



PACELINE

**Alta Alpina
Cycling Club**

Volume 12 Issue 3
April 2014

Alta Alpina Spring Membership Party

Robert Braun, Membership Coordinator

Saturday, April 12, 2014 Elks Lodge, Gardnerville Ranchos, 5PM

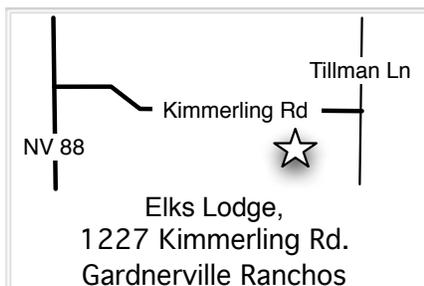
It is that time of year again! SPRING, and the annual Alta Alpina Spring Membership Party is the official kick-off of the cycling season in the Tahoe-Carson-Gardnerville area. This year the party is again at the Elks Lodge on Kimmerling Road in the Gardnerville Ranchos, 1.5 miles east of Hwy 88.

PLEASE NOTE THE NEW DAY AND TIME FOR 2014: Doors open at 5:00 pm with plenty of food and great people to meet. Agenda starts at 6:00.

Be sure to bring your slightly used gear to sell or trade/donate at the Sell/Trade table. Bring any bike-related items to give away or sell. Bike stuff left behind at the end of the night will go to the junior team or ROP.

You can join the club or renew your membership at the door. If you were a member in 2013 and your contact information hasn't changed, we just need to collect your 2014 membership fees—\$25 for an individual, \$40 for a family, and \$10 for students. If your email address or home address has changed go to the club website to update your information. Know any friends or neighbors just getting into cycling? Bring them along and we'll sign them up at the door! Please try to carpool (or ride your bike) to the new Elks Lodge.

See you there!



Bike & Stuff Sell • Trade

Bring your bike related stuff for sale, or give away to other AACC members. You will have the opportunity to sell, buy, give away, or pick up bike related items.

Inside this issue:

<i>Upcoming Rides</i>	2
<i>Presidential Posting</i>	3
<i>Invitation to Race</i>	3
<i>2014 Race Season</i>	4
<i>Challenge Staff Ride</i>	5
<i>Bicycle Advocacy</i>	6
<i>Board Meeting Minutes</i>	7

Membership Renewal

If you were a member in 2013 we just need your membership fee paid by check or Paypal payment—no forms to sign! If you're a new or returning member, just complete the online form on the website.

THURSDAY EVENING ROAD RACING KICKS OFF ON APRIL 17

Meet at Fredericksburg and Fairview Lane for the season Prologue. Everyone is welcome and encouraged to participate. If you've never raced before just show up—the entry level "D" group so its easy to get started with your first race!

Spring Century

There will be a change to the Spring Century route for 2014. Come to the party to learn more!





Upcoming Events

Laura Caimi, Vice President

Here are a few events to start planning for today:

Saturday, April 12, 2014 — Tierra Bella Bicycle Ride

Join Almaden Cycle Touring Club (ACTC) on their 37th annual Tierra Bella Bicycle Tour. There are four route options on pretty roads in Santa Clara County. Great food, excellent ACTC support, and a post ride hot meal. 2014 Tierra Bella patch included and beautiful jersey available for purchase For more see the website at: www.tierrabella.org

Saturday, May 3, 2014 — Shasta Wheelmen Super Century

The second annual "Give me Wings Super Century" takes place in scenic eastern Shasta County with lush meadows, streams and beautiful mountain views. There are a wide variety of routes, excellent food at rest stops, and dinner included for Super Century, Century and Metric Century. See their website at: www.shastawheelmen.org

Saturday, May 4, 2014 — Adopt-A-Highway and Ebbetts Pass

Meet at Turtle Rock park at 8:00am for yummy coffee and bagels. Walk each side of highway 88—it usually takes 1.5 hours. We'll plan to ride Ebbetts Pass, about 40 miles, once we're done with the highway cleanup.

Saturday, May 10, 2014 — Ride for Mom

This is the third annual ride which includes three route options. Registration includes rest stops, support, healthy lunch and a lifestyle fair. The event is organized by an Alta Alpina member and they are helping us promote Alta Alpina Challenge so let's reciprocate and join their ride! For more info, see the website at: rideformom.com

Saturday, May 10, 2014 — Motherlode Century

Rolling through ranch, forest, farms and vineyards, the Motherlode Century guides you through some of California's most beautiful landscapes. Five route options from 28 miles with 3000 feet of climbing to 97 miles and 11,000 feet offer rewarding climbs and awe-inspiring scenery. Register before April 10 and receive a logo t-shirt. More reasons to register include: Amgen passes by the route the next day so stay and watch the Tour of California! Enjoy great food, beer and wine, music, massage and door prizes. Free Cannondale demo on Friday, May 9th. For more info - motherlodecentury.com.

Sunday, May 25, 2014 — Alta Alpina 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. Details will be presented at the spring party. We still need four volunteers for the rest stops so please think about helping out if you won't be riding.

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: rideformom.com

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



Presidential Posting: "The Good Ole Days"

Chris Rhiner, President

Well Spring is definitely in the air and a few "Alta Alpina" members were spotted at the Pardee Party organized ride in Lone, California. I even saw one "Challenge" jersey on a gentleman who wore it proudly for doing 150 miles a year or 2 ago. With the restructuring of our finances these past few years we tend to see fewer club jerseys out on our roads than we used to. I am guilty of this too. Even this weekend as I chose to wear the challenge jersey instead of the club and found that I was not recognizable by fellow club members! I don't know what my point is except that I think I have more fun when some of my "Homies" say, "hello," in these overwhelming crowds of 2500+ riders. So if you have a club kit, get it out and wear it or get involved in the next design process and show your club spirit. We still need some ideas as to how to create the enthusiasm to show up to organized rides in our club kit without breaking the bank and bribing you all. But that may be what its going to take. So stay tuned and don't put the yellow and blue jersey or the red and orange one at the bottom of the closet.

If you aren't familiar with our ways of the past, we had a pretty active group of racers who wore the kit religiously at all races and our century riders were treated the same with a generous reimbursement program. Many moons ago... we could pay race fees or registration fees for the members that wore their club spirit. We need a new program or just some team spirit! See you all soon.

Thursday Evening Road Races - Everybody Welcome!

Jennie Hamiter, Member

The Alta Alpina Twilight Series Road Races start Thursday, April 17th. Everyone is welcome and encouraged to enter these races - you don't have to consider yourself a racer to join us.

But why would you want to? The answers are numerous: you'll push yourself harder than you ever would on your own, you'll be motivated to get in better shape for your next race, you'll make new friends, and you'll have fun doing it. Points are tallied for each of 17 races so that winners can be awarded for the overall 2014 series (but many of us just race when we can without stressing about the series points).

The races have four categories, A through D, where A's are the fastest. You choose your category, and depending on how your first race goes you can move up or down accordingly. It's best to make your first race a time trial to get a good idea of your category - which is why the first race of the year is a time trial, with no points going toward the overall series points. Men and women and all age groups race together, so once you find your group you'll be racing people roughly your same speed.

The race schedule is in the newsletter—tape a copy to your refrigerator! It's also available online at:

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

So if you haven't raced before or if you haven't raced recently, check out the 2014 schedule and start showing up for races. I hope to see you on the April 17th for the Fredricksburg Time Trial!

Local Merchant Discount Program

Details about local merchant offers is listed under "Merchant Discounts" on our website at www.AltaAlpina.org





2014 Alta Alpina Road Race Season

Di Bolton, Road Race Director

Hi Race Fans!!!

We are gearing up and looking forward to another action packed season for 2014!

Remember there is a place for everyone to race!! I Hope to see all the regular faces (missed you all) and a lot of new ones at the races (looking forward to meeting you)!! Encourage your family members and friends to come out to cheer.

Volunteering

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!!!

2014 Race Fees

With the increase in the price of insurance and just about everything else, I need to raise the race fees this year to \$10 for Alta Alpina Members and \$15 for Non-Members. For racers under 18 the fee will be \$5, unless you are an *ACTIVE* member of the AACC JR. Team. I appreciate your understanding in this.

Punch Cards

To save having to bring cash every week, I will have the punch cards again this year.

- For AACC Members it will be 8 races for \$80, \$160 for the entire season (the last race is free if you purchase the entire season pass).
- For Non-Members it will be 8 races for \$120 and season pass \$240 (the last race is free for the season pass).

Junior Series

We will be running a "Junior Series" again this year. Juniors will race with the D's (unless otherwise designated) and will have their own points. This will take the younger kids out of the race for points that the

adults will be vying for and give them their own competition amongst their age group and chance for prizes. I do encourage *ALL* Juniors (18 and younger) to join and participate on the AACC Junior Team (this will also give you free race entry). The objective of the Alta Alpina Junior Team is to provide an avenue for junior riders, with an introduction to bicycling with an emphasis on safety and nutrition and much more.

Race Waivers

All racers please bring a filled out a race waiver to your first race; this will give me the emergency contact info on site for the season and will save time at registration. I will need this even if you are an AACC member. There is a link to the US Cycling site on the Road Race page of AACC to download the waiver form.

If you are planning on bringing your membership forms and fees to the races and/or are planning on buying race passes or just paying your race fees please make *SEPARATE* checks for membership and race fees, this helps with the accounting. All checks should be made to AACC.

First Race is April 17

Our first race is Thursday April 17th we will be starting at Fredericksburg and Fairview Lane for the season Prologue. The following week we will be at Diamond Valley for a short course instead of a regular course due to the cold and it still gets dark too early for a regular course.

See our website at www.AltaAlpina.org for directions to other race venues. Schedule is subject to change, so check the website before each race. Races start promptly at 6:15 pm. Be there ready to race!

Come out and join in the fun, camaraderie, and a lot of bench racing before and after the races.

See you soon!

4/17	Fredericksburg Prologue (no points, category determination)	5/29	Diamond Valley Double Back Road Race	7/17	Diamond Valley Road Race
4/24	Diamond Valley Road Race (short course)	6/5	Eagle Ridge Circuit Race	7/24	Starbucks Criterium
5/1	Starbucks Criterium	6/12	Club Challenge: Pinenut Road Race	7/31	Blue Lakes Time Trial
5/8	East Valley Time Trial	6/19	East Valley Time Trial	8/7	Club Challenge: Pinenut Road Race
5/15	Starbucks Criterium	6/26	Kingsbury Time Trial	8/14	Foothill Time Trial
5/20	Tuesday Club Challenge: Boca Road Race	7/3	Eagle Ridge Circuit Race	8/21	Diamond Valley RR (short course, season finale)
		7/8	Tuesday Club Challenge: Fernley Circuit Race		



2014 Alta Alpina Challenge Staff Ride

Michael Bayer, Alta Alpina Challenge Director

The Alta Alpina Challenge is taking place on June 28, 2014. If you haven't yet marked that date on all of the calendars (paper and electronic) in your house, go ahead and do that right now. I'll wait. Thanks!

The Alta Alpina Challenge is the club's big annual fund raiser—but it's also one of the club's biggest social events and it is the event that club has become renowned for hosting each year. The club's official mission is to promote cycling in our region and this one event accomplishes our mission on many fronts. We use the funds we generate to underwrite everything that the club does including our race program and junior team. While our club was known outside the Tahoe region for our work with other events, The Alta Alpina Challenge has really put us on the map with ardent fans across the western states and riders coming from as far away as Canada, Europe, and Japan. Each year participants tell us what a big impact this event has on them. Regardless of each individual's challenge for the day (a single pass or all 8 passes) riders experience a sense of triumph when they complete this unique event.

One of the things our club is known for is our amazing volunteers—Cyclists helping Cyclists. And our volunteers have a lot of fun while making a big difference in people's lives.

But how can you volunteer on June 28 if you want to be a participant too? The answer is that we have a staff ride so that you can do both!

Staff Ride July 19, 2014

This year's staff ride will take place on July 19. To be eligible to participate in the staff ride:

- be a member in good standing, and
- volunteer for a full day (12+ hours) on June 28 OR provide a volunteer for the full day of the staff ride.

The start, finish, and cut-off times will be the same as they are on June 28. Participants can choose any or all of the 8 passes to ride and will receive a customized cue sheet. Of course, everyone finishing all 8 passes will qualify for the 8 pass finisher jersey!

The ride will be well supported with rest stops but we probably won't have enough volunteers for roving SAG.

Tentative rest stop locations and times are:

- Base of Kingsbury 5:00am-8:30am
- Start of Blue Lakes Rd 8:00am-11:00am
- TRP Lunch 10:00am-1:00pm
- Top of Ebbetts 1:00pm-5:30pm
- Top of Monitor 2:00pm-10:00pm
- TRP Dinner 4:00pm-10:30pm

So whether you ride the metric, century, 5-pass, 8-pass, or any other combination you'll have lots of food and water.

Sign Up Today!

If you haven't yet signed up for your volunteer job, please do so right away—bring your whole family if you can. If you simply can't be here on June 28, please consider volunteering for the staff ride, logistics work, sign making, marketing activities, or other pre-event work.

To sign up for the staff ride, make sure that your membership is up to date for 2014, sign up for your volunteer job(s) for June 28, and send me an email indicating which passes you want to ride on July 19.

For more information or to volunteer please see me at the Spring Party or write to volunteers@altaalpina.org





Board Meeting Minutes—April 7, 2014

Secretary: Jim Sadilek; Other Board Members: Chris Rhiner, President; Laura Caimi, Vice President; Frank Dixon, Treasurer; Michael Bayer, Alta Alpina Challenge Ride Director/ Newsletter Publisher; Di Bolton, Thursday Road Race Director; Robert Braun, Membership Coordinator; Garth Jackson, Weekend Ride Coordinator; Dave Scarborough, Spring Century Coordinator; Wayne Trelong, PR Coordinator

Meeting called to order at 6:12 pm

1. Monthly Status Reports:

- **Secretary:** Minutes of the March meeting were approved with minor changes.
- **Treasurer:** The current checking account balance is: \$28,591.83. The PayPal account balance is \$28,561.64.
- **Membership:** New memberships and renewals are being received and processed.
- **Weekend Rides:** There was no participation for the recently scheduled Kingsbury ride.
- **Public Relations:** A press release will be sent out announcing the end of the early registration discount for the Challenge. PEZ Cycling web site <http://www.pezcyclingnews.com/> expressed interest in publicizing the Challenge ride.
- **Newsletter:** Will go out as soon as possible.
- **Website:** No Report.
- **Weekly Road Races:** The series will begin April 17. See AACC web site for schedule: www.altalpina.org/clubracesroad/.
- **Mountain Bike Races:** 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 Chris Rhiner.
- **Junior Team:** No Report.
- **Spring Century:** The date set for the Spring Century Ride is Sunday, May 25. The start/finish will be the same location as last year. Rest stop volunteers are needed for Woodford's and the top of Luther Pass. Contact Dave Scarborough 530.318.7878. Century route has been modified to accommodate construction on Kingsbury Grade. See: www.altalpina.org/werides/.
- **Pinenut Cracker:** The Pinenut Cracker Race date will be Sunday May 18. See race information flyer on AACC web site: www.altalpina.org/attachments/pinenutcracker2014.pdf Race start will be Pinenut Road number 2.
- **King of Kingsbury Time Trial:** Allen Biaggi has

volunteered to be coordinator. Date TBA..

- **Cyclocross Race:** No report.
 - **Bike Advocacy:** No Report.
 - **Adopt A Highway:** Next clean up day scheduled for Sunday May 4. Meet at Turtle Rock park. Tammy will provide yummy coffee and bagels.
 - **Clothing:** Club clothing will be available at the Spring Party. The Board is earnestly seeking a volunteer to act as Clothing Coordinator. Contact Chris Rhiner.
 - **Challenge:** 145 registrations so far. Fees increase on May 1 so a surge is expected in April. There has been an increase in both "Build Your Own Ride" and female riders over previous years. Details of the July 19 Staff Ride will be clarified in a newsletter article. Kingsbury Grade road construction is not anticipated to affect the Challenge or the later Staff Ride. Michael made a 45 minute presentation to the Almaden Cycling Touring Club (ACTC). ACTC is a large cycling club (1200+ members) based in the South Bay area of San Francisco. He also contacted and distributed literature to bicycle shops from South San Jose to Santa Rosa with a focus on Volagi dealers because they cater to endurance bicyclists. Laura and Wayne contacted cyclists and shops in Owens Valley, CA and in Tucson, AZ to promote AACC Challenge. Communicated with cyclists and distributed Challenge literature at Party Pardee Ride in Lone, CA. A quarter page color ad for the AACC Challenge has been placed in the April issue of Cycle California magazine.
2. **Insurance:** The club's general liability insurance has been renewed. Also Directors & Officers' and Employment Practices Liability Insurance has been obtained.
 3. **Next Meeting:** Monday, May 5, 2014, 6 pm, Jethro's in the Gardnerville Ranchos [Note: Change in location due to construction closure of Kingsbury Grade.]
Meeting adjourned at 8:13 pm



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

- Spring Party .Saturday, April 12
- Adopt-A-Highway Ride Sunday, May 4,
- 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.AltaAlpina.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.com	530-545-3155
Wayne Trelloggen	PR Coordinator	pr@altaalpina.org	877-845-2453
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 **May 5** at the **Jethro's** in the **Gardnerville Ranchos.**

Newsletter Publisher:
 Michael Bayer