



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 10 Issue 2  
2012**

## Alta Alpina Spring Membership Party



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**Sunday, April 22, 2012 Elks Lodge , Gardnerville Ranchos, 6PM**

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 has moved to the new Elks Lodge on Kimmerling Road in the Gardnerville Ranchos. There will be free food, friendly people, and lots to see and learn.

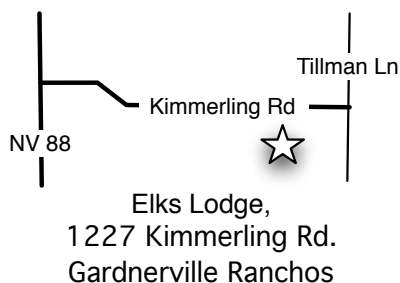
Again this year we're holding the big Bike Swap: Bring any bike-related items to give away or sell. Bike stuff left behind at the end of the night will go to the junior team or ROP.

Membership Sign-ups: You can join or renew your membership at the party, but to avoid spending time in line, you can renew your membership now online. If you were a member in 2011 we just need a check or Paypal payment for your 2012 membership. 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.

Doors open at 6:00 pm with plenty of food and great people to meet. Presentations start at 7:00. See you there!

### **Bike & Stuff Swap • 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.



### **2012 Membership Renewal**

If you were a member in 2011 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 19**

Meet at Fredericksburg and Fairview Lane for the season Prologue. Everyone is welcome and encouraged to participate. We'll have separate adult and junior divisions in the entry level "D" group so its easy to get started with your first race.



## Big Rides Coming Up

Laura Caimi, Alta Alpina Challenge Marketing Director

Almaden Cycle Touring Club, Chico Velo, Sacramento Wheelmen and other event organizers are all promoting the Wild Sierra to their members and participants so let's reciprocate and support their rides!

### **Saturday, April 14, 2012 — Tierra Bella**

Rides range from flat 37 miles to hilly 62, 100 and 127 miles in the beautiful southern Santa Clara Valley. The Almaden Cycle Touring Club provides multiple rest stops with great food, SAG support and catered hot meal. No day of registration. Registration closes March 25 or when 2,000 riders registered. See [tierrabella.org](http://tierrabella.org) for info and application form.

### **Sunday, April 29, 2012 — Chico Wildflower**

Chico Velo celebrates the 30th anniversary Wildflower Century in 2012 with a new 125 mile option. This ride is limited to 4,000 riders. The pre-registration deadline is April 15, 2012. Late registrations will be accepted at the \$75 rate (or \$15 for the Childflower) until midnight on Friday, April 20th. Day-of registrations will only be accepted if there is still space available on the ride..

### **Saturday, May 12, 2012 — Ride for Mom**

On the day before Mother's Day, have fun cycling with your family while raising awareness about living better. The inaugural Ride for Mom™ will take place Saturday, May 12, 2012. This family event will be staged at Johansen High School located at Johansen High School, 641 Norseman Drive, Modesto, CA.

### **Saturday, June 16, 2012 — The Slug is Back!**

The Sacramento Wheelmen's annual century is returning to Amador county. Slug Gulch, a well-known climb for the century and double metric riders, will once again be a feature of this event. Registration is limited to 1500 riders. Early Registration is \$55, Regular Registration is \$60, Day Of, if available \$70. Includes continental breakfast, rest & water stops, SAG, post-ride meal. For registration, jerseys, and more information, visit [www.sierracentury.org](http://www.sierracentury.org) Fairgrounds reserved Friday, June 15, 2012 for tent camping and RV parking.

### **Saturday June 23, 2012 — Tour de Nez**

On June 23rd the Tour de Nez is running the second annual "Gran Fun-do." Rides from 25 miles to a metric century will take place, all with the serious quirkiness you have come to expect of the Tour de Nez. [Register online.](#)

### **Saturday July 21, 2012 — Eastern Sierra Land Trust Fund Raiser Fun Ride**

Join ESLT riders as they pedal along one of the most incredible and scenic roadways in America - the 23 mile June Lake Loop. The ride will include a gourmet "feed" station, a chair-lift ride to a casual lunch at June Mountain Ski Area, a limited edition ESLT Fun Ride t-shirt, and many photo opportunities. [Register online.](#)

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## Spring Century (Formerly Gardnerville 100) May 27, 2012

Dave Scarborough, Spring Century Coordinator

The annual Alta Alpina Spring Century is one of our most popular events of the year. Participation is free with a club membership and includes basic SAG on the course and a post-ride meal.

The ride will start and finish at 628 W Fork Vista, Gardnerville off Centerville Lane in the middle of the Carson Valley-please carpool if possible. We'll ride to Topaz, over Monitor Pass, and south to Woodfords. The full century will continue up Woodfords Canyon and over Luther Pass and then over Daggett pass, down Kingsbury Grade and back to the start. Those opting for the shorter ride will return to the start from Woodfords via Foothill.

We need volunteers to help SAG this event. For the past few years Curtis Fong has done a fantastic job at SAG. However, as part of his recovery from hip surgery he is going to ride this year. So if you can help with SAG, it would be gratefully appreciated. Call Dave at 530-318-7878 or email [dave\\_scar@hotmail.com](mailto:dave_scar@hotmail.com)



## Presidential Posting

Mel Maalouf, President

The riding season is kicking off and there are lots of details of rides, races, spring membership meetings etc. here so, I won't talk about anything else in the newsletter that is not already there. And I won't talk about the weather, since I have been traveling for the past 5 weeks on other continents. I did make my annual trip to Moab for mountain biking in the middle of my 5 week travels. It was a splendid trip with 4 days of riding. We overdid the second day with a 5 hour ride that started in Moab and we rode the Porcupine Rim in its entirety. This ended up being quite the slog as many of my riding partners ran out of food. They ate all their food and all my spare food. So it was a slow roll back into town.

Some riders don't eat enough and some eat too much. This ride cooked us for the next couple of

days. We still had fun, but the next two days were less than two hours of riding. So as a matter of course, I usually carry extra food when I ride for a few reasons: 1. If I bonk. 2. If someone else bonks. 3. If it is nice out and I want to ride more. There are a lot of new trails out there in Moab and I hope to go next year (or this fall) to sample some. Maybe we can plan a club outing there and see if there is interest.

Back to food, because that is what I am good at: eating... I always thought I did a good job on ride nutrition, but I just read an article that many people who exercise a lot over eat before, during and after events. I definitely fall into this category. It mentioned that century rides and the like have a lot of food available and many people eat a lot hoping to be able to keep their energy levels up. When in reality, they only need about 60 gm/hour of Carbs maximum, which is about 240 calories maximum at normal riding efforts. Grand Tour riders consume about 94 gm/hour of carbs with 30% coming from liquids which is about 390 calories. That means that an energy bar an hour should be sufficient at the upper end for most riders for nutrition during rides. Or a couple of healthy scoops of energy drink in each bottle (~ 100 cal/ scoop) would do the trick. Riders should consume 0.5 to 1 liter an hour depending on the temperature. That is 1 small bottle an hour on the bottom end and two bottles an hour on hot days. If rides are long, you should include electrolytes like there are in many energy drinks since every rider loses electrolytes over time. Drinking just water can dilute the electrolytes in your blood and lead to

“as a matter of course, I usually carry extra food when I ride”

cramping, fatigue and even death in severe cases.

That post race meal can also load up the calories but really a rider only needs 300-500 calories with about a third coming from protein and 2/3 coming from carbs for proper recovery. That is about two energy bars worth of food. Given some rides have ribs, pasta, potato salad etc. it is easy to say to yourself "Hey, I rode all day, I earned it." Which you did, but don't expect to be getting the effects of a post ride meal that doesn't add to the size of your bib shorts. It should be noted that sometimes on rides you skip a meal or two because you are on a ride, so it is reasonable to eat a

little more, but be aware that the rate of digestion is limited while riding and even a 1500-2000 calorie meal may not be fully digested and could be stored as "extra reserves" that

increase your bib short size.

If you have specific questions on nutrition, I prepared a nutrition sheet on a training spread sheet located on the junior page of the website:

<http://altaalpina.com/juniors/> (labeled 2006 Diary) that outlines USA Cycling recommendations for nutrition. You simply type in your weight and look up your activity and it gives you information on resting metabolic rate (the calories you need to keep your body alive: heart pumping, lungs breathing and brain thinking) as well as the calories you need for exercise. There are many other websites that do this, but I use this for the kids I coach.

So I write this for a few reasons: as I get older, I have more mass, so I need to be reminded. It is very difficult to eat right and exercise while traveling so this takes extra effort to not put on weight when work or family calls us to leave our home. When I see a very fit and lean person, I know that they don't eat much compared to what the rest of us eat. I understand that a lean body comes with a price: lots of sacrifice while eating and discipline in exercise. I am reminded of something Tyler Hamilton said and it went something like this: It is insane what we do: we train like madmen and eat like birds. Now what kind of ice cream is in the fridge?





### 2012 Alta Alpina Road Race Season

Di Bolton, Road Race Director

See our website at [www.AлтаAlpina.org](http://www.AлтаAlpina.org) for directions to 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!

4/19	Fredericksburg Prologue (no points, category determination)	5/31 6/7	Kingsbury Time Trial Club Challenge: Eagle Ridge Criterium	7/10 7/19	Tuesday Club Challenge: Reno Air Center Criterium Diamond Valley Road Race
4/26	Diamond Valley Road Race (short course)	6/14	Diamond Valley Double Back Road Race	7/26	Blue Lakes Time Trial
5/3	East Valley Criterium	6/21	Pinenut Road Race	8/2	East Valley Criterium
5/10	East Valley Time Trial	6/28	East Valley Criterium	8/9	Club Challenge: Pinenut Road Race
5/15	Tuesday Club Challenge: Fernley Circuit Race	7/5	Eagle Ridge Criterium	8/16	Foothill Time Trial
5/24	East Valley Criterium			8/23	Diamond Valley RR (short course, season finale)

#### 2012 Race Fees and Waivers

The race fees this year will be \$8 for Alta Alpina Members and \$15.00 for non members for individual races and 8 race punch cards \$64 for members \$120 non members and entire season \$128 for members, \$240 for nonmembers. 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 USACycling site on the [Road Race page on the AACC website](#) to [download the waiver form](#)

If you are planning on bringing your membership forms and fees to the races please make separate checks for membership and race fees, this helps with the accounting.

#### New Junior Series

For something new this year we will be running a "Junior Series" this year. All Juniors (18 and younger) are encouraged 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 to racing for junior riders, with an introduction to bicycling with an emphasis on safety, training independently with a group, and introduction to nutrition.

#### Prologue on April 19th

Our first race is Thursday April 19th (note that this is **before** the spring party) we will be starting at a "new venue": Fredericksburg and Fairview Lane for the season Prologue.

Encourage your family members and friends to come out to cheer you and the other racers on. 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!!! Come out and join in the fun and a lot of tail gate racing.

#### Local Merchant Discount Program

For discounts from these local merchants, please visit the AACC website at [www.AлтаAlpina.org](http://www.AлтаAlpina.org)







## Hillacious Century Series

Twain Berg, Hillacious Century Series Coordinator

Thanks to all who participated in the 2011 Alta Alpina/ Bike Habitat Wild Hillacious Century Series .....we had a great turnout and a lot of fun with it and it is time to order Wild Hill Finisher's Jerseys!

Aside from the 5 scheduled rides from May to September, club members posted at least 15 other Wild Hillacious rides.....thanks to all the ride leaders for providing so many opportunities to earn the Finisher's

### How to Order the Finisher's Jersey

Anyone who completed three of the Wild Hill Centuries or five of the Wild Hill Metrics is eligible to order a Finisher's Jersey. We are adding sleeveless jerseys by popular request. If you were a 2010 Finisher, you can order too.

Download and print the Order Form at:  
<http://wildhill.coffeecup.com/2011WildHillaciousOrderForm.pdf>

All the sizing/style info and prices from Champion Systems are there. Jerseys will be available in about 6-8 weeks at the Bike Habitat or can be mailed to you at an additional fee.

### 2012 Series

The 2012 Series is shaping up. See the club website for all the details at:

<http://altaalpinacyclingclub.com/hillacious/index.html>.

Centuries for July, August, and September are still pending. So far we've schedule:

Sunday, May 27 - Alta Alpina Spring Century

Saturday June 30 - Alta Alpina Challenge

Members can sign up to lead the July through October dates at the Spring Party.

Jersey and Certificate.

Thanks to Denis Coyne of Bike Habitat in Carson City and to Michael Bayer/Alta Alpina Challenge for their generous support of the series.

For 2011, Bike Habitat came forward with another sponsorship to make the Finisher's Jersey very affordable at only \$40—thanks again Denis!



## Alta Alpina Challenge 2012 - Pre-Event Volunteers Still Needed

Michael Bayer, Alta Alpina Challenge Ride Director

Thanks to all the volunteers already hard at work on the 2012 Wild Sierra. The big event is scheduled for June 30 this year, and will be the primary fund raiser for the club. The new date means that we have eliminated conflicts with graduations and Carson Valley Days so we're looking for a greater level of family participation this year.

We're counting on every club member helping out the weekend of June 30 to ensure that this event continues to grow and live up to its well earned reputation as the best cycling challenge in the western states. The funds we raise keep membership fees low, subsidize club racing, support the junior team, and help us pursue the club's mission.

We still need volunteers to help between now and June 30. Whether you have a few hours or a few days you can contribute between now and June 30, we can match your interests, skills, and availability to the tasks we need to get done. Please contact me at [challenge@altaalpina.org](mailto:challenge@altaalpina.org) if you can help out.



## Board Meeting Minutes—March 5, 2012

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Di Bolton, Robert Braun, Pete Costa, Scott Herman, Joe Marzocco, Dave Scarborough, By Phone: Mel Maalouf, Ellen Sherril

### 1. Monthly Status Reports:

- **Treasurer:** As of 2/17 there is \$5,479 in bank account, \$6,090 in Paypal account. \$40,000 CD. Discussion of 2012 budget. Ride director budget can stay the same. Weekend Road Race budget requests increase. Mel would like to see the JR Team budget increase. Peter motions we carry the 2011 budget to 2012. Motion passes. Specifics about JR Team, Weekly Races and Clothing deferred. We received another \$2000 grant from the Sacherman fund.
  - **Membership:** A combined total of 9 families and individual memberships have been entered. All of the organizations and businesses have been updated and carried over.
  - **Weekend Rides:** Ellen would like ride leaders from last year to get their gift certificates. She needs \$20 gift certificates to ten people for last years' ride leaders. Ellen will email a list of people who will receive the gift certificates and Peter will ensure that the payment gets to Denis.
  - **Newsletter:** Peter motions that Scott Herman is appointed as the newsletter editor for the 2012 and beyond season. Motion passes. Peter Peter suggests that we look into changing the newsletter format to something similar to TAMBA, who uses Constant Contact.
  - **Website:** Joe renewed the www.altaalpina.com domain for the next two years. Another domain needs to be re-registered soon. Club agrees Joe should register for five years. The other registration does not expire until next year. The club owes Joe roughly \$60 for the first domain registration. Mel thanks Joe for quick, speedy and accurate updates for the website. Yay Joe!
  - **Weekly Road Races:** Schedule is posted, insurance has gone in. Board agrees that the race fees for 2012 will be increased to \$8 for members and \$15 for non members in order to encourage non members to join the club. There will be a JR series this year for kids 13 and under. First race is scheduled for April 19th and it will be a prologue on Fairview from the trees out to 88 and back. Diamond Valley, the 2nd race, will be a short course as well because it's usually cold.
  - **Mountain Bike Races:** Nate is concerned there are so many conflicts in the spring maybe we should hold it in September.
  - **Junior Team:** Team will start riding together after time change. Weight workouts well attended.
  - **Spring Century:** Dave investigating new starting location off Centerville Ln.. We would need to use the race porta-potty. Course would revert to 2009 direction (up Woodfords/down Kingsbury). Twain and Curtis have offered to do partial SAG.
  - **Pinenut Cracker:** Saturday, May 19th. Permits are finished. Robert still has some decisions to make regarding post ride food. We have a food sponsor for the event but if we use their services for food, it will cost us more out of each registration fee to feed the riders.
  - **King of Kingsbury Time Trial:** May 6, 2012.
  - **Adopt A Highway:** Casey Willits is still the Adopt-a-Highway coordinator.
  - **Clothing:** Decision was made regarding clothing. Order has been placed. Pricing will be: jerseys at \$55, shorts at \$65, bibs at \$70.
  - **Spring Party:** Robert reviews two options for the Elks Club Spring Party dinner which included a spaghetti dinner option and a pizza option. Peter motions that we host the Spring Party at the Elks Club as budgeted with pizza and the first \$250 in bar tab on the club. Motion passes.
  - **Alta Alpina Challenge:** Laura is handling marketing from NY. Still looking for a few volunteers. Pending decision that Curtis needs from us is water bottles for the challenge at \$1.70 which is more than we paid last year. We must order a minimum of 500 bottles and Michael expects around 280 participants, in addition to volunteers. Leftover bottles can be given to club members. Mel motions that we order 500 basic water bottles for Challenge use and the club can disperse the leftovers. Motion passes.
2. **Lake Tahoe Bicycle Coalition Map:** Club asked for a \$1000 sponsorship. Board would like to know how much TAMBA is donating.
  3. **Next Meeting:** Monday, April 9, 2012, 6 pm, Pizza Factory in Gardnerville Ranchos.



## Board Meeting Minutes—April 9, 2012

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Di Bolton, Robert Braun, Pete Costa, Curtis Fong, Scott Herman, Nate Litrell, Mel Maalouf, Tim Rowe, Ellen Sherril; Other Attendees: Christopher Rowe

### 1. Monthly Status Reports:

- **Treasurer:** As of April 9, 2012 our bank balance is \$46,448. Our paypal balance is \$8,654. Road race insurance this year is \$2,100.
  - **Membership:** 15 memberships have been processed so far. Spring Party is Sunday, April 22nd at the Elks Lodge. We will have access to the lodge at 5 PM. Pizza will be delivered from the Pizza Factory. In addition to pizza we will serve chips and dip. Board deliberates on the best choice for spring party desert: pies, ice cream or cookies? Must be packed up out of the Elks Club by 10 PM.
  - **Weekend Rides:** Ellen will send out an email before the Spring Party to drum up excitement for becoming a ride leader. She will hold the standard sign up at the Spring Party.
  - **Newsletter:** Current edition is basically complete. Just missing the presidential postings and this month's minutes. Discussion ensues regarding consolidating the newsletter process and picking a tool that will allow us to streamline the newsletter.
  - **Weekly Road Races:** April 19th is the first race. Mel would like to see an update go out automatically from the ride board every week on the day before the race.
  - **Mountain Bike Races:** Schedule for the early part of the year seems to be very crowded. Nate would like to hold a race starting in September into the first or second week of October. He would like to see TAMBA hold an August race series up at the lake. Looking at hosting a MTB crit. Nate is planning to hold his annual Poker Run on Saturday, June 2nd.
  - **Wild Hillacious Century Series:** No update.
  - **Junior Team:** Di would like a list of Juniors who have actually been participating in the JR Team activities. Juniors should be participating in the team in order to race for free at the weekly events.
  - **Spring Century:** Start/finish has been set.
  - **Pinenut Cracker:** Saturday, May 19th. Same location (Fairgrounds). Food will be delivered by Super Burrito. We have a 5 year permit now to host the event. Board discussed inviting Douglas County Search and Rescue.
  - **Carson Valley Classic:** Mel had a discussion with the race director of the new "Carson Valley Classic-esque" race planned for same courses on the weekend of July 7th and offered club support. Mel motions that we support the race directors efforts to bring the stage race and masters course back to the area. Motion passes.
  - **King of Kingsbury:** Permits received. May 6.
  - **Bike Advocacy:** Tim attended the National Bike Summit. Focus of summit was to push a cycling transportation bill through the Senate and Congress. The transportation bill currently has no cycling related plans in it (to save money). The theme of the Bike Summit was "Save Cycling!" Board agrees to renew our membership with both IMBA and Adventure Cycling.
  - **Adopt A Highway:** Mel will email Casey W to see if she will organize a highway clean up soon.
  - **Alta Alpina Challenge:** If you sent an email in the last few months and did not get a response it was due to an email glitch that has been fixed. 108 registrants not including corporate sponsorship registrations. Rate of registration is about the same as last year but that does not include the three week date change to a later date. TARA may not be able to provide us with assistance on the date of our event. Radio communications are required by our permits. Board discusses other options.
2. **Water Bottles:** Decision made last month. Design is ready to be sent to Curtis and he will facilitate the ordering process.
  3. **Budget:** Board agrees on the following changes: club clothing pieces should be sold at the price of the highest respective piece. Robert should receive a small stipend for his efforts to work on the Pinenut Cracker. MTB race series to have a budget for the year (\$300). Other changes include: Road Race Budget increase to \$5,200. Spring Party budget increase to \$1,500. Mel motions to approve the budget as discusses and to be adjusted based on changes on income throughout the year. Motion passes.
  4. **Next Meeting:** Monday, May 7, 2012, 6 pm, TRPA Offices in Stateline.



# Alta Alpina Cycling Club

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     www.AltaAlpina.org

## MARK YOUR CALENDARS

- Tierra Bella .....April 14
- First Thursday Race .....April 19
- Spring Membership Party .....April 22
- Chico Wildflower .....April 29
- Spring Century .....May 27
- Nate's Poker Run .....June 2

**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](http://www.AltaAlpina.org); click on "Membership"

## Alta Alpina Cycling Club Board Members

Mel Maalouf	President	<a href="mailto:president@AltaAlpina.org">president@AltaAlpina.org</a>	775-782-9652
Curtis Fong	Vice President	<a href="mailto:tgft@bikethewest.com">tgft@bikethewest.com</a>	775-588-9658
Lauren Lindley	Secretary	<a href="mailto:llindley@pearlizumi.com">llindley@pearlizumi.com</a>	
Pete Costa	Treasurer	<a href="mailto:intandempc2@aol.com">intandempc2@aol.com</a>	775-782-8493
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Michael Bayer	Alta Alpina Challenge Ride Director	<a href="mailto:challenge@AltaAlpina.org">challenge@AltaAlpina.org</a>	877-845-2453
Di Bolton	Thursday Road Race Director	<a href="mailto:di.bolton@frontier.com">di.bolton@frontier.com</a>	775-781-4660
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TBD	Carson Valley Classic		
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Newsletter Editor:  
 Scott Herman  
 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 Carson Valley and South Lake Tahoe.. Join us on May 7 at the TRPA Offices in Stateline.