



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 18 Issue 4  
May 2020**



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## **Ray Rickard Memorial Spring Century – COVID Edition on May 24**

### **For All Up To Date Alta Alpina Club Members!**

The Ray Rickard Memorial Spring Century has traditionally been a social event centered around a variety of fine rides. Regrettably we're forced to minimize the social aspect of the ride this year. There is no group starting time, nor starting/ending location, which is intended to keep riders spread out, and appropriately distanced.

Please review the club's [framework for socially distanced riding](#) on the website and in previous newsletters.

The traditional metric century loop from Gardnerville, past Topaz Lake, over Monitor Pass, and returning via Markleeville remains an option, but we will only have a single "pit stop" location near the intersection of CA 89 and CA 4 from 10:00am to 2:00pm. We don't yet know where toilet facilities will be available--watch for an update.

Those who are interested in a shorter ride can start wherever they like and enjoy a relatively flat ride along the river and as far towards Ebbetts Pass or Monitor as they would like. Those who would like a climb-fest, are invited to do Monitor (one or both sides), and then climb Ebbetts (assuming it remains open). Those doing the traditional loop, who really want to test their legs, are invited to start early and do Ebbetts along the way, for a full Century.

While riding bicycles out on the road is about the most virus-safe activity we're able to enjoy at the moment as long as everyone stays well spaced, conventional rest stops are not. In order to keep everyone safe, our volunteers in particular, we cannot do rest stops as usual. Instead we'll have a single "pit stop" at a central location. The "pit stop" approach is something we've developed for a virus-safe Alta Alpina Challenge. This location will be much more like a racing pit stop than the rest stops you're used to. Our goal is to hand-off snacks and fill water bottles as quickly as possible while keeping everyone safe. Everyone in the pit stop area will need to be wearing a face covering and glasses. You will line up 10 feet apart at designated stopping locations to maintain distances and stay on your bike.

**Please RSVP to [springcentury@altaalpina.org](mailto:springcentury@altaalpina.org) and give us an idea of which ride you plan to do or if you're available to volunteer for a shift at the pit stop.**



### Ray Rickard Memorial Spring Century – COVID Edition Details

**Choose a Ride Option:** the Century (if Ebbetts is open), the Traditional Loop, the West Side, or any other ride through Markleeville and the Carson River Canyon. Ride from home or pick your own start location. Time your ride so that you can take advantage of the pit stop south of the CA89-CA4 intersection between 10am and 2pm. RSVP to [springcentury@altaalpina.org](mailto:springcentury@altaalpina.org) with your plan.

**Things to Bring:** You'll need sunglasses, a face covering (bandana or buff that will be secure around your neck while riding), hand sanitizer, and two water bottles. Also recommended: a riding mirror (on your glasses, helmet, or bars) and a jacket.

**Socially Distanced Riding:** Stay 10 to 20 seconds apart from the rider ahead of you. Pass only when it's safe to do so with a wide berth: pull out 60' behind the rider ahead, go out as wide as you can, and return to the right hand side 60' ahead of the passed rider. Wave to other riders but avoid projecting your voice, coughing, sneezing, or blowing your nose while riding. Model best behavior for other riders—stay distanced from even your family members.

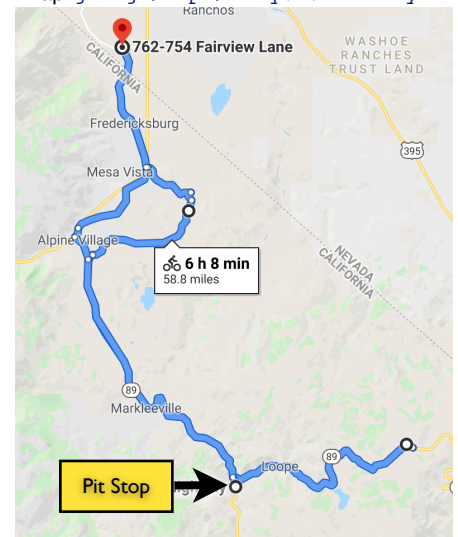
**Pit Stop Location:** The Pit Stop is located on CA4 in a pull-out 0.4 miles south of the intersection with CA89.

**Using the Pit Stop:** To keep everyone virus-safe, we've developed strict protocols for providing food and water. This is not a conventional rest stop. We'll be handing off your supplies as quickly as possible with as little contact as possible. Then you'll move off to consume your food, etc. There's no lingering here or even getting off your bicycle.

1. Pull up to one of the spaced-out pit stop cones, straddle your bike, cover your nose and mouth with your face covering, and remove your gloves.
2. A volunteer will present you with a Chlorox wipe. Use this to clean your hands and your water bottle(s). Tell the volunteer what you'd like to have.
3. Remove your water bottle lid and hold your bottle at arms length so the volunteer can fill it. A volunteer will bring you a bag or container with all your requested food items. Once you have what you need, move away from the pit stop to eat and drink and continue to keep your distance from other riders.

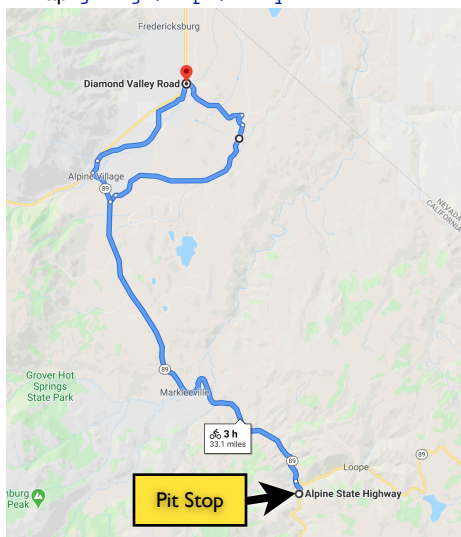
### West Side Ride

Map: [goo.gl/maps/m2nqN7NfxB4eCVyH7](https://goo.gl/maps/m2nqN7NfxB4eCVyH7)



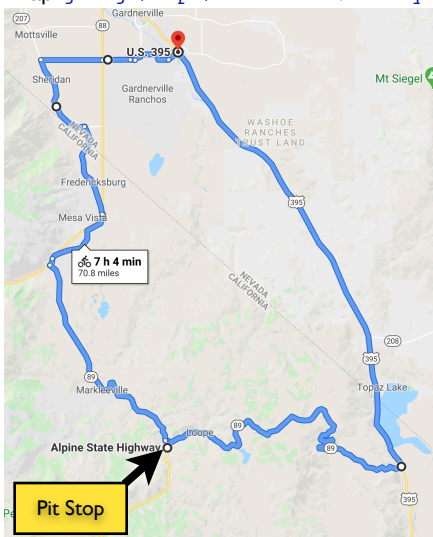
### Valleys Ride

Map: [goo.gl/maps/eSeq6ABdc5To4HK19](https://goo.gl/maps/eSeq6ABdc5To4HK19)



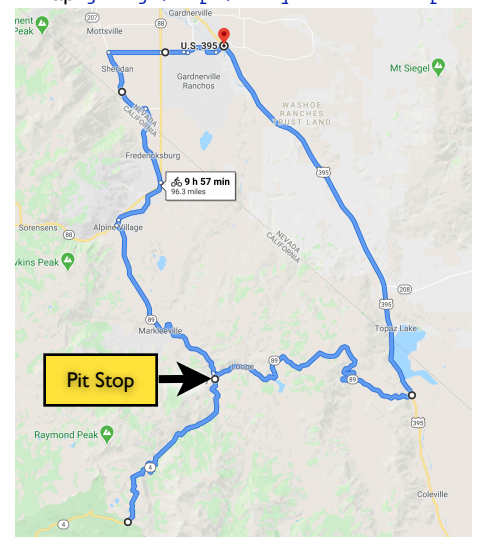
### Traditional Loop

Map: [goo.gl/maps/f6RdbVvacNPVv4Hq9](https://goo.gl/maps/f6RdbVvacNPVv4Hq9)



### Century Loop

Map: [goo.gl/maps/G69qC1Pv4xDLi85p6](https://goo.gl/maps/G69qC1Pv4xDLi85p6)





## Presidential Posting

Nigel Leigh, President

Two pieces of news, one may be surprising, the other not. Firstly, Yes! We are holding the Ray Rickard Memorial Spring Century again this year! But No, it's not the same format as normal - as with everything in our lives at present, the "covid edition" is different. After a careful review of the latest Nevada State and the Alpine County guidelines, combined with our desire to not only hold a ride, but to have it feel at least slightly sociable, we think we've found a way...

We'll have just one-stop, positioned near the intersection of the roads up Monitor and Ebbetts passes (Hwys 4 & 89). You can choose from a smorgasbord of ride options, anything from a valley cruiser via Woodfords & Markleeville to the rest stop and back, or some combination of Monitor and/or Ebbetts out-and-returns, through to the classic Topaz-Monitor loop. To avoid large gatherings we won't have a mass start, nor barbecue at the end (or any defined start or end points, for that matter). But as you wend your way through the mountains and valleys, you're sure to cross paths with other club members so wave to whoever's around. This will be a dry run for the techniques we've planned for the Challenge. Come and enjoy! Details and fine print elsewhere in this newsletter. But mark your calendar right now: Sunday 24 May.

So have you been getting into our weekly ride programs? Joseph Whiteley's Strava-based road race series has been a great success! Everyone seems to love being able to pick the day to ride, aiming for light winds and favorable temps. Its good motivation to get you out for some intensity training each week. All the details for joining in are here: <https://www.altaalpina.org/clubracesroad/>

Club weekend rides are still ongoing, but Bill Magladry has expanded them with the concept of "Featured Ride of the Week". These highlight a great ride in our region, for us all to focus on that week. So we avoid having a large group, but still make it more likely that we'll see other clubbies out there. Just check the Ride Board for the intel.

And Brian Dempsey's Weekly MTB Challenge is into its third week, sending riders to a great new trail each week. There's a Strava group to join, so you can see who else has done the challenge, details here: <https://www.altaalpina.org/clubracesmtb/> But Strava is optional, the rides are also posted on the Rideboard, the important thing is to get out and enjoy those trails each week.

What's happening with the Challenge? I hear you ask. We are still quietly optimistic, and are pleased to have support from the Alpine County Chamber of Commerce. Our main date of June 27 plus two backup dates of July 11 and 25 are still in contention. Preparations are being made, we're keeping the options open as long as possible, while avoiding incurring any extra expenses.

But hey! Weren't you going to mark something on your calendar? Now what was that date again?

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## March Mileage Contest and New Monthly Mileage Contests

Thanks to everyone who rode hard and tracked their miles for the March Mileage contest!

The winner's for 2020 are:

Men: Kevin Willitts with 902 miles

Women: Jennie Hamiter with 302 miles

and selected at random from the remaining entries:

Louise Hose with 287 miles

Please submit your mileage log for the April-May contest (see the April newsletter) to Bill Magladry at [ridecoordinator@AltaAlpina.org](mailto:ridecoordinator@AltaAlpina.org). The winners will be listed in the next newsletter.

For the new Mileage contest starting May 18, please submit your log to Bill by email as soon as it is complete.



# Alta Alpina Cycling Club 2020 Early Season Mileage Log

Send photo of completed form to Bill Magladry at [ridecoordinator@AltaAlpina.org](mailto:ridecoordinator@AltaAlpina.org)

Name:  Gender:  /

Another Mileage Contest for Socially Distanced Riding (Riding for fame and toilet paper)  
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 May 18.
3. Record the number of miles you ride each day and where you rode.

If you ride dirt, those miles count for double.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5/18	5/19	5/20	5/21	5/22	5/23	5/24
Where?							
Mileage							
Week Total							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5/25	5/26	5/27	5/28	5/29	5/30	5/31
Where?							
Mileage							
Week Total							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6/1	6/2	6/3	6/4	6/5	6/6	6/7
Where?							
Mileage							
Week Total							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6/8	6/9	6/10	6/11	6/12	6/13	6/14
Where?							
Mileage							
Week Total							

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

Grand Total





# Weekly Road Racing – COVID-19 Social Distancing Race Series

Joseph Whitely, Race Coordinator

A		Fredricksburg TT Prologue - (WK1)	DV Road Race (Short Course) - (WK2)	Starbucks Criterium - (WK3)	East Valley Time Trial - (WK4)	Pinenut Road Race - (WK5)	Season Total Points
1	Mihai Filimon	M	10	20	14	14	75
2	Kevin Willits	M	10	17	17	12	68
2	Dustin Hess	M	10	14	12	20	66
4	Robert Braun	M	10	14	10	14	58
5	Brian Hamilton	M	10	8	8	7	41
6	Mark Schwartz	M	10	7	7	6	37
7	Frank Winters	M	-	-	17	20	37
8	Willie Wafflemaker	M	10	6	6	8	36
8	Randy Volkmar	M	10	10	-	-	20
10	Greg Tafoya	M	-	-	20	-	20
11	Pike Reardon	M	10	-	-	-	10
11	Brock Peterson	M	10	-	-	-	10

B		Fredricksburg TT Prologue - (WK1)	DV Road Race (Short Course) - (WK2)	Starbucks Criterium - (WK3)	East Valley Time Trial - (WK4)	Pinenut Road Race - (WK5)	Season Total Points
1	Joseph Whiteley	M	10	17	20	17	81
2	Randy Jacobs	M	10	20	17	20	77
3	Michael Bayer	M	10	12	12	12	66
4	Nigel Leigh	M	10	14	14	7	45
5	Jim Wire	M	10	-	10	12	42
6	Robert Gagen	M	10	-	-	14	38
7	Dave Alexander	M	10	10	-	8	36
8	Jennie Hamiter	F	10	8	8	-	26
9	Rob Schofield	M	10	-	-	-	10
9	Tony Parenti	M	10	-	-	-	10

C		Fredricksburg TT Prologue - (WK1)	DV Road Race (Short Course) - (WK2)	Starbucks Criterium - (WK3)	East Valley Time Trial - (WK4)	Pinenut Road Race - (WK5)	Season Total Points
1	Pistol Pete	M	10	-	20	20	70
2	Bill Magladry	M	10	20	-	12	56
3	Thomas Walker	M	10	14	-	14	55
4	Jeffrey Milligan	M	10	10	14	-	46
5	Tom Mapes	M	10	17	17	-	44
6	Brian Dempsey	M	10	8	-	8	34
7	Keith Benson	M	10	-	-	17	27
7	Kathy Chappell	F	10	-	-	10	27
9	Valerie Alexander	F	10	12	-	-	22
10	Frank Dixon	M	10	7	-	-	17
11	David Machen	M	10	-	-	-	10
11	Kirt Willard	M	-	-	-	10	10
11	William Cassity	M	10	-	-	-	10
11	Ron Sandoval	M	10	-	-	-	10
11	Joe Yates	M	10	-	-	-	10
11	David Norvell	M	10	-	-	-	10

D		Fredricksburg TT Prologue - (WK1)	DV Road Race (Short Course) - (WK2)	Starbucks Criterium - (WK3)	East Valley Time Trial - (WK4)	Pinenut Road Race - (WK5)	Season Total Points
1	Jim LaHue	M	10	20	20	17	84
2	Lori Kroboth	F	10	14	17	14	67
2	Desiree Aarts	F	10	17	14	12	67
4	Louise Hose	F	10	10	-	20	60
5	Tammy DeGiovanni	F	10	12	8	8	48
6	Meghan Dorris	F	10	4	12	10	44
7	Henri Evard	M	10	8	10	6	39
8	Pam Dellea-Giltner	F	10	3	7	5	31
9	Jordan Brooks	M	10	6	-	7	30
10	Honey Bear	F	10	1	6	4	25
11	Mighty Moose	M	10	7	-	-	17
12	Carlo Luri	M	10	5	-	-	15
13	Glynnis Miller	F	10	-	-	-	10
14	Austin Sass	M	-	2	-	-	2

A		Franktown TT Prologue - (WK2)	Air Center Criterium - (WK3)	Jumbo Duck TT - (WK4)	Geiger Grade TT - (WK5)	Season Total Points
1	Frank Winters	M	-	20	20	40
2	Greg Tafoya	M	20	-	-	20
B						
1	Rob Schofield	M	20	20	-	40
2	Robert Gagen	M	17	17	-	34
3	Michael Bayer	M	-	-	20	20
4	Jennie Hamiter	F	-	-	17	17
C						
1	Ron Sandoval	M	17	17	17	71
2	David Machen	M	12	14	14	57
3	William Cassity	M	20	20	-	40
4	<b>Tod Conover</b>	M	-	-	20	20
5	Jeffrey Milligan	M	-	14	-	14
5	Keith Benson	M	14	-	-	14
D						
1	Mighty Moose	M	14	17	20	71
2	Louise Hose	F	20	20	12	52
3	Jim LaHue	M	17	-	14	31
4	Jordan Brooks	M	-	-	17	17



## Board Meeting Minutes—May 4, 2020

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

Meeting held by conference call.

Meeting called to order at 6:04pm

Minutes of the April meeting approved as presented.  
[NigellTammy|Unanimous]

### 1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is \$5345.38. The PayPal account balance is \$8470.84. Lori updated the board on budgeting for 2020.
  - **Membership:** Current membership is 94 Current members. Tod reports that the membership system isn't correctly showing that the grace period was extended. Michael will address this so that Tod can send out expiration reminders to Grace Period status. Tod will send out proposed draft of new waiver language.
  - **Weekend Rides:** It was suggested by Tod that we have a "ride of the week" like the mountain bike and race challenges. Tammy indicated that there is a strong desire for group rides. It was then suggested that we combine the two approaches by posting "rides of the week" with an option to ride at a particular time in a socially-distanced format. Bill will work with ride leaders to populate the calendar All ride description should have links to maps so that people who are riding during the week can find their way if they aren't familiar with the route. Dennis should update the rideboard with references to the social distancing and ride-of-the-week.
  - **MTB Rides:** Brian has started the weekly AACC Mountain Bike Challenge via Strava. Michael will work with Brian to make sure he can send emails notices using the mtb distribution list in the membership database.
  - **Social Media:** Carlo reported that post he donated \$20 towards ads promoting the ride series on Instagram and got 4000 hits over two weeks. We're now up to 840 followers.
  - **Newsletter:** Michael needs content: weekend rides, race results, presidential posting, etc.. Critical path item will be final details for the Spring Century.
- **Website:** Since the last meeting, the notice on the home page of the Spring Party being canceled has been replaced with an appeal from Tod to the membership to renew. Thanks to Dennis Pederson, all the significant pages of the website, those that can be reached through the menu, have been updated and are now mobile friendly. There are still a few "second tier" pages that will be done soon. If anyone sees a page where the site needs attention please let Jim Sadilek know about it. Jim is owed \$113.98 for the renewal of the two Alta Alpina domain names which were renewed in December. Jim proposed extending our current hosting contract for another 36 months at \$10.99 a month.
  - **Insurance:** We're set for Race & Challenge insurance--as soon as we have dates we can pay for the insurance.
  - **Clothing:** No update.
  - **Weekly Road Races:** Socially distanced, time shifted road racing has been very popular and we've recruited a number of new racers. 45 people participated the first week.
  - **Junior Team:** NICA coach training has moved online. Drew is reaching out to possible sponsors for the 2020 season which has been pushed out about a week with the first race on September 13 in Susanville. The last race has been moved to Reno to avoid the possibility of snow later in the year.
  - **Spring Century:** Options for the Ray Rickard Memorial Spring Century were discussed. The post-ride social activities and mass start are off the table. Lee proposed publishing the routes and encouraging everyone to start from home or random points at random times. A decision on support on the routes will be made in a week after all the jurisdictions involved update their stay-at-home rules.
  - **Fall Century:** No report.
  - **Adopt A Highway:** As of right now, all Adopt-a-Highway clean ups in California are prohibited. Hopefully that will change before our first



- scheduled event. Thomas will keep us posted.
- **Pinenut Cracker:** The board will ask Brian to submit a permit application for May of 2021.
- **King of Kingsbury Time Trial:** No report.
- **Mixed Terrain:** It was agreed that the public events planned for 2020 be cancelled due to the numerous competing events rescheduled for the same dates. Marketing will now focus on Carson Valley as a mixed terrain destination and we will explore holding member-only preview rides on the planned dates for this fall.

- **Challenge:** We are still on track for the “Covid-edition” of the 2020 event. The Death Ride Training series has been cancelled.
  - **Bike Advocacy:** Carlo reported that e-bikes have been banned from non-motorized trails in the Tahoe National Forest. He also reported that there is anecdotal evidence that bicycle sales have been booming while we’ve been under stay-at-home orders.
2. **Next Meeting:** Next Meeting: Monday, June 1, 2020, 6 pm, by Conference Call.  
Meeting adjourned at 8:02 pm

**We’re looking for photos from club and local rides!**  
**Please send ride photos to:**  
[photos@altaalpina.org](mailto:photos@altaalpina.org)

## Socially Distanced Riding - We’re All In this Together

Michael Bayer, Newsletter Editor

Breathing hard, coughing, sneezing, snot rockets—these are all normal symptoms of a great ride... but they’re also the best ways to pass along the virus. We’ve done a great job of “flattening the curve” in order to buy time for scientists to learn more, for the health care community to acquire needed resources, and for the rest of us to develop plans and protocols for making everything that we do virus-safe. We’re learning that this virus can be airborne and it doesn’t just kill people through ARDS (Respiratory Failure), but through blood clotting that can kill or

permanently injure people of all ages in a myriad of ways. Victims of the virus who are discharged from hospital have been relapsing and many continue to suffer with mental and physical symptoms weeks after thinking they were cured. Riding bicycles remains the very best way to get exercise in this age of the pandemic. However, as the number of active cases continues to increase, the risk of exposure keeps rising and that means we must continue to take every precaution to protect ourselves and to protect each other.

## Local Merchant Discount Program

We’re excited that local merchants who support the Alta Alpina Cycling Club are offering discounts to club members. While we’re all riding solo these days we still need parts and maintenance so don’t forget to continue to work with all of our local merchants! Details about local merchant offers is listed under “Merchant Discounts” on our website at [www.AлтаAlpina.org](http://www.AлтаAlpina.org). Check out they’re websites or call to find out how they’re operating right now.





# Alta Alpina Cycling Club

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

## MARK YOUR CALENDARS

Spring Century .....Sun., May 24,  
 Alta Alpina Challenge .....Sat., June 27  
 Alta Alpina Challenge .....Sat., July 11  
 Alternate Dates .....Sat., July 25

**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
Joseph Whiteley	Thursday Road Race Director	<a href="mailto:racedirector@AltaAlpina.org">racedirector@AltaAlpina.org</a>	775-265-1905
Desiree Aarts 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 May 4 for a conference call (contact Nigel for details).

Newsletter Publisher:  
Michael Bayer