

PACELINE

Alta Alpina Cycling Club

Volume 4 Issue 7 August 2006

Weekend Ride Schedule—August/September

John Seher, Weekend Ride Coordinator

There will be both fast and social pace versions of our weekend rides—just show up and join the group of your choice. Social pace riders should carry extra food and be prepared to help as a ride leader.



Friday, August 18, 2006 — Flume Trail

The weekend begins after work on Friday, doesn't it? So, let's take a scenic mountain bike ride to kick off the weekend. Meet at the snow play parking at Spooner near the US50/SR28 intersection and be ready to roll out at 6:00 PM. We'll ride up North Canyon and on to Marlette Lake and the Flume Trail as far as daylight allows. If you have a headlight, bring it. This ride is mostly non-technical on smooth compacted dirt, though there is one long climb. The view of Lake Tahoe at sunset is hard to beat.

Saturday, August 26, 2006 — Markleeville to Lake Alpine and Return Can't beat this one for terrain, scenery, and access. No wonder it's the most popular AACC weekend ride. Meet in the parking lot at the county building in Markleeville, and be ready to roll at 09:00. Bring some cash to buy lunch or snacks at the Lake Alpine store.

Saturday, September 9, 2006 — High Sierra Fall Century Mammoth, CA This is a beautiful century ride along the eastern Sierra and the Mono Lake-Crowley Lake shores. There is a fair bit of climbing, but none of it terribly steep, and if you are taking in the views you won't even notice the hills. You can get the information at http://www.fallcentury.org/. A hot tip is to stay over Saturday night and hike or mountain bike on Sunday. On the way down or back, stop at the Mono County Park at the north end of the lake and take the boardwalk down to the lake shore. The bird life is fascinating, particularly in early morning or late evening.

Sunday September 17, 2006 — Hole in the Ground

Here is a fun mountain bike outing for those who like technical riding. While not a particularly long ride, there's plenty of tricky terrain to satisfy. There's is a nice view of Castle Peak and the Sierra Buttes and some scenic lakes too. Meet in the parking lot at the Boreal Ridge ski area on Donner Summit and be ready to roll at 10:00.

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Death Ride Facts

Ever wonder what the ride fees go towards? Here are some items and the quantities consumed:

Bagels - 1800
Bananas - 3500
Coke - 4200 cans

Cookies - 29,000

Ham - 70 lbs lce - 8160 lbs.

Ice Cream Bars - 3000

Jam - 27 jars

Loaves of Bread - 250

Mayonnaise - 68 bottles

Oranges - 22 cases

Peanut Butter - 44 jars

Porta-Potties - 114

Roast Beef - 70 lbs

Toilet Paper - 585 Rolls

Turkey - 120 lbs

V8 - 3360 cans

Water - 4900 gallons

Watermelon - 120 each



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Only a Few Wednesday Night Races Remaining

Christine Anderson, Wednesday Road Race Director

We've had a great season so far with great turnout. August 16 will be our final Club Challenge at the East Valley Crit course. After that, it's the Genoa Time Trial (see how much faster you've gotten than last year) and our final race will be the classic Diamond Valley Road Race with a pizza celebration afterward. See you out there!

Registration is from 5:30-6:00 and racing starts at **6:15**. Prices are **\$4 for members**, **\$7 for non-members**. **8/16** East Valley CT (*) **8/23** Genoa Time Trial **8/30** Diamond Valley RR

(*) Club Challenges: The Reno Wheelmen & Alta Alpina will each host 2 Club Challenge races. The club with the best overall results in these races wins. As these are "team tactics" races, all riders will receive 10 points for participating in AACC or RW Club Challenges (i.e. 10 points for going to Reno for the Air Center or Franktown Club Challenges.)

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Presidential Praise

Jennie Hamiter, President

A great, big THANK YOU to EVERYONE who volunteered for Death Ride 2006. Three thousand riders, and I, want to express our appreciation at the great job the AACC volunteers did this year.

Thanks especially to those who worked the long hours, those who worked during the wee hours they don't normally see the rest of the year, those who volunteered for the first time, those who volunteered for the umpteenth time, those who took on positions of responsibility, those who did the dirty jobs, those who stood in the hot sun for hours, those who got soaking wet, those who dodged the hail and lightening, and those who creatively and calmly solved the little problems that arose. Thanks to the Junior Team for their typical energetic, selfless enthusiasm and hard work. Thanks to those who happily represented the club in a cheerful, upbeat way, even if that's all you did.

Thanks to John Seher and Tim Rowe for contributing to Death Ride Committee meetings all year long.

Thanks to Joe Marzocco for a well-run event. His idea of having tickets, instead of the usual type of pre-registration, made Friday registration-run smoother than ever before. Also, much of the merchandise was mailed out before the event, which made for more work the months before the ride, but which added to the smooth sailing on Friday. Many riders commented on how much they appreciated the change from last year.

Thanks to Teresa Burkhauser for her long hours, dedication to the ride, and for taking it all in stride one more year.

2006 Death Ride Review

Joe Marzocco, Death Ride Manager

The 2006 edition of the Tour of the California Alps - Death Ride went quite well. Lot's of happy, tired, and wet riders made their way over the course with about 1740 completing all five passes. Thanks to all the volunteers for the monumental effort to make 2006 a success. We have received numerous emails hailing the merits of the volunteers. Here's just one example:

I am a first time Death Ride rider/finisher and wanted to share my thanks for putting on such a great event. I wanted to share my thoughts to you and your team- this was the best organized/supported/enthusiastic bike event I have ever participated. It would really be hard for me to think of something you could have done much better. The volunteers that staffed all the rest tops were super enthusiastic. I enjoyed the angels, the kids track team racing to fill our bottles during the monitor climb, the convicts on the front side of monitor, the lunch stop people. the cooling water spray at the Woodfords stop, even the registration people were super. Fortunately, I didn't have need to engage the roving SAG motorcycles nor the rest stop mechanics, but knowing they were there and visible was a comfort. The selection and

availabilty of food/ fruit/ snacks was super, and having Cytomax at each stop was a lifesaver (Cytomax is my beverage of choice anyway). The enthusiasm of the community was fantastic as well, it was really nice to have strangers all over the place clapping and cheering the riders on all day long. I guess my only concern was the Ebbets ascent/descent on the narrow road. At least I didn't hear or come across any injuries

between uphill and downhill riders--there were several times I ended up in a 3 abreast uphill and 3 abreast downhill bottlenecks-some of the downhill riders were (in my opinion anyway) going way to fast for the crowded conditions. Not sure how you could control or prevent

that, I'm just thankful no one was hurt (especially me!). I was also appreciative for all the good information you provided in the website and the registration packages on tipsweather, food, stop location, parking, etc. Your teams attention to detail was superb.

Again, thanks everyone for the continued success of the Death Ride! Planning for next year has already begun. If you have any ideas or comments please send to info@deathride.com.



PACELINE

The View from Turtle Rock Park

Jennie Hamiter, AACC President

Countless volunteers get up in the middle of the night to help with registration, prep breakfast, direct parking, marshal the course, deliver perishables, and roll out the red carpets at the rest stops. If you had the pleasure of working late the night before, too, the sleep deprivation adds to the surreal feel.

I am the morning DJ: I play the hits that get people going in the morning at 4am sharp. It may seem rude to break that beautiful pre-dawn silence with "Fanfare for the Common Man", volume knob turned up to 11, but it's my job.

From my perspective at TRP, things quiet way down by about 6:30AM Saturday morning, and stay quiet until the 5-pass riders start finishing, with the first lean, mean gel-powered guy finishing around 1:30pm. As more folks finish, the park starts to get pretty crowded again, with bikes and exhausted cyclists leaning on anything that will hold them up. The line starts to form at the 5-Pass Check-In.

This year, before it could get too hot, some nice clouds moved in to reflect the worst of the sun. And a few drops of rain started to fall. Ah, how refreshing. Then it starterd to pour. Bolts of lightening all around made for some pretty sparkles in the gray skies. Amazingly, reports suggested that the worst of it was right at TRP. Yes, some riders got wet, and some had some pretty good lightening scares, but reports from the Carson and Pickett's rest stops were that they were dry—hurray!

A little hail with your potato salad? People who had been enjoying dinner outside were huddled inside the TRP building, some with their piece of chicken on their plastic knife, eating it like, well, chicken on a stick. Fashionable plastic garbage bags were passed out as official DR 2006 ponchos, and the now-soggy but still famous 5-pass poster was brought inside so the shivering finishers could sign it. SAG vehicles were sent out to pick up any riders in need, but the word from the drivers was that the riders all declined the offer—they were going to pedal back under their own power, lightening and hail be darned.

All in all, it was a great Death Ride. Most everything we could control went well. The riders that I got to talk to at TRP seemed pretty happy in the end. And the little thunderstorm gave us all something to chat about the next day.



Heenan Lake Water Stop



Topaz Rest Stop



Woodfords Water Stop



Carson Rest Stop



View from the top - of the Death Ride that is...

Ebbetts Pass Rest Stop 2006, otherwise known as 'Heaven'

Tim Rowe, Death Ride Committee and Ebbetts Co-captain

U.S. Geological Survey (USGS) California and Nevada Water Science Centers staff (about 30 total) were again Angels for the 12th year. They provided valuable assistance and passed out red vines at the 26th annual Death Ride - Tour of the California Alps. The 'USGS' Rest Stop is on the top of Ebbetts Pass (8,740') on historic Hwy 4, on the crest between the EF Carson River and NF Mokelumne River watersheds, and is considered by some to be "Heaven." It is certainly the highest point in the ride.

AACC club members Mike Lico and myself again organized the Rest Stop. Everything ran ok and we had only a little food and eight water bottles left by 3 pm. The first riders showed up around 9:30 am and the main rider crunch was from 11:00 am until 1:00 pm. The last riders usually leave (with a slight shove) by 3:00 pm, when the road opens. Ebbetts is tight spot and traffic control is a must.

The volunteers have to be at the rest stop early and stay the day, as the road closure is from 5:30am to 3:00pm. Most volunteers camp out Friday night and a have a little fun. The real activities start when the ice and volunteer lunches get delivered before dawn and the real set up starts. Volunteers are usually already



awake as the early DR vehicle traffic from Bear Valley and west comes over the famed cattle guard from 3-4 am. Food and supplies come up the afternoon before, delivered to this side of the course by myself, but stay locked in the U-Haul over night to keep the bagels away from our bear friends. We have our regular support, too-Brent & Tahoe Bike Shop as Tech Support, LeRoy, Shelia, Dennis & wife as TARA radio support, lan and Nancy at Massage, and Valley Springs Ambulance. Luckily this year the ambulance only left the top once.

USGS 'Skeleton Squad' will again pass our 'donation check' off to Alpine County Friends of the Library.







5 Passes Complete

Carl Myhill

I was much more relaxed this year about riding the Death Ride. I understod the format and had trained a little. Still, I was quite worried about my lingering cold (for which I had two days in bed). I was unsure how far I would get and was questioning how sensible it was to run/hike up Job's Peak 5 days before the event.

It felt warmer than I remembered last year's early start, but I am better acclimatized now I suppose. The back side of Monitor is a very fast descent and being near the front of the group, there was not too much cyclist traffic coming up the other way. I hit 47mph on the way down. This year I didn't get the sinking feeling that the thrill of the descent was to be tempered by the need to turn around at the bottom and climb back up the mountain. I guess I knew the drill.

I got my sticker, grabbed more sports drink, a couple of bagels, and headed back off again. I climbed the back of Monitor on the same form as the front, overtaking loads of people. What a thrill after the grind of last year. The descent was awesome as usual, but with the added thrill of being able to cheer on the folks still doing their first climb.

Then onto Ebbetts, where things changed a bit. It has some very steep sections, which you have to really attack. On Ebbetts, I was overtaken by quite a few folks. I managed to hang in with a couple of them sometimes, which helped me climb.

I didn't hang around the top of Ebbetts long, just got my sticker and rode through to the back side of Ebbetts. The volunteers had done an awesome job cutting the melon slices perfectly and even peeling the oranges and these folks were getting a whole lot of thank yous from the appreciative riders. On a long ride you lose lots of salt as well as fluid, so you normally eat crisps and suchlike; at this stop you could even eat raw salt! Very thoughtful.

Pretty soon I turned around and headed back up Ebbetts at a better speed to see the beautiful high country scenery back there, with snow covered peaks. I finally spied the lunch stop where I met up with Scott.

In no time we were in Markleeville for the climb to Turtle Rock Park, where we stopped at our cars to change clothes and get a cold drink before the massive final climb up to Pickets and then Carson. I distinctly remembered these climbs from last year's Death Ride and even from driving it a few times. It's a very long climb. However, working together we pretty much nailed it. I don't know how we did it really, but we were lucky with the traffic on the ride to Pickets (which is pretty narrow and has no shoulder in places).

We bumped into Scott Doerr and Marty at the Picket's rest stop looking fairly comfortable on some seats out of the sun. One of the helpers insisted on racking my bike for me and helping me get drink and stuff. We grabbed some food and water and took some time out, but not for too long. The last climb was waiting and there was to be ice cream at the top.

Near the top, but with still a few steep miles to go, Scott Doerr appeared looking in good form and extremely fit and we worked as a 3 for a bit. Then some miracle occurred as we turned the craggy corner near the top - the wind changed direction and started pushing us from behind. What a rush. I'm not sure how much it helped physically but mentally it was great. I saw a few people ahead of me struggling a bit so I put on a final burst of speed, turned the corner and held my 5 fingers up to the photographer before steaming into the rest stop for my 5th sticker, finishers pin, and more importantly, the ice-cream!

Coming back down Carson Pass was ugly. The road is extremely fast for cyclists and the cars were not doing a great job of passing. There was a whole mess of bikes and cars in close proximity. Not a nice cycling situation and quite disappointing not to be able to really rocket down this last descent as we deserved. But we all seemed to make it ok. Towards the end we were working in the wind some and worked together quite effectively back to Turtle Rock Park as the first drops of rain started.

On balance, an awesome ride. I really feel like we rode hard all the way and nailed it! The organization of the event was again absolutely fantastic with an army of volunteers and people shouting encouragement and motorcycle riders and safety teams. I hope they realize how much they are appreciated, I think they do, I heard a lot of folks expressing their thanks along the way.

To read more about Carlís adventures, visit his blog at http://bubbleinthedesert.blogspot.com)



Board Meeting Minutes—August 7, 2006

Secretary: Kris Brown; Other Board Members: Christine Anderson, Dennis Delange, Jennie Hamiter, Jeff Ham, Mel Maalouf, Joe Marzocco, Darla Mazzoni, Libby Oakden, Dennis Pederson, Tim Rowe, John Seher; Other Attendees: Christopher Rowe

- 1. Monthly Status Reports:
 - Treasurer's Report: The current balance is \$39,523.95. Deposits from the Carson Valley Classic were approximately \$13,000. The total expenses have not been determined yet.
 - Weekend Rides: The weekend rides continue to be well attended. They will continue at least through September with a break for the Labor Day weekend. Rides are posted in the newsletter and online.
 - Junior Team: The junior team continues to do well. They took first and second at the CVC Criterium. Micah won bronze at District. There are a couple of new riders. Mel is looking into buying a couple of new bikes for the juniors. He is also going to check on getting matching funds and sponsorship from GE. The juniors will also be taking a trip to the Velodrome in the next month or so.
 - Wednesday Night Races: Christine continues to do a great job, but will be abandoning the club in the near future. Something about school.
 - Newsletter: Everything continues to go well with articles rolling in. The next issue will be heavy on Death Ride.
 - Website: The "What's New" link has articles about rides and ride reviews. There was some discussion about having a place for training tips and discussion. Dennis will look into that.
 - Bike Advocacy: Lake Tahoe Bike Coalition will sponsor a film festival at the Community College on August 24th. Tim Rowe will try to get in touch with Senator Ensign to get support for the bike lanes/paths at Lake Tahoe.

- 2. 2006 Death Ride: Joe said the new "ticket" registration process worked out well and helped eliminate the long lines. About 3000 riders preregistered. The sponsors were pleased with the turnout.. Merchandise sales were good with several items sold out. There will be a "wrap up" meeting of the Death Ride Committee on August 14th. The Volunteer Appreciation Dinner is on August 15th at Sharkey's. Next month, we will get a financial report. Congratulations Joe on a job well done! There was some discussion on rider etiquette. A ban on Ipods and MP3 players may be considered for next year.
- Genoa Cyclocross and Kingsbury Time Trial:
 These two events are in the planning stages. Mel will be appearing in front of the Genoa Town Board in September to get approval for this year's cyclocross event.
- 4. **End of Year Dinner:** Darla will check on the availability of the Ridge Tahoe. The dinner is tentatively planned for mid-October.
- 5. **Club Photography:** Dennis will check into a good program for storing photographs.
- 6. **Next Year:** There will be several retiring board members including treasurer, secretary and weekend ride director. Interested parties should let their interest be known.
- 7. **New Business:** Mel would like a new clothing design considered. There will be more discussion later.
- 8. **Next Meeting:** Because of the holiday, the next Board Meeting will be Tuesday, September 5th at the Gardnerville Pizza Factory.

Local Merchant Discount Program

Details about local merchant offers are listed under "Merchant Discounts" on our website at

www.AltaAlpina.org









Alta Alpina Cycling Club

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www.AltaAlpina.org

MARK YOUR CALENDARS

East Valley Criterium (Club Challenge) Wed. August 16

> Flume Trail Evening Ride Fri. August 18

> > Genoa Time Trial Wed. August 23

Markleeville to Lake Alpine and Return Sat. August 26

Diamond Valley Road Race & Pizza Wed. August 30

> Sat. September 9 High Sierra Century

Hole in the Ground Ride Sun. September 17

AACC Annual Membership Dinner Mon. October 23

MOVED? GOT NEW CONTACT INFO? Have you moved? Has your e-mail address changed? Pon'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
Darla Mazzoni	Vice President	mazzoni@etahoe.com	530-577-0122
Kris Brown	Secretary	klbrown@douglas.nv.gov	
Jeff Ham	Treasurer	jeffham@wt.net	775-267-2089
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
John Seher	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-849-1876
Christine Anderson	Wednesday Race Director	christine.anderson@yahoo.com	775-781-0606
Mike Beam	Thursday Mountain Bike Race Director	lemondarmstrong@charter.net	775-267-6812
Dennis Delange	Road Cleanup Coordinator	dennis.delange@bently.com	
Joe Marzocco	Death Ride Manager	info@deathride.com	530-694-2475
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Libby Oakden	Paceline Editor	paceline@AltaAlpina.org	607-346-3933
Dennis Pederson	Website Coordinator	pedersondd@charter.net	775-883-239
Jim Rhiner	Carson Valley Classic	jim.rhiner@bently.com	775-783-9834
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

Newsletter Editor:

Libby Oakden The club is about and for you! All AACC members are welcomed to participate in our Board Meetings. The location alternates between the Ranchos and Stateline. Newsletter Publisher: Michael Bayer Join us on September 5 at the Pizza Factory in the Gardnerville Ranchos at 6:00pm.