



PACELINE

**Alta Alpina
Cycling Club**

**Volume 12 Issue 4
May 2014**

Ray Rickard Spring Century—May 25

David Scarborough, Spring Century Coordinator

Free for club members!

We lost a good friend and fellow club member this week. In recognition of him we're renaming our big spring event the Ray Rickard Spring Century. It takes place on Sunday May 25th—the Sunday of memorial day weekend. You can choose from 33, 65, 88, and 100 mile ride options.

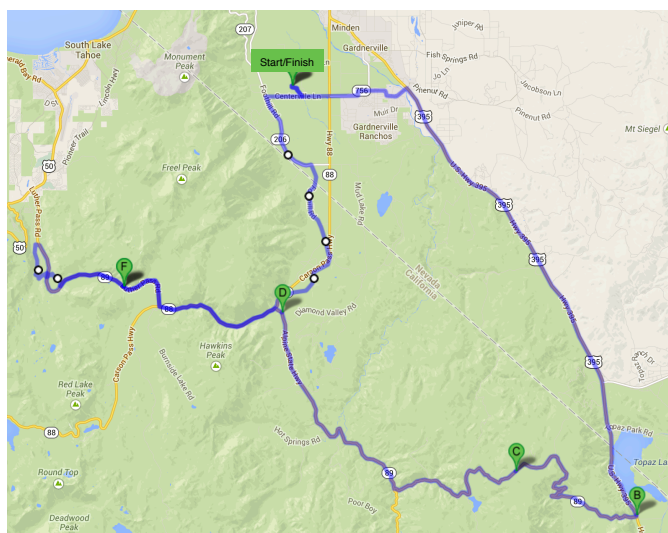
Mike and Maggie Hakansson have again graciously volunteered to host the event at their home. They are located in the center of Carson Valley between Foothill and Hwy. 88 off Centerville Rd. The address is 628 West Fork Vista which is at the end of their road.

We will all meet as a group at 8:00am to share memories of Ray before the ride gets underway. Riders on the century and metric rides 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 those doing longer distances turn left and proceed up Luther Canyon. As Kingsbury grade is closed, the century will continue down the far side of Luther pass, left on Portal Rd., and back up Luther pass via South Upper Truckee. 88 mile riders will turn around at the top of Luther pass. Riders opting for the 33 mile option will ride out Foothill and around Diamond Valley.

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 at 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 so we have enough food for everyone.



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Pinenut Cracker - May 18

The 22nd annual Pinenut Cracker mountain bike race is on Sunday May 18.

Our famed event brings mountain bike racers from near and far and we have race categories for everyone.

Registration starts at 8:00am at the Douglas County Fairgrounds.

Please contact Robert Braun (robertingville@yahoo.com) if you can volunteer.

We're looking for a great turnout this year so please recruit your friends.





Remembering Ray Rickard

Tim Rowe, Bike Spokesman

I lost a good friend last week, my son Christopher lost his pseudo Grandpa and Carson City lost a good citizen and bicyclist last week. Ray Rickard died in his sleep last Saturday morning in Elk, OK. He was doing one of his dreams – riding across country. He had just completed day 13 of the 30 day adventure.

I wish I had done the ride with him, as it is also a dream of mine. Yes, I had retired too but went back to back work and luckily in a bicycle job. I have known Ray for over 25 years and have ridden many miles with him or behind him. I think I first met him with Carson City Cycle People (CCCP).

We always started together, rode together or did our pace but we always regrouped at the end and were even better friends every time. We have done so many rides; the Chico Wildflower, the Delta, the Wine Country, Sweetwater, Fallon No-Hill 100, Death Valley, Solvang, Shasta, Crater Lake and Fall River to name a few century rides. But we also did the Davis Double and the Terrible Two and the week-long Cycle Oregon. The ride with the most memories and stories was “Death Valley-The Hot One”. Ray and another good friend John started the century at Furnace Creek at 9:00pm and it was still 120° or so (the temperature gets hotter as the years go on). Ray started the ride with a flat but that never phased him and we all went on. We rode to Badwater in a horrific head wind, like riding into a hair-dryer the whole way in the moon light and turned around at 50 miles to still have a head wind – getting back at 5:00am – still 98° degrees. That was the most dangerous ride we ever did due to the very low humidity and keeping your fluids and senses up but that ride had the most story telling.



Ray also helped the Alta Alpina Cycling Club and even served on the Board of Directors when I was President. He really didn't want to be Secretary but he did it for his friend and did it well. Ray also helped on many AACC events over the years – The Death Ride, Pinenut Cracker Mountain Bike race, The Carson Valley Classic Race series, weekly road and mountain bike rides, Cyclocross races, and now the Alta Alpina Challenge. Ray was also involved with the Lake Tahoe Mountain Bike Patrol and helped so many riders on the trails over the years. After retirement Ray really kicked in helping with trail building with Muscle Powered. Ray was great with helping kids with the Ski Program and taught my son how to ski and later how to mountain bike ride.

He also helped with Boy Scouts and was involved with Troop 341 with his son Jarrod and later he helped my son with his Pinewood Derby cars and bicycle rodeos. Ray and Char always supported our son and came to so many events, including Christopher's play at Jacks Valley School and Mulan at the BAC right before he left on his last adventure.

Ray was always there and always with his huge smile, a positive and honest attitude and tons of patience! Ray was a great person to talk with as he always had an opinion but always listened to the other guy. Ray was a huge source of information and did his research and trials with many bicycles in his collection. You could ask Ray anything and he could tell you anything– like on recumbent and now electric bicycles. Many great conversations keep us all awake driving back after many rides. Ray you will be missed but thanks for the memories and pulls in the Paceline of life! We know we will meet and ride again!



Presidential May Reflections

Chris Rhiner, President

Well...Happy Bike Month of May. In our area it has been changed to June for practical purpose. The Tahoe bike challenge has been changed to June and be sure to sign up with AACC to compete individually and as a team. This month has been filled with wind and weather as well as the unexpected news of Ray Rickard's passing. Our deepest sympathies go out to Char his wife and his family. Ray will be sorely missed by our club. Many members have spent much time on the right side of the road with this man who generously gave much time to the Alta Alpina and "The Challenge" these past few years.

On a positive note, we have many Century Rides coming up this summer, some are listed on our club's ride board, to motivate us to up the level of our training. For some extra inspiration I hope that our club members are able to see some of the "Amgen Tour"-

Tour of California (TOC). Its the closest mini replica of the Tour de France in our own backyard, California.

Coming up next is one of the oldest club events Alta Alpina has hosted. I believe it is 22nd year of the Pine Nut Cracker Mountain Bike Races. Robert Braun is again doing the entire organizing and planning but will need some volunteers at 8am on May 18th. Our Spring Century Ride is the following Sunday on May 25th but has had a name change yet again, as you may have heard... The new name is the "Ray Rickard Spring Century." It will be a memorial ride with several opportunities along the course and at the start to spend a few moments in reflection. Also it is time to rotate the start location after this year as Mike and Maggie have been hosts for at least 3 years now. If you have a cool location idea let us know for next year's planning.

Bike Month in Tahoe: The Tahoe Bike Challenge

Joe Marzocco, Webmaster

The **Tahoe Bike Challenge** is back! With new energy and fun activities to get everyone on their bikes. Whether you ride to work, school, or play, bicycling is a great way to have fun, be social and make an impact. Signing up for the Tahoe Bike Challenge is FREE!

www.TahoeBikeChallenge.org

If you participated in past years, all you have to do is log in with your password and your information has been loaded. If you forgot your password, no worries, just input your email address and click Forgot Password and it will automatically send it to your email address.

Be sure to sign up as an Alta Alpina Member.

Local Merchant Discount Program

For discounts from these local merchants, please visit the AACC 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.]





Upcoming Events

Laura Caimi, Vice President

Here are a few events to start planning for today:

Friday, May 16, 2014 — 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 (the large building right next to Diamond Valley Rd.) at 2:00pm. Bring a bike work stand and tools if you have them.

Saturday, May 17, 2014 — WEEKEND RIDE: Wellington to Bridgeport

We're starting this ride early to avoid afternoon winds. Meet at the community center near the junction of 208 & 829 and be ready to roll at 9:00am. This is an 80 mile out and back ride from Wellington, NV to Bridgeport, CA. There is food at Bridgeport, so bring some cash. Terrain includes gentle climbing in both directions and great views of greater Nevada. As with all AACC weekend rides, snacks will be available at the end of the ride.

Sunday, May 18, 2014 — Pine Nut Cracker

Alta Alpina's famed mountain bike race is taking plus on Sunday May 18 this year. Registration is at the Douglas County fairgrounds starting at 8:00am. Races Start/Finish at The Tree. with the first race at 11:00am. There are race categories from Pro to Beginner in many age brackets.

Sunday, May 25, 2014 — Ray Rickard Spring Century

Meeting place same as last year: West Fork Vista off of Centerville. Your membership must be current to participate in this ride! We will 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 the full century will climb both sides of Luther pass and riders can turn around at the top of Luther for 88 miles.

Saturday, May 30, 2014 — Diamond Valley School Bike A Thon

Meet at Diamond Valley School at 8:30am with an Alta Alpina Jersey. We'll help set up for the event and checking bicycles. Once the event is underway we'll ride with groups of students as course marshals, bicycle SAG, and to model good bicycling practices.

Saturday, May 31, 2014 — Sierra Century - Slug Gulch

Let's support the Sacramento Wheelmen and their 39th annual Sierra Century. Ride through pine forests and the wine country of Amador and El Dorado Counties and the Shenandoah Valley. Four different routes fro 35 miles with 1,400 feet, 65 miles with 4,500 feet, 102 miles with 7,400 feet and the big one, 124 miles and 10,000 feet of climbing. This is a great training ride for Alta Alpina Challenge. Fully supported ride with large group of excellent Wheelmen volunteers. Fee includes continental breakfast, lunch stop and post ride meal at: sacwheemen.org/sierracentury.org

Sunday, June 1, 2014 — 23rd Annual America's Most Beautiful Bike Ride

Support fellow Alta Alpina member and past VP, Curtis Fong and his famous bike ride. Ride around Lake Tahoe and enjoy the spectacular scenery, rolling hills and some big climbs. The 100 mile route has 4924 feet of climbing, 72 miler has 4024 feet, and the 35 mile option includes a boat cruise. After ride party at Montbleu finish line is included in registration. For more see: bikethewest.com

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 see: westernwheelersbicycleclub.memberlodge.com/sequoia

Sunday, June 21-25, 2014 — Cycle the Sierra

Cycle The Sierra takes place the week before the Alta Alpina Challenge. Several riders in past years have discovered the perfect week of cycling in the mountains by linking these two great rides together... training on Cycle The Sierra first, the resting their legs a couple days until tackling the Wild Sierra. This is a fully supported, five-day, 300-mile loop through the Sierra. We'll ride through iconic locations like Lake Tahoe and the area where gold was discovered starting the California Gold Rush, over the 4th highest bridge in the US, and through numerous unique and historical communities along the way. For more see: cyclethesierra.com





Hung-A-Lel-Ti Bike Fix Clinic (May 16) and Diamond Valley School Bike-A-Thon (May 30)

Michael Bayer, Newsletter Editor

Annual bike fix event to help get the kids at Hung-A-Lel-Ti back on their bikes

Every year Diamond Valley School in Alpine County celebrates the end of the school year with a day of fun. And what could be more fun than a day of cycling?

On May 30 the children of Alpine County will celebrate their annual Diamond Valley Bike Rodeo and Bike-A-Thon.

Naturally, as the local bike club Alta Alpina has been asked to help out to make sure everyone has a great time.

To make sure that the children of the Hung-A-Lel-Ti community are able to fully participate. Alta Alpina has also volunteered to help with a Bike Fix Clinic. Our club members will be helping get tubes repaired, tires inflated, and chains and moving parts lubricated. We'll also help triage all the bikes and identify those that may need some additional mechanical repair.

The Bike Fix Clinic starts at **2:00pm on May 16** at the Hung-A-Lel-Ti Wellness Center (the very large building adjacent to Diamond Valley Rd.).



We need club volunteers (please wear club clothing if possible) to help with pre-ride bike checks, course marshalling, and modeling good cycling for the Bike-A-Thon. Plan to arrive around **8:30am on May 30** at Diamond Valley School.





2014 Alta Alpina Road Race Season

Di Bolton, Road Race Director

The 2014 Road Race Season is off to a BIG start. We have a lot of new folks that have joined our Thursday night race family. I hope you all feel welcomed and are having fun.

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 as quickly as possible 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.AtaAlpina.org for directions to race venues. Schedule is subject to change, so check the website and your email before each race.

Volunteers are greatly appreciated and needed to help at the finishes, especially the Crits and TT's; they can get kind of hectic. Thanks in advance to my helpers!!!

5/15 Starbucks Criterium	6/12 Club Challenge:	7/17 Diamond Valley Road Race
5/20 Tuesday Club Challenge: Boca Road Race	6/19 East Valley Time Trial	7/24 Starbucks Criterium
5/29 Diamond Valley Double Back Road Race	6/26 Kingsbury Time Trial	7/31 Blue Lakes Time Trial
6/5 Eagle Ridge Circuit Race	7/3 Eagle Ridge Circuit Race	8/7 Club Challenge: Pinenut Road Race
	7/8 Tuesday Club Challenge: Fernley Circuit Race	8/14 Foothill Time Trial
		8/21 Diamond Valley Road Race (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.



Board Meeting Minutes—May 5, 2014

Secretary: Jim Sadilek; Other Board Members: Chris Rhiner, President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge Ride Director/Newsletter Publisher; Di Bolton, Thursday Road Race Director; Robert Braun, Membership Coordinator; Dave Scarborough, Spring Century Coordinator; Wayne Trelloggen, PR Coordinator; Other Attendees: Curtis Fong, AACC Member; Keith Hart, AACC Member; Dirk Goering, Associate Planner, Douglas County Community Development Department

Meeting called to order at 6:08 pm

1. Monthly Status Reports:

- **Secretary:** Minutes of the April meeting were approved as circulated.
- **Treasurer:** The current checking account balance is: \$28,621.58. The PayPal account balance is \$36,710.95.
- **Weekend Rides:** The Virginia City ride, Sunday, May 27, had six riders.
- **Weekly Road Races:** Three races so far. Turn out has been good. See AACC web site for race schedule: <http://www.altaalpina.org/clubracesroad/>.
- **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. Contact President Chris Rhiner.
- **Spring Century:** The date set for the Spring Century Ride is Sunday, May 25. Dave Scarborough (530.318.7878 -- dave_scar@hotmail.com), asks for those who are planning to ride to RSVP. The Century route has been modified for this year to accommodate construction on Kingsbury Grade. See AACC web site: <http://www.altaalpina.org/werides/> for the route. In memory of Ray Rickard, and his long tenure and service to AACC, a motion was made to rename the club's Spring Century, The Ray Rickard Spring Century. Motion 05/01: Re-name the AACC Spring Century the Ray Rickard Spring Century. Chris Rhiner/Frank Dixon – Carried unanimously. There was also discussion of the possibility honoring Ray with a permanent marker of some sort at the top of Monitor Pass. Of course, this will require cooperation and permission from Caltrans..
- **Pinenut Cracker:** The Pinenut Cracker Race date will be Sunday May 18. See race information flyer on AACC web site: <http://www.altaalpina.org/attachments/pinenutcracker2014.pdf> Volunteers are needed, muster at 0800 at the race course.
- **Bike Advocacy:** June is Lake Tahoe Bicycle Coalition's Tahoe Bike Month, <http://www.tahoebike.org/> . The Tahoe Bike Challenge will run from June 7 to June 20. Log your miles for AACC at <http://www.tahoebikechallenge.org/>.

- **Adopt A Highway:** Most recent highway clean up day was Sunday May 4. Six members participated and then rode Ebbetts Pass. Next clean up day is July 20.
 - **Public Relations and Marketing:** Wayne reports that we are co-promoting the Challenge with Cycle Sierra, Reno Wheelmen and Volagi Bicycle Co. through their web site. Thanks to AACC member, Leon Malmed, a contact at Livermore Labs will notify the Silicon Valley cycling groups of the Challenge. A press release was sent out announcing the end of the early registration discount, May 1, for the Challenge. A press release is pending for the Foothill Fun Rides, a group of three short rides as part of the Challenge event. Another quarter page color ad for the AACC Challenge has been placed in the May issue of Cycle California magazine
 - **Challenge:** There are now a total of 260 entries for the ride. One hundred riders have signed up for the 8 pass ride, 36 for the 5 passes and others for various distances. Challenge insurance has been finalized allowing the issuance of needed permits from the various governmental entities in the ride area. We will make a presentation to Reno's Procrastinating Pedalers club on May 20, regarding the AACC Challenge. Registration forms for the three Foothill Fun Rides and routes will soon be on the Challenge web site.
2. **Douglas County Bicycle Plan:** Dirk Goering, Associate Planner, Douglas County Community Development Department presented the proposed Douglas County bicycle plan, complete with maps and aerial photographs. To outline the plan would require more space than can be covered in this document. Dirk ((775) 782-6212 dgoering@co.douglas.nv.us) plans to put the information on the Douglas Country web site. Public input is solicited. Stated deadline for input is May 19. This issue will come before the Douglas County Planning Commission on June 12, 1:00 PM @ Douglas County Historic Courthouse.
 3. **Next Meeting:** Monday, June 2, 2014, 6 pm at a Lake Tahoe location, to be announced.
- Meeting adjourned at 9:35 pm



Alta Alpina Cycling Club

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 www.AлтаAlpina.org

MARK YOUR CALENDARS

- Pinenut Cracker Sunday, May 18
- 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
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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 **June 2** at a Lake Tahoe Location to be announced.

Newsletter Publisher:
 Michael Bayer