



PACELINE

**Alta Alpina
Cycling Club**

Volume 11 Issue 7
August 2013
Online Edition

AACC Weekend Ride Schedule— August/September

David Scarborough, Weekend Ride Coordinator

This is the ride schedule for the upcoming weeks. For more details on the routes go to Altaalpina.org and find the specific ride listed under routes and other rides. If anyone is willing to volunteer to be a rolling rest stop on September 22nd for Pack Saddle please contact me at Davescar30@gmail.com. The club will reimburse you for mileage.

Club Weekend rides are indicated below. Fast and slow riders are all welcome and we have numerous re-group points. Refreshments are served at the conclusion of club weekend rides. As always, please check the club's website page for last minute changes.

Saturday, August 10, 2013 — WEEKEND RIDE: Lake Alpine

Meet behind the General Store, ready to roll at 8:00am. This ride features about 7,000 ft. of climbing and 65 miles and is always one of our most popular rides. Some of us will be continuing from Lake Alpine to Spicer Meadow Reservoir to complete the August Wild Hillacious Century for 100 miles and 10,400 ft. of climbing. Food and water is at Lake Alpine (and Bear Valley Resort for the century).

Sunday, August 18, 2013 — WEEKEND RIDE: Barker Pass

Ride through Emerald Bay to Barker Pass and up. Then return the way we came. Barker Start at my house, 2963 Oakland Avenue, South Lake Tahoe at 8:00 or Factory Stores at the Y(Pearl Izumi) at 8:30. About 65 miles and 3,900 vertical. The ride will finish at my house and there will be burgers and possibly hotdogs provided by the club. I have limited chairs, so if you do not want to sit on the lawn bring your own chairs. If you want beer you need to bring your own. Details on road bike routes:
www.mapmyride.com/routes/view/2490914

Sunday, August 24, 2013 — WEEKEND RIDE: Kingsbury-Luther Loop

starting at 8:00 from four corners(bottom of Kingsbury). Up and over Kingsbury around Pioneer Trail and up Luther Pass. Then return to the bottom of Kingsbury via Woodfords. 56 miles and 4,800 vertical.

Sunday, September 1, 2013 — WEEKEND RIDE: Blue Lakes Road

Blue Lakes from the junction of Blue Lakes Road and highway 88 at 9:30. First parking area on the left on Blue Lakes Road. For those who have not been to Blue Lakes, this is an out and back totaling about 24 miles and under 2,000 feet of climbing on a lightly traveled road. It is a great ride. If you are looking for a longer ride you could start earlier in Tahoe or Woodfords and meet us at Blue Lakes Road at 9:30. Volunteer BBQ afterwards back near the lake—details available soon.

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Alta Alpina Cycling Club Rideboard Page

Don't forget to post your weekday road and mountain bike rides to the club rideboard so that other members can join you!

Alta Alpina Cycling Club Facebook Page

If you're active on Facebook, don't forget to friend the club's Facebook page. We also have an Alta Alpina Challenge page you can friend.

If you're linked correctly you'll see all the recent postings to our Facebook page when you browse the club's home page (AltaAlpina.org). Some members have mentioned that they're not seeing this. If you're having this problem, please go to your own Facebook page and do a search for Alta Alpina Cycling Club. Two pages should be listed, choose the one that is not a closed group and become friends with it. You will then be able to get the most up to date information about the club and to see what others are saying all in one place.

**Saturday, September 7, 2013 — WEEKEND RIDE: Mormon Emigrant Trail Loop**

Ride starts from the snow park on Mormon Emigrant Trail at CA 88, rolling at 9:30am. To carpool to the start meet at Douglas High School at 8:00am or at the bottom of Old Myers Grade at 8:00am or Burnside Rd. and CA 88 at 8:30am. The ride heads down Mormon Emigrant Trail and then west and south on small, minimally travelled Forest Service roads. Eventually we'll get back on CA 88 to climb back to the start. The whole loop is about 70 miles but there are no stores so please carry plenty of food and water.

Sunday, September 8, 2013 — Tour de Tahoe - Bike Big Blue

Curtis Fong's Tour de Tahoe. There are two ride options: a 35 mile ride that starts with a boat cruise to the North Shore. The 72 mile ride circumnavigates Lake Tahoe clockwise. Enjoy spectacular scenery, excellent SAG support, many well-stocked rest stops and a fun After Ride Pool Party. September is a beautiful time of year to enjoy all Lake Tahoe has to offer. Starts at Horizon Casino Resort Highway 50 Stateline, South Lake Tahoe between 6:30am and 7:30am. For more details, go to bikethewest.com.

Saturday September 14, 2013 — WEEKEND RIDE: Monitor West & Ebbetts East

Meet behind the General Store in Markleeville and be ready to roll at 8:00am. We'll head out on CA 89 to the top of the Monitor, then to the top of Ebbetts, and back to the start.

Sunday, September 22, 2013 — WEEKEND RIDE: Pack Saddle Pass

Meet at 8:00am at the bottom of Old Myers Grade and South Upper Truckee Rd. Approximately 70 miles and 8000-9000 feet of climbing. There are limited sources of water so if we don't find a volunteer for SAG, be prepared to be self-sufficient with lots of food and water.

Sunday, September 22 to 28, 2013 — OATBRAN Bicycle Tour

The 22nd annual, "One Awesome Tour Bike Ride Across Nevada". Curtis' bike touring company, Bike the West offers this fully supported tour across Nevada. Experience the beauty of the Great Basin's mountain ranges that rise from wide valley floors. Enjoy challenging climbs and awesome descents. Daily rides range from 70 to the longest day of 113 miles. All motel accommodations included. Please go to bikethewest.com for registration information and more details including complete itinerary of the tour.

Sunday September 29, 2013 — WEEKEND RIDE: Both Sides of Sonora

Start at 9:00am from the Caltrans station at the intersection on 395 and Sonora Pass(120). About 70 miles with over 7,000 feet of steep climbing. bring money to buy stuff at the turn around at Dardanelles Store. No water before the base of the climb on the far side, so consider an extra water bottle or a Camelbak. Meet at Lampe Park in Gardnerville at 8:00am to carpool.

**Sunday October 13, 2013 —
WEEKEND RIDE: End of Season Club
"Century" and Pizza**

Wellington to Bridgeport and back over Sweetwater. As we did last year, the club will provide post ride pizza.





Presidential Posting

Mel Maalouf, President

I don't write much about racing and race reports, but this month I would like to highlight the last race at Diamond Valley. The weather towards Markleeville was ominous, but my experience is that rain and foul weather rarely lasts. My policy is to always show up at the start of a race ready to go and if it is really miserable, a start line decision can be made. 95% of the time, the weather clears up and the roads dry by the time we are on the road. Last DVRR didn't disappoint. The temperature was 65°F at the start and stayed the same till the end—perfect for racing: short sleeves and shorts were the right kit. It seems the weather scared off most of the A racers as there only three of us at the start. Robert Braun and Paul Tindal were my adversaries at the line. We started off at a casual pace on the descent down Carson River Road and on the climbs it looked like the B racers were in hot pursuit. They got pretty close since the two adversaries showed mercy and allowed me to catch up with them as we crested the climbs. I was not doing very well and it seemed they were nose breathing, so I sat in the draft not taking any pulls for a while over the flats of Diamond Valley. I started to mix in once I felt human, but not very strong to say the least. We pulled away from the B group over the flats. It seems many of the riders in the B group could climb with the A group, but they didn't seem to have the same drive to keep the pace high in the flats. That is likely the difference between the groups: B's go hard on the hard parts and on the less challenging terrain, not so hard. In the A group, it is pretty much full gas most of the time with short times of not so much full gas. The next set of climbs were equally fast as the first and my adversaries were equally generous in allowing me to stick around on their wheels. I felt a little better, but not to the caliber of my wheelmates. (Aussie pun intended). As we passed the Hung-a-Lel-Ti Community Center, I saw that Randy was on the side of the road with one of the Juniors. Spencer had crashed but was doing ok and a truck was pulling up to pick him up as his wheel was not doing so well as he was. The crash seemed to be the result of someone making an abrupt move to the side and took out Spencer's front wheel. I will take this occasion to highlight two safety moments:

1. Don't Overlap Wheels if you don't have to. If you are overlapping (your front alongside someone's rear) you are the likely loser in the game.

2. Don't make ANY abrupt lateral, backward or forward (if you have someone in front of you) moves. EVER. Slow, smooth and predictable changes in position are always the preferred way to move in a group.

Again, my two companions slowed for me to get back to them up the road after ensuring Spencer was OK. We ramped back up to race pace and we were off. The third set of climbs saw Paul suffering from some hip injuries from a crash in the weekend's previous Minden Criterium last lap crash. As a precedent had been set and we were all being civil and all, Robert and I waited for Paul to join us at the top of the climbs and off we were again. Paul hung tough as we expect Aussie's to, but in the end, the past weekend dissolved his resolve to push through the pain. It was Robert and I for a two up finish. I had decided to take my share of the pulls up to the sprint. That is my style, do my share until something changes. And something changed. For typical protocol, if someone is doing you a favor, letting you sit in, it is not very polite to take advantage of your lack of work in the beginning of the race, so I wasn't sure how he felt about me contesting the sprint. That change was an attack by Robert to try and drop me. I wasn't going to give up, so I chased back onto his wheel. We may have exchanged a pull or two, but then he was just sitting on my wheel. I knew the drill: I was in front and he was waiting to attack again. So I slowed to a speed that didn't give him much advantage in the draft. As expected, Robert attacked again up the hill by the school and I chased back onto his wheel and sat there until time for the sprint. He was pretty gassed from his two attacks so I was able to come by him for my first win in a long time. It was on the books a win, but Paul, Robert and I all know, they let me stay in the race with their charity.

So why did I take the time to highlight the races? I hope that what comes across is that those in our club are a friendly and generous group of cyclists. First, my "adversaries" were kind enough to allow me to ride with them and slowed on several occasions out of pity or just to keep them company. I think they just wanted to keep it interesting and mix it up as usually, I am off the back with any incline over 1%. Second, I learned that the whole group riding with the junior that crashed, stopped and ensured that he was ok. Third, Randy Jacobs stayed with Spencer to ensure he was doing well. Fourth, someone came back to pick up Spencer in the truck. Fifth, Di, our race director, gave all who offered aid to help equal points. This all adds up to 10: the score I give our club for being the most welcoming, generous, caring and polite group of cyclists I have ever known.



Post Death Ride Highway Cleanup

Tammy Lundquist, Adopt-A-Highway Coordinator

Every year we do a highway cleanup to cleanse the shoulder of Highway 89 from everything discarded by Death Ride participants. No exciting finds this year, just lots of forgotten food and gel packet wrappers.



Local Merchant Discount Program

Show your AACC Membership Card at time of purchase.

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





Board Meeting Minutes—August 5, 2013

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Frank Dixon, Curtis Fong, Tammy Lundquist, Mel Maalouf, David Scarborough; Other Attendees: Christopher Rowe

1. Monthly Status Reports:

- **Treasurer:** As of today our bank balance is \$41,568.07. We have \$15,629.73 in the paypal account. Large outstanding expenses for about \$2,000 for jersey orders. We still have to pay the State of CA 7% of our jersey sales for sales tax and our USFS permit cost is still unknown. If we pay our Race Directors of America Association membership for the year early we can save \$50 on the fee. Board agrees we should pay early to take advantage of this special.
- **Membership:** No update.
- **Weekend Rides:** Sonora and Packsaddle were well attended. This weekend is Lake Alpine and the following week is Barker Pass.
- **Newsletter:** Mel still needs to write a Presidential Posting. Dave needs to update the weekend ride schedule
- **Website:** Send updates to Joe.
- **Weekly Road Races:** No update.
- **Junior Team:** All of the kids that committed to be on the race team were at practice today! They wear their old kit on Mondays and the new kit on Thursdays so that they all look the same.
- **Spring Century:** No update.
- **Pinenut Cracker:** No update.
- **Carson Valley Classic:** Little City Stage Race went off well with about the same number of participants as last year. It was very hot.
- **King of Kingsbury Time Trial:** No update.
- **Cyclocross Race:** One event scheduled - Davis Creek Cyclocross.
- **Bike Advocacy:** We voted to support TAMBA with \$1,000 which will get matched dollar for dollar by their corporate donor. The Eagle Scout is putting up the new signs in Carson on Saturday, August 10th and they are looking for assistance.
- **Adopt A Highway:** Held Sunday, July 21st with good turnout. It was hot!!
- **Clothing:** Lauren is going to ask the custom department for a re-design this winter, but keep the same color scheme. Lauren suggests doing a new color story for next summer in the women's kit. Mel would like a small item in the newsletter about all the awesome features on our Pearl Izumi team kits

2. **Alta Alpina Challenge:** Michael is still waiting on feedback from the rest stop captains. Other pertinent recommendations include the following: we have 70 or so rider t-shirts left over and it has been suggested that we hand them out as thank you gifts to bike shops that put up our posters, to people who marketed them, and then also as end of the year raffle items. Paul G who organizes radios does a huge amount of work for us. Michael would like to see us do something special for him for a donation of up to \$200 to either the non-profit or the parts supplier of his choice in thanks. Board agrees. We are still missing two of the club's fruit knives and one camp chair belonging to the Dixon family. Michael would like to donate 60 gallons of water in squashed containers to PJ's event. Board agrees. Date possibilities for next year include June 14th or 28th. Board agrees that we should send out a query on preferred date by to this year's riders along with our customer satisfaction survey. Mel would like to see the board pay Michael for his efforts as race director for \$1,500. Motion passes. Board agrees that thank you BBQ should be after the weekend ride on the Sunday of Labor Day weekend and BBQ can be after. Lauren suggests that Lake Baron in Meyers be used as the BBQ area.
3. **Rider reimbursement Consideration:** Suggestion of \$40 a ride for 3 rides totaling \$120 max for rider reimbursement per year brought to the board. What we used to require was 8 hours for the main money making event and 8 hours at another event. Mel requests an update from Frank of excess cash and a plan to spend the cash wisely on advocacy efforts and a rider reimbursement program that will volunteer numbers. Board agrees.
4. **End of the Year Party:** To be held at American Legion again but with different tables and layout. Tentatively Monday, November 4th 2013. Lauren will approach the Yum Truck about catering again.
5. **Next Meeting:** Tuesday, September 10, 2013, 6 pm, Design Workshop in Stateline, NV.



Alta Alpina Cycling Club

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 www.AltaAlpina.org

MARK YOUR CALENDARS

- Barker Pass & BBQ Sun, August 18
- Blue Lakes & BBQ .Sun, September 1
- Tour de Tahoe .Sun, September 8
- Club Fall "Century" Sun, October 13
- 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

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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 **Tuesday September 10** at the **Design Workshop** in **Stateline, NV.**

Newsletter Publisher:
 Michael Bayer