



PACELINE

**Alta Alpina
Cycling Club**

**Volume 3 Issue 9
October 2005**

Annual Meeting and Dinner

November 3, 2005, 5:30pm

The Ridge Tahoe

Mark your calendars and RSVP today! The Alta Alpina Cycling Club annual meeting and dinner for 2005 will be held on November 3:

- 5:30 Reception**
- 6:45 Election of Officers for 2006**
- 7:00 Buffet Dinner and Cake**
- 8:00 Wednesday Night Race Series Awards**
- Door Prizes**

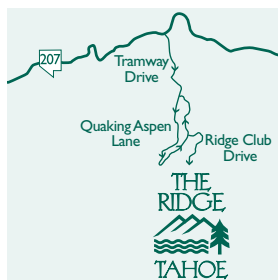
The event is free to all 2005 members in good standing. Please RSVP as soon as possible and no later than October 27. To confirm your attendance:

send email to membership@AltaAlpina.org

or call 877-845-2453

Door Prizes

- Kirkwood Lift Passes
- Pearl Izumi Gift Certificates
- Voler Gift Certificates
- A Year's Supply of Cytomax



Inside this issue:

<i>Bike Spokesman</i>	2
<i>Presidential Posting</i>	3
<i>Weekend Ride Schedule</i>	3
<i>Riding in France</i>	4
<i>Kings/Queen of the King</i>	4
<i>Juniors Track Weekend</i>	5
<i>Ride Preview</i>	5
<i>Board Meeting Minutes</i>	6
<i>Racer Congratulations</i>	7

2005 Member Ride Reimbursements

You can find this year's reimbursement policy and this year's reimbursement form on the AACC website.

Please review the requirements before filling out the form.

Submit a single form on or before December 5

2005 Sagebrush Cyclecross Series

Mel Maalouf, AACC Genoa Cyclecross

The Alta Alpina Cycling Club will be hosting the **Genoa Cyclecross** on **October 23** as part of the 2005 Sagebrush Cyclecross Series.

We need the following volunteers:

- Course Set up
- Registration
- Course Marshals
- Tear down

In particular, we need to have enough course marshals there to

ensure that the residents are happy and the course is safe. if you can help out, please email me at mel.maalouf@bently.com at your earliest convenience. If we do a good job on this race, we can have another.

The whole series consists of:

- Oct 2—Callahan Park
- Oct 23—Genoa Town Park
- Nov 20—Hidden Valley Park
- Dec 4—Hidden Valley Park





BikeSPOKEsman

Tim Rowe, AACC and Nevada Bicycle Advisory Board Member

Nevada Bicycle Advisory Board (NBAB) Meeting

The NBAB met on Thursday August 18 at Donald Reynolds Community Non-Profit Center in Incline Village, NV. There were reports by Washoe County Regional Transportation Commission, Jack Lorbeer with an ambitious plan to increase the non-auto modal split from 1 percent to 3 % by 2012 and 6% by 2030. Also a report on the Lake Tahoe State Park Back Country Patrol by Mickey McDowell (well known as Manager, The Bike Smith, Carson City). There are 25 members of this volunteer group, including Ray Rickard from AACC, that offer assistance and trail maintenance on mountain bike trails in the park near and around Spooner Lake. [This might be a great area for an AACC donation this fall]. Also discussed were the SR 159 bicycle safety issue in Las Vegas and Safety Charettes have been set up for September-October. NBAB member will attend all meetings.

The I-80 bicycle prohibition for the Mogul-Verdi section was discussed, as there is now an alternative bike route with the new Tahoe-Pyramid bike path connecting Verdi with Reno. This is only a FHWA request/suggestion – not a rule as was thought earlier. Carson City Area Obesity Coalition asked for assistance to repair bicycles for the Great American Weight Loss Challenge. An NBAB member will serve on the Landscape, Aesthetics Corridor Plan Technical Review Committee, as requested by NDOT. Will get more information on the rules for permitting bicycle events in Nevada, for example how rider number limits are determined, at next meeting. Bike Nevada vanity plate petition still needs over 5,000 signatures - see you local bike shop or NBAB member, like Tim Rowe. Bicycle Nevada staff will be present at Tour de Tahoe-Sept 10, Interbike, Sept 28, Foxy Fall Century in Davis-Oct 15, and Tour de Palm Springs-Feb 2.

Next NBAB Meeting has a schedule change – Thursday Sept 29 at USGS offices in Henderson, NV in connection with Interbike International Bike Expo in Las Vegas Sept 28-30.

Signatures are still being collected for the “Bicycle Nevada” vanity plate and forms are at many local bicycle shops and at the Bicycle Nevada web page:

www.bicyclenevada.com

Please sign it and encourage others to sign it too.

More information on the NBAB please contact me, Tim Rowe, at (775)267-9531 trowebikes@aol.com

Other Advocacy Questions:

How to get more for the local bicycle community from local bicycle events?

A member of the Lake Tahoe community came to me as a member of AACC and NBAB and asked how we, the local bicycle community, can get more from bicycle events held in the area. Some feel that these large, for-profit events cause more harm than good to the local bicycling community. Many of these events seemed to grow uncontrolled in number year after year. The large numbers of riders, and some of them quite novice, out on narrow mountain roads causes many complaints from drivers and locals. We local bicyclists have to live with that repercussion all year, long after the promoter packed up and went home. Promoters need to be in touch with and work well with the local agencies and law enforcement officials, as that impression (good/bad) trickles down to all riders in the area through out the year. A bad ride can ruin agency/cycling relationships for years. So some questions raised are – can we connect the number of riders on some of these rides to realistic capacity levels and not just profit levels? Can we get more connection and contribution from these rides to the local bicycling community? The Death Ride and other rides like Chico Wildflower, Davis Double, and Cycle Oregon really help the local bicycling communities in their areas. Some suggestions were just plain discussions, newsletter articles, cash donations, discounts, write-ups in handout materials, etc.

Just something to chew on and provide fodder for discussion. Let me know what you think.

Local Merchant Discount Program

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





Presidential Posting

Jennie Hamiter, AACC President

Fall Riding

The weather got cold quick this fall, huh? The Problem: you still want to ride, (and you're still eating at mid-summer calorie levels, so you HAVE to ride), but riding with any speed at all when the temperatures are in the low 50's makes it chillier than what you want to endure. The Solution:

Mountain biking! Mountain biking will find you pedaling hard just to go slow, so it's no problem staying warm. Mountain biking has the added benefit of increasing your bike-handling skills, negotiating obstacles on the trail gives your mind something to do while you're riding, and it is, really, just generally more fun.

Roadies, get your mountain bikes down off the rafters, and give it a slog up a steep, sandy trail. You'll warm up in no time!



Thank You's

Thanks to Joe Marzocco, Teresa Burkhauser, Kay Jobst, and the Alpine County Chamber for putting together this year's Death Ride Volunteer Appreciation Dinner. Those who didn't attend missed a sociable evening with great food and a fun raffle. The volunteer groups that help out with the Death Ride were well represented, and without them each year, the ride couldn't take place.

And thanks to Mel, Nick, and the junior team for organizing the Kingsbury Time Trial. It wasn't their fault that the temperatures were only in the 40's; a good time was had by all the hardy souls who showed up and raced. It was nice of Mel and Nick to forego their opportunity to race in order to be at the top, clocking in the finishers.

AACC Weekend Ride Schedule—October

John Seher, Weekend Ride Coordinator

Saturday October 8, 2005—Choo Choo! It's the Donner Summit Railroad Tunnel Ride

We climb from Donner Lake up to the abandoned railroad and ride through the snow sheds and tunnels up to Donner Summit. Along the way we'll see interesting historical sights including walls built by Chinese laborers from hand hewn stone blocks and the old Lincoln Highway wriggling it's way over the Sierra granite. We'll take a snack break on Donner Peak and admire the view before descending on an old emigrant trail and returning to Truckee via Cold Stream Canyon. Meet at the Wild Cherries coffee shop on Donner Pass Road, west of the old down town. Bring a headlight and jacket, 'cause those tunnels are really dark and cold, and be ready to ride at 10:00 AM.

Saturday October 15, 2005—Foxy's Fall Century, Davis CA

Here's a great way to cap off your season with a fine ride across the Sacramento Valley and into the Coast Range. Get the info at davisbikeclub.org. They have a swap meet afterwards with all kinds of cool bike stuff. Information tidbit: the ride is named for Ed Delano Sr., California cycling legend, who set numerous time trial records and rode well into his 90's. We can only hope. Let's see the road chock-full of those AACC club jerseys.

That's it for scheduled club rides in 2005. Check the ride board on the club web site for postings, as fall weather dictates a more spontaneous approach. It's been a fun season, and I've enjoyed every ride and everyone's company. Be ready for another long strange trip next year.



A Letter from France

Andrew L. Pederson

I am having a wonderful time in France, and though I've yet to find a racing team, I have gotten some awesome rides in. The first couple of days I was here, I stayed at the house of an incredible lady, Annick, who offered to put me up while my host family was out of town. Luckily, she had a garage where I could assemble my bike, and the very next day I decided to try my luck in the French countryside. Unbelievable. There are not words to describe how incredibly gorgeous it is here.

I am in the Rhone-Alps region (for you wine lovers, the most well known variety from the region is Beaujolais) in the south-eastern part of the country, just a few hours from Geneva. To the East are the alps, and to the south is the Riviera, so it's a very prime location.

Even though I had my pre-host mother draw me a map to get to the village of Yzron (Eez-Ron), about a 70km round trip, my ride still consisted primarily of me getting lost and wandering from village to village, out and then back. But what a treat. Leafy green hills with vineyards dotting the base and even a little chateau overlooking it all; the country side is out of a fairy-tale. More than once I almost veered into a ditch due to the stunning scenery.

Also, I had thought that the terrain would be really flat compared to NV, but to get out of the suburbs, I had to make almost a 500m climb into a tiny valley and then



follow a rolling course along the ridgeline before dropping into another little valley (which I finally, after much direction asking, had to climb back out of to get home). The whole time, I saw maybe 4 cars, which was all the better, considering that the roads were about 6 feet wide, max.

The next weekend I spent at my family's country home in the Savoie region (known for its white wine, Chignin, as well as some dubious-looking wild boar sausage), nestled in the mountains very close to Italy and Switzerland. Here you find some of the hardest climbs in the alps: Col de Madeleine (1993m) and the insane Colde Galibier (2646m). I didn't try my luck just yet, but I did have two very enjoyable 60km jaunts in the valley. Before I leave, I've promised myself that I will absolutely climb both Madeleine and Galibier, so if in fact I don't comeback, you'll know where to look.

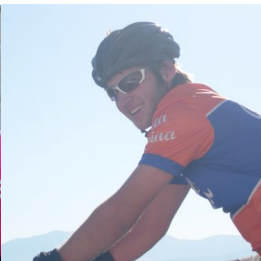
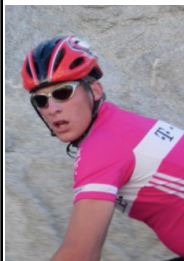
I hope this letter finds each and every one of you well and enjoying the last part of summer. As much as I love France and its 350 varieties of cheese, I still look at my bike every now and again and miss Wednesday nights with you guys, who have been both the cornerstone and the highlight of my racing experience. Should any one of you find yourself in France, or if you would like to know something more about where I am, don't hesitate to shoot me an email.

Bon Courage a tous!

Kings and Queen of the King

Nick Ruana, Alta Alpina Junior Racer

The King of the King Time Trial was a complete success. The weather was 48 degrees at the bottom and 42 degrees at the top with a bone chilling wind. There were a lot of scorching times and a plethora of personal bests. The winner was a UNR junior who got a 41:17; it was his first time up. There were 19 participants, five categories in all, and next year we hope to see more people out on the grade. It truly was a great event and we want to thank everyone who raced and everyone who made it happen.



Juniors

1 Micah Herman Jr	0:44:25
2 Heath Medeiros Jr	0:52:30

Men 19-39

1 Cody Deane 19-39	0:41:17
2 Ramon Martinez 19-39	0:51:32

Men 40+

1 Peter Niday 40+	0:42:41
2 Tony Reid 40+	0:42:59
3 Allen Biaggi 40+	0:43:46
4 Dave Gaskin 40+	0:45:28
5 Jim Sacherman 40+	0:45:39
6 John Seher 40+	0:45:39
7 Tom Tittle 40+	0:51:25
8 Scott Herman 40+	0:54:30
9 Stan Night 40+	0:55:52
10 Matt Mansur 40+	1:00:58

Clydesdale

1 Scott Doerr Clydesdale	0:54:54
2 Corey Bolton Clydesdale	0:59:47

Women

1 Jennie Hamiter W	0:54:31
2 Suzy Stockdale W	0:58:07
3 Christine Anderson W	1:01:07



Track Weekend with the Juniors

Nick Ruana, Alta Alpina Junior Racer

Labor Day Weekend: The track weekend started out with me, Micah, Heath, Dre, and Mel traveling to San Jose, so that Mel could do his thing on the track Friday night. He did pretty good during his races, even though he had a gear that was a little too easy. It was comical watching him spinning his legs as fast as he could even before the field picked up the pace. After the races, we went to the hotel and meet up with Danny, a junior from Reno, and Christine.

After a good night's rest we got up and headed for our session at the track. Last year I went on the track trip and was scared senseless most of the session. This year, with a lot more bike handling experience and it being my second session, I had a lot more fun. It's a completely different experience from road riding because track bikes are fixed gears with no brakes and they can get up to wicked fast speeds. Fortunately no one got hurt and we all had a blast.

After that we headed out to Stinson Beach, rode up the Mt. Tamalpais Road Race course and watched the most amazing sunset from the top. But everyone knows what happens when the sun goes down...it gets dark. After the sunset we realized our mistake and booked it back to the car 12 miles away down the windy, dark road. That night we stayed at a wonderful house in San Francisco that belonged to a friend of Mel's - it was really nice of them to let us stay there. The next morning we drove to our new hotel, then rode

to the San Francisco International, the big pro race. It was a lot of fun because there were pros everywhere and lots of things to do. We saw George Hincapie, Ivan Basso, Chris Horner, and a lot more. Towards the end of the race Heath, Micah, Dre, and I accidentally walked into a VIP party tent without realizing it until we saw Trevor's mom, who informed us where we were. We got some great tasting free food and had Chris Horner walk right by us after he was pulled from the race. After talking about the race for the rest of the day, I passed out on my bed that night before the lights were even turned off. From riding around San Francisco all day and the excitement of the race, I was extremely tired.

The next morning was the Giro Di San Francisco. We rode to the course, and looked like a team when we raced because we had five Alta Alpina Juniors in the same race! Unfortunately, Trevor went down after a kid fell in front of him, leaving nowhere for Trevor to go. For Danny and Heath it was their first California race and they were complete studs. Dre raced back-to-back races, winning the second one, beating every other girl in the race. Micah was the hero, getting sixth with me following not far behind in eighth.

Overall, it was the funnest cycling weekend in my legendary career, and one of the best in my life. It was really awesome, and I highly recommend everyone who enjoys cycling to plan one similar to ours.

Ride Preview: Riverbank Wine and Cheese, Sunday, October 9th

Jennie Hamiter,
AACC President

Starting in Oakdale CA, this is a very pleasant century down in the foothills. The terrain is mostly rolling, with no steep climbs, so this is a good end-of-season ride. The highlight is a one-mile, 1000 foot, descent that takes you to Moccasin—a small town built to service the Hetch-Hetchy system—where you find lunch in a very neat old building. On the way home, at Knight's Ferry, you ride through California's longest covered bridge.





Board Meeting Minutes—September 12 and 19, 2005

Secretary: Rick Miyashiro; Other Board Members: Michael Bayer, Jennie Hamiter, Jeff Ham, Chris McMillen, Tim Rowe, John Seher; Other Attendees: Scott Herman, Micah Herman, Mark Hotchkin, Matt Mansur, Tony Reid, Christopher Rowe, Nick Ruana

1. Monthly Status Reports:

- **Treasurer's Report:** Current balance is \$49,271.28. The CVC cost approximately \$10,000.00 but all of the expenses haven't yet been paid out.
- **Weekend Rides:** The schedule is set through the weekend of October 2. Check the club website for details.
- **Wednesday Night Races:** Race awards will hopefully be presented at the end of the year party. (Troy-absent)
- **Newsletter:** Christine Anderson has volunteered to be the editor for next year.
- **Carson Valley Classic:** Jim Rhiner-absent.
- **Junior Race Team:** Mike Hernandez has donated a bike frame to the team. The funds approved last month for the new bike will be used for the components of the new frame.
- **Clothing:** There are several old clothing items of odd sizes which should be cleared from the club inventory. They will be given away as raffle prizes at club events.

2. **Safeway Race Team:** Tony Reid, as the representative for the SRT, requested affiliation with the AACC to operate the SRT as a nonprofit organization through the club's tax ID number. As part of the affiliation, the SRT will donate \$3000.00 to help fund the Junior Race Team. Different strategies were discussed regarding operation and signing of checks while protecting both entities' assets and reputations. Although an agreement was reached and a motion was passed to proceed with this affiliation, as of this newsletter printing, the issue is moot as the SRT decided to affiliate with another team in the Bay Area.

3. **Regional Junior Race Team:** Discussion was tabled until the next meeting.

4. **UNR Race Team:** Matt Mansur, representing the UNR Mountain Bike Race Team, requested a donation from the AACC to send ten riders to the Nationals Race on the East Coast. Tim motioned to donate \$3000.00 to the team which passed unanimously.

5. **King/Queen of the King:** Micah Herman and Nick Ruana will be helping Mel Maalouf organize this club time trial. Scott Herman is the contact person. The club insurance does cover this event.
6. **Genoa Cyclocross:** The Genoa Town Board did approve this race. Details are not known as Mel was absent.
7. **521 Ellivrendrag:** Please call Keith Hart to sign up for this event as there is a rider limit of 80. All riders must be club members so Rick Miyashiro will be signing up new members prior to the ride. Dave Scarborough will provide SAG.
8. **AACC Officers for Next Year:** Club secretary and webmaster positions are open for next year.
9. **End of the Year Party:** The joint party with the Reno Wheelmen will not happen. A guest speaker was not found. Darla Mazzoni has volunteered to handle the reservation for The Ridge and organize the party. The party is set for November 3, 2005, Thursday.
10. **New Business:** A motion was made by John Seher for the AACC to join the IMBA. The motion was seconded by Jennie and passed by the Board.
11. **Death Ride:** Joe Marzocco was not present so it was agreed to adjourn the meeting to September 19 at 6:00pm. Michael Bayer, Jennie Hamiter, Jeff Ham, Chris McMillen, Joe Marzocco, Rick Miyashiro, Tim Rowe, John Seher were in attendance when the meeting continued. After listening to the summary from the Death Ride Post Mortem Meeting, the Board decided the following:
 - Tim Rowe and John Seher were appointed as the club representatives to the Death Ride Management Committee for another year
 - Joe Marzocco was agreed upon as the club's Death Ride Coordinator for the 2006 event. The club will contract with him directly rather than through the chamber.
 - The contract between the AACC and the Alpine County Chamber of Commerce (ACCC) will not be amended to create a Manager position.



Congratulations to Club Racers!

Mel Maalouf, AACC Race Team Manager
and Junior Team Coach

- Joe will retain overall responsibility for recruiting and coordinating volunteers. He will attend club events and races and write articles for the newsletter. However a new volunteer captain will be recruited to assist Joe and more volunteer management responsibilities will be passed on to the other captains. A communication system from the Joe to the captains is imperative in dispatching volunteers to the appropriate venues.
- Joe will revamp DR registration and the store to eliminate the long lines that left many people unhappy.
- Joe will see to logistics planning needed for contingencies such as emergency vehicle clearance, providing of medical attention and accomodating/covering shift changes of emergency personnel.

12. Next Meeting: October 3rd, 2005, 6pm, Gardnerville Ranchos Pizza Factory.

Our club members did great at the races in August and September! Congratulations to:

Micah Herman:

- 1st place, San Ardo Road Race (Sat. Aug. 27), Junior 15 -16
- 6th place, University Road Race (Sun. Aug. 28) Cat. 4 - 5
- 2nd place, 15-16 Giro di San Francisco (Mon. Sept. 5) - 6th overall in the Junior 15 - 16, 17 - 18 class
- 1st place, Mt. Tamalpais Hill Climb (Sat. Sept. 17)

Kevin Willits, 45+ 4/5 races:

- 14th place, San Ardo Road Race
- 22nd place, University Road Race
- 3rd place, Infineon Road Race

Ankie Trollegard, Expert Women 35-39:

- 1st place, Skytavern Mountain Bike (MTB) Race
- 1st place, MTB Twilight Series at Northstar
- 4th place, Mammoth Cross County (XC) MTB National Championships

Jay "working on his next cast" Brown:

- 5th place, NORBA Downhill (DH) Nationals, Deer Valley, Expert class
- 11th place, Expert DH MTB National Championships, Expert 35-39 (even with a minor crash!)

Randy Volkmar, 45+, 4/5:

- 4th place, Infineon Road Race

At the Mammoth MTB National Championships:

- John Kelley, 3rd, Expert XC 50+
- Mark Henry, 10th, Expert XC 45-49
- Dave Stuart, 17th, Expert XC 35-39
- Jeff Ham, 21st, in Super D 30-39

Good job, everyone!.





Alta Alpina Cycling Club

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 www.AltaAlpina.org

MARK YOUR CALENDARS

521 Ellivrendrag October 2
 Donner Summit October 8
 Foxys Fall Century October 15
 Genoa Cyclocross October 23
 Annual Meeting & Dinner November 3

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
Chris McMillen	Vice President	chris.mcmillen@bently.com	
Rich Miyashiro	Secretary	davelynrick@aol.com	775-265-6764
Jeff Ham	Treasurer	jeff.ham@bently.com	
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
John Seher	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-849-1876
Dennis Delange	Road Cleanup Coordinator	dennis.delange@bently.com	
Joe Marzocco	Website Coordinator	j_marzocco@yahoo.com	530-542-3994
Mel Maalouf	Junior Team Coach	mel.maalouf@bently.com	
Jim Rhiner	Carson Valley Classic	jim.rhiner@bently.com	775-783-9834
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531
Troy Walters	Wednesday Race Director	racedirector@AltaAlpina.org	

All AACC members are welcomed to participate in our **Board Meetings** held the **first Monday of each month, 6:00 pm** at the Pizza Factory in the Gardnerville Ranchos. The club is about and for you, so help us plan your cycling opportunities. Join us on **November 7.**

October Newsletter Editor/Publisher:
 Michael Bayer