



PACELINE

**Alta Alpina
Cycling Club**

**Volume 5 Issue 5
June 2007**

AACC Weekend Ride Schedule

Tammy Lundquist, Weekend Ride Coordinator

Sunday, July 1, 2007 – Tour of the Carson Valley

Tour of the Carson Valley – Barbecue & Ice Cream Social is one of the many events offered in conjunction with the Carson Valley MAGIKO Festival. Members receive a \$10 discount. For details see:

www.bikethewest.com/tcv-tourofthecarsonvalley.html

Saturday, July 21, 2007 – Highway Cleanup

Join your friends of the Alta Alpina Cycling Club in cleaning up our section of Highway 89. Meet At Turtle Rock Park at 9:00am. Bring Gloves and Wear Appropriate Clothing For Walking and Possible Foraging Through Weeds and Brush. We Will Supply Starbucks Coffee, Muffins, Danishes... A Pat On The Back... and, Oh Yea, Helmets, Bags, Pick Up Sticks, Safety Vests...Ride To Follow...Destination and Length TBD by Volunteers.

Death Ride - Sat July 14

Brenda Giese, AACC Death Ride
Volunteer Coordinator

The response has been fantastic-lots of club members have already signed up to volunteer for the Death Ride 2007! There are still plenty of positions to fill, so if you haven't had a chance to sign up yet, now is the time to join Alta Alpina's "Skeleton Squad" of top-notch volunteers.

New to the club? This is a perfect way to meet other club members. Longtime club member? This is a perfect way to catch up with old friends and make new friends.

Earn a cool "Skeleton Squad" T-shirt and a meal during your shift. Qualify for the club's ride reimbursement program. Enjoy the rewards of helping out local charitable organizations.

How do you volunteer? It's easy!

1. Choose a date or dates from Wed July 11, Thurs July 12, Fri July 13, Sat July 14 and Sun July 15.

2. Contact the Death Ride Volunteer Coordinator Brenda Giese at:
volunteer@altaalpina.org or (530) 583-1232

Inside this issue:

<i>Gardnerville 100</i>	2
<i>Presidential Participation</i>	3
<i>Thursday Races</i>	4
<i>Pine Nut Cracker</i>	5
<i>Boca Road Race</i>	6
<i>Board Meeting Minutes</i>	7

Diamond Valley Road Race July, 28 Carson Valley Classic July, 29

Steve Thomsen, CVC Race Director

Are you ready for another fantastic AACC race? In July, the Masters District Championships are returning to Carson Valley. The races are set for July 28th and 29th. Saturday will be the road race, which is in Diamond Valley. The course will be the same as the one used for our Thursday road races and many of you have ridden this since it's such a nice ride.

Then on Sunday, we will have the Carson Valley Classic, which is a criterium course that goes around the Minden Park. This is a great race to watch with lots of action and good racing. We will be offering category 4/5 groups which anyone is eligible to race as long as you have a current USCF license.

This is a great event that brings some competitive racing to our town. The more club involvement we have, the better the race will be.

Plenty of volunteers are needed for these events, so please let me know if you can volunteer for one or both races or if you have donations that can be given away during the criterium for the primes prizes at steve@ryderhomes.com or (775)745-6311.



The Gardnerville 100

Thanks to Big Daddy's Bike Shop, Keith Hart, and his family for planning and hosting another fabulous Gardnerville 100. Thanks to Curtis Fong, John Seher, and Suzy Stockdale for volunteering their time and vehicles for SAG.



Club members pause for a group picture before rolling out on a perfect riding day.



Rick Miyashiro and Sherri Lehman are joined by SAG driver Curtis Fong to celebrate the day at the top of Monitor Pass.



John Seher spreads out the poker cards for Steve Cooke at the top of Luther Pass.



Presidential Participation

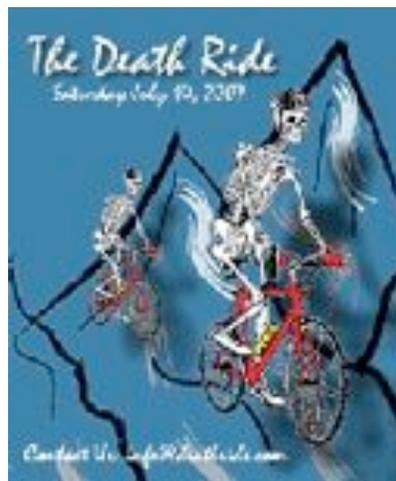
Jenny Hamiter, AACC President

The Death Ride Approaches: July 14, 2007

This club holds a lot of great events. Our premier event is the Death Ride. With all the club's road and mountain bike races, poker runs, weekend rides, and parties, the only way we can continue having so many activities is with volunteer help. In particular, the Death Ride is the event we use to fund our club and keep our membership dues low. Because of this, all club members are expected to sign up for a job with the Death Ride's Skeleton Squad. We need folks for the whole week leading up to the ride, and for cleanup on the Sunday afterward. Contact Brenda Giese as soon as possible (at volunteers@AltaAlpina.org, or 530-583-1232) to sign up; the earlier you can sign up, the easier it is to organize the volunteer workforce.

If you didn't get an AACC volunteer baseball cap last year, you can get one from your captain at the Death Ride this year. Everyone please wear your cap when volunteering for the Death Ride. There are many non-club members helping out, too, but let's make it clear that Alta Alpina members are the ones that help put on one of the most

popular bike events in the west. Volunteering for the Death Ride is fun: you'll meet more club members and be rewarded with the pride that comes from having made this great event happen. I look forward to working with you all again this year!



Dirt, Sweat, and Gears

Thanks to Jeff Ham for another successful Pinenut Cracker mountain bike race. He routed the course this year for maximum fun, so it stayed low on lots of swooshy singletrack, foregoing the long, steep climb that is usually a big part of this race. Eighty-one racers showed up to battle it out on that

perfect spring day. Thanks to those who helped out with marking the course, registration, course marshaling, the feed zone, and everything else.

Road, Sweat, and Gears

Keith Hart of Big Daddy's Bikes threw another great Gardnerville 100, part bike ride, part party, with a post-ride barbecue at his house. Curtis Fong, John Seher, and Suzy Stockdale provided exemplary support throughout the day, allowing the 60ish riders to refuel, as well as to congregate and meet new folks with which to ride. Slightly overcast skies made for beautiful weather and for a cool tailwind going up the west side of Kingsbury, a welcome relief on the last of many climbs that day. Special thanks to Monica Hart for being a great sport about having a bunch of stinky bike riders traipsing through her house.

Sun, Sweat and Gears

Summer is here, so get out and ride. The lawn and the laundry will always be there, but summer only comes once a year-get out on two wheels and take it all in!

Open House at Bike Habitat

You're all invited to a party at Bike Habitat, a new bike shop in south Carson City. Owner Denis Coyne is having an Open House for all Alta Alpina members (and friends and family).

Date: Friday, June 29

Time: 6 - 8pm

Food and drink will be provided as well as some fun and games and socializing. Each person who attends will also receive a set of coupons for big discounts on future parts and service. Located in the Carson Valley Shopping Center, 911 Topsy Lane, south Carson City (next to Best Buy). Phone : (775) 267-5053.



Thursday Night Races

Di Bolton, Thursday Night Road Race Director

If you haven't already raced yet this season, please come a little earlier than usual just to get the beginning of the season paper work out of the way. You will be getting your number for the season too. Remember you are keeping the same number all season, so hang onto it.

Race fees are \$5.00 for AACC members and \$10.00 for non-members.

If you don't want to race please come to watch and cheer everyone on. See you Thursday—See you at the races!

2007 Remaining Races

6/21	Fredricksburg Two-Up-Mix-Up Time Trial	7/12	Blue Lakes Time Trial	8/16	Club Challenge - AACC: East Valley Criterium
6/28	Diamond Valley Road Race or Double Back (TBD)	7/17	Club Challenge - WHEELMEN: Fernley	8/23	Old 395 Time Trial
7/5	East Valley Criterium	7/26	Diamond Valley Road Race	8/30	Diamond Valley Short Race and Pizza Party
		8/2	Eagle Ridge Criterium		
		8/9	Blue Lakes Road Race		

2007 Standings (as of May 24)

As		Bs		Cs		Ds	
Willitts, Kevin	44	Rhiner, Jim	71	Kreider, Steve	59	Schick, Scott	65
Herman, Micah	37	Huntington, Andrew	52	Simpson, Josiah	59	Stockdale, Suzy	57
Zeller, Norman	34	Gagen, Bob	34	Miyishiro, Rick	46	Sells, Tracy	41
Tindel, Paul	30	Pupich, Mark	32	Norvell, Dave	35	Bernhard, Robin	39
Volkmar, Randy	28	Axtel, John	22	Lookadoo, Dana	33	Simpson, Jeremiah	29
Gaskin, David	26	Biaggi, Allen	20	Vanwagenen, David	30	Momsen, Kelly	24
Malouf, Mel	24	Pate, Mike	19	Niday, Peter	28	Serrano, Manuel	20
Gratten, Doug	22	King, Allen	19	Herman, Scott	27	Garcia, Frank	13
Gossi, Paul	20	Wire, Jim	16	Long, Brett2	6	Treiber, Debbie	12
Medieros, Heath	18	Robertson, Scott	12	Knight, Stan	24	Saechao, Torn	11
Bryant, Dave	15	Bryan Jeff	10	Taylor, Paul	22	Willitts, Casey	10
Barkley, Jim	14	Chung, Jay	9	Tittle, Tom	21	Zambro, Chris	9
Jackson, Garth	13	Treiber, Mark	8	Hamiter, Jennie	21	Kinale, Michael	8
Thomsen, Steve	12	Dixon, Frank	7	Dixon, Frank	15	Odell, Doug	8
Marshall, John	12	Myhill, Carl	6	Probert, Russ	8	Klumchorhor, Kantin	8
Drozd, Nathan	11			Collins, Dale	6	Taylor, Joey	7
Sullivan, Tom	10			Brown, Chris	5		
Lorson, Ritch	10			Bolton, Corey	5		
Freed, Nate	9			Hill, Brooks	4		
Hotchkin, Mark	7			Petroski, Russ	4		
Cooke, Steve	7			Momsen, Martin	2		
Wagnon, John	6						
Regan, Tom	5						
Reardon, Pike	2						



Pine Nut Cracker, May 6th 2007

Jeff Ham, PNC Race Director

It was a beautiful day for racing: sunny and warm with relatively light winds. Most people enjoyed the new course. Many comments about how well it was marked, with the flour and signs. It was nearly impossible to get lost. The few who scoffed when they heard the mine climb was left out quickly realized they would still have to work just as hard on the new course.

We had 82 total racers, including 13 Juniors. Douglas County Search and Rescue volunteered to patch people up. We had a few scrapes and bruises, but no major injuries. Pro/Expert had to ride three laps that were comparable to the two big laps last year.

The fastest time for three laps was Pro Peter Graff at 1:55:17, two laps was Jude Mayne at 1:26:30, and one lap was Josh Rennie at 53:00. Our fastest Junior was Tanner DeGiovanni, doing one lap in 1:00:00 even—smokin' for a kid under 14. There was even a Junior Expert Female, Jennifer Jordan, who managed to complete all three laps in about 2:30:00. Unbelievable!



The snacks afterward went quickly, a good indication that next year we need to get more food. Thanks again to all those who helped out with course marking, registration, course marshals, course sweep, neutral water, results, and those who kept things going while I was planted at the start/finish.

Thanks for all the help and enthusiasm.





Boca Road Race

Micah Herman

So the first edition of Reno's own Boca Road Race happened a few weeks ago, and let me tell you, it was hard. There were about 4 or 5 Cat 1's who showed up with as many, if not more, Cat 2 riders. I think the total amount in the A field was at least 30, and every group had a lot of guys considering it was a club race and the first one at that!

Basically, we started and there was an attack. How Tiene Duro. Anyways, there was only about half a mile until we were all strung out single file. We caught the guy who went off the front and Mr. Mike Taylor was the next to shoot away. He had told me that he wanted to do some interval work during the race, so I knew he wasn't intending to solo to victory. But not everybody knew that as they decided to chase him down.

At that point we were really going hard, and had only been racing for like 5 minutes! After some gnar speed and intense acceleration, it eased up a bit and turned into this rotating paceline of the six dudes up front. We were still moving pretty briskly so it wasn't exactly easy.

There are a couple of rollers before you actually get to "The Wall" at Boca. Now, there was one of these rollers that, when we came to it, there was an attack by the same dude at the start. Thinking that we were on the early slopes of the wall, and nobody gunning it, I jumped across to our one man break to grab the KOM. We came around the corner and I thought it would continue uphill. But, it flattened out and I realized my mistake. Our little bid for glory

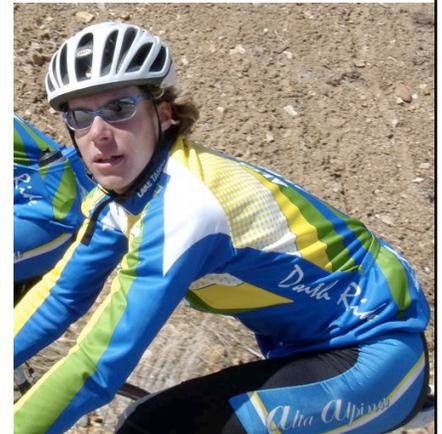
was shared by another rider who got up to us, and we started doing rotations down the other side. Obviously, I was committed, being in a three man break with only 10 seconds and the wall approaching, so I couldn't exactly not work. I was really angry at myself for being so stupid and I paid for it; I guess that's how you learn.

At the bottom of the wall we were caught. Mike Taylor countered for one of his "intervals" and thankfully nobody chased. Jeff Angerman rolled up next to me and commented that he didn't know what was coming. That really didn't make me feel good. Once the group hit the steeper sections the pressure really started to come on.

The dude who wouldn't stop attacking, (the "green machine") went for it again. Multiple guys followed. I just tried to limit my losses and ride as hard as I could to stay on. I made it over the top with Jason Walker, and we were about 8 seconds behind the lead group of 13 guys. He took a massive pull and then gave me the elbow. I tried to pull through but with junior gears and being totally trashed coming over the top of that thing, it was pretty lame.

Down the other side the gap jumped to 12 to 15 seconds because we had no help. We caught Joe T. who was struggling off the back. There were some others that couldn't take the pace of the leaders and so fell back to us. We also had some guys bridge up from behind to help make a formidable chase group.

The rest of the race was pretty much eye popping intensity and humming bird heart pounding to try



and catch the main group. I was loving it even though I was dying, because junior racing in California is always attack, counter attack, everybody go really slow, then all over again. It's great for acceleration, but you never develop pure racing speed that you can hold over a long period of time.

Boca though, was different. We were always in a paceline moving at crazy speeds and everyone was willing to get on the front, even though we were all hurting bad. The only time nobody would work was if the guys who were coming around to get to the front were going too fast and it would take a lot of energy to grab the wheel. But we never got below 27 mph if we were on the flat. Sad to say, we never caught the lead group. Bubba and Jason did most of the driving but we just couldn't get them. I won the sprint for the chase group which had been shredded to 6 or 7 people but really, it wasn't that impressive. I might have gotten top 10 but doubt it.

The only good thing to come out of this was that I got one heck of a work out and my legs felt so burned even though it was only 24 miles. If I could only race with that kind of intensity every Tuesday....



Board Meeting Minutes—June 4, 2007

Secretary: John Seher; Other Board Members: Michael Bayer, Corey Bolton, Di Bolton, Pete Costa, David Gaskin, Jennie Hamiter, Jeff Ham, Tammy Lundquist, Mel Maalouf, Darla Mazzoni, Dennis Pederson, Steve Thomsen; Other Attendees: Micha Herman,

1. Monthly Status Reports:

- **Treasurer's Report:** Dave Gaskin reports a bank balance of \$47,920.03. This is a correction from the balance reported in May, 2007.
- **Memberships:** Michael reports a total newsletter circulation of 189, which includes members in good standing and cooperative organizations.
- **Newsletter:** Editor Libby Oakden was not present, but relayed via other BOD members that cycling related articles and weekend ride postings are always needed.
- **Website:** Dennis Pederson reported that several series of new pictures are up on the AACC website. Pictures of cycling and club-related activity should be forwarded to Dennis for posting.
- **Road Racing:** Director Di Bolton reports a good turnout so far this year. The diamond Valley Doubleback was a welcomed break with the normal route. The Thursday night time spot accommodates the local weeknight racing schedule quite well.
- **MTB Racing:** Director Michael Beam was not present, however other BOD members reported a good turnout at the mountain bike races.
- **Junior Team and Race Team:** Coach Mel reported that the stalwart AACC juniors were riding well, however there has been a dearth of activity with beginning and intermediate riders. Mel encourages all interested junior riders to come out and check out the excitement of bike racing.
- **Carson Valley Classic:** Steve Thomsen again reports that everything is ready. Steve will bring an example event T-shirt to the July BOD meeting.
- **Gardnerville 100:** The event was again a success. Jeff Bryan won the poker run with a full house, and the post-ride barbecue was mighty tasty. The Club extends many thanks to Keith and Monica Hart for hosting.
- **Clothing:** The re-order for more AACC hooded

sweatshirts is in process, and the merchandise should be received soon. The sweatshirts will be stocked at Big Daddy's Cycling and Fitness in Gardnerville.

2. **Weekend Rides:** There was discussion concerning a conflict between the scheduled weekend rides and rides posted on the ride board. The distillation of the discussion was that the scheduled weekend rides are valuable, since members can plan their activities to harmonize with the published schedule. The Board agreed that the ride board provides an equally valuable, but more spontaneous, ride opportunity. The Board reminds everyone to invite your non-AACC friends to participate in AACC rides.
3. **Athlete Support and Donations:** The BOD approved monetary support for three AACC members participating in national and international events. Micah Herman and Heath Medeiros were granted \$500 each to defray travel expenses for the Junior Nationals in Pennsylvania. In consideration of his Herculean efforts in newsletter publishing, membership coordination, and Death Ride logistics, the Board granted Michael Bayer \$800 to help with expenses for Paris-Brest-Paris randonee.
4. **Tour of Carson Valley, membership drive.** As a membership promotion, the BOD approved the availability of an introductory one half-price membership for riders participating in the Tour of Carson Valley associated with the Carson Valley Magiko Festival
5. **Death Ride Update:** Reports from Jennie, Michael, and John informed the rest of the Board about arrangements the upcoming event. Plans are proceeding on schedule.
6. **Meeting Constraints:** Vice President Darla Mazzoni requested that all board members make an effort to keep discussions brief and on topic in consideration those who can not dedicate an entire evening to a BOD meeting. Everyone was in agreement with this point.
7. **Next Meeting:** Monday, July 2, 2007, 6 pm,.

Local Merchant Discount Program

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





Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

- Tour of Carson Valley July 1
- Death Ride Week July 11-15
- Highway Cleanup July 21
- Carson Valley Classic July 28-29
- Thursday Night Races .. 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

Jennie Hamiter	President	president@AltaAlpina.org	775-782-4848
Darla Mazzoni	Vice President	mazzoni@etahoe.com	530-577-0122
John Seher	Secretary	JSeherNV@aol.com	775-849-1876
David Gaskin	Treasurer	jdlgaskin@earthlink.net	530-541-6472
Michael Bayer	Membership Coordinator	membership@AltaAlpina.org	
Tammy Lundquist	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	530-545-3155
Corey Bolton	Death Ride Safety Coordinator	cd.bolton@charter.net	775 782-4729
Di Bolton	Thursday Road Race Director	di.bolton@charter.net	775 782-4729
Mike Beam	Wednesday Mountain Bike Race Director	lemondarmstrong@charter.net	775-267-6812
Pete Costa	Road Cleanup Coordinator	intandempc@aol.com	
Brenda Giese	Death Ride Volunteer Coordinator	volunteer@AltaAlpina.org	530-583-1232
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	webmaster@altaalpina.org	775-883-239
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531
Steve Thomsen	Carson Valley Classic	steve@ryderhomes.com	775-267-3538

Newsletter Editor:
 Libby Oakden
 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 Gardnerville Ranchos and Stateline.. Join us on **July 2** at the **Pizza Factory** in the **Gardnerville Ranchos.**