



# PACELINE

**Alta Alpina  
Cycling Club**

**Volume 11 Issue 3  
April 2013**

## Alta Alpina Spring Membership Party

Robert Braun, Membership Coordinator

**Sunday, April 14, 2013 Elks Lodge , Gardnerville Ranchos, 6PM**

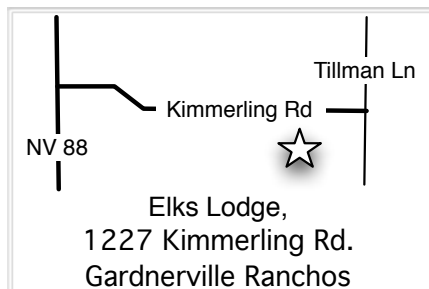
It is that time of year again! SPRING, and the annual Alta Alpina Spring Membership Party is the official kick-off of the cycling season in the Tahoe-Carson-Gardnerville area. This year the party is again at the Elks Lodge on Kimmerling Road in the Gardnerville Ranchos, 1.5 miles east of Hwy 88. Doors open at 6:00 pm with plenty of food and great people to meet. Presentations start at 7:00.

Be sure to bring your slightly used gear to sell or trade/donate at the Sell/Trade table. 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.

You can join the club or renew your membership at the door. If you were a member in 2012 and your contact information hasn't changed, we just need to collect your 2013 membership fees—\$25 for an individual, \$40 for a family, and \$10 for students. If your email address or home address has changed go to the club website to update your information.

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.

See you there!



## Bike & Stuff Sell • 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.

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### 2013 Membership Renewal

If you were a member in 2012 (and your address info hasn't changed) we just need your membership fee paid—no forms to sign!

If you're a new or returning member, just complete the online form on the website.

### VOLUNTEERS NEEDED

The club is looking for some key volunteers for upcoming events including:

Hillacious Series Coordinator  
Wild Sierra Deputy Director  
Wild Sierra TRP Captain  
Wild Sierra Radio Coordinator

Membership fees remain unchanged again this year because we rely on members to volunteer at our fund raising events. Please plan to volunteer!





## AACC Weekend Ride Schedule—Spring

David Scarborough, Weekend Ride Coordinator

We have a great line up of weekend rides planned for 2013. And back for 2013: end-of-ride social time with snacks and drinks! If you have any questions or suggestions, please contact Dave Scarborough: [DaveScar30@gmail.com](mailto:DaveScar30@gmail.com)

### **Saturday, April 13, 2013 — Ride around South Tahoe**

Meet at the gymnasium parking lot at Lake Tahoe Community College. Rolling at noon. We'll ride Al Tahoe to Pioneer Trail, to Meyers and out to 50. Then highway 89, to the end of S. Upper Truckee. Right onto S. Upper Truckee to N. Upper Truckee to Tahoe Mountain and over to Fallen Leaf Lake and back to the college. Route back will depend on traffic. Also, if the group is in the mood we can add in Old Meyers grade.

### **Sunday, April 14, 2013 — Pre-Spring Party Ride**

Starting at the Elks Club on Kimmerling at 2:00pm, we'll head out to Diamond Valley and maybe beyond. The party starts at 6:00pm so we'll be back in time to clean up before pizza dinner.

### **Saturday, April 20, 2013 — Wellington/Yerrington Loop**

Meet at Lampe Park in Gardnerville at 8:30am. We will carpool/caravan out to Wellington and start riding by 10:00am. We'll do a 60 mile figure eight loop out to Yerrington and back. (See the ride descriptions area on the club website for a map.)

### **Sunday, April 28, 2013 — Chico Velo Wildflower**

Chico Velo's annual wildflower century is always popular with Alta Alpina members. There's a new 125 mile Wildcat option along with the traditional course options. Visit their website at: <http://www.chicovelo.org/main/century-series/26-wildflower>.

### **Sunday, April 28, 2013 — Virginia City/Louse Town Loop via 6 Mile Canyon**

Meet at the Savemart parking lot 3325 East Highway 50 in Carson City, ready to roll by 10:00am. The loop is 60 miles and includes riding out to Dayton and up Six Mile Canyon to Virginia City. Then a loop around Louse Town then back through Virginia City and down the Truck Route. (See the ride descriptions area on the club website for a map.)

### **Sunday, May 5, 2013 — Gold Lakes Loop**

We'll carpool to Sierraville with members meeting at 7:30am at both the Carson Costco Parking lot (by the gas station) and at Lake Tahoe Community College parking lot (by the gym). Hopefully will be in Sierraville and ready to ride at 10:00am. (See the ride descriptions area on the club website under Tahoe North for a map.) Check the ride board a day or two before because this ride may have to be rescheduled if the roads are not open.

### **Other Rides Coming Up**

The following rides are also scheduled.  
Watch for details on the rideboard and in the next newsletter.

### **Saturday, May 11, 2013 — Ebbetts**

### **Saturday, May 18, 2013 — Pinenut Cracker Mountain Bike Race**

### **Sunday, May 26, 2013 — Alta Alpina Spring Century**

### **Sunday, June 8, 2013 — Wild Sierra Staff Ride**

Volunteer to work Dawn-to-Dusk at the Wild Sierra and ride the Staff Ride for free.

### **Sunday, June 16, 2013 — Ride Around the Lake**

### **Saturday, June 22, 2013 — Mormon Emigrant Loop**

Carpooling from Douglas High School 8:00am and Burnside Lake parking area at 8:30am.

### **Sunday, June 29, 2013 — The Alta Alpina Challenge: Riding the Wild Sierra**

### **Sunday, July 7, 2013 — Tahoe Donner**



## 2013 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!

4/18	Fredericksburg Prologue (no points, category determination)	5/30	Diamond Valley Double Back Road Race	7/18	Eagle Ridge Circuit Race
4/25	Diamond Valley Road Race (short course)	6/4	Tuesday Club Challenge: Fernley Circuit Race	7/25	Diamond Valley Road Race
5/2	criterium (Location TBD)	6/13	Eagle Ridge Circuit Race	8/1	Blue Lakes Time Trial
5/9	East Valley Time Trial	6/20	Pinenut Road Race	8/8	Club Challenge: Pinenut Road Race
5/16	criterium (Location TBD)	6/27	East Valley Time Trial	8/15	criterium (Location TBD)
5/23	Kingsbury Time Trial	7/4	NO RACE	8/22	Foothill Time Trial
		7/9	Tuesday Club Challenge: Fernley Circuit Race	8/29	Diamond Valley RR (short course, season finale)

### 2013 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.

### Junior Series Continues

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 18th

Our first race is Thursday April 18th at the same location as last year's prologue: Fredericksburg and Fairview Lane.

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.

### East Valley Crit Course

I recently drove around the East Valley Criterium course. The cracks are worse than they have ever been! Some are 3-4 inches wide. Any ideas for another location would be welcome. We're looking for no stop signs, low traffic, and "smooth" pavement.





## Volunteering for the Alta Alpina Challenge: Riding the Wild Sierra

Michael Bayer, Alta Alpina Challenge Director

The Alta Alpina Challenge is the club's big annual fund raiser—but it's also one of the club's biggest social events and it is the event that club has become renowned for hosting each year. The club's official mission is to promote cycling in our region and this one event accomplishes our mission on many fronts. We promote riding to local residents by holding the family fun ride and shorter distance options and by offering special discounted rates for local riders and free entries to certain volunteer groups. We promote the visibility and importance of cycling to our local economy through our regional marketing efforts. We use the funds we generate to underwrite everything that the club does including our race program and junior team. While our club was known outside the Tahoe region for our work with other events, The Alta Alpina Challenge has really put us on the map with ardent fans across the western states and riders coming from as far away as Canada, Europe, and Japan. Each year participants tell us what a big impact this event has on them. Regardless of each individual's challenge for the day (25 miles—a couple of passes—8 passes) riders experience a sense of triumph when they complete this unique event.



One of the things our club is known for is our amazing volunteers—Cyclists helping Cyclists. And our volunteers have a lot of fun while making a big difference in people's lives.

This year's event will be the biggest yet and we need more volunteers than ever. If you haven't yet signed up for your volunteer job, please do so right away. Please mark June 29 on all your calendars and plan to be out at the event—bring your whole family if you can. If you simply can't be here on June 29, please consider volunteering for the staff ride, logistics work, sign making, marketing activities, or other pre-event work.

A couple of our members are moving away from the region (Jim Harris is moving to Alaska and Mike Turek is moving to Colorado) so we need to fill their positions as soon as possible. Please contact me right away if you might be able to do one of the following:

- Deputy Ride Director
- Radio Coordinator
- TRP Captain

For more information or to volunteer please see me at the Spring Party or write to [volunteers@altaalpina.org](mailto:volunteers@altaalpina.org)

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## Get Your HAM RADIO License in One Day at the HAM CRAM

Michael Bayer, Alta Alpina Challenge Director

April 27 at Barton Hospital

Ever been curious about using a HAM radio? Are you interested in getting one of the best jobs at the Alta Alpina Challenge? Getting the experience, and license, to take advantage of amateur radio technology represents a significant life skill. Aside from the ability to make a big impact at Alta Alpina events, these skills can make a huge difference in a natural disaster and other community events. It's also a great hobby.

Andrew Huntington, Scott Herman, Corey Bolton, Brenda Giesse, and Tom Tittle are just some of the club members who have their licenses. Ask them if you have any questions about it.

The Tahoe Area Radio Association (TARA) is hosting a one day "Ham Cram" on April 27. This is how Jennie and I got our licenses in one day. We just reviewed the recommended book, attended the Ham Cram session in the morning, and then took the exam in the afternoon. The instruction session is free and the exam fee is just \$15. The book is \$17.95 and available here: <http://www.arrl.org/shop/ARRL-s-Tech-Q-and-A-5th-Edition/>

For more information visit the TARA web page about the event at:

<http://tahoeamateurradio.com/hamcram2.htm>

I hope you'll take one day off riding to obtain this valuable skill.



## Presidential Posting

Mel Maalouf, President

I told myself I wouldn't be writing about the weather every presidential posting, but I have a way of beating the wind around here and I wanted to share.

Sometimes riding in our area is cut short by weather that is downright foul. Today (Sunday, April 8), the club ride was cancelled and justifiably so. Gusts were up to 40 mph which are potentially dangerous. Gusts like these can blow riders into traffic, cars onto the shoulder, and other debris onto the roads. The ride for today was cancelled with the forecast of possible rain and severe wind gusts. The jokes about weather forecasts being

inaccurate are rampant, but forecasts for wind in the Sierras are usually right on the button.

So with the spring storm battering the Sierras and causing havoc on my roof (that needs to be replaced), my choice to go mountain biking was right on.

Mountain biking in the Pinenut area is surprisingly pleasant when it is windy. The trees in the area shield the wind and often the temperature is moderated despite the approach of storms. Cooler temperatures when mountain biking are welcomed as mountain biking speeds are not fast enough to generate wind to keep you cool and the wind that does break through the trees act as a little air conditioner.

Another trick I use is to do intervals when the weather is foul. Intervals make any ride unpleasant so why not couple

unpleasant weather with an unpleasant experience.

I used today as an opportunity to teach a junior who came along for the ride the value of intervals. All modern coaches will agree that interval training is the best and likely the only way to make large improvements in speed, power, fitness and ability to put down the gauntlet. The thought used to be that all you had to do was train long miles at a reasonable pace would improve your speed. While this can make fitness improvements, increasing

**“Mountain biking in the Pinenut area is surprisingly pleasant when it is windy”**

This stress can be increased output over short periods of time or go for longer time at outputs normally capable or comfortable.

Another thing to remember is that benefits of hard training are only realized from recovering from hard training, not just hard training. My favorite coaching saying is "You don't get stronger from training hard, you get stronger from recovering from training hard." Just riding hard all the time just makes you tired.

While I am on the mountain biking subject, I wanted to give you my experience from my annual March mountain biking madness. Usually the group of guys with whom I go riding in March is in Moab. But this year, we went to Fruita, CO. While

**“... do intervals when the weather is foul”**

your capacity to deliver power is really only done when the body is stressed beyond its normal limits.

**“You don't get stronger from training hard, you get stronger from recovering from training hard.”**

Moab is great for long climbs, technical riding and widely varying terrain, Fruita may be better suited to early season riding. Rides there

don't have a lot of elevation gain: many rides are in the 20 mile range and have about 1500 ft of climbing. There is

similar technical content as in Moab, but just not as frequent.

As another new renaissance move, I took the train there. To get to Grand Junction, which is right next to Fruita, there is a great Amtrak option. Amtrak leaves Reno at about 4:00PM and arrives in GJ at ~ 9:00AM the next day.

The return leaves GJ at 4:00PM and arrives in Reno around 8:30AM the next day. The train is usually empty and the seats are like First Class seats on a plane. I had two first class seats all to myself and each seat has two 120 V outlets. So I charged my phone, camera and watched movies. I visited Redbox before I left Reno and GJ, so I had a couple of movies to watch each way and just returned them in the arriving city.

Sleeping on the train went pretty well which is helped with my newfound ability to sleep while travelling as I get older. Age has its benefits. So in the

end, Fruita receives a big thumbs up and is worth a visit for those who love to mountain bike.



### AACC Member Profile:

#### Frank Dixon

**AACC Member since:** 2003

**Current Residence:** So. Lake Tahoe,

**Immigrant from:** Australia

**Bikes I ride:**

- Trek road bike,
- Colnago steel training bike

**In one word, my cycling style is...:**

Hopeful

**Favorite Rides/Races:**

Anything over 30 miles, flat road races.



**Favorite Post-Ride Food:**

Coffee, pastry

**Other Sports & Pastimes:**

Running

**My Motto or Inspired Quote:**

“When the going gets tough, the tough get going.”

**Grab Bag:**

I have run marathons in New York and Melbourne, Australia

### BikeSPOKEsman

Tim Rowe, AACC Bicycle Advocacy

**2013 Bike and Pedestrian Legislation to watch in Nevada:**

**AB 145** – Complete Streets: Allows a RTC or local Board of Highway Commissioners to adopt a Complete Street Program. This would be paid by a \$2 opt out fee added to your registration. Money would be spent in county in which vehicle is registered. Good bill but requires a 2/3 vote as it is a tax, and this may be troublesome.

**AB 117** – Dead Red Bill: allows a bicycle or motorcycle to proceed against a red signal if they have waited a reasonable time, the signal has malfunctioned and they yield the right of way to traffic and pedestrians

**SB 179** – Pedestrian Law changes: changes “Yield” to ‘Stop’, double penalties in school zones or school crossing zones, no U-turn in school zone or school crossing zones, mandatory posting fines in school zones or school crossing zones, define half of highway, no crossing with 200 feet of crosswalk, cross highways at right angles or shortest route, and mandates vehicle must stay stopped until pedestrian is at least one lane away.

**Bicycle Dates to Remember**

**Wednesday April 24th** – Nevada Moves Day in elementary schools. There is a Legislative Nevada Day walk at 7:30am at Legislative Building in downtown Carson City and a display table all day long.

**May** is National Bike Month!

**Tuesday May 7** is the Celebrity Ride in downtown Carson City starting at 10am at Telegraph Square

**Wednesday May 8** is National Bike to School Day

**May 12-18** is National Bike to Work Week – Muscle Powered is doing Corporate Challenge again. Check BikeCarson.com website.

**Friday May 17** is National Bike to Work Day

**Saturday May 18** is Bike to Work Celebration Day 2-6pm at Telegraph Square in downtown Carson City.

**June 3-14.** Lake Tahoe Bike to Work, School and Play. Check Tahoebike.org

### Local Merchant Discount Program

We’re excited to announce that local merchants who support AACC offer discounts to club members.





## Board Meeting Minutes—April 8, 2013

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Di Bolton, Frank Dixon, Mel Malouf, Tim Rowe, Dave Scarborough

### 1. Meeting called to order at 6:05 PM

#### 2. Monthly Status Reports:

- **Treasurer:** No update as the financial statement has not arrived. Frank has created a check requisition form so that we can have a process for check requests/reimbursement for him. Kevin Joell has not been reimbursed yet. Various renewals that we should take care of: USA Cycling, Alpine Chamber of Commerce (due in June), State of Nevada, State of CA.
- **Membership:** About 45 renewed members have been entered in recently. Membership Party is Sunday the 14th at the Elks Lodge. We are doing pizza at \$270 for 20 pizzas from Pizza Factory along with snacks from Costco. Robert needs help around 4:30 or 5:00 PM to set up.
- **Weekend Rides:** Dave has been doing an awesome job. Dave has an updated ride schedule through the end of May.
- **Newsletter:** Scott is unable to do the newsletter this month. Michael is working on publishing it in his absence.
- **Website:** Michael has been looking into utilizing WordPress for our website so that it's more user friendly for our board members.
- **Weekly Road Races:** Schedule has been posted. The potty has been delivered. It showed up early so confirm that our billing statement reflects the date that it was supposed to be delivered. Discussion ensues regarding East Valley Crit course and road conditions, along with alternatives.
- **Mountain Bike Races:** No update.
- **Junior Team:** Mel needs to provide the Sacherman Fund a report from 2012, including expenses. Mel would like the board to fund a competitive team of dedicated members who have been training consistently. Funding would include their race fees and potentially kits.
- **Spring Century:** Todd Oxborrow is going to SAG the top of Monitor, Howard Morris is going to do top of Luther, Thomas L is going to do the water stop in Diamond Valley. Dave is looking for one more volunteer.
- **Pinenut Cracker:** May 18th, going as planned.
- **Carson Valley Classic:** Bubba did contact Mel regarding CVC, messages exchanged.
- **King of Kingsbury Time Trial:** Mel will be following up with Alan.
- **Cyclocross Race:** No update.
- **Bike Advocacy:** Complete Streets Initiative will put a \$2 fee on Nevada registrations. Since this is a tax, it will need 66% approval in the senate and congress, so unfortunately it won't pass. Wednesday, April 24th is "Nevada Moves Day" for kids to walk or ride to school. Bike to Work Week includes Bike to School Day on May 8th. Nevada Bicycle Coalition is taking memberships this year (\$35 for a non-profit club). Motion to join the Nevada Bicycle Coalition as a sponsoring member of \$100/year is approved unanimously.
- **Adopt A Highway:** Tammy Lundquist is back in town and eager to get started.
- **Clothing:** Clothing has landed at Pearl Izumi HQ, should arrive by Friday.
- **Alta Alpina Challenge:** Currently at 171 for registrations (had been hoping for 200 at this date). Last ad ran in the current Cycle CA. Laura suggested that we put another ad in the CA Adventure Magazine right next to the Death Ride ad. Food permit completed and received. Other Alpine County permits paperwork are in. Forest Service is requiring us to break our permitting into three forests/permits again. Adding a water stop and a porta potty into the course. NDot permit is completed and received back. Porta Potty costs have gone up this year from \$1690 to \$1900ish. Still waiting on quotes from sign companies. GE will be participating this year. 2 boyscout troops will be volunteering. Gary Bell is interested in providing bike mechanic support to our event.

3. **Insurance:** Robert and Di will take care of insurance needs.

4. **Meeting adjourned at 7:34 PM**

5. **Next Meeting:** Monday, May 6, 2013, 6 pm, Design Workshop in Stateline, NV.



# Alta Alpina Cycling Club

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

## MARK YOUR CALENDARS

- Spring Party & Ride .....April 14
- Thursday Night Race .....April 18 @6:15
- TARA HAM CRAM .....April 27
- AACC Spring Century .....May 26
- The Wild Sierra .....June 29

**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.AлтаAlpina.org](http://www.AлтаAlpina.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>	
Frank Dixon	Treasurer	<a href="mailto:ozatlake@gmail.com">ozatlake@gmail.com</a>	530-318-1574
Robert Braun	Membership Coordinator	<a href="mailto:robertingville@yahoo.com">robertingville@yahoo.com</a>	
David Scarborough	Weekend Ride Coordinator	<a href="mailto:ridedirector@AltaAlpina.org">ridedirector@AltaAlpina.org</a>	530-318-7878
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
Robert Braun	Pinenut Cracker Mountain Bike Race	<a href="mailto:robertingville@yahoo.com">robertingville@yahoo.com</a>	
Tammy Lundquist	Road Cleanup Coordinator		530-577-9530
Scott Herman	Paceline Editor	<a href="mailto:paceline@AltaAlpina.org">paceline@AltaAlpina.org</a>	
TBD	Hillacious Century Series Coordinator		
Mel Maalouf	Junior Team Coach / Race Team Director	<a href="mailto:alpinajr@gmail.com">alpinajr@gmail.com</a>	775-782-9652
Joe Marzocco	Website Coordinator	<a href="mailto:j_marzocco@yahoo.com">j_marzocco@yahoo.com</a>	
Tim Rowe	Bicycle Advocacy Coordinator	<a href="mailto:Trowebikes@aol.com">Trowebikes@aol.com</a>	775-267-9531

Newsletter Editor:  
 Michael Bayer  
 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 6** at the **Design Workshop** in **Stateline, NV.**