



PACELINE

**Alta Alpina
Cycling Club**

**Volume 10 Issue 9
Nov/Dec 2012**

Indian Hills Cross

Scott Herman, Newsletter Editor

Scott,

I just wanted to thank you for putting on the CX race yesterday. I know how much time goes into organizing a race. I also know you put a lot of effort into setting the course. I had a great time and really enjoyed the racing. Also all your volunteers were first-rate. I am sure I am speaking for all three Sacrifice Racing Team members who were able to race Sunday.

I am bummed out that I will miss the Davis Creek race in a couple weeks because I will be out of the country. But there will be three or four of my teammates there in my place.

Congratulations on having a World Class Olympian racing your event. Not every event organizer can say that. That was very impressive.

Thanks again, Bill Kruger

Thanks Bill. You're the reason we do this stuff!

I was going to do a big write up all about our little cyclo cross race we have every October but I think I'll just share this letter instead.

I did want to give a shout out to everybody that helped out with the race, especially Robert Braun, Dave Scarborough, Di and Corey Bolton, Michael Bayer and Jennie Hamiter and everyone else who I missed. You know who you are!

I would also like to thank Dennis Coyne at Bike Habitat and Curtis Fong at Bike the West for continually stepping up with super donations and support, Trader Joe's for donating the sparkling cider, Great Basin Brewery for donating a couple of cases of beer, Joe at Clear Creek Chiropractic for the "Crash of the Day" coupon which we didn't need, The Award Zone for providing the awesome medals and finally Dwight Millard who showed what community is really all about. You were the icing on the cake!

And by the way, that world class olympian who came out to play with us was Katerina Nash. Not bad for small town America!

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Katerina Nash with Scott Herman



Podium for the Big Boys Race



A Lesson Learned

Mike Turek

I guess I should have read Mel Maalouf's article on avoiding crashes! After 30 years of crash free biking, I made a key mistake which Mel pointed out that I want to serve as reminder to you. Look ahead! Which means knowing the road conditions coming. Even when riding alone, you can find yourself checking out the pavement cracks - if you find yourself doing this STOP!

Until the crash, this was an epic ride. I started at Big Basin Redwood State Park, north of Santa Cruz, headed down past Boulder Creek, up Alba Rd (wow, what a training climb!), along the coast for 20 miles and up Pescadero Rd alternating between warm sunny dry areas and wet cold redwood shade. Topping out at Skyline, I had a choice - head back the way I knew to Saratoga gap or take shorter way down La Honda, a road I did not know and looked very twisty on the map. I chose the latter, but headed down like it was a local road...I remember clearly the pavement sealing and changes in asphalt. Last thing I recall was the 20mph sign.

Luckily some good Samaritans stopped traffic



as I was knocked out cold in the middle of this blind curve. They dragged me to side of road, called 911 and wrapped me in a blanket despite all the blood from my face plant. I was admitted to Trauma at Stanford Medical Center (couldn't have asked for a better place to crash) where a Cat Scan showed what many had suspected: cotton. They kept me for overnight observation. My face unfortunately is pretty ugly. The rest is just some road rash, nothing broken luckily.

I just hope if you read my article and remember my face, you'll be reminded again about safety:

- Of course, wear a helmet - it saved my life
- Research your roads (I found out later from a fireman, there were 2 other spills in the same curve earlier in the day by out of towners - a local I talked to afterward said, "Of course, I never ride La Honda in winter.")
- Know where the wet spots are - shady, tree covered areas and runoff all spell danger.
- Ride with others when possible.
- If in doubt slow down, then slow down some more.
- Avoid major decisions or changes after fatigue; your thinking is affected.

The good news and the question everyone's been asking: My cannondale was unscathed, apparently my body protected it. Have fun out there, and be safe! See you on the roads! And don't look down!

Registration is under way for the winter quarter at Lake Tahoe Community College. Darla Mazzoni is once again instructing the beginning and intermediate Nordic Skate Ski Class. The classes will be held every Friday at Kirkwood Cross Country Center. Classes begin January 11, 2013. Facility fee for the class is \$85, which includes trail pass and equipment for six classes in each session.

Have thoughts on what you would like to see in the newsletter? WRITE ME!
Have stories you would like to share? WRITE ME!
How about a race report or ride that was so awesome you want to share it? WRITE ME!
Want to rag on the way this newsletter is put together? WRITE ME!
SEND ME STUFF! Send letters. Send pics. Send funny stories of fellow members doing stupid things on a bicycle.

[Scott Herman, Paceline Editor](#)



Presidential Posting

Mel Maalouf, President

I hope 2012 is bidding good bye to a great year of riding for you all. As we look back to club activities, we saw growth in a lot of areas. We helped with two sanctioned Kingsbury Hill Climb Time Trials. One saw a former Alta Alpina Cycling Club racer set a junior record with a sub 37 minute time. The second of the two was the NCNCA regional Hill Climb Time Trial Championship and we had a great field for turnout.

Robert Braun is tireless in putting on the Pinenut Cracker with continued growth. The Challenge is continuing to grow in ridership and quality. Our ride already has a reputation for a premier support system and a stellar course. I don't know if you noticed, but Luther Pass, Woodfords Canyon and Monitor pass on both sides have great new pavement. It is like the CalTrans if paving our course for us! We almost sold out last year, so tell all your friends this year they need to get in early. Registration is open and we are keeping 2012 prices the same for those who register for the 2013 ride in 2012.

Scott Herman and Robert Braun doubled our Cyclocross output this year and the Davis Creek course is a great venue for Cyclocross.

The weekly race series was pretty fun with the highlight for me being a great junior turnout. One of the Juniors is starting to win B races and it won't be long till Cole Pinther is making us sweat in the A races.

As far as riding goes, I have been enjoying the mountain bike riding in the fall. I even rode Connector-Corral the last week of November. It was just about the best trail conditions I have ever seen up there. I will be sad to see the snow come. With the foul weather afoot, I am not looking forward to riding in it, so I hope it snows a lot so I can ski instead of ride. Although, truth be told, I would rather ride than ski. Skiing is just something to do when we can't ride.

We have a couple of new board members for 2013 with Frank Dixon stepping in for Peter Costa. Peter has given a solid block of years to the club so let's wish him well. Dave Scarborough will be taking the ride leader spot that Ellen has held diligently in the last few years. Thanks to all who serve and have served on the board. It is a great legacy to follow and I trust the new board will meet the expectations of our riding community.

Merry Christmas and New Year

Wild Hillacious Century Series

Twain Berg, Wild Hillacious Coordinator

Thanks to all who participated in the 2012 Alta Alpina/ Bike Habitat Wild Hillacious Century Series—we had a good turnout and a lot of fun. Now it's time to order Wild Hill Finisher's Jerseys!

Aside from the 6 scheduled rides from May to October, members posted at least 7 other Wild Hillacious rides. Thanks to all the ride leaders for so many opportunities to earn the Finisher's Jersey and Certificate.

Thanks to Denis Coyne of Bike Habitat in Carson City, Lauren Lindley of the Pearl Izumi Store in South Lake Tahoe and to Michael Bayer/Alta Alpina Challenge for their generous support of the series.

For 2012, Bike Habitat came forward with another sponsorship to make the Finisher's Jersey very affordable at only \$41 as long as we get orders for at least 10 jerseys. Thanks again Denis! If we get 5 to 9 orders, then the price will be \$66. Plan on the lower prices and if we do not get 10, I'll contact you with the options. I will not cash any checks until things are

finalized and jerseys are ordered.

Anyone who completed 3 of the Wild Hill Centuries or 5 of the Wild Hill Metrics in 2012 is eligible to order a Finisher's Jersey. Finisher's in 2010 and 2011 can order too! Perhaps you would like a vest or sleeveless jersey this time? Download and print the Order Form: <http://wildhill.coffeecup.com/2012WildHillaciousOrderForm.pdf>

All the sizing/style info and prices from Champion Systems are on the form. Jerseys will be available in about 6 to 8 weeks for local pick up or can be mailed to you at an additional fee.

The revised Finisher's jersey can be viewed here: <http://wildhill.coffeecup.com/Wild2012Jersey.jpg>

The future of the Wild Hill Century Series will be discussed at the next board meeting. Watch for a club email and on the Wild Hill Facebook page.

<https://www.facebook.com/WildHillacious>

Please get your order in before December 24th.? Email questions to Twain: sagebum@gmail.com



BikeSPOKEsman

Tim Rowe, AACC Bike Advocacy

Alliance for Biking and Walking Leadership Retreat - September 7-9, 2012 - Long Beach, California

This was a great biennial event for bicycle and pedestrian advocates from all over the country. There were over 120 attendees from 38 states and Canada. This included 85 bicycle and pedestrian advocacy groups from large organizations like Bike Texas, SF Bike Coalition & Cascade Bicycle Club to local groups like Alta Alpina Cycling Club, Lake Tahoe Bicycle Coalition and the Reno Bike Project. We convened for a fantastic networking event over 2 days on the Queen Mary in Long Beach. Highlights from sessions attended:

Nonprofit Organization – 501(c)3 vs 501(c)4: The C3 is a charitable organization that allows for donations, gifts, and membership dues to be tax exempt. The C4 is apolitical advocacy organization that can cultivate, endorse public candidates and campaign for candidates, but no tax exemption. Many advocacy organizations have both.

Board of Directors: The mantra in this workshop was “Give, Get or Get Out”. The BOD plays an important role in the strategic direction and economic sustainability of any organization.

Telling Your Story: Groups should be constantly sharing our stories of successes and challenges with the media, public officials/agencies, professional organizations and others to keep “top of mind” the role and importance that bicycle advocacy plays in community, economic development and sustainability.

Move to Heightened Interconnectivity: The digital age is mobilizing a global audience and consumers using with hand-held devices. These devices have internet access, GPS, take photos and videos, and are connected to social networks globally and within the sphere of influence of the device’s owner.

Placemaking Not Streets: For years streets have been the life stream of community – the place where children played, commerce thrived, stories shared and celebrations, festivals and rejoicing in community was common place. Streets are no longer people-friendly but rather auto-centric communities have disconnected us from schools, workplace, parks and each other. Streets need to be reclaimed and re-humanized them to be safe, thriving cultural and economic places like

they once were.

Bicycle-Friendly Business Districts: These are business areas with facilities that cater to the bicyclist as a way to differentiate themselves from competition, position themselves as progressive by recognizing the emergence of the urban cyclists who is opting out of using an automobile for financial and green initiative purposes, and to increase sales.

A Regional Bicycle-Friendly Campaign –Tahoe Moves: The LTBC has successfully launched an integrated bicycle-friendly marketing campaign over the years and it is now time to leverage its programs into a regional campaign to help mobilize agencies, businesses and public to transform our public places to be more bicycle-friendly.

Long Beach – “Americas Most Bike-Friendly City”: Officially Long Beach, CA has not been granted this status by any organization, but the Mayor and members of the City Council and staff have self-declared this distinction as an intention to mobilize their efforts and resources to become such a city. All were impressed by racks, corrals, banners, tracks, signals and countless people riding their bikes to work, school and for errands.

What is next in state traffic laws and legislation – strengthening state-wide campaigns: Improve laws to protect non-motorized users

Making the Case for the Value of State Advocacy – Messaging What We Do: Arm state advocates with messaging and data that strengthen their value in the marketplace.

Complete Streets: Policy Implementation and Tackling the Costs Question: Work with your peers in a collaborative session on the next steps in Complete Streets implementation

Innovative Education: Engaging All People to improve Bicycling and Walking: Discussion on innovative education programs, like San Francisco educating Taxi Drivers

Reforming our State DOT-Moving past hearing No to getting things done: State-wide leaders need to come together to turn frustration into energy that can create a solid and unified strategy for changing state DOTs.



**ProWalk/ProBike: Pro Place Conference -
September 10-13, 2012 - Long Beach, California**

This biennial conference presented by Project for Public Spaces had over 850 attendees from all 50 states, 6 Canadian provinces, 1 European and 1 African country. There were 94 technical sessions and 47 posters presented over the 3.5 days. Conference supported by US Department of Transportation, Federal Highway Administration (FHWA), Bikes Belong, League of American Bicyclists, National Center for Safe Routes to School, Kaiser Permanente, Association of Pedestrian and Bicycle Professionals

and more. There were many sessions on Safe Routes to School and MAP-21 (Moving Ahead for Progress in the 21st Century) (the new federal transportation bill) and Bicycle Safety Education and Bicycle and Pedestrian Planning and Design. Many of these sessions were very valuable to me in my new role as Safe Routes to School Coordinator for Nevada at Nevada Department of Transportation (NDOT). Long Beach was a fantastic location for the conference as it was very Bicycle and Walking friendly. The town sure has changed for the better much since my college days in LA area in the 1970's.

AACC Member Profile:

Amy Fish

AACC Member since: 2011

Current Residence: South Lake Tahoe, CA

Immigrant from: Manchester, Connecticut
(over 9 years ago)

Bikes I ride: Specialized Stumpy Carbon
Specialized S-Works Road Bike
Specialized P1, Commuter

In one word, my cycling style is...:
inconsistently flowy

Favorite Ride:
Rose to Toads

Favorite Race:
Downieville Classic

Favorite Post-Ride Food:
ice cream. salted caramel talenti. yum.

Other Sports & Pastimes:
Sports: snowboarding, yoga, snorkeling. And non-sports: cooking yummy food, listening to indie rock

My Motto or Inspired Quote:
"Now water can flow or it can crash.
Be water, my friend" – Bruce Lee

Grab Bag:
When not working, riding bikes, or playing with my family I am spending my time helping with the Tahoe Area Mountain Biking Association. I love working on trails with my friends.





Board Meeting Minutes—November 5, 2012

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Robert Braun, Laura Caimi, Curtis Fong, Jennie Hamiter, Scott Herman, Mel Maalouf, Tim Rowe, Dave Scarborough

1. Monthly Status Reports:

- **Newsletter:** Next month's newsletter will be a Nov/Dec combined edition.
- **Fall Century:** 18 participants had a great time. It was decided to make this an annual event.
- **Cyclocross Race:** Indian Hills had 35 participants, a little low but it was a super fun day.
- **Adopt A Highway:** Leader still needed.
- **Clothing:** Lauren is going to encourage people to fill out the survey for special items so that we can include them in our winter clothing order.

2. Alta Alpina Challenge: Marketing budget needs to

be approved. Pricing table for riders for registration need to be decided on. \$2000 was the marketing budget in 2011; Bayer would like to bump it up to \$2500 next year. We need to increase the ride fees for 2013 to cover significant increases in projected expenses. To minimize the impact on riders and encourage early registration, 2012 pricing will be extended to the end of the calendar year. Board agrees that 4 pass and lower events should be raised \$5 and 5 to 8 pass events should be raised \$10. Board agrees to both motions.

3. **Next Meeting:** Monday, December 3, 2012, 6 pm, Pizza Factory in Gardnerville.

Annual Meeting Minutes—November 5, 2012

Secretary: Lauren Lindley; Meeting Chair: Mel Maalouf

1. **Call To Order:** Mel Maalouf confirmed a quorum of individual and family members are present at the meeting and called the meeting to order
2. **Election of Officers:** Mel Maalouf, Curtis Fong, Lauren Lindley, Robert Braun were re-elected to

their positions. Frank Dixon elected Treasurer. Dave Scarborough elected Ride Director.

3. **Adjournment:** Lauren Lindley moved for Adjournment, seconded by Michael Bayer, motioned carried.

Annual Meeting and Dinner

Scott Herman, Newsletter Editor

We had a wonderful end of the year dinner party up at the lake last November which was one of the best I've been to and I've been to a few. Cozy atmosphere with incredible food and lots of stories of bikes and biking. Imagine that!

We also had officer elections for the upcoming year and are happy to announce we have two new officers who have stepped up to the plate (jumped out of the saddle? danced on the pedals? Doesn't quite sound right!) and volunteered to help continue to make this club the best bike club around.

Welcome new treasurer Frank Dixon and ride coordinator Dave Scarborough. Also, a big thank you to departing board members Peter Costa and Ellen Sherril. Peter has been affiliated with Alta Alpina from shortly after Noah's Ark rested on dry land and has served as road cleanup director, vice president, president and treasurer. That is one heck of a lot of service! Thank you Pete.

Ellen has put on some very cool rides over the last couple of years but she is too busy these days spanking the ladies of CycloCross and Road Racing to realistically continue to lead the way for us in that manner. Besides, at the rate she is going these days I'm not sure too many of us could keep up with her. I know I couldn't. Thank you Ellen.

Frank Dixon is our new treasurer. I looked up the word finance and it said, "See Frank"! We are in very good hands. Hopefully Frank will be so busy with all the finance stuff for the club next year that I'll be able to beat him in a race! Of course I'm not planning on that... If I'm not mistaken, Dave Scarborough, who I believe was a stow-away on the ark, was the guy who led my maiden voyage Alta Alpina club ride oh so many years ago. So it goes without saying he's the guy who should be leading our club rides this next year and . . . beyond?

Welcome guys.



Alta Alpina Cycling Club

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MARK YOUR CALENDARS

Winter Solstice Dec. 21, 2012
 Daylight Savings Time March 10, 2013
 HAM Radio Training April 27, 2013
 America's Most Beautiful June 2, 2013
 Bicycle Ride
 Alta Alpina Challenge: June 29, 2013
 Riding the Wild Sierra

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

Mel Maalouf	President	president@AltaAlpina.org	775-782-9652
Curtis Fong	Vice President	tgft@bikethewest.com	775-588-9658
Lauren Lindley	Secretary	llindley@pearlizumi.com	
Pete Costa	Treasurer	intandempc2@aol.com	775-782-8493
Robert Braun	Membership Coordinator	robertingville@yahoo.com	
Ellen Sherrill	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	
Michael Bayer	Alta Alpina Challenge Ride Director	challenge@AltaAlpina.org	877-845-2453
Di Bolton	Thursday Road Race Director	di.bolton@frontier.com	775-781-4660
Robert Braun	Pinenut Cracker Mountain Bike Race	robertingville@yahoo.com	
Casey Willitts	Road Cleanup Coordinator		530-577-9530
Scott Herman	Paceline Editor	paceline@AltaAlpina.org	
TBD	Carson Valley Classic		
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Joe Marzocco	Website Coordinator	j_marzocco@yahoo.com	
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

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 **January 7** at the **TRPA Offices in Stateline.**