



PACELINE

**Alta Alpina
Cycling Club**

**Volume 14 Issue 4
May 2016**

Pinenut Cracker—May 21

Robert Braun, Pine Nut Cracker Coordinator

The 24th Pine Nut Cracker mountain bike race is on Saturday May 16.

Our famed event brings mountain bike racers from near and far to enjoy a challenging course that offers something for everyone. The race offers racing for Expert (3 laps), Sport (2 laps), Beginners (1 lap), and Juniors (1 lap) with separate male and female categories.

Important change for this year: Registration and parking will be right at the start/finish—"The Tree" parking area/trailhead on Pinenut Road. Registration starts at 8:00am.

We need volunteers! Tasks include parking, rider check-in, course marshals, and clearing the course, Please contact Robert Braun (robertingville@yahoo.com) if you can volunteer.

We're want a great turnout so please recruit your friends!. For information and registration visit: sierra-sports.com/sierra-cup-mtb-series/

Ray Rickard Memorial Spring Century—May 29

David Scarborough, Spring Century Coordinator

Free for club members!

The Ray Rickard Spring Century takes place on Sunday May 29th—the Sunday of memorial day weekend. For 2016, we have more ride options than ever before: you can choose from 13, 20, 32, 50, 68, 85, and 110 mile rides. The 110, 85, and 68 mile rides will all start at 8:00am with a group picture and mass start. The 50 mile ride starts at 9:30am and the other ride options start at 2:30pm with informal starts.

Eric Reuter has graciously volunteered to host the event at his home at 625 Chambers Lane just south of Diamond Valley (see map on page 3). Parking is limited to so riding to the start and car pooling is encouraged.

There will be well stocked rest stops at the East side bottom of Monitor ("Topaz") from 9:30-noon, the top of Monitor 11:00-2:00, the top of Luther Pass 1:00-4:00, and the East side bottom of Kingsbury 2:30-5:50. There will be a post ride BBQ for all at the finish.

See the full maps on pages 3 and 4. 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 at the rest stops and to Eric for hosting.

Please RSVP to springcentury@altaalpina.org as soon as possible so we have enough food for everyone.

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CLUB CLOTHING

Alta Alpina members can now "try before you buy." New club retro jerseys are available for members to try on for sizing prior to purchasing. Of course you can purchase online anytime.

To schedule an appointment to try jerseys or just purchase one from our inventory, contact Clothing Coordinator Lori Piccini at: aaccjerseys@yahoo.com Lori can meet you at races, rides, or other club events.

VOLUNTEERING FOR THE ALTA ALPINA CHALLENGE

The club is looking for some key volunteers for the Wild Sierra on June 25. If you haven't already signed up, please do so today!

Membership fees remain unchanged again this year because we rely on members to volunteer at this annual fundraising event.

FREE Paper Shred Day - May 18
ABE Printing
1679 US 395 Minden



Pine Nut Cracker May 21, 2016

"The Tree" Trailhead
Registration 8:00am - Racing 11:00am



Presidential Posting

Chris Rhiner, President

Welcome to New Members!

I hope everyone gets to attend our club rides and experience our club races, this will help you find compatible riders to secure an excellent biking season. Don't forget we have regular mountain bike rides scheduled additionally to our expansive road ride selection. Come out to the races and cheer on our Juniors and Rite of Passage participants. Our races have been well attended this year which means we will have to remind ourselves of safe racing practices. Please see the article on page 5 for a refresher!

See you at the Spring Ray Rickard Memorial Century. A few of us aren't as fast as the main group but would still like to do 68 miles and have cyclists to ride with. We (the turtles) will be meeting at the 7-Eleven on Hwy 395 at 7:15am, this will insure that we see the majority of the group at the top of Monitor. Check out all the ride options on pages 3 and 4. Leave time for some socializing at the BBQ too.

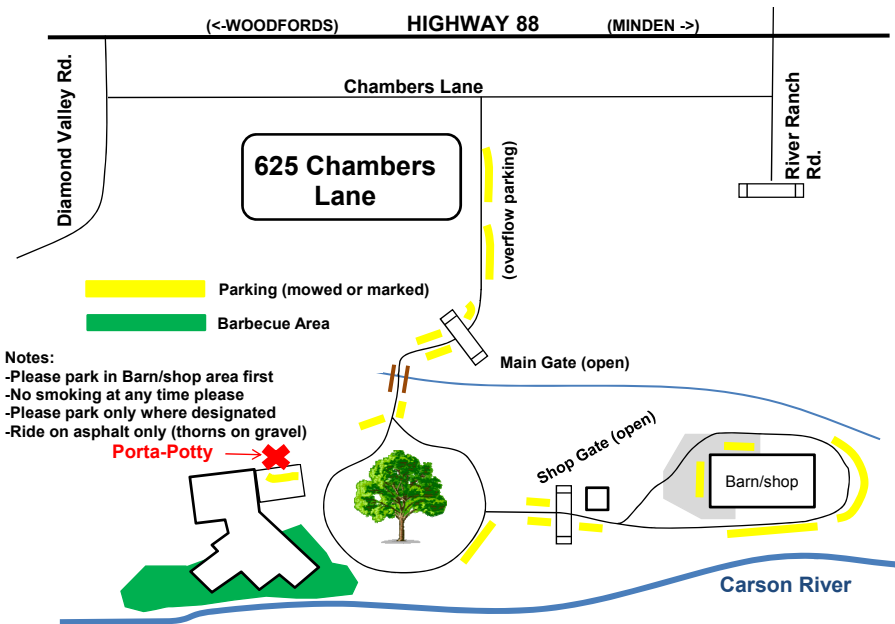
Text me if you have any questions. 775-790-6373



Ray Rickard Memorial Spring Century—May 29

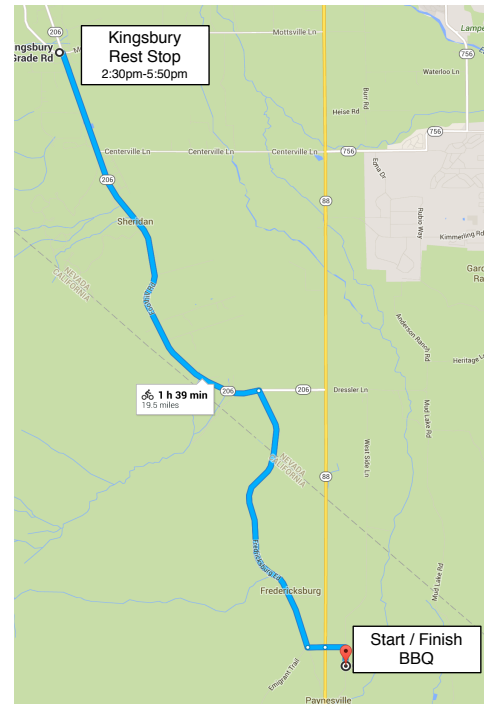
Start/Finish: 625 Chambers Lane

www.altaalpina.org/attachments/625Chambers.pdf



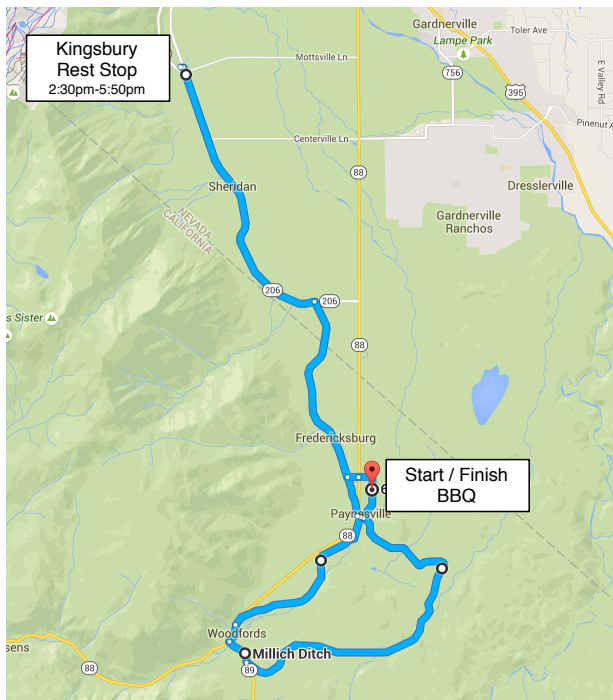
20 Mile Option (2:30pm)

www.altaalpina.org/attachments/RRMSC2016-20.pdf



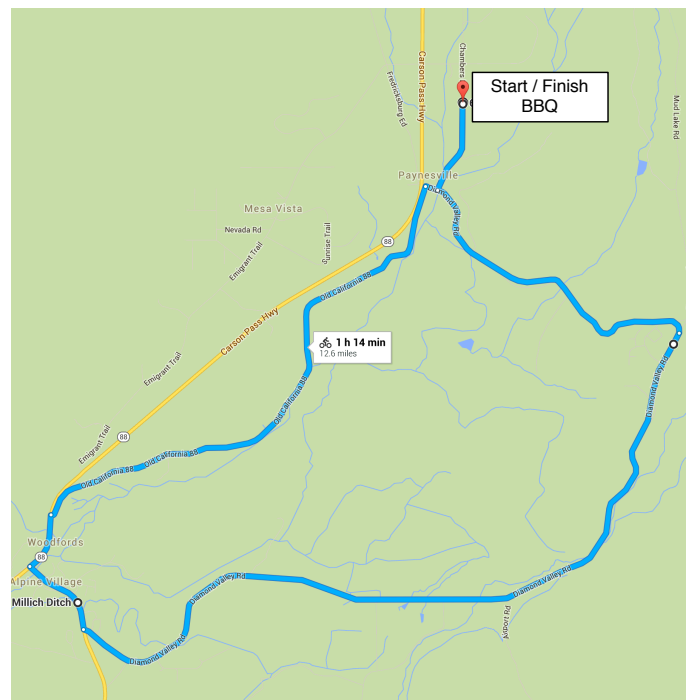
32 Mile Option (2:30pm)

www.altaalpina.org/attachments/RRMSC2016-32.pdf



13 Mile Option (2:30pm)

www.altaalpina.org/attachments/RRMSC2016-13.pdf





110 Mile Option (8:00am)

www.altaalpina.org/attachments/RRMSC2016-110.pdf



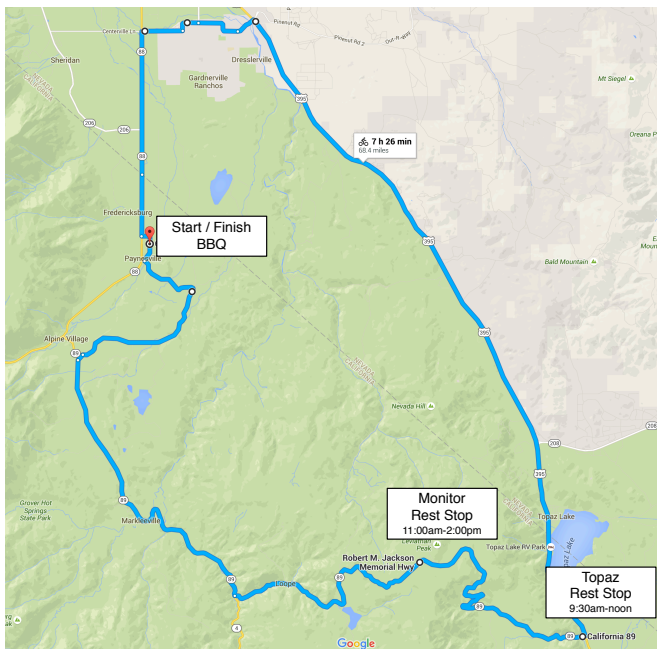
83 Mile Option (8:00am)

www.altaalpina.org/attachments/RRMSC2016-85.pdf



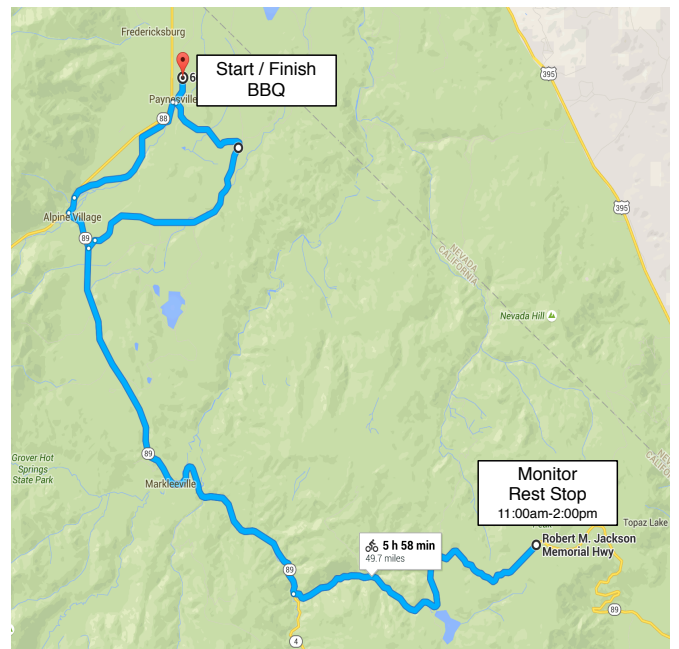
68 Mile Option (8:00am)

www.altaalpina.org/attachments/RRMSC2016-68.pdf



50 Mile Option (9:30am)

www.altaalpina.org/attachments/RRMSC2016-50.pdf





2016 Alta Alpina Road Race Season

Pre race registration:

Registration closes at 6pm sharp. This allows me time to set up for the starts. It means all race venues and categories! If you come after 6pm and want to register there will be a \$5.00 charge as it is very distracting and disruptive to the process of putting on the races. If you are going to be tied up for some reason (not every week) please send a text with your name to 775 781-4660. Then I can get you on the list and you can hand me your entry fee when you get to the venue. I will not see emails prior to the race.

Results:

I will be the first to admit that I can make mistakes on the results. If you notice an error please send an email to: dicycle@charter.net

or write a note and hand it to me at registration. I cannot talk about the past results when I am trying to unload the truck, setting up, get everyone registered, watching a finish or trying to put things up. Honestly, I will probably forget, especially if I don't have paper and pen with me.

Finishes:

When you finish please try to keep track of who you were with, behind, etc... then check-in with me or my helpers, when the races are finished (not when we are still watching/waiting for more people to finish).

Thanks so much for your understanding and consideration. I really want to have a fun and stress free time for everyone.

Race Tips and Etiquette

For those taking part in their first cycle race (or their 100th) on the road or who are new to group training, 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

Di Bolton, Road Race Director

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.

5/12	Starbucks Criterium	6/9	Pinenut Road Race	7/21	Starbucks Criterium
5/19	Pinenut Road Race	6/16	East Valley Time Trial	7/26	Tuesday Club Challenge: TBD
5/26	Diamond Valley Double Back Road Race	6/23	Kingsbury Time Trial	8/4	Blue Lakes Time Trial
6/2	Eagle Ridge Circuit Race	7/5	Tuesday Club Challenge: TBD	8/11	Fredericksburg Time Trial
		7/14	Diamond Valley Road Race	8/18	Diamond Valley Road Race (short course, season finale)



2nd Annual COMSTOCK EPIC Bike-Packing Race Across Nevada

Ted Oxborrow

550 and 300 Mile Options

The Comstock EPIC is a self-supported, border-to-border, cross-Nevada, individual time trial mountain bike race following a similar format as the Tour Divide, Arizona Trail, and Colorado Trail Races. Because the Comstock EPIC border-to-border challenge is not an organized, sanctioned, supported or permitted race, you and your friends can complete the route at any time during 2016. Comparing and sharing your finish ride time with friends and TransNevadaTrail.com is completely up to you. Valid documented 2016 finish ride times will be posted on the Trans Nevada Trail website. A valid documented finish ride time requires strict adherence to the Comstock EPIC Rules & Principles and tracking your ride with a SPOT on Trackleaders. GPX route files are available upon request from NevadaVelo@yahoo.com

It would be great to have at least one Alta Alpina member represented in this year's EPIC.



Local Merchant Discount Program

For discounts from these local merchants, please visit the AACC website at www.AltaAlpina.org





Board Meeting Minutes—May 2, 2016

Secretary: Jim Sadilek; Other Board Members: Chris Rhiner, President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge Ride Director/Newsletter Publisher/Membership Coordinator; Di Bolton, Thursday Road Race Director; Robert Braun, Pine Nut Cracker Mountain Bike Race Coordinator; Garth Jackson, Weekend Ride Coordinator; Lori Piccini, Clothing Coordinator; Tim Rowe, Bicycle Advocacy Coordinator; Dave Scarborough, Spring Century Coordinator

Meeting called to order at 6:05 pm. Venue: Jethro's Oven & Grill, 1281 Kimmerling Rd, Gardnerville, NV

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is: \$31,234.78. The PayPal account balance is \$11,985.65.
- **Membership:** There are currently 175 registered members, with several others pending. Family memberships are at 34, which represents an increase over recent years. An unexpected, but welcome number of new members were registered at the Spring Party. In addition, we welcome the Rite of Passage (ROP) organization to the club.
- **Weekend Rides:** Garth reports good turnout for “early season rides”.
- **Newsletter:** Two big events will be featured in this month's Paceline: The Ray Rickard Memorial Spring Century and the Pine Nut Cracker Mountain Bike Race.
- **Website:** Photographic content for the web site is still being solicited.
- **Weekly Road Races:** The races have been well attended. Di brings up the ongoing issue of riders asking to be registered after the six o'clock registration cutoff time. There will be a \$5 charge for those requesting a late entry.
- **Mountain Bike Series:** Eric Reuter has been leading Tuesday evening mountain bike rides, although there is no notice on the club Ride Board.
- **Junior Team:** No report.
- **Spring Century:** Spring Century information will be in the Paceline. Dave Scarborough will post routes and start time on the Ride Board. Eric Reuter, whose property is the starting point, will send out a map and directions. A mass email will go out mid-month asking for RSVP for the ride. The following volunteers will be staffing the rest

stops: Rick Miyashiro top of Luther, Pam Poco, bottom of Kingsbury, Curtis Fong top of Monitor and Garth Jackson bottom of Monitor.

- **Pinenut Cracker:** The Pine Nut Cracker is May 21. Registration is online: <https://www.bikereg.com/pine-nut-cracker>. The Pine Nut Cracker is the second race of the 2016 Sierra Cup Series. The 2016 Sierra Cup Series will be the USA Cycling Regional Championship Series for Northern California and Nevada. All events before July will be qualifiers for MTB Nationals at Mammoth. The Douglas County Fairgrounds will not be used this year. Robert Braun stated he would not be coordinating the Pine Nut Cracker next year.
 - **King of Kingsbury Time Trial:** Scheduled for Saturday, July 30. Details TBA.
 - **Bike Advocacy:** Carson City's “Bike to Work” event will be the second week in June. Construction on the bike path from Incline to Sand Harbor will begin in August. Construction on the Cave Rock Tunnel is anticipated to start on May 9. Cave Rock traffic will be reduced to one lane in each direction and routed through the Eastbound tunnel. Construction will continue into Fall 2016. See: www.nevadadot.com/caverock/.
 - **Adopt A Highway:** Next clean up day scheduled for Sunday, May 8. Meet at Turtle Rock Park. Tammy will provide yummy coffee and bagels.
 - **Clothing:** Based on feedback from the Spring Party, there was a proposal to buy more club jerseys for club clothing stock. Motion 05/01: Purchase full zip race cut jerseys in the following sizes: two Small, Two Medium, two Large, and two Extra Large. Christine Rhiner/Michael Bayer - Carried unanimously
 - **Challenge:** 357 registered riders. Permitting is in process.
2. **Next Meeting:** Monday, June 6, 2016, 6 pm at Lakeside Inn and Casino, 168 US-50, Stateline, NV. Meeting adjourned at 8:05 pm



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

- Pine Nut CrackerSat. May 21
- Ray Rickard MemorialSun. May 29
Spring Century
- Alta Alpina ChallengeSat. June 25
- Challenge Staff RideSat. July 16
- 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

Chris Rhiner	President	president@AltaAlpina.org	775-790-6373
Tammy Lundquist	Vice President	tahoe.tammy@gmail.com	530-545-3155
Jim Sadilek	Secretary	ccwatchmaker@gmail.com	775-220-2713
Frank Dixon	Treasurer	ozatlake@gmail.com	530-318-1574
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
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 DeGiovanni	Road Cleanup Coordinator	ttdeg@frontier.com	775-901-1652
Laura Caimi	Marketing Coordinator	wildsierralaura@yahoo.com	
Lori Piccini	Clothing Coordinator	clothing@altaalpina.org	877-845-2453
Michael Bayer	Paceline Editor	paceline@AltaAlpina.org	
David Scarborough	Spring Century Coordinator	dave_scar@hotmail.com	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 6** at the **Lakeside Casino** in **Stateline.**

Newsletter Publisher:
 Michael Bayer