



PACELINE

**Alta Alpina
Cycling Club**

**Volume 11 Issue 4
May 2013**

AACC Weekend Ride Schedule—May/June

David Scarborough, Weekend Ride Coordinator

Check the [rideboard on the club website](#) for any last minute changes.

Friday, May 10, 2013 — Old Luther Pass Cleanup

We will be meeting at the top of Old Luther to clean the Hope Valley side of Old Luther Pass Road. Meet time is 5:30pm. Bring work gloves, shovel, broom, and if you have it, a gas blower would be helpful. Park at the top where the old road comes out. Everyone's help would be appreciated..

Saturday, May 11, 2013 — WEEKEND RIDE: Virginia City/Louse Town

Meet at Savemart parking lot on east highway 50 in Carson City, rolling at 9:30am. We'll ride to Virginia City via six mile canyon, do the Louse Town loop, and return via the truck route. Check road bike routes on the website for route details.

Saturday, May 11, 2013 — Ride for Mom

Enjoy a fun day of cycling with your family and friends. There are 4 route options including a new century route for 2013. Lifestyle fair and Expo after the ride. Ride for Mom is dedicated to help raise awareness of the benefits of a healthy lifestyle. [rideformom.com](#).

Saturday, May 11, 2013 — Motherlode Century

Rolling through ranch, forest, farms and vineyards Motherlode Century guides you through some of Northern California's most beautiful landscapes. 28 mile loop (3009') features a fantastic panoramic view of the valley, 64 mile (7186), 71 (8653') & 94 (10,848') routes add a remote canyon with awesome scenery. Optional 7 mile (1467') loop has valley view.

www.motherlodecentury.com

Friday, May 17, 2013 — Hung-A-Lel-Ti Bike Fix Clinic

Annual bike fix event to help get the kids at Hung-A-Lel-Ti back on their bikes. Meet at the wellness center at 2:00pm. Bring tools.

Saturday, May 18, 2013 — Pine Nut Cracker

Alta Alpina's famed mountain bike race is the first race of the Sierra Cup Series. Registration at the Douglas County fairgrounds. Start/Finish is at The Tree. There are 21 race categories from Pro to Beginner with special Clydesdale, Women, and Junior categories.

Sunday, May 19, 2013 — WEEKEND RIDE: Kingsbury/Luther Loop

Meet at Mormon Station State Park in Genoa. If you want to knock off a few miles, meet us at the bottom of Kingsbury Grade and Foothill Rd. Rolling from Genoa at 10:00am. Climb Kingsbury, take Pioneer Trail through South Shore, Highway 50 to South Upper Truckee Rd. then over Luther Pass to 88. From there down 88 to Carson River Road then make our way back to Genoa on Fredricksburg/Foothill, etc.

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VOLUNTEERS NEEDED

The club is looking for some key volunteers for the Wild Sierra on June 29:

TRP Captain

Radio Coordinator

Rest Stop Captains

Membership fees remain unchanged again this year because we rely on members to volunteer at our fund raising events. Please plan to volunteer

**Spring Century
RSVP Deadline
Friday, May 24, 2013**

Please RSVP to

davescar30@gmail.com

with your name, route (Century, Metric, or Diamond Valley) and burger preferences (beef, turkey, or veggie). You can always change your mind on the route and food, we just need a good estimate for food purchase and distribution.



AACC Weekend Ride Schedule—May/June (Continued)

David Scarborough, Weekend Ride Coordinator

Check the [rideboard on the club website](#) for any last minute changes.

Sunday, May 25 to May 31, 2013 — Cross-Nevada MTB Ride

Trevor Oxborrow is leading a 7 Day, self-supported, MTB ride across Nevada on the American Discovery Trail Bicycle Route starting on May 25th. Starting at the Utah/Nevada border on Hwy 487, east of Baker, Nevada, he'll be marking the route, by mountain bike, for Samantha Szesciorka (www.NevadaDiscoveryRide.com). Anyone interested in riding across Nevada, in seven days, on the American Discovery Trail Bicycle Route is welcomed to join. It will be a self-supported ride of 70+/- miles per day with supply stops at Ely, Eureka, Carvers, Gabbs and Fallon. Total distance 500+ miles. Guide Fee: No charge. SAG or Support: None. If interested contact: Trevor Oxborrow trevor@NevadaVelo.com (775) 455-1033

Sunday, May 26, 2013 — ALTA ALPINA CYCLING CLUB SPRING CENTURY

See next page.

Friday, May 31, 2013 — Diamond Valley School Bike Event

The annual Diamond Valley School Bike-A-Thon takes place on May 31 this year. Alta Alpina members are needed to help organize at the start, SAG the course on bicycle, and generally be good cycling role models for the day. We've done this for many years and it would be great if we can get a good number of volunteers out again this year..

Sunday, June 2, 2013 — America's Most Beautiful Bike Ride

Let's support our fellow Alta Alpina member, Curtis Fong and his bicycle company, Bike the West. America's Most Beautiful Bike Ride is one of their many organized events and takes place on June 2 this year. There are three route options, 35, 72 or 100 miles. The 35 mile fun ride includes a boat cruise across Lake Tahoe on the Tahoe Queen. Enjoy spectacular Lake Tahoe scenery, excellent support and sag provided by Curtis' experienced staff. After ride pool party includes delicious meal. bikethewest.com.

Saturday, June 8, 2013 — Wild Sierra Staff Ride

Volunteer to work Dawn-to-Dusk at the Wild Sierra and ride the Staff Ride for free.

Sunday, June 9, 2013 — WEEKEND RIDE: Recovery Ride

This is a relaxed paced recovery ride so those who volunteered for the Challenge ,and did the Staff ride yesterday can recover. The rest of you can go as fast as you want. The route is a Diamond Valley Loop.

Saturday, June 15, 2013 — Sierra Century - Slug Gulch

Let's support Sacramento Wheelmen and join their challenging and beautiful ride through Amador and El Dorado Counties. Includes continental breakfast, lunch, and post-ride meal. Sag support and free wine tasting at Friday evening early registration. www.sierracentury.org.

Saturday, June 15, 2013 — Best of the Bay

Best of the Bay (BOB) ride offers the finest cycling roads through the East Bay hills strung together into one epic ride. Options for 83, 100, 108, 125 miles allow you to make this ride as challenging as you wish. This ride is very effective as a training ride for Wild Sierra. Great cycling roads and every rest stop is in a park like location with signature menus designed for cyclists. Plenty of support from Cherry City Cyclists friendly, knowledgeable volunteers. bob.cherrycitycyclists.org

Sunday, June 16, 2013 — Adopt-A-Highway...Trash Pick up

Meet at Turtle Rock park to get on our trash gear. Will have some coffee and snacks. Ride will be group's choice. Many options but plan on a 2-3 hour ride.

Sunday, June 16, 2013 — Ride the Lake

Meet at Factory Stores at the Y South Lake Tahoe(Pearlizumi). Located at the corner of Highways 50 and 89. We'll roll at 9:30am and ride around the lake clockwise.



2012 Spring Century - May 26

David Scarborough, Weekend Rides

Free for club members!

The Alta Alpina Cycling Club will be hosting its annual Spring Century (the Ride Formally Known as the Gardnerville 100) Sunday May 26th.

This year we will once again be starting and finishing the ride at Mike and Maggie's house located at 628 West Fork Vista (end of the road, off of Centerville Rd, between Foothill and Hwy. 88).

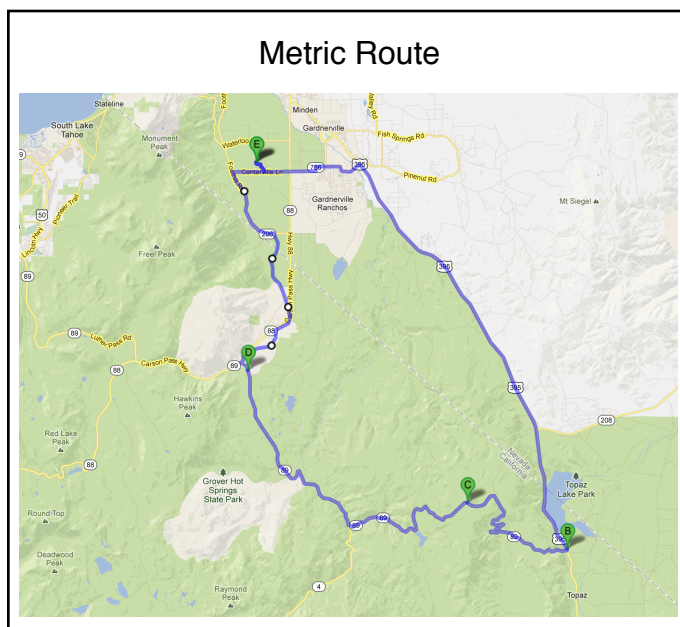
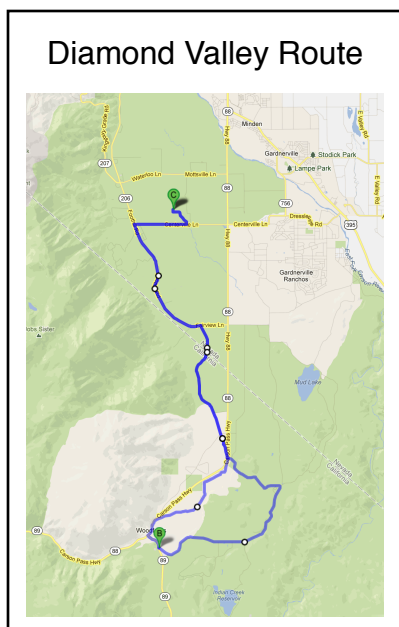
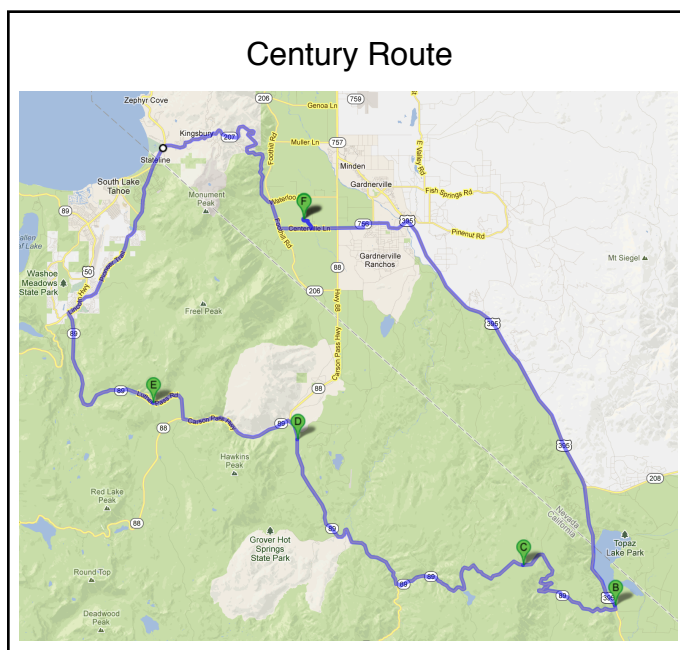
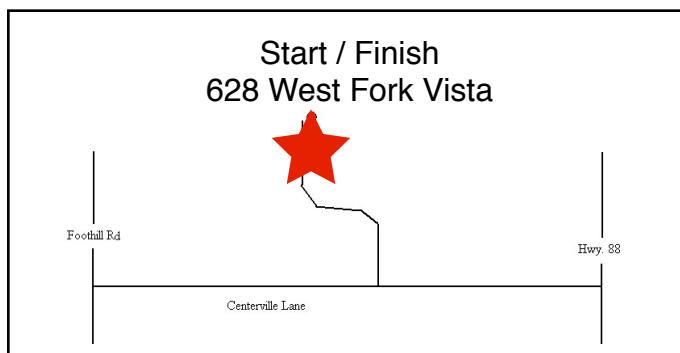
Riders on the century and metric rides departs at 8:00am and will wind their way down Hwy 395 to Topaz and up the back side of Monitor Pass. Once at the top we continue down to Markleeville and on to Woodfords. From there metric riders turn right and head back to the finish via Foothill Rd. and century riders turn left and proceed up Luther Canyon, over the hill to Meyers, down Pioneer Trail to Stateline, up and over Kingsbury Grade and back to Mike and Maggie's. Riders opting for the Diamond Valley Fun Ride will ride out and around Diamond Valley (about 33 miles).

There will be a post ride meal for all at the finish. We will have rest stops at the East side bottom of Monitor, the top of Monitor, near Woodfords, and the top of Luther Pass.

There is plenty of lawn at the finish, but if you would prefer a chair, you need to bring one. A big thanks to those who have volunteered to help on the ride and to Mike and Maggie for hosting it.

Please RSVP as soon as possible (no later than May 24) so we have enough food for everyone.

And remember, this ride is open to Alta Alpina members only so if you haven't renewed your membership, now is the time to do so. Hope to see you there.





2013 Alta Alpina Road Race Season

Di Bolton, Road Race Director

The 2013 Road Race Season is off to a BIG start. We have a lot of new members that have joined the club and our Thursday night race family. I hope you all feel welcomed and are having fun. I need to give a special thanks to my awesome husband Corey and our good friend Robert for getting things set up and going for me while I am still working late on Thursday nights. Thanks you two!

Registration starts at 5:15 and ends at 6:00 with the races starting at 6:15. If you show up after 6:00pm it is hard for us to keep track of the race in progress while we get you signed in. We understand that sometimes you run behind but your promptness is appreciated.

I will try to get the results out Thursday night or Friday morning via email. There will be a 24 hour dispute period for you to email me with corrections (we are only human). After the 24 hours they will be posted on the website and be considered final.

See our website at www.AлтаAlpina.org for directions to race venues. Schedule is subject to change, so check the website and your email before each race.

5/9	East Valley Time Trial	6/13	Eagle Ridge Circuit Race	7/25	Diamond Valley Road Race
5/16	Starbucks Criterium	6/20	Pinenut Road Race	8/1	Blue Lakes Time Trial
5/23	Kingsbury Time Trial	6/27	East Valley Time Trial	8/8	Club Challenge: Pinenut Road Race
5/30	Diamond Valley Double Back Road Race	7/4	NO RACE		
		7/9	Tuesday Club Challenge: Fernley Circuit Race	8/15	Starbucks Criterium
6/4	Tuesday Club Challenge: Fernley Circuit Race	7/18	Eagle Ridge Circuit Race	8/22	Foothill Time Trial
				8/29	Diamond Valley RR (short course, season finale)

Road Race Tips and Etiquette

For those taking part in their first cycle race (or their 100th), there are a few points you should be aware of to avoid falls and to gain the confidence of other riders around you:

1. Be predictable with all your actions, and remember that what you do affects others.
2. Maintain a steady straight line and avoid braking or changing direction suddenly, especially if contesting a sprint. Remember that there are riders following you closely from behind. To slow down, gradually move out into the wind and slot back into your position in the bunch.
3. Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
4. Do not overlap wheels. A slight direction change or gust of wind could easily cause you to touch wheels and fall. Pedal downhill when you are at the front of the bunch. Cyclists dislike having to ride under brakes. If you freewheel downhill you are doing as much good as sitting in your lounge chair.
5. Stay to the right when in front to allow room for others to pass safely on your left, particularly in traffic.

Pass other riders on the left hand side whenever possible.

6. Be smooth with your turns at the front of the group. Avoid surges unless trying to break from the bunch. A group will travel quicker when turns are completed smoothly.

7. Avoid leaving gaps when following wheels. Cyclists save about 30% of their energy at high speed by following a wheel. Each time you leave a gap you are forcing yourself to ride alone to bridge it. Also, riders behind you will become annoyed and ride around you, especially if the bunch is working together to break away or catch a break in a race.

8. When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.

9. Do not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of cycle racing in close bunches and is quite safe provided riders do not panic, brake or change direction.



Presidential Posting

Mel Maalouf, President

I had the opportunity to work a booth for Nevada Moves Day at the Nevada State Legislature. It was an honor to represent Alta Alpina Cycling Club at the political center for our great state. It was also a great experience to be present with many of the organizations that also support cycling and the outdoors to keep our population healthy and reduce congestion and pollution. Some of groups represented were Muscle Powered and Carson Valley Trails amongst others. There are many organizations that do some great things and put forth great efforts to ensure many of the club's goals are met. I wonder if many of their efforts and ours might align some day with closer collaboration for more effective results. Many of you are members of these other organizations and I encourage you to reach out to us and them to see how we might achieve common goals.

One of the things that continues to go against the efforts of all these organizations and continues to irk me to no avail is the practice of not using established bike lanes. On more than a few rides, I have seen riders ride to the left of bike lanes. Often this is to avoid some gravel and other debris in the bike lane. While this may be to avoid the possibility of getting flats or to just go a little faster, it also irks locals who witness the

practice. On more than one occasion in town board or county planning meetings I have heard comments of the nature: "Why would we build more bike lanes when riders don't even use the ones we have built". While it is not safe to ride outside established bike lanes, it also reduces our capacity to lobby and negotiate more infrastructure for safe and pleasant cycling. I also see other riders riding in the lane on roads they perceive as not traveled by cars and not as far to the right on the road as required by law and good sensible safe practice. I would like to continue to encourage our riders to ride in the bike lanes, bike paths and as far to the right as "practicable". We need to be ambassadors of all cyclists and be leaders in the community for sensible riding. No matter who is on a bike and riding in ways that offend and incite residents and automobile drivers, we all get painted with the same brush as disrespectful riders, so let's be model cyclists for all to witness.

You may have seen many of the correspondence that reach out to you, our members, to do your part to make the Alta Alpina Challenge a success. If we all put in a little effort, it makes the load easy to carry for many. Even if you can't take on a key volunteer positions this year, please step forward to help out!

BikeSpokesman

Tim Rowe, Bicycle Advocacy

Nevada Moves Day 2013

Many Nevada schoolchildren took part in organized events to walk or bicycle to school on April 24, proclaimed the fourth annual Nevada Moves Day by Governor Sandoval. The day is organized by school districts and Safe Routes to School programs in Nevada and supported by NDOT. Walking and bicycling to school events happened in Clark, Washoe, Douglas, Lyon, Lincoln, Elko and other counties, with more than 80 schools across the state committing to participate.

Children were encouraged to involve their family in safely walking or bicycling to school on April 24 and other days. Schools in Carson City choose to do Nevada Moves Day on Wednesday May 8.

Whether as part of an organized event or not, Nevada Moves Day is an opportunity to help children learn more about pedestrian and bicycling safety. Whether it's for Nevada Moves Day or part of a daily routine, physical activity at an early age, such as walking or bicycling, helps reduce heart disease, diabetes and other obesity-related illnesses. Plus, walking or biking to school can lessen up to 25 percent of

morning rush hour traffic that results from children being driven to school.

Bike Month & Bike to Work Week

Nationally, Bike Month is May, Bike to Work Week is May 13-17 and Bike to Work Day is Friday May 17. Carson City again has a corporate Challenge – see musclepowered.org/corporate-challenge for details. End-of Bike-Week Party is Saturday May 18 at 3-6:00pm in Telegraph Square (Telegraph and Curry Streets) area in downtown Carson City. **Note:** the Lake Tahoe Bike to Work, School is June 1-14. See tahoebike.org for more information



Fabulous Weekend Rides

Photographer: David Scarborough, Weekend Ride Coordinator



Fallen Leaf Lake



Monitor Pass



Ebbetts Pass



Gold Lakes Loop: Yuba Pass

Local Merchant Discount Program

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.AaltaAlpina.org.

Show your AACC Membership Card at time of purchase. [If you are an 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.]





Board Meeting Minutes—May 6, 2013

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Diane Bolton, Robert Braun, Frank Dixon, Curtis Fong, Tammy Lundquist, Tim Rowe, David Scarborough

1. Monthly Status Reports:

- **Treasurer:** Treasurer: As of 04/29/13 our bank balance is \$38,985. We had just over \$22,255.71 in the paypal account when checked at the end of April. Tax preparation to begin this month. Motion to accept the Treasurer's Report as stated passes.
 - **Membership:** Up to date membership total is 178 memberships (278 people). We discussed possibility of holding a membership renewal drive at end of season party with a \$5 discount for renewing early. Possible joint party / membership drive with TAMBA at some point? Perhaps it would be a great benefit for both of us if you join for both clubs.
 - **Weekend Rides:** Pat Dave Scarborough on the back for doing such a great job as the weekend ride coordinator. Averaging 8-12 people a ride. Dave would like to have a tab/link on the main page of the website that links to a page that highlights the official weekend ride series.
 - **Newsletter:** Should go out tomorrow or the next day depending on arrival of minutes.
 - **Website:** Michael is still working to look at other technology but he hasn't had a chance to complete his investigation.
 - **Weekly Road Races:** Starbucks Crit (substitution for East Valley) was less attended than anticipated. Otherwise, attendance has been good and season is off to a great, problem free start. The official stopwatch died after decades of use. New stopwatch options: Seiko S149 is available on Amazon for \$383 with free shipping. Di likes having a print out of times because it makes her job easier. Board approves the purchase of a new stopwatch for the Race Series. Full schedule for race season is available in each newsletter and on the website.
 - **Mountain Bike Races:** no update.
 - **Junior Team:** Two new JR girls have been racing at the weekly road race series.
 - **Spring Century:** Sunday, May 26th: 18 people have RSVP'd so far. Reminders to go out next week.
 - **Pinenut Cracker:** All set for May 18, 2013.
 - **Carson Valley Classic:** Bubba is again running his event in July.
 - **King of Kingsbury Time Trial:** Held on May 5, 2013 with 19 people due the poor weather.
 - **Cyclocross Race:** No update.
 - **Bike Advocacy:** Bike Weeks are starting in the next week in Carson City and Reno. Tahoe's to be held in June. The Nevada Moves Day wasn't as well attended as they had hoped due to standardized testing. Nevada moved up 9 spots in the state rankings for Bicycle Friendly States due to the 3 Foot and Vulnerable User laws being passed. Rowe thinks that the Complete Streets Bill probably won't pass due to a \$2 fee tacked onto your DMV registration that would remain in the county that you register your vehicle in. Nevada currently doesn't have a Complete Streets Policy (CA does) and NDot is working on trying to get his director to implement a policy of that sort.
 - **Adopt A Highway:** Tammy has all the necessary flyers for the event (for Caltrans and CHP) during event and has everything transferred into her name. Currently scheduled for June 16th. Coverage area is Turtle Rock Park to the bridge by Sierra Pines.
 - **Clothing:** Lauren has money to deposit from clothing sales at the store.
2. **Alta Alpina Challenge:** Laura is going to advertise in AMB's pre-ride flyer. 290 riders currently registered probably due to riders waiting to see what the forecast looks like. GE is going to subsidize individual sign-ups up to \$50. There are currently 26 people signed up from GE; the program is capped at 40 participants. Exceeding budgeted sales numbers for jerseys. First order placed 2 days ago. 2 USFS permits are signed (waiting on 1). BLM permit was supposed to be included in one of the USFS permits but was omitted, that must be re-visited. Alpine Co Sheriffs Dept. MIA and not responding to phone calls. CalTrans still liable to return our deposit for an unneeded permit from 2008 and have never invoiced us. We can pursue the permit at a later date. NHP Contract is in process. East Fork Ambulance is lined up. Biggest issues: volunteers needed include SAG motorcyclists, HAMM radio operators, TRP captain, captains for the two water stops and Topaz. Curtis suggests making deals with other bike clubs in close proximity to the event that we can offer a discount on ride registration in exchange for volunteers. Board officially decides that Michael can make decisions regarding t-shirt colors and bottles for the event this year. Regarding ordering of t-shirts the board will decide by email on the first week of June.
3. **Insurance:** Racing insurance is taken care of. Robert will check on status of E&O insurance.
4. **Next Meeting:** Monday, June 10, 2013, 6 pm, Jethro's in the Gardnerville Ranchos.



Alta Alpina Cycling Club

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 www.AltaAlpina.org

MARK YOUR CALENDARS

Pine Nut CrackerMay 18
 Spring CenturyMay 26
 Adopt a HighwayJune 16
 Wild SierraJune 29
 Thursday Night Races ..every Thu @6:15

MOVED? GOT NEW CONTACT INFO?
 Have you moved? Has your e-mail address changed?
 Don't miss out on the latest AACC happenings!
 Update your info at www.AltaAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

Mel Maalouf	President	president@AltaAlpina.org	775-782-9652
Curtis Fong	Vice President	tgft@bikethewest.com	775-588-9658
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Frank Dixon	Treasurer	ozatlake@gmail.com	530-318-1574
Robert Braun	Membership Coordinator	robertingville@yahoo.com	
David Scarborough	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	530-318-7878
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Tammy Lundquist	Road Cleanup Coordinator		530-577-9530
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Newsletter Editor:
 Michael Bayer
 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 Carson Valley and South Lake Tahoe.. Join us on **June 10** at **Jethro's** in the **Gardnerville Ranchos.**