



PACELINE

**Alta Alpina
Cycling Club**

**Volume 6 Issue 1
Jan/Feb 2008**

Presidential Prognostication

Jennie Hamiter, President

It's going to be another great year for Alta Alpina members. Here's a sample of what you'll be a part of once you renew your membership for 2008:

Spring Membership Party

I hope everyone can make it to this year's Spring Party, slated for Monday, April 14, at CVIC Hall in Minden. You'll catch up with what your biking buddies did over the winter, find out what the club is up to this year, and meet new potential riding companions.

Ides of March Mileage Contest

Ride frequently and ride far! This is great incentive to get back on that bike in March. Awards will be presented at the Spring Party.

Weekend Rides

Twain Berg is the new Weekend Ride Director this year. From the results of the club survey, we know you want a more diverse ride schedule with some slower and easier rides in addition to the typical big rides. A varied ride schedule requires a greater variety of club members leading rides. Please pitch in and help Twain set the schedule by planning on leading a club ride this year.

Ride Board

If the club rides don't seem to jibe with your schedule or interests, use the Alta Alpina Ride Board to post a ride YOU would like to do. Just go to AltaAlpina.org, click on the Ride Board page, fill in the form, and your posting will be sent out to the club, and be posted on the ride schedule.

The 5th Annual Gardnerville 100

Held in May each year and actually a ride with 70- or 107-mile options, this has been our best-attended club ride each year. Keith Hart has agreed to host it from his house again. Stay tuned to club emails and the newsletter for details.

AACC Road and Mountain Bike Race Series

Di Bolton and Mike Beam are once again our race directors for the road and mountain bike race series, respectively. Choose pavement or dirt or both: road races will start at the end of April and cycle through the end of August, on Thursday evenings; mountain bike races will be six weeks in May and June, on Wednesday evenings. The atmosphere at these races is fun, so don't be intimidated—no matter what your level, you're sure to find someone to race with.

Carson Valley Classic Criterium and Road Race

Our club's CVC events have been the Master's District Championships for Northern California/Northern Nevada. Racers, mark your calendars for the last weekend in July to race these 2 great courses. And everyone, including racers, please mark your calendars for volunteering (and spectating) that weekend. (Course marshals get the best view of the action!) Contact Steve Thomsen for more details.

Inside this issue:

<i>Death Ride News</i>	2
<i>Bicycle Vacations</i>	3
<i>UNR Racing</i>	4
<i>Yoga for Cyclists</i>	5
<i>January Meeting Minutes</i>	6
<i>February Meeting Minutes</i>	7

Pinenut Cracker Mountain Bike Race

Our local mountain bike race, held nearly every year since 1994, the PNC will again be in May. Staged on the trails that many of us ride religiously in the spring and fall, the course is always a fun one. Robert Braun is the new race director, so please plan on helping him out this year; contact him for race details and to volunteer.

Local Merchant Discounts

Several bike shops, outdoor gear shops, and restaurants in the area give discounts to AACC members. Take advantage of these offers by presenting your membership card (the mailing label of your first newsletter after renewing).

Renew Your Membership Now!

All these benefits are in addition to the Adopt-a-Highway program, Paceline newsletter, Junior Race Team, Kingsbury Time Trial, Genoa Cyclocross and a whole lot more. Please renew your membership online, print out the waiver and mail it in so you can take part in all the club has to offer this year!



Death Ride® News

Jennie Hamiter, President

It is with sadness that I have to report to you all that Alta Alpina Cycling Club has not been able to renew or re-negotiate the contract with the Alpine County Chamber of Commerce to co-produce Death Ride 2008. Efforts to work out any kind of mutually beneficial agreement with them have also failed.

For the last 19 years, the Club and the Chamber have produced the ride as partners. The chamber owns the rights to the Death Ride and the equipment used, and they have managed the finances, permits, registration, and merchandising. Alta Alpina has been largely responsible for ensuring a safe and enjoyable ride for participants: ensuring that the right food, water, and equipment gets to where it's needed, ensuring the presence of experienced course marshals, SAG, tech support, appropriate signage, and a lot more. This year the Chamber has indicated that they have the skills and experience necessary without involving the club.

What this means to club members:

1) Have fun on Death Ride weekend

The club no longer benefits from the Death Ride at all. I encourage everyone who has worked hard that weekend in the past to plan on going out and having a great time the weekend of July 12th this year. Our new Ride Director, Twain, is already planning to schedule a really fun ride for us all on Death Ride day.

2) Consider riding the course a different day

I know a lot of members look forward to riding the Death Ride so, if there is enough interest, we'll organize a ride just for club members on the same course on a different day. Please let me know if you're interested. One to five pass riders are encouraged.

3) Uphold the club's image

We wish the Chamber of Commerce the best of luck in providing a safe and fun ride. Many riders of the Death Ride associate both the Chamber and Alta Alpina as promoting a well organized, safe event. We request that no ill will be spoken regarding the change in relationship between the two groups. Also, in any conversations with cyclists at other events, please make it clear that we are not associated with the ride this year, despite the very positive association that many cyclists have regarding our club and the Death Ride.

4) Volunteer to support the club's other events

The Death Ride was the Club's primary source of income. We're considering other events and looking for ways to make our existing events more profitable. So while you all get the weekend of July 12 off, we will be counting on your help to put on the Pinenut Cracker Mountain Bike Race, Gardnerville 100, the Carson Valley Classic, the Genoa Cyclocross, etc. Please plan on volunteering the same amount as other years, but let's pour all that energy toward these other rides and races. For more information on our new and improved events, read your club emails, visit AltaAlpina.org, read the Paceline and come to the Spring Membership Party. Contact information for all the responsible board members are on the last page of the Paceline.

5) Belt tightening

We've got money in the bank, but in order to make it last as long as possible, we'll be scaling back on a few things until we can ramp up on our own events. Most notably, there will be no ride/race reimbursement or race team this year. The Club board is currently working on the 2008 budget and we're setting priorities based on member feedback from the club survey. (Thanks to everyone who took time to complete it!) The popular events and activities are still on: the weekly road and mountain bike race series will continue, and weekend rides (ride leaders willing) will expand this year.

Let's maintain the Club's positive image for promoting cycling in the area and for staging first class cycling events. Thanks to everyone who worked so diligently for the Death Ride over the years, and to those who tried hard to work things out for this year.



Cycling Vacations

Jim Rhiner, Club Member

After four consecutive years following the Tour de France on my bicycle, I wanted to find an active cycling alternative that was just as exciting. I found such excitement in two rides, and would like to share what became a yearly tradition for me, Ride the Rockies and Cycle Oregon.

You may have heard about these rides and figured riding with 2,000 people is not a fun vacation. But, I also heard that riding during the Tour de France is not ideal, as there are just too many people. Well lucky for me, I questioned that, and went anyway. As it turns out, I found out the best time to ride a bike is during the Tour.

For Ride the Rockies and Cycle Oregon the whole area set up to support you. The towns you visit are going out of their way to help make your day the best it could be. Yes, the rides pour enormous funds into the local communities, but the people along the route,

and riders themselves, really care about the event, and what it supports.

I like this type of vacation, and not because you never think about work, but because it flows like a perfect day. I have, for the most part, had good weather. When weather is bad, ride as far as possible, and get a ride back. The support is always there, so never worry. If you like you can choose an option to have tent and porter service. There are showers, food, and entertainment. The logistics of this is comparable to what I saw for the Tour; it's impressive. You never seem to wait long--maybe a glitch here and there, but if you look for problems, you will find them anywhere.

Ride the Rockies is pay as you go. It's different, but like everything I follow, just go with the flow and try it. It works. For Cycle Oregon, you prepay for the food so total 2007 cost \$800 versus Ride the Rockies

total cost was \$290 in 2006. Both rides are a week long.

I have lots of great memories of the three years I have participated in these rides, and do miss following the Tour.

This January registration opens for ride the rockies, its a lottery. As for Cycle Oregon, I usually send in my registration by February/ March; it usually doesn't fill up until end of June but 2007 being the 20th year filled by February's end. Hope this helps in choosing a great vacation, as for me, it's off to France and Italy in July for 3 stages of the Tour as it goes to the Italian Alps.

If you like further information on these ride or following the Tour email me at:

jim.rhiner@bently.com. Other links:

www.ridetherockies.com

www.cycleoregon.com

Thanks to Outgoing Board Members

Jenni Hamiter, President

2008 sees the departure of a few board members.

John Seher is bowing out after who-knows-how many years and after holding many different positions, including president, Death Ride Committee member, and unshakably the most enthusiastic Weekend Ride Coordinator the club may ever have had. I already miss him at the board meetings, but we're expecting to see him around at all the club events, and still hopefully at a few board meetings.

Libby Oakden is also stepping down after two years as newsletter editor; her decisiveness and good ideas regarding board decisions was very much appreciated, as was her diligence with the newsletter.

And **Jeff Ham** is moving on after his three years of club involvement including Pinenut Cracker Race Director and treasurer; we wish him luck as he settles in to life in Houston, Texas - some people will do anything to get out of another year of volunteer work!

Thanks for everything, you guys..



A Nevadan in Kansas: The Cyclocross National Championships

Cody Deane, UNR Race Team

A Long Tail of Unfound Glory for Bib #s 1829 & 421

First off, it is necessary to thank the members, officers, and sponsors like Sierra Cycle Smith, Vidal N Green, Los Verdes, Echelon Engineering, Ritchey, the Reno Wheelmen, Alta Alpina, and Cliff Young who have helped me and others race while attending UNR. That also includes all the RW/AA volunteers and race promoters that help us to have local racing opportunities.

In December I travelled to Kansas City, MO to race in the Cyclocross National Championships. Overall, my first impression of the race was the amazing opportunity it was to be racing at an event where I saw and at times, almost ran into (walking, not riding:) racers like Georgia Gould, Katie Compton, Todd Wells, Ned Overend, the Jacques Maynes, & Steve Tillford. It was also cool to see how many different types of riders cyclocross attracts. 2nd place elite women's rider Racheal Lloyd won the national super-d title this year while men's winner Tim Johnson raced the Tour of California (For those who attended Marshall's clinics, his form is exactly like Marshall teaches, even when riding through frozen ruts. He was even dismounting while holding the downtube!).

I arrived on Wednesday night, located the venue, then proceeded to fail to find a room that didn't start below \$110 FOR A SINGLE PER NIGHT. Disgusted, I slept in the rental car and arrived at 7:50, eager to race at

10am. Promptly, I was locked out of the car. By 8:50, I had access into the car, but had not picked up my packet and my bike was still in the box. No bueno! Further, I wasn't dressed and I was asked to move by some angry director of the Ag Hall of Fame whose parking lot was off limits despite a lack of signage indicating otherwise.

Race 1 as # 1829: At 9:55, I managed to roll to the start, numbers taped to jacket with cellophane tape, just in time to be called second to last and straighten my handle bars. Despite almost having a heart attack, my legs were not warm but was able to settle in for my first lap. I passed some dudes, started to feel good, then made a poor decision on lap 2 to ride this patch of ice that sent me onto my backside. The course was fun as we were some of the first riders on it and all the grass was still there. I had a blast and managed to end up 13th of 35-40 riders. Later on, I learned that I crashed right in front of national collegiate director Daniel Matheny who said he almost hit me. Duh! The course was really entertaining, well laid out, and had some fast descents and lots of off-camber corners.

The rest of days were spent riding the course when it was open, studying, watching a few races, studying, going to the Truman Presidential Library, studying, being nervous, and studying. I stayed at a cheap Microtel Inn at the airport that featured free hot

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



chocolate, apple juice, orange juice, bagels, Cheerios, raisin bran, bear claws ... I was set for good, free food at least.

Race 2 as # 421: Since Sat evening was cold but part of the course was not frozen, I decided not ride until Sunday morning. I arrived just after 7am as the sun rose to a balmy 12 degree morning. I managed to ride the course for about 45 minutes and acquaint myself w/ the most treacherous sections. Ironically, since I was on and off my bike for almost 2.5 hours before the race, I had one of my best warm-ups ever despite the cold temps. Eager to race, I arrived just as they started calling riders. I am not sure how the system worked but I ended up in row 65-80, far from the front, but not at the back of the 110 starters. It was pretty cool that the race combined D1 and D2 riders, making the field larger.

The race started okay and I managed to pass about 15-20 riders on the first descent using some uber cool line I rode a bunch earlier in the morning. The descent went into a tight, off-camber left where some leaders had crashed. While slowing to give myself time to get around them, I got mowed over by what felt like an errant semi. Another wreck ensued but I didn't suffer any bike/body damage but I had lost some spots. I crashed on my own later on in the lap when I tried to ride across some ruts like they weren't frozen, another poor decision. I am pretty sure I was high on the Fort Lewis/Lees McCrae radar as they secretly sent frogmen to install a jumping chain onto my otherwise well behaved steed. I had trouble with my chain dropping

but had a great race. With 3 laps to go, I rode with 3 Fort Lewis riders who were stronger than I but were hazards to themselves and those surrounding them. Between the 3 of them, they rode into each other, the barriers, fell, slid out, at least 20 times. They would pass me on the pavement then I would pass them back as they kamikazed for a group of innocent bystanders/ terra firma/me. Oh yeah, on the last lap, in the section where Trebon got hit, all the ribbon was gone between the two sections. I almost rode into oncoming traffic and had to stop to avoid from doing so. It was not a good situation and it is unfortunate that it took out the race favorite. In the end, I managed to place 21st. I am satisfied with my result, especially after seeing that winner Jamey Driscoll will lead the U-23 World Championship team. Despite the mishaps, I was not strong enough to hang with the leaders and am in need of more cross races. While I felt okay on the two sets of stairs, it was apparent that riders were gaining on me there. In all, it was one of the most fun bike races I have ever attended. I tried my hardest and enjoyed myself while doing so.

I hope to be able to attend many great races like that in the future. I especially want to thank Marian for encouraging my entrance into the wild world of cross and for helping me get a bike from Dan Brown! Even better, my truck has been returned in good shape (I am so, so lucky) and I took my last three finals required to graduate w/ a BS in Economics!!! Now, about employment ... anybody? :)

PS. Oh yeah, the sales tax in KC, MO = 11.405%

Yoga for Cyclists

Chris Zombro-Rhiner, Club Member, Yoga Instructor

It's still winter and we are not on our bikes much, but we can take advantage of this spare time and learn some yoga moves that will balance the body from all the cycling we did last year.

Some of the muscles to focus on for stretching would be the hamstrings, the IT band and shoulders. Ask

your yoga teacher to incorporate some of those stretches into the class session (Pigeon, Straddle, Dancer poses). Also, the abdomen and lower back could use some strengthening. A few simple sessions of yoga each week could help to maintain muscle health, keeping them strong and flexible, possibly preventing injury mid season.



Board Meeting Minutes—January 7, 2008

Attendees: Michael Bayer, Twain Berg, Corey Bolton, Di Bolton, Robert Braun, Dave Gaskin, Jennie Hamiter, Mel Maalouf, Darla Mazzoni, Dennis Pederson, Christopher Rowe, Tim Rowe, Chris Zombro

1. Monthly Status Reports:

- **Treasurer's Report:** Dave Gaskin \$72k minus ride reimbursements, et al; approved phone bill reimbursement for phone line from last 2 years (AccessLine doesn't send receipts).
- **Memberships:** There are no fully paid memberships for 2008 with all 2007 members currently in the grace period (see below).
- **Newsletter:** Only 9 editions were printed in 2007. The board agreed that just a Jan/Feb edition would be produced, per usual. Due date for submissions: 28 Jan .
- **Website:** Dennis Pederson reported that winter is a good time to do upgrades to the website; he's implementing improvements to the Ride Board based on the survey feedback; the board agreed to adding a blog or forum that all club members can use.
- **Bike Advocacy:** Kudos to Darla Mazzoni for getting Cal Trans to agree to erecting "Share the Road" signs on Luther Pass.
- **Junior Team:** Mel Maalouf reported that the junior team held a 3-day winter training camp in December, which included spinning, weights, downhill skiing and riding.
- **Death Ride:** Corey Bolton met with Teresa Burkhasuer from the Alpine County Chamber on 5 December. She has requested the number of club members who expect to be able to participate in this year's Death Ride per the Chamber/Club agreement. This year, Teresa is not willing to enter into an agreement with the whole club, but rather would like to simply hire individual coordinators. There is an upcoming meeting on 17 Jan between Alpine County and the Chamber, and Corey is interested in attending it; the board agreed that Mel Maalouf and Tim Rowe should join him, presenting to them again what the club brings to the ride, with board approval to enter into a similar agreement to past years if possible.
- **Clothing:** The new jersey design has been finalized, and goes now to the Voler artist. The board agreed to give a jersey and shorts to Garth

Jackson for all his work on the design; also to order 50 jerseys, 50 pairs shorts, and to order shorts/arm warmers etc; odd items will be available on special request; final quantities to be approved by board.

- **GBI Race Team:** The GBI Team has stated that they will not seek an alliance with the club.
2. **Weekend Ride Coordinator:** Sherri Lehman has had to step down as Weekend Ride Coordinator. Twain Berg has agreed to step into the position. The officers present voted to elect Twain as the club's new Weekend Ride Coordinator.
 3. **Budget:** The board went through a list of the club's big ticket items, drew consensus on whether to continue them this year, and approved of keeping the following: Spring Party, Fall Dinner (may be scaled back), Gardnerville 100 (no raffle prizes), Junior Team; additionally, the following will be kept, with the intention that these activities will be budgeted to at least break even: Pinenut Cracker, Carson Valley Classic (has been making money, let's try to build on that), Twilight Road Series, Twilight Mountain Bike Series. Ride Reimbursements will likely be cut way back; the newsletter will continue, but will default to only being online except to those who have specifically requested a paper copy; and the Race Team will no longer continue to get any funding beyond whatever the Ride Reimbursements may provide.
 4. **Membership:** The board agreed to offer a grace period for 2007 members to extend to 2 days past the Spring Membership Party. Membership dues will stay the same as 2007.
 5. **Event Dates:** The board agreed on the following preliminary dates: Pinenut Cracker: Saturday, 10 May, Gardnerville 100: Sunday, 18 May, Spring Party: Monday, 14 April. CVC: Steve Thomsen was not present, but has most likely already set date. Dates subject to change based on availability of venues, etc.
 6. **Weekly Races:** Di would like to again hold the weekly road races on Thursday night, starting 24 April. Mike Beam was not present to comment on which night he would be able to hold the mountain bike race series. Some survey feedback requested



holding the 2 series on Tue/Thurs nights so racers could easily race both.

7. **Spring Party Venue:** The board agreed to again hold the Membership Party at CVIC Hall in Minden.
8. **Bike Conferences:** The Nevada Bike/Ped conference is in March this year. It was suggested that Corey attend, if he's able and interested. Michael Bayer will send Corey the information

(dates, seminar topics, etc). Also, Tim Rowe is attending the BPro conference in California this weekend (12-13 Jan). The board agreed to reimburse Tim for the conference, including travel expenses.

9. **Next Meeting:** Next meeting will be up at Tahoe, on Monday, 4 Feb. Dave Gaskin and Darla Mazzoni will confer on getting a room at the college or Kahle.

Board Meeting Minutes—February 4, 2008

Attendees: Michael Bayer, Twain Berg, Corey Bolton, Di Bolton, Robert Braun, Pete Costa, Dave Gaskin, Jennie Hamiter, Garth Jackson, Darla Mazzoni, Christopher Rowe, Tim Rowe, Darlene Wisma

1. **Death Ride:** Corey reported on his efforts to negotiate with the Chamber of Commerce. He indicated that the possibility of a contract like the ones of the past and been ruled out. He reviewed the written proposal he'd given to Teresa and the feedback that he had received, Tim reported that he and the USGS have already backed out after his plea to the Chamber at their board meeting was unsuccessful. After extensive discussion, the board thanked Corey for the long hours he had invested in attempting to negotiate an agreement and unanimously concluded that the effort had been in vain.
2. **Budget 2008:** The board decided to significantly reduce spending to reflect the loss of Death Ride income but to run a deficit of approximately \$10K. All sponsored events are to be profitable or break even. Mike Beam reported via email that BLM may impose limits on racing fees. The board agreed to suspend the ride/race team reimbursement programs. Darla proposed that board members should be reimbursed for gas and phone calls.
3. **Weekly Race Series:** It was decided that Mountain Bike Races would continue to be on Wednesdays and Road Races on Thursday.
4. **Spring Mileage Contest:** No double miles this year, miles are miles. Winners will receive recognition but not prizes.
5. **Bike Advocacy Subcommittee:** Pete said he'd get with Tim and discuss it further. they are at the idea stage right now.
6. **Club Pamphlet:** Jennie reported she is working on the text for a club pamphlet.
7. **Monthly Status Reports:**
 - **Treasurer's Report:** \$59K in bank account; Dave and Jennie to put \$30K in CD next day.
 - **Newsletter:** Jan/Feb Newsletter will go to press as soon as February meeting minutes are ready.
 - **Weekend Rides:** Twain has been investigating what other bike clubs do, and has some ideas on how to give the ride schedule a little more variety.
 - **Carson Valley Classic:** Steve Thomsen not present, but reported by email: Dates are secured with NCNCA for July 26 and July 27 same format as last year the RR on Saturday and the Crit. on Sunday. Online Registration will be set up this week. Increasing the registration fee from \$2 to \$25 per race. Budget will be about the same as 2007 with a bit more income based on new registration amounts. The board discussed how to make the event more profitable. including selling T-shirts and refreshments.
 - **Pinenut Cracker:** Couldn't get the fairgrounds for original date, so now set for 24 May.
 - **Clothing:** Deposit check being sent next day to secure order. Garth to work with the artist for order delivery well in advance of Spring Party.
8. **Next Meeting:** Monday, March 3, 2008, 6 pm, Due to be in Gardnerville, but the Ranchos Pizza Factory is still closed. Tim suggested Round Table in south Carson, which has a nice meeting room.

