanor area and the Indian Valley. The pavement's good, the traffic light, and the climbing modest. If you are looking for a challenge, the Quincy-Quincy loop on the Summer Solstice will not disappoint. Again, good pavement, terrific scenery, but brutal climbing. This thing is right up there with the Climb to Kaiser and the Death Ride. More stories around the campfire. Check 'em out at www.milehigh100.com and www.summersolsticecentury.org.

Death Ride

Joe Marzocco, Death Ride Manager

Death Ride Check-in and Expo – July 7, 2006

Tour of the California Alps – July 8, 2006

Thanks to everyone who took attended the Membership meeting and signed-up to volunteer for the Death Ride. Of course, we still need volunteers (we will never have enough!). **Now** is the best time to write the Death Ride in on your calendar.

If you can't volunteer during Death Ride week, please considering helping out now. We need people to package merchandise, stuff rider bags, and do other indoor work. Contact Joe Marzocco or Angela Witten at drvolunteers@deathride.com, 530.694.2475, or visit www.deathride.com/volunteers/vsignup.php.

Any club members wishing to ride this year's event, please contact Joe Marzocco at the Alpine County Chamber of Commerce or email info@deathride.com to receive a registration form. Even though the deadline has passed, we will extend the registration period to the end of May. You still have time to commit to training and volunteering.



The Pinenut Cracker: Saturday, May 20

Jeff Ham, Treasurer and PNC
Coordinator

I've done a few Pinenut rides already,
and the trails are in excellent
condition.

With all the moisture this year, we
should continue to have excellent
conditions for the race. The details
are starting to come together; we
have "Living Picture Show" booked to
play again. Everything will be based at
the Douglas County Fairgrounds.

What I need most are volunteers,
mainly a few course marshals and
some registration help. Please email
me at jeffham@wt.net for
volunteering opportunities.

Thank you.

**It's MTB racing season...
And yes, mountain bike racers DO
shave their legs, too!**



Photo: Nick Ruana, Alta Alpina Jr. crosses finish line at Granite Bay

Local Merchant Discount Program

These local merchants offer discounts to AACC 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 are listed under "Local Merchants" on our website at www.AltaAlpina.org.

Show your AACC Membership Card.

If are an active AACC member, your mailing label of the first Paceline you received upon renewal has the club logo and note indicating this is your membership card.

A special "thank you" to our supporters!



Big Daddy's, Gardnerville



Pearl Izumi, Lake Tahoe



Nevada Bicycle Works, Gardnerville Ranchos



Presidential Party Notes

Jennie Hamiter, President

Thanks to everyone who helped organize the club's AACC Annual Spring Party.

Thanks to Libby for making the food run, Mike Beam for helping with set up and take down, Dennis and Kris for keeping the food tables stocked, Joe for delivering and selling club and Death Ride clothing, Suzy for spontaneously standing in when our membership coordinator was too sick to make it, Dan, Darla, John, and Jeff for helping out at the registration table, Michael for remembering everything we forgot last year, Eric Glick for representing the Bike Advisory Board, John for everything plus tallying up the mileage

contest winners, and to Nate for handling the sound system. Thanks to everyone who helped set up and clean up, especially the Junior Team, who always seem to do more than their share of the dirty work.

One thing I left out of the announcements at the Party was to thank this year's Board members. All these folks are volunteers who already have full-time jobs, but they find the time to contribute to the club. Without them, we wouldn't have all the great club events and benefits that we do. We (the club and especially me!) are lucky to have such a great group of dedicated and enthusiastic Board members. I appreciate everything you guys do!

Overnighter Rides...Try Something Different

John Seher, Weekend Ride Coordinator

How about a traveling light overnight trip? Why not? It is lots of fun. The secret to success is picking a destination with overnight accommodations and a safe, fun route to get there. The next step is figuring out what one really needs and what one can do without.

Besides the regular stuff you take on a day ride—clothes on your back, arm warmers, wind breaker, rudimentary tools, spare tubes, patch kit, sun screen and a little cash—what else do you need to stay overnight? Gee, not much. A pair of walking shorts, a shirt and a pair of lightweight shoes or sandals. Add in a toothbrush and minimal toiletries and all of it should fit into a large under the seat bag on your road racing bike. You're off!

Need a change of cycling clothes? Not really.

When you arrive, the first order of business is a shower; then, wash out your shorts and jersey and hang them up to dry. With that chore done, go out in search of food and explore the environs. After a good day's ride, you'll probably be ready to hit the sack early to be ready for the next day. Bike clothes will be dry in the morning. Have a hearty breakfast, and you're on the road headed for home. Go into work on Monday morning with a smile. What a weekend!

A great starter trip for lightweight overnight travel is Carson Valley to Bridgeport and return. Taking the back way over Sweetwater Summit, it's about 80 miles down and

about 70 miles back on US 395. Speaking from experience, bring plenty of water! There are several motels in Bridgeport and numerous places to obtain nourishment, ranging from a burrito at the Jolly Cone to a gourmet dinner at the Bridgeport Inn.

Since you've got all day to ride, why not go from Carson Valley to Lee Vining and back. It's about another 30 miles. Feeling frisky and want more miles and climbing? Try Carson Valley or South Lake Tahoe west over Highway 88 and stay overnight at Jackson or San Andreas, then return via Highway 4.

“Besides the regular stuff you take on a day ride...what else do you need to stay overnight?”

With a little planning, this kind of a trip can extend a day or two more. If the places you plan to stay are cooperative, you can send a box of fresh clothes ahead, include a return shipping label and send the old ones back home.

Do I have you thinking now?

The possibilities are endless. Have fun.

AACC Member Profile:

Jim Strange

AACC Member since: First in 1996, again in 2005

Current Residence: Carson City, NV

Immigrant from: SF Bay Area via New Mexico

Résumé: Six Davis Doubles, Six Death Rides, Four Climbs to Kaiser, One Bay Area Triple Century, too many 100+ mile climbing epics to list.

Race Category: The Spanked-in-the-Sprint Category.

Bikes I ride: Specialized S-Works E5 Road (matching pair), Salsa Las Cruces Cx bike.

How I support by Bike Habit: Teaching Math at Western Nevada Community College.

In one word, my cycling style is...: Uphill (without a paddle)

Favorite Rides/Races: Dante's View (Death Valley), Sonora Pass, Page Mill Road (Bay Area), Alto Monachil (Granada, Spain)

Favorite Post-Ride Food: Kibble (the kind that makes that yummy gravy)

Other Sports & Pastimes: Guitar, Drums, Nuke Weapon History, Movies, Stomping Disco Records

Ambitions/Aspirations: To complete the Furnace Creek 508. To watch 60 Minutes in 56 minutes.

My Motto or Inspired Quote: "Pain is my friend."

Grab Bag: Once on a bike tour, I bonked in the middle of nowhere with no food. The only thing I had that contained any kind of sugar was toothpaste. Mmmm...minty fresh. (True story!)



Jim Strange: What's in a name???

Race Team Results

Sea Otter Classic: April 6th -9th

Jeff Ham: 7th, Road Circuit, Cat 5, 30+
8th, Down Hill Beginner, 30-34
44th, MTB XC, Sport, 30-34
John Kelley: 3rd, MTB XC, Expert, 50+
Russ Petrosky: 34th, Circuit Race, Masters Cat 5, 30+
59th, Road Race, Masters Cat 5, 30+
Jim Rhiner: 11th, Circuit Race, Masters 50+
28th, Road Race, Masters 50+
Scott Roby: 61st, MTB XC, Sport, 35-39
Jim Schultz: 10th, Circuit Race, 50+
Kevin Willitts: 17th, Circuit Race Cat 4, 40+
6th, Road Race Cat 4, 40+ 4
Micah Herman: 9th, Circuit Race, Jr. 17-18
Dana Lookadoo: 5th, MTB XC, Sport, Women 40-49

Copperopolis: April 15th

Jeff Ham: 12th, Cat 5
John Kelley: 5th, 45+ 4/5
Jim Rhiner: 10th
Kevin Willitts: 2nd, 45+ 4/5
Micah Herman: 2nd, Jr. 17-18

Wente: April 22nd

Micah Herman: 2nd, Road Race, Jr. 17-18
5th, Crit, Jr. 17-18 AND Cat 4

Madera Stage Race: April 29-30

Mark Hotchkin: 11th, Time Trial, Cat 3 (+0:30)
~42nd, Crit, Cat 3 (same time as winner)
~30th Road Race, Cat 3 (+1:00)
Overall GC: ~12th to 15th



Board Meeting Minutes: May 2006

Secretary: Kris Brown; **Other Board Members:** John Seher, Libby Oakden, Christine Anderson, Jim Rhiner, Jeff Ham, Kris Brown, Mike Beam, Tim Rowe; **Other Attendees:** Christopher Rowe.

Agenda Items

1) Monthly Reports:

Treasurer: The account balance is \$35,186. Membership fees have brought in \$1,125 and clothing sales have brought in \$1,632. So far, bills for the Spring Membership Party total \$670.

Death Ride: The first captains meeting was held last week. There is still a question of who is going to handle the lunch stop, but there are several interested organizations. Permits all seem to be OK.

Junior Team: John is working on ID stickers for club bikes and property. Mel will be asked to prepare an inventory of all club bikes.

Newsletter: Dana will be doing layout this month. Libby will be on vacation next month, so items for the newsletter need to be submitted as early as possible.

Clothing: Alta Alpina clothing is available at Big Daddy's.

Weekend Rides: Weather has been an issue lately, but the rides have been good. There are centuries the next few weekends. so there won't be weekend rides.

Wednesday Night Races: Forty riders showed up for the first race. Christine is working on a system to allow riders to take their points and move to a different category.

Mountain Bike Race Series: Each race will be ridden on a 3-mile loop in the Sandbox area. The routes will be 6 ½ miles, 9 ½ miles and 12 ½ miles. Water, soda and snacks will be available at the finish.

Pinenut Cracker: Volunteers are still needed. The Stone Pony is not available to cater so alternatives are being considered.

CVC: Volunteers and volunteer captains are still needed. There is still some concern about the combined 3/4/5, women's and junior category. Other options are being explored.

Website: The new website is online.
www.AltaAlpina.org

Bike Advocacy: There were 140 people at the Bike Advocacy Conference. Tim Rowe and Michael Bayer gave presentations.

2) Budget: The budget will be discussed at the next meeting when more members are present.

3) Gardnerville 100: John Seher will check with Keith to see if he needs volunteers and if there is a deadline for signing up.

4) Shorter/Easier Club Rides: Shorter, easier club rides were discussed, but no final solution was reached.

5) Bike-a-thon: John Seher will represent the club at the Alpine County Bike-a-thon . The club will donate Death Ride Tattoos and possibly water bottles.

6) Next Meeting: The next Board Meeting will be June 5, 2006 at 6:00 at Grand Central Pizza in South Lake Tahoe.



Alta Alpina Cycling Club

P.O. Box 2032
Minden, NV 89423

877-845-2453
877-845-BIKE
www.AltaAlpina.org

MARK YOUR CALENDARS

- Gardnerville 100 Sat. May, 13
- Highway Clean-up Sun. May, 14
- Club Challenge in Reno Tue. May, 16
- Pinenut Cracker/Davis Double Century ... Sat. May, 20
- Thursday Mountain Bike Race Thu. May, 25
- Indian Valley Century Sat. May, 27
- Diamond Valley Road Race Wed. May, 31
- Genoa TT Wed. May, 31
- Thursday Mountain Bike Race Thu. June, 1
- Sierra Century Sat. June, 3
- East Valley Crit Wed. June, 7
- Thursday Mountain Bike Race Thu. June, 8
- Markleeville to Lake Alpine and Back Sat. June, 11
- Diamond Valley RR (Club Challenge) ... Wed. June, 14
- Thursday Mountain Bike Race Thu. June, 15
- Smith Valley to Bridgeport and Return Sat. June, 17

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
Kris Brown	Secretary	klbrown@douglas.nv.gov	
Jeff Ham	Treasurer	jeffham@wt.net	775-267-2089
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
John Seher	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-849-1876
Christine Anderson	Wednesday Race Director	christine.anderson@yahoo.com	775-781-0606
Mike Beam	Thursday Mountain Bike Race Director	lemondarmstrong@charter.net	775-267-6812
Dennis DeLange	Road Cleanup Coordinator	dennis.delange@bently.com	
Joe Marzocco	Death Ride Manager	info@deathride.com	530-694-2475
Mel Maalouf	Jr. 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	775-883-2390
Jim Rhiner	Carson Valley Classic	jim.rhiner@bently.com	775-783-9834
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

Newsletter Editor:
Libby Oakden

Newsletter Publisher (this month):
Dana Lookadoo

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 **June 5 at Grand Central Pizza in South Lake Tahoe**.