



PACELINE

**Alta Alpina
Cycling Club**

**Volume 6 Issue 8
September 2008**

AACC Weekend Ride Schedule

—September/October

Twain Berg, Weekend Ride Coordinator

Please check the Rides area of the Alta Alpina website at www.altaalpina.org/rides/ for the latest information about weekend rides and member posted rides on the club rideboard.

Saturday, September 20, 2008 — Tahoe Sierra Century

Starts from Squaw Valley USA Ski Area. Cycle along scenic roadways through the Tahoe/Truckee area. 30-60-100 mile routes, fully supported, including rest/lunch stops, sag wagons. After-ride dinner served. The Tahoe Sierra Century Ride has earned praise for its scenic routes, challenging hill climbs (60 and 100 mile routes), full support services, great food and incredible music. The Tahoe Sierra Century is a local Tahoe fund-raiser with all proceeds benefiting the Music Programs at North Tahoe Middle and High Schools. For more details and information see their ride website at: www.tahoesierracentury.com.

Saturday, September 27, 2008 — Diamond Valley Road Cleanup & Ride

We're looking for a really big turn out for this special event. We will meet at 10:00am in the tribal community firehouse for a light breakfast. (See info at right.) The length and route of the ride that follows will be decided by the volunteers who show up.

Saturday, October 4, 2008 — Virginia City

Meet at the SaveMart parking lot on Hwy 50 east of downtown at 8:45am and be ready to ride at 9:00am. There's one big climb and some smaller climbs for a total of about 2500 feet of climbing. We'll make a figure eight by taking Hwy 50 out past Dayton to 6 Mile Canyon, up to Virginia City, over Geiger Grade to Lousetown, back up to Virginia City, and down the truck route back to Carson. Be prepared for possibly chilly temperatures, since it stays high once you get to Virginia City.

Sunday, October 11, 2008 — October Century

Twain Berg will lead a 100 mile ride starting from the big trees at the intersection of Fairview and Fredricksburg Lane. It will be a pot luck.....Twain will offer three different routes and the group will decide which we will do. There will likely be options for less miles for anyone who wants to do 30, 50 or a metric instead. Weather can have a role at this time of the year too. Bring money, two bottles and be prepared for cool. Contact Twain at XX and monitor update this closer to October 11.

Saturday October 18, 2008 — Foxy's Fall Century

This end-of-season century is popular among Alta Alpina members. For more information visit the Davis Bike Club website at: www.davisbikeclub.org/foxys/2008/.

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Club Teams Up with Washo Tribe for Diamond Valley Road Cleanup

AACC and the Woodfords Community of the Washo Indian Tribe are joining together for a Diamond Valley Road litter pick-up. **Please make an effort to participate in this special clean up** of a road that we all love to ride and race on. It's also an opportunity to meet many of the locals who share the road with us.

Meet at the firehouse in the Woodfords Community of the Washo Tribe (on Diamond Valley Rd) at 10:00 AM, Saturday, September 27th. The Tribe is providing a light breakfast at the firehouse. Bring gloves and wear clothing for walking and foraging through weeds and brush. We will provide helmets, bags, pick up sticks, and safety vests.

In order to have enough food and coffee please let us know you're coming by contacting Pete Costa at IntandemPC@aol.com or 775-782-2442



Alta Alpina's New "Wild Sierra" Event

Michael Bayer, Ride Director

Our club has developed a tremendous reputation for its competence at organizing large events. Our efforts to encourage members to wear club jerseys and club caps at events have paid off and the club's "brand" is strong. Interest in the new event we're working on has been pouring in from far and wide. Our test ride was a big success. Participants wrote:

- "It was absolutely gorgeous. Every inch highlighted the different beauty of the region and the history of the area"
- "This ride is incredibly scenic, more scenic than any other organized ride I can think of"
- "I really liked starting on Diamond Valley Road...It allowed for a nice scenic warmup to loosen up the muscles before the start of climbing in earnest."
- "This is much more challenging/demanding than the Death Ride, Kaiser, Breathless Agony, and Everest"
- "Great ride, sure to be a classic"
- "Thanks for an absolutely fabulous event, it was wonderful and I can't say enough nice things about it"

Thanks to everyone who volunteered and participated on June 14, we're moving ahead with our awesome new event, code named "Wild Sierra". The guiding principles for our new event are:

- Showcasing the roads Alta Alpina members love
- Offering a new and compelling challenge to cyclists
- Being family and community friendly
- Providing great food and great experience
- Making safety a priority

Innovation

We're sticking with the "ride passes and get stickers" model that we pioneered, but everyone agrees that we want the "Wild Sierra" to have a much broader appeal so we're making a number of fundamental changes to the recipe:

- (1) Adding a short family-friendly loop for the friends and family of hard core riders and for our neighbors who want to be part of the event without a lot of miles under their belts
- (2) Abandoning the pass/fail mentality of conventional organized rides. We'll make everyone proud that they participated regardless of how many passes they complete. (A happy two pass rider will come back the next year to try for three passes.)

(3) Making the first pass an easier one by going back to the original route that featured Kingsbury

(4) Letting riders mix-and-match passes to reflect their preferences, abilities, and desire for different scenery. For example, three pass riders can do Kingsbury-Luther-Carson, Luther-Carson-Blue Lakes, Kingsbury-Luther-Monitor, Kingsbury-Monitor-Monitor, etc. No other organized ride offers this kind of flexibility, scalable challenge, or stunning scenic beauty.

(5) Appealing to Death Ride™ veterans and California Triple Crown riders who have been asking for a bigger challenge to rival the Terrible Two and Devil Mountain Double (the two hardest rides in Northern California). Offering a 200 mile option with eight passes gives people the challenge they've been looking for while simultaneously creating a course that gives us the mix-and-match flexibility for mainstream riders.

(6) Home made cookies!

Work Has Already Begun

Work on the 2009 event is already under way but we need every club member to help out. We have volunteer jobs to fit everyone's skills and availability! So whether you are a software developer or a machinist, a stay at home mom or a graphic artist, a yoga instructor or a lawyer... we need you!

While there will be lots of opportunity to work the day of the ride, most of the work will happen over the next eight months. We're assembling teams of people to work on marketing, registration, sponsorship, legal, logistics, signage, SAG, tactics and communication, rest stop design, merchandising, and more. We need people with skills in web design and programming, marketing, graphic design, presentations, radio communication, insurance, permits, logistics, mechanical design, construction, writing, coaching, wrenching, photography, catering, and other areas.

Even if you can only spare a few minutes a day we have a job for you: our Wild Sierra Think Tank. We're going to be innovating in a number of areas and we're looking for people to sign up just to think through some interesting challenges. This is a job you can do while driving or riding to work!

Sign up Today!

Tell us what skills you have and when you can work: write to volunteers@AltaAlpina.org or call 1-877-845-BIKE



Presidential Participation

Jennie Hamiter, President

This is the time of year where I encourage everybody to consider becoming an AACC board member for the upcoming year. Get involved with the club, and you'll have a voice in the club's direction and activities. But wait! This year the emphasis is a little different.

For 2009, just the positions of president and vice president are open. All other board members have offered to stay on in their current positions though any club member can challenge an incumbent and run for any elected office they want. Besides the two positions mentioned, the other elected offices are treasurer, secretary, membership coordinator, and weekend ride coordinator.

So we're looking for a new president and VP. Any takers? In recent years, I've received feedback that the club may have become too Carson Valley-centric, so I'd like to ask Tahoe residents in particular to consider this opportunity to diversify the club.

The Club Needs Your Skills

Those of you who aren't yet ready to take on an executive role are still needed—now more than ever. Between now and next summer, the club is gearing up to stage our new organized ride. I know a lot of you have strong opinions about how to make this event great so here's your chance to get in the driver's seat, or at least to help pedal.

We need individuals with a wide variety of skills to work on small jobs. We've got a huge job ahead of us: we need to figure out how to

market the ride, we need to work out the logistics, corral enough help, etc. So whatever you are good at, we want to start this winter getting you involved; we're looking for people that are mechanically or artistically inclined, good wordsmiths, people who know accounting, marketing, programming/website design, people who have good people management or community relationship skills, etc. Or if you just like riding organized rides and have ideas about how to make this one great, you can bring your ideas to fruition in areas of registration/check-in, rest stop amenities, food, the post-ride meal, keeping volunteers happy, etc.

Whether you can take on a specific role, or you just want to be on the steering committee, everybody involved will play a pretty significant part in how this ride pans out next year, and we need all of you. Please contact me to let me know what your skills or interests are. Or if you're interested in the president or VP positions.

Night Falls on the 2008 Twilight Race Series

The Thursday Night Road Races are now finished for the season. Being race director is a big commitment and a lot of responsibility, but Di Bolton did another fantastic job this year. She was ably assisted by a bunch of people throughout the season, but most notably by her husband Corey; Rufus once again played noble mascot. Thanks to everyone who helped Di out this year, and to everyone who raced and made it fun first, competitive second.

DRDD

Michael Bayer

Thanks to Mark Pupich, Chris and Jim Rhiner, and Robert Braun for volunteering to run the rest stops for the DRDD. Members who rode enjoyed positively perfect weather and got to ride our classic 5 pass course.



Mark Pupich did an awesome job supporting everyone at the Monitor Rest Stop



Chris set up the Ebbetts Rest Stop—complete with massage table



Robert Braun on a long afternoon at the Carson Pass Rest Stop



Packsaddle Pass Weekend Ride

Twain Berg, Weekend Ride Coordinator

Packsaddle Pass is the second of many summits but that is the beauty of this ride.....there is a lot of climbing but it is spread out over many short climbs.

There are miles of paved forest service roads in the western Sierra, some smooth some chip seal but almost always...no traffic.

This was a club ride that I led so I didn't have to ride with the hammerheads and it was so much more fun. Ages 22 to 59 and all having fun.

Unlike Hypoxian rides, flat tires are unusual on Alta Alpina rides but we had two flats and a broken spoke today.

See more at:

<http://www.altaalpina.org/rides/>





Pros Set the Bar High on Kingsbury... In My Mind

Garth Jackson

The Kingsbury time trial is looming on the near horizon. Something on the order of two days out as these words are put to paper. Probably by the time you peruse this blurb, the event will have reached its crescendo and crashed down on hopes of hillclimb time trial glory for many of us. Regardless, the Kingsbury race is a good bookend to the road racing season as it is short, sweet, and will test your end of season fitness like none other. Since it is close to home for us Alta Alpiners, it is just as motivating to have a well defined benchmark to be gunning for as to make a bid for the podium. A great way to make any ridiculous benchmark you set for yourself look easier is to speculate at how a professional level cyclist would do on the same course. This may seem as a de-motivating factor at first, but when you speculate that a pro would demolish your time goal by twenty minutes, trying to trim your time down by 30 seconds to one minute looks like child's play. Here are the numbers I have been plowing over in my head for the great Col du Kingsbury.

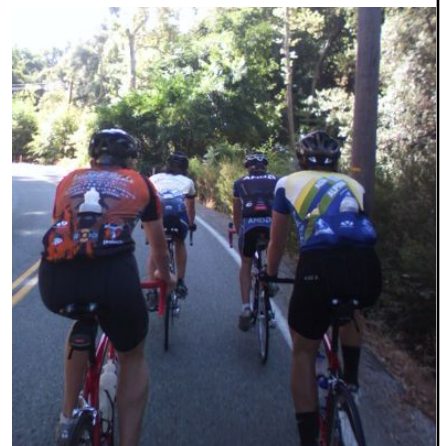
The ideal way to determine what the pros would do over a course would obviously be to send them out and get the numbers directly. Chances are we won't see many UCI races that run through our neck of the cycling woods, but the 2007 Giro d' Italia was kind enough to have a hillclimb time trial on a course that is very nearly identical to Kingsbury. Stage 13, from one town in Italy to another town in Italy covered 7.83 miles and climbed 2408 feet with an average grade of 5.8%. Kingsbury boasts 8.04 miles of pavement that climb 2500 feet with a similar average gradient. The winner of that stage cruised over the course in just a sneeze under 29 minutes. The difference in distance would

add about a minute to this time, so that makes me think that a pro race could possibly roll up Kingsbury in half an hour. If I could ride uphill at 16 mph for fifty feet much less eight miles, it would be an exciting day.

To confirm this seemingly ridiculous pace, there is another approach we can take. (If you didn't know I am an engineering geek before this paragraph, you will afterwards.) Somewhere in bicycling history, a training coach came up with a measurement called VAM, which is basically the average vertical velocity that a biker rides up a hill. This measurement is made in meters per hour, and a fully doped, waxed, and shot-peened Tour de France contender will turn in numbers occasionally topping 1800 m/h (5905 ft/hr). The sprinters' group in a big race are just as well known for their ponderously slow ascents of the big hills as their blazing fast finishes. This grouping at the lower end of the climbing spectrum, turns in VAM values around 1100 m/h (3607 ft/hr). So on Kingsbury Grade, where the elevation gained is 2500 feet, calculation would say that the big heroes of climbing would come in around 25-26 minutes. Meanwhile, the same calculation would have the sprinters' group cresting the top of the hill at 41-42 minutes. That sure doesn't seem slow to me, so I will just keep my mouth shut the next time I hear of sprinters dropping out of a race right after the flat stages.

And if you aren't ready to winterize the road bike after the Kingsbury hillclimb, there is always the Everest Challenge down south near Bishop. This ride also has a couple of hills for the climbers, followed by a couple of more hills, followed by a couple of big hills, followed by a really big hill...

Junior Team Bay Area Road Trip





Backyard BMX Paradise

Tammy DeGiovanni

Inspired by our summer vacation to Whistler, British Columbia and Hood River, Oregon our boys have turned our backyard into a dirt jumping, rail riding paradise. Whistler is an amazing place for dare devils to mountain bike. We spent a few days downhill mountain biking at the ski slope. If you've never done this it is definitely worth trying and even I have to say it is worth spending the extra money on a cushy downhill full suspension bike. Of course, even with the great bike I wasn't convinced to try any gap jumps or big drops. Tanner, Trent and Todd were riding big drops, jumping gaps after 2 days. All I have to say is "Thank goodness for full face helmets". Besides having a great downhill area the cross country riding is huge. It's very different than riding here, even miles and miles out there are many man made obstacles. Everyone rides with flat pedals versus clip less and most people wear elbow and shin guards for the ride down.



After 5 nights in Whistler we headed to Hood River. We visited there a few years ago so we knew they have some great mountain biking. In 2 years the amount of man made obstacles they've built in the Post Canyon area is incredible. They have a fun area for beginner's called "Family Man". "Family Man" is an area full of log rides, small jumps and a teeter-totter. After mastering that area you can move on to "Middle School" and after that there's an area up the road with humongous gap jumps where unemployed 20-year-old men jump. So the boys were very inspired by what they had ridden on vacation and immediately began sketching plans for their own backyard dirt jumps. I didn't expect this to actually happen there had been the same kind of talk 2 years ago. Well, they surprised me the last month the boys have been non-stop building gap jumps, a rail ride and recently with the help of their Dad a teeter-totter. If you can't make it to Hood River or Whistler to ride the plethora of man made obstacles stop by our house for a sampler.

Local Merchant Discount Program

We're excited to announce that local merchants who support AACC will be offering discounts to club members. 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.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.]



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



Board Meeting Minutes— September 8, 2008

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Diane Bolton, Robert Braun, Pete Costa, David Gaskin, Jennie Hamiter, Christine Zombro; Other Attendees: Garth Jackson

1. **Fall Dinner:** Tentatively holding dinner at B'Sgettis unless Rick Gunn can be reached for a speech in which case we will have it at a hall. Board voted to set the date as the second Monday of November (11/10/08). Seeking donations for possible raffle; please contact Pete Costa to donate.
2. **AACC Challenge:** The board discussed the name and date for the new organized ride the club will launch in 2009.
3. **Monthly Status Reports:**
 - **Treasurer's Report:** As of 9/17/08, \$13,513 in bank. Dave now in possession of CVC checks.
 - **Newsletter:** Chris absent.
 - **Memberships:** 2 more memberships since last meeting.
 - **Website:** Weekend Rides Calender - Dennis has been working on linking up the ride board and the weekend ride schedule. Rides page has changed a little thanks to Twain. Check it out!
 - **Weekend Rides:** Twain is looking for weekend ride leaders for October.
 - **Weekly Road Races:** Season is over for the year. Dave will summarize the expenditures and revenue from the Road Race series for next meeting.
4. **Next Meeting:** Monday, October 6th 6:00-8:00 pm at the college.
 - **Bike Advocacy:** no discussion.
 - **Junior Team:** Mel took a number of juniors to Bay Area for a field trip including one ride led by Jennie and Michael.
 - **Adopt a Highway:** "Trying to clean Diamond Valley Rd is a lot harder than you think." Tentative date: 9/27/08. If we can't schedule and coordinate with the appropriate agencies, we will have our regular highway clean up in Alpine County in October. There may be liability issues doing cleanup on Diamond Valley Rd.
 - **Kingsbury Time Trial:** 31 participants.
 - **Genoa Cyclocross:** Update needed from Mel. T-shirts will be sold at event.
 - **Clothing:** No update.
 - **CVC:** to be held on 7/25 and 7/26 in 2009. Park needs to be reserved.
 - **PNC:** Plans under way for a 12 hour race. First choice as 5/16/09; 2nd choice as 5/02/09. Potential to join a Northern California 12-hour race series.

Website Update

Twain Berg, Ride Director

A big thanks to Alta Alpina Webmaster Dennis Pederson for implementing a number of new features in the Rides section of our website. We invite you to check it out at www.altaalpina.org. Here are the new features:

- Clicking on the Rides link still brings up the Ride Board but with the new features on top.
- The Weekend Rides link is the same as the Schedule of Weekend Rides in the Newsletter but is continually updated.
- Road Bike Routes: We have a fabulous array of routes in our area. This is where you can learn about places you haven't ridden and share great routes with others. Each route has a MapMyRide link, a description and a picture. Several Alta Alpina members have contributed to this collection of routes and you are invited to share your favorite routes and pics. Please email ridedirector@AltaAlpina.org to help out. We especially need routes for Carson City, Washoe Valley and outlying areas.
- Mountain Bike Routes: This is next on the to-do list and help is needed. If you would like to help map or contribute routes please email ridedirector@AltaAlpina.org.
- Members can update or delete their posted rides on the Ride Board. Just remember, each time you do so, 200+ emails go out! Eventually the Ride Board and Weekend Ride Calendar may be merged. We hope you take some time to check it all out, provide some feedback and contribute.



Alta Alpina Cycling Club

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 www.AltAlpina.org

MARK YOUR CALENDARS

Tahoe Sierra Century ... September 20
 Diamond Valley Cleanup ... September 27
 Virginia City Ride October 4
 Foxy Fall Century October 18
 Genoa Cyclocross October 25
 Annual Meeting (Tentative) November 10

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.AltAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

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Newsletter Editor:
 Christine Rhiner
 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 **October 6 at South Lake Tahoe Community College.**