



PACELINE

**Alta Alpina
Cycling Club**

Volume 6 Issue 9
October 2008

- 🍂 Annual General Membership Meeting
- 🍂 Annual Board Elections
- 🍂 Awards and Presentations
- 🍂 Pasta and Salad Buffet, Beverages, Dessert
- 🍂 No Host Bar
- 🍂 Free for members; \$25 for non-members
- 🍂 Please RSVP to llindley@pearlizumi.com
or 877-845-BIKE (2453) by November 5

AACC Fall Dinner and Meeting

November 10th
at 6 P.M.
B'Sghetti's Italian Restaurant
318 N. Carson St.
Carson City
RSVP: llindley@pearlizumi.com
Or 877-845-BIKE (2453)

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**ELECTION COVERAGE
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**Alta Alpina
Challenge:
Riding the Wild Sierra**

**JUNE
13
2009**

Mark Your Calendars Now!



AACC Member Profile:

Peter Costa

AACC Member since: ~1997

Adopt-a-Highway Coordinator, 2006 - 2008; May Commuter Mileage Challenge Coordinator, 2008; Vice President (appointed), 2008

Current Residence: Minden, NV

Immigrant from: Carson City, NV

In one word, my cycling style is...: passionate... I love the ride...the bike...the history...the culture

Résumé:

Riding a bike my entire life. Imitated Evil Kneivel on my Schwinn Sting Ray in the 60's and early 70's. Loved that bike! Spooner summit was my first mountain pass in 1975...took me all day! First over night bike "tour" was also in 1975, from Carson City to Twin Lakes, California. Bought my first "real road bike" in the early 80's, began riding in Alpine County, doing centuries and racing with the Reno Wheelman. Met my future wife in Capitol Bikes, now Bike Smith, on June 3, 1989, where I worked as a mechanic. Completed 'White Mountain Peak in a Day' ride (70 miles up and down with 13,000 feet of climbing on a mountain bike) 91 and 92. Summer of 1993, my wife and I complete an unsupported cross country tour on our Santana tandem. Since then, various centuries, unsupported tours, trips to Moab and Crested Butte, Cycle Oregon, 11 Death Rides in a row (97 - 07). Currently, riding with Inge and Carson on our Santana triplet from Canada to Mexico in 1 week tours each summer (2006 - 2011).

Bikes I ride: Landshark Road Bike, Diamond Back Hardtail MTB, Trek 990 MTB converted into a commuter bike, Santana Arriva tandem, Santana Cabrio triplet and a 1955 Schwinn tandem

How I support my Bike Habit: Visa, MasterCard and I married the right gal...

Favorite Rides/Races: Spooner lake to Marlette lake (my wife's and my first date), Flume Trail, Highway to the Sun (Montana), Old Mckenzie Pass (Oregon), Columbia River Gorge, the entire Pacific Coast, Crossing the Golden Gate Bridge... both ways, Adirondack Park (NY), Wine Country Century, anything in the Sierra, Death Ride...there are so many. I can't think of a bad ride.

Other Sports & Pastimes: snow skiing, hiking, traveling, being with Inge and Carson... and picking up litter on the highway

Ambitions/ Aspirations: Raise an enthusiastic, adventurous and responsible daughter who aspires to chase her own dreams. Ride across the country with Inge again; bike tour in Europe; climb the famous cols of France, Italy and Spain



My Motto or Inspired Quote: "Don't let school interfere with your education" - a close friend and college roommate, and "You know you're living well if you can fall asleep within 15 minutes of putting your head on the pillow" - a professional mentor

Grab Bag: I used to commute by bike in Kathmandu, Nepal.



No, Not THAT Election: The AACC Election for 2009 Officers

Jennie Hamiter, President

The most important thing we do at the Annual Meeting and Dinner each fall is hold elections for club officers for the upcoming year. There are six elected positions (listed below), and any club member in good standing can run for any elected position.

We need 20% of club members present at the meeting to make quorum so we can hold a valid election. Even if there's only one person running for an elected position, we still need the members present to vote that person into office. Some of this may seem like a mere formality, but we need to have a formal election to adhere to our bylaws - it's one of only a handful of simple things we have to do so that the club maintains its legal status.

If you'd like to stand for election as an officer or considered for a job as a club official next year, I encourage you to read the detailed job descriptions on our website at:

www.AltaAlpina.org/membership/JobDescriptions2008.pdf

You can nominate yourself or someone else by contacting Lauren Lindley at LLindley@PearlIzumi.com.

President - Vacant

- Develop agenda and preside over monthly and special board meetings and membership meetings.

- Serve as primary signer on AACC checking account

Vice President - Vacant

- Assist with organizing monthly and special board meetings, and membership meetings.

- Preside over monthly and special board meetings, and membership meetings if the President is unable to attend.

Treasurer

- Maintain AACC financial accounts, including obtaining signatures for checking account, writing checks, making deposits, and providing the Board of Directors with a monthly statement of AACC finances.

- Ensure that all tax forms are prepared and filed on time.

Secretary

- Prepare minutes for all Board of Directors and membership meetings.

- Manage all elections including the printing and distribution of ballots and the counting of votes.

Membership Coordinator

- Manage and maintain the membership database, including the "email sender-outer"

- Organize the Spring Membership Party..

Weekend Ride Coordinator

- Organize weekend rides April through October

- Recruit ride leaders as needed

- Create ride schedule and send to newsletter editor and website coordinator

- Send email reminders to ride leaders several days prior to each weekend ride.

Mountain Bike Race Series—Summary of 2008

Mike Beam, Mountain Bike Race Director

The club's MTB races held last May through July was a huge success.

The number of racers was down significantly from the 2007 races; we had a total of 65 paid riders for this year's races. However all the participants were close knit, and friendly. We had a total of 5 races; one was cancelled due to weather conditions. The goal for next year is to increase race participation.

I want to express my sincere thanks for all of racers for taking the time to participant. I thank Jennie for her tireless efforts to ensure that I had everything for the race series.

The person behind the scenes was my wife, Debbie. Debbie was responsible for all matters relating to documentation of race series, collection of funds and receipting of funds. Keep on pedaling and ride often.



Presidential Posting: A Pedaling Paradox

Jennie Hamiter, President

A recent study found that communities that have more cyclists actually have a lower percentage of bike-car accidents. The study was undertaken by researchers looking at data from Austria, Denmark, and California - so we can assume that includes us.

According to the study, cities with more cyclists have a significantly lower incidence of bike accidents. So if you're wondering if you should stay home and mow the lawn rather than ride, consider the big picture: the more you ride, the safer our region will be for bikes! Yes, you owe it to the bike community at large to get out on your bike more.

The study found that other factors normally thought to make a community more bike-safe, such as having more bike lanes and bike routes, didn't make much of a difference on the accident statistics. A city with twice the percentage of bike riders had only two-thirds the number of bicycle/car accidents.



"Why would this be?", I hear you ask. Evidently, communities with more bike riders means that a higher percentage of drivers are more likely to also ride bikes, and therefore they're more courteous to cyclists.

Also, as the number of bikes on the road increase, drivers get more used to seeing us there and learn better how to share the road. The researchers call it a "virtuous cycle" -- the more riders on the road, the fewer collisions with cars. And the safer that cycling seems to be, the more likely new folks are to "choose bike".

So ride for the greater good. Ride for your health, ride for fun, ride so you'll be more comfortable riding more, ride to work, ride to the store, ride to meet other riders, ride and stop to chat with your neighbors, ride when it's cold, ride when it's hot, ride so you'll know what the weather is firsthand. Let's ride.

Hi I'm Tanner DeGiovanni of the junior team and I'd like to thank Mel Maalouf for all that he's done for us this past season. He puts in a lot of time and effort to try and make us the best cyclist we can be. If it wasn't for Mel I probably wouldn't be much of a cyclist. Mel took us on a trip recently over Labor day weekend down to the Bay Area which was a really fun time. He had intended for us to ride the velodrome but that didn't quite pan out. It didn't matter though because everyone still had a blast. So once again thank you Mel for all the time and effort you put in. See you next season.

Tanner DeGiovanni



Local Merchant Discount Program

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





AACC & Washoe Tribe Join Forces

Peter Costa, AACC Adopt-a-Highway Coordinator

On a beautiful September Saturday morning, AACC club members and the Woodford's community of the Washoe Tribe met and got acquainted over Starbucks coffee, juice, muffins and fruit. Woodford's community chairperson Deanne Roberts welcomed us to the community and thanked us for lending a hand to keep Diamond Valley Road clean. We then broke up into small groups to "clean up" 3 miles of the north end of Diamond Valley Road.

coffee and we had an event. What a great way to meet and form a connection with some of the people who pass us on that road.

The Diamond Valley Road clean up was also made possible through special consideration by CalTrans to substitute this event for our autumn clean up of Highway 89.

Approximately 30 volunteers collected 30 – 40 bags of litter, 10 – 12 tires and a treadmill! All this within 40 feet of the roadway!

That's a lot of stuff for a roadside that many thought "didn't look that bad". This was by far the biggest Alta Alpina road clean up effort I am aware of.

Special thanks go to everyone who showed up. All in attendance agreed that the event was a success in many ways and we made some new friends in the Woodford's community of the Washoe Tribe. So the next time you're riding on Diamond Valley Road, take a minute to enjoy the beautiful scenery, give a little wave to one of our new friends who pass you on the road, and if you happen



In response to several club members' recommendations to spread our club's Adopt-a-Highway program to other "needy" roads, I identified Diamond Valley Road as such a road. It certainly met the "need" requirement. In addition, Diamond Valley Road is a road we all ride and race on, and share with the local Washoe Tribal community. Deanne Roberts was more than enthusiastic to my invitation of the local Washoe Tribal community to join us in our clean up effort. She offered the community fire house as a gathering place with a light breakfast. The club offered to bring the

to spy a wayward can, bottle or wrapper don't hesitate to pick it up. It's all good.





Bicycle Advocacy Notes

Tim Rowe, Bicycle Advocacy Coordinator

New Bicycle Advocacy Group in Nevada – NEVADA BICYCLE COALITION (NBC)!

NBC Mission: to promote safe bicycling in Nevada.

Vision: to be an organization of groups and individuals whom advocate for improved bicycling facilities, improved laws and law enforcement for bicyclists and for public education to improve conditions for Sharing the Road safely.

Current Projects: 1) Share the Road, Share the Responsibility Campaign, 2) Cyclists vs Car Bias, 3) Big Trucks and Bicyclists Course.

Membership \$30 Individual, \$35 Family, \$50 Club, \$75 Shop. 3961 S. Westpoint Drive, Reno, NV 89509

Pro Walk Pro Bike 2008 – 15th biennial International Symposium on Walking and Bicycling, Seattle, Sept. 2-5

I attended as Chairman of the Nevada Bicycle Advisory Board, this year with one other NBAB member and the two NDOT Bicycle-Pedestrian staff. Over 800 were in attendance from all over the US, Canada, England, Australia, and other parts of the world. I participated in a meeting on creating a Bicycle Master Plan, a Mobile Workshop of downtown Seattle bicycle facilities and numerous informative concurrent sessions of Bikeway Design, Designing for Bicyclists, Assessing the Demand and Value of Cycling Improvements, Bike2Work Programs-example Costco Headquarters, Best Practices for Bicyclists in Work Zone Traffic areas, Working with Local Governments, Bicycle Education, Bicycle Advocacy, and promoting programs in Rural Communities. The closing speaker was Congressman James Oberstar, D-Minnesota – chairman of the Transportation Committee and a strong bicycle supporter who rode and spoke at Cycle Oregon XX last year. I also attended a meeting of Seattle Bicycle Advisory Board.

League of American Bicyclists announced 2008 State Rankings for being Bicycle Friendly

1-Washington, 2-Wisconsin, 3-Arizona, 4-Oregon, 5-Minnesota, 6-Maine, **7-California**, 8-Illinois, 9-New Jersey, and 10-New Hampshire. **Nevada came in 19th**. Bottom five: 46-North Dakota, 47-Mississippi, 48-Alabama, 49-Georgia, and last 50-West Virginia!

2008 INTERBIKE International Bicycle Expo “The Business of Cycling Delivered” Las Vegas, Sept. 24-26

I attended as a Guest with Nevada Bicycle Advisory Board (NBAB). Others from northern Nevada were there too, including Corey Bolton, Keith Hart, Dennis Coyne, and Dan Turner to name a few. NBAB also handed out Bicycle Safety materials joining up with RTC of Southern Nevada in the Bicycle Advocacy area. Hundreds of vendors were there again thousands in attendance. Big this year electric assist bicycles and road bikes, down this year seemed to be mountain bikes and the freebies they normal hand out.

Lance and the Vegas Cross Race - 9/24. This was part of a large cyclocross series on a fine night in Las Vegas. Best part was watching Lance Armstrong race in the Pros. Think he came in 27th or so.

Nevada Bicycle Advisory Board (NBAB) - 9/25. I was reappointed by Nevada Governor Jim Gibbons to a 3 two-year term on the NBAB. NBAB still needs someone to fill the Bicycle Safety and Education position! Check the State of Nevada website, go to the Governor's Office, then click on Boards and Commissions, fill out form, and submit back to Governor's office ASAP.

“Benefits of Bicycling” presentation - 9/25. As Chairman of NBAB I shared the stage with Ed Begley, Jr. the actor, a Las Vegas City Council person, and a City of Las Vegas official. This was part of Interbike and Ed's Going Green program and included demonstrations of electric assist bicycles. The 3-5 minute talk in summary; 1) Bicycling is Good for your own health and for the health of the community and country. The obesity crisis can be helped by getting more people on a bicycle. It is good for your physical/mental health! 2) Bicycling is reachable/doable by all and is very affordable; youth to older folks, men/women, at any age and in all income levels. 3) Great recreation but also a great form of transportation! 4) Bicycling reduces traffic congestion, helps lower air pollution, helps lower energy demands, improves community infrastructure, and improves budgets both personal and state/federal as bicycles are cheaper than cars and bicycle lanes are cheaper than traffic lanes! Bicycling; for better health (personal and community), for better air, for better traffic, for a better community!



Board Meeting Minutes—October 6, 2008

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Twain Berg, Diane Bolton, Pete Costa, David Gaskin, Jennie Hamiter, Dennis Pederson, Tim Rowe; Other Attendees: Corey Bolton, Garth Jackson, Jim Sacherman, Christopher Rowe

1. **Elections:!** Election notice to be placed in club newsletter and website.
2. **Fall Dinner:!** Dinner to be held at B'Sghetti's Italian Restaurant.
3. **Rick Gunn:!** Pete Costa in talks with Rick Gunn for speech/presentation at Spring Party.
4. **Wild Sierra:!** Club needs to hold it's own event in order to replace missing revenue lost from the end of our Death Ride contract. Ride will reflect our guiding principles:
 - showcase the roads we love,
 - offer a compelling challenge,
 - be family and community friendly,
 - provide great food and experiences,
 - make safety a priority.
 Volunteering for an event of this nature is a team-building experience that builds bonds for the club and it's members. Our goal is to generate at least \$12,000 in revenue by 2010 in a combination of this ride and other avenues of income. We will target riders who were not accepted into the DR, Triple Crown riders, and friends and family style social riders. We will use the stickers for 8 pass riders but come up with rewards for riders of every level. Course will incorporate the 5 DR passes plus Kingsbury, Luther, and Blue Lakes. Ride will be held on June 13, 2009. Branding decisions made. "Alta Alpina Challenge: Riding the Wild Sierra". Short Name: Alta Alpina Challenge Web: www.altaalpinachallenge.com By unanimous vote it was resolved that: Alta Alpina Cycling club will host the fist annual on "Alta Alpina Challenge: Riding the Wild Sierra" on June 13, 2009. This event will offer participants the choice of riding a family loop or from one to eight mountain passes on the course tested on June 14, 2008 with the few exceptional athletes who complete all 8 passes receiving California Triple Crown credit. The 2009 event is to break even.
5. **Monthly Status Reports:**
 - **Treasurer's Report:** Balance as of 9/17 - \$26,810. Additional income came in from CVC.
 - **Newsletter:** Chris not in attendance.
 - **Memberships:** Membership server crashed. Will probably need a new one for \$500-600.
 - **Website:** No update.
 - **Weekend Rides:** Twain is interested in collecting phone numbers for future ride leader use. The importance of social rides should not be over looked.
 - **Weekly Road Races:** Awards to be given out at fall dinner.
 - **Bike Advocacy:** Lake Tahoe Bicycle Film Festival on Oct 10th, 16th, and Nov 1st.
 - **Junior Team:** Mel not in attendance.
 - **Adopt-a-Highway:** Event was a success: 15-16 AA Members and 12-14 from reservation; 25-30 bags of trash; a few tires and a treadmill were pulled out. The reservation was very receptive and is interested in volunteering as a group for the Carson Valley Classic or another event. Hwy 89 to be held next spring.
 - **Genoa Cyclocross:** Oct 25th. We have approval and support from land owners. RW is getting insurance and permits. Land owners will be listed on insurance. Town of Genoa to approve at Oct 14th meeting. Robert will prep the week before. Mel will walk the course with him (Mel out of town Oct 11-23rd) and will organize volunteers.
 - **Clothing:** To be sold at dinner.
 - **Carson Valley Classic:** . no update.
 - **PNC/12-hour race:** no update.
6. **Next Meeting:!** Nov 10 at end-of-year dinner; subsequent meeting Dec 1, at 6:00 pm, at Pete's

