



PACELINE

**Alta Alpina
Cycling Club**

Volume 9 Issue 2
February 2011

Volunteers Needed for 2011

Mel Maalouf, President

We are looking to fill a few spots for the 2011 year:

Carson Valley Classic Race Director

If we don't find one soon, we will have to give up our dates for the 2011 year. **THIS COULD BE THE END OF THE CARSON VALLEY CLASSIC.** Garth, Ellen, and Kevin have already volunteered to be part of the team but we need another volunteer to complete the team. If you're a fan of this race please step forward to save this event.

AACC Highway Cleanup Coordinator

This is a good way to dip your toe in the water and step up with the club. It is pretty easy and you get to choose when to do the cleanup 3 times each year. It take about an hour and is an easy way to get into the mountains and then ride or go for a dip at Grover's Hot Springs.

Wild Sierra Community Liaison

The Wild Sierra event needs a community liaison volunteer to coordinate with the local chambers of commerce, local businesses, and community groups. This is a great opportunity to make new friends and contacts around the region and to be an ambassador for cycling and the club.

Wild Sierra Onsite Registration and Clothing Sales Coordinator

This job involves reordering jerseys before and after the event, managing the printing of all registration materials the day before the event, and supervising onsite registration and jersey sales.

Wild Sierra PR Manager

Do you enjoy writing? Looking for some PR experience? Are a retired marketing professional? Why not join Laura's event marketing team in the role of PR Manager?

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Spring Party - Tuesday April 12

Mark your calendars now and plan to be at the CVIC hall in downtown Minden at 6:00pm on Tuesday April 12.

As always there will be lots of great food and news about all the events and rides planned for 2011.

New this year: We've expanded the ever popular raffle! This year's grand prize will be a brand new bicycle!

Cinderella Classic - Saturday, April 2, 2011, Pleasanton, CA

Ride the most popular ride for women on the West Coast! Choose the mostly flat (few moderate hills) 65 mile tour or the 88 mile Cinderella Challenge. Registration and Details available at: valleyspokesmen.org

30th Anniversary Chico Wildflower Century - Sunday, May 1, 2011, Chico, CA

Routes: 100 Mile Wildflower Century, 65 Mile Mildflower, 60 Mile Flatflower, 30 Mile Flatflower, 15 Mile Childflower
Registration and Details available at: www.chicovelo.org

Sequoia Century by Western Wheeler Bicycle Club - Saturday, June 5, 2011, Palo Alto, CA

Fully supported 100 mile or 200K ride out to the coast and back. There are shorter routes - 20 miles, 50K (31 miles), 50 miles and 100k (62 miles). Registration and Details available at: westernwheelers.org



Bike Advocacy Call to Action

Lauren Lindley, Secretary

In January, our president, Mel Malouf, sent out a call to action: the Alta Alpina Advocacy Challenge. The email encouraged our members and expressed an expectation of our club officers to take some time throughout the year to become informed on a bike related issue that affects our communities. Among other issues, our knowledge of the creation and maintenance of our bike lanes and trails is of the utmost importance.

Our officers are busy. Honestly, there is only so much we can tackle singlehandedly. In fact, we aren't even asking much of you here. It is extremely simple: first, pick a topic; second, keep track of it via the internet; and lastly, send Lauren an update via email every so often so that we can, in turn, inform our members of changes in local policy or public input surveys.

There are so many local issues that we not only should be keeping an eye on, but lending our voice to. In addition to the creation and maintenance of local trails and bike paths, there are also community safety and pedestrian programs, state laws, as well as advocacy programs such as the Lake Tahoe Bicycle Coalition, IMBA, and Bicycle Nevada. Did you know we have a new mountain bike club in our midst? You can read more about the revitalization of TAMBA elsewhere in this month's newsletter.

While we have a ton of ideas for things we'd like someone to volunteer to keep track of, here are just a few.

The Nevada Stateline to Stateline Bikeway: The state of Nevada is hoping to complete a Nevada Stateline-to-Stateline Bikeway Project to provide non-auto transportation opportunities that link recreation areas, community centers, transportation facilities, and

neighborhoods in the bikeway corridor. By doing so, they will expand recreational access and transportation choices for residents and visitors to the Tahoe Basin. Learn more at <http://www.nvtahoebikeway.com>.

The South Tahoe Greenway: The California Tahoe Conservancy is proposing to construct a 9.6-mile long shared-use trail that will provide south shore residents and visitors with a non-motorized, alternative transportation corridor from Meyers, California to Stateline, Nevada.

The North Tahoe Bike Trail is a proposed concept 8 to 9-mile bicycle route connecting Dollar Hill, just east of Tahoe City and the North Tahoe Regional Park in Tahoe Vista, Placer County, CA.

The Reno/Tahoe area features multiple jurisdictions of the United States Forest Service including the Lake Tahoe Basin Management Unit, the El Dorado Management Unit, and Region 4 Management Unit. It is important that we, as a club, keep informed of proposed changes to the trail and forest systems that we know and love.

There are many local communities with Advocacy Issues that we have a stake in and are interested in supporting. The Friends of the El Dorado Trail (<http://eldoradotrail.com/>) envision the creation of a 28 mile trail in an abandoned railroad track corridor that connects Folsom trails to Placerville trails and onto South Lake Tahoe. Wouldn't that be something?

This is your community and you are responsible for it. Email me today at LLindley@pearlizumi.com to pick a topic to inform your fellow club members on. It will take 30 minutes a month—a measly 6 hours a year to help better your community.

Help us grow!

Obviously, you know what a great deal it is to be an Alta Alpina Cycling Club member. Whether you are a member for the weekly road races, the weekend ride camaraderie, the end of the year party or all of the above, we know you are a member for a reason! Regardless, the more active members we have, the more fun our club will be. We want to grow. Perhaps you have a friend who you just can't convince to join. To help persuade just a few folks that Alta Alpina is a great club, we've been giving away a handful of memberships on Facebook. You can find us at www.facebook.com/AltaAlpinaCyclingClub. Each month we have another great giveaway. Find us on facebook, like us, and share us with our friends to spread the cycling enthusiasm!

You can find the Alta Alpina Challenge: Riding the Wild Sierra on Facebook as well at www.facebook.com/Alta.Alpina.Challenge.



Presidential Posting

Mel Malouf, President

Soon after you get this, we will be approaching daylight savings time. For those of you who are uber-precise, you can wake up at 01:59:58 to set your clocks.

When local standard time is about to reach Sunday, March 13, 2011 at 2:00:00 AM clocks are turned forward 1 hour to Sunday, March 13, 2011 at 3:00:00 AM local daylight time instead.

This means for those of us that work, our opportunity to ride is back. Although winter weather has finally returned with powder skiing and snowshoeing, we had a delightfully dry six week break for riding. Many of us were getting in 2-4 hour rides in the strangely warm spring-like weather. I can't tell you how much I enjoyed the time on the bike. To have the great riding bookended by some plentiful powder days refreshes the legs and the mind for both skiing and riding.

I don't know about your family or workplace, but both of mine have been impacted severely with seasonal flus and colds. I wanted to give you some helpful rules of thumb that I use when I am sick or coach others who are sick: If you aren't feeling well, it is often ok to still exercise very lightly, however, only if the illness is not in your lungs. For me, sometimes light exercise can help me feel a little better. I think this is due to the hormones circulating in the blood due to exercising. (I am not medical professional, but just go on feel sometimes). If you are so sick that you are not going to work (and I'm not talking about powder-day sick), which often includes fevers and chills, then I generally follow this equation: take as many days off the bike as you were ill, AFTER becoming well. For example, two days with a fever equals 4 days off the bike. It is better

to recover well with good nutrition, hydration and rest than to get into a prolonged recovery that will be miserable.

A couple of months back I publicized the AAAC (Alta Alpina Advocacy Challenge) to the club. There are many projects in our local communities that I know club members would like to see implemented and would utilize. One example is the Stateline bikeway around the east side of Lake Tahoe. I requested that our club members step forward to follow up on certain projects, report to the club and call folks to action. I am encouraging and asking everyone to get involved in a single project and follow its progress. If we split up the work, the many hands will make the work light. Please if you have a project you would like to follow and get some support from the club, don't hesitate to let us know. If you are interested yet don't know of a project, we have a list going.

The Challenge is ramping up this for 2011 and so far has gone smoothly. The major tasks have been divided between many volunteers. Once again, we should host a well run ride. Extra efforts have been made this year to promote the ride; we're shooting to reach our rider limit of 499. I extend my accolades to the team who is putting forth a professional effort. Please invite and promote the ride to your friends. Become a friend of the ride on Facebook at facebook.com/Alta.Alpina.Challenge and share the page with others. I have no doubt that our ride really is the best supported ride with very personalized service.

See you soon,
Mel

Local Merchant Discount Program

Details about local merchant offers is listed under "Merchant Discounts" on our website at www.AltaAlpina.org.

Show your AACC Membership Card at time of purchase. [If are an active AACC member, the mailing label on the first Paceline you received upon renewal has the club logo and note indicating that it is your membership card.]





The Revitalization of TAMBA

Lauren Lindley, Secretary

Last month we printed a belated review of the Tahoe Trails Conference by Robert Braun. In it, Robert discussed the combined energy and enthusiasm of locals who came together under a singular purpose: to build better trails in Tahoe and, as a result, better community. In October, a group of passionate locals from the Reno/Tahoe area came together and voted to re-form the Tahoe Area Mountain Biking Association (aka TAMBA). Since October, a large number of new developments have occurred.

TAMBA now has a board of officers that include: Kevin Crifasi, John Drum, Peter Fink, Linda George, Kevin Joell, Lauren Lindley, and Nils Miller.

The organization's 2011 goals are as follows:

1. Successful incorporation of the organization.
2. Create a successful and both geographically and categorically diverse membership base of 250 paid members in one year.
3. Successful workdays on the projects that are on the slate by the USFS for this year. A goal of 100 person days in 2011 on current projects: Corral, Star Lake, Tyrolean.
4. Be actively involved in current planning processes for a community bike park and the proposed Kingsbury expert downhill area trail and pursue access to TRT Snow Valley Peak Section.
5. Coordinate with neighboring agencies and advocacy groups to keep communication open and help lay groundwork for future projects.

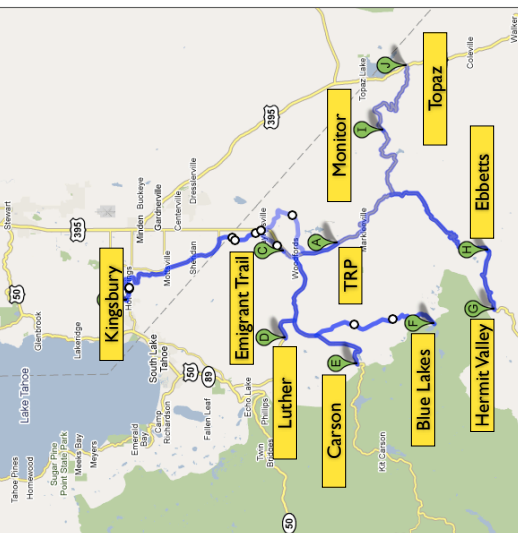
There are a number of upcoming events that you can be a part of, including the IMBA Trail Care Crew Conference. There will be presentations on "Club Care" and "Better Communities through Better Trails". The conference is tentatively scheduled for April.

There is a Tahoe Rim Trail Association Crew Leader Training in Galena Creek Park, May 20-22, 2011. While it is generally marketed to hikers, because the USFS accepts this training, it will allow us to start pursuing a similar volunteer service agreement with the USFS for trail crew work that TRTA currently holds. \$30 Fri, \$70 Sat/Sun or \$85 for Fri/Sat/Sun (includes food and lodging). Lauren Lindley will be receiving Trail Crew Leader Training on behalf of Alta Alpina Cycling Club and TAMBA.

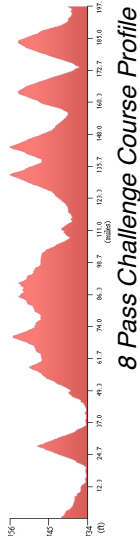
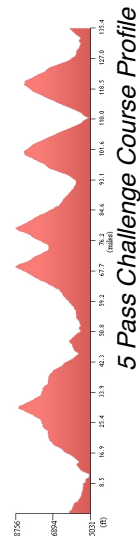
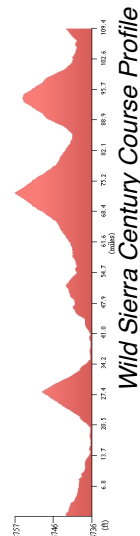
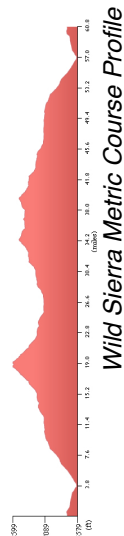
Officers from TAMBA will be attending The Alta Alpina Cycling Club Spring Kick-off Party on Tuesday, April 12th to talk about their goals and plans.

Membership to TAMBA will only be \$10 a year to begin with. Alta Alpina would like to encourage its members to become TAMBA members as well. When our members join TAMBA at the Spring Kick-off Party, Alta Alpina will pay half of your \$10 membership fee!





Passes of the Alta Alpina Challenge
Start / Finish at Turtle Rock Park, Markleeville



THE PASSES OF THE WILD SIERRA
Experience the breathtaking scenic beauty of up to eight classic, wild sierra climbs plus panoramas of Diamond Valley and Carson Valley on a course that features some of the best pavement you'll find on any organized ride. The course is in a remote and rugged area—there are no traffic lights and just a dozen stop signs.

THE WILD SIERRA METRIC
Featuring Luther Pass and Blue Lakes Road along with a scenic loop through Diamond Valley and views of Carson Valley, this is a beautiful 64 mile ride with 5000 feet of climbing.

THE WILD SIERRA CENTURY
The Wild Sierra Century features three passes: Kingsbury, Ebbetts East, and Monitor West. It also includes the scenic Diamond and Carson Valleys. This is a challenging 110 mile ride with 11000 feet of climbing.

5 PASS CHALLENGE
A classic combination of passes: Carson, both sides of Ebbetts, and both sides of Monitor. By adding Diamond Valley and Emigrant Trail for a scenic warmup and covering Woodfords Canyon early in the day we've perfected it. This tough ride is 134 miles with over 16,000 feet of climbing.

8 PASS CHALLENGE
With nearly 200 miles, nearly half over 7000 feet of altitude, and over 20,300 feet of climbing this is the ultimate single day ride—the world's toughest double century. Those who complete this challenge earn the right to wear the 8 Pass Finisher Jersey.

For more information visit:
www.AлтаAlpina.org/challenge
Note: No portion of the course will be closed to motor traffic. Riders must observe all traffic laws & course rules. Details subject to change. Multi-rider discount available for groups of 10 or more—download registration form from our website. Registration for the 5 Pass Challenge is limited to just the first 150 riders who register and overall event registration is limited to the first 499 riders so reserve your spot today!

ALTA ALPINA CHALLENGE

June 11 2011

RIDING THE WILD SIERRA

WILD SIERRA METRIC
LUTHER, BLUE LAKES
64 miles ~ 5,000 feet of climbing

WILD SIERRA CENTURY
KINGSBURY, EBBETTS, MONITOR
110 miles ~ 11,000 feet of climbing

5 PASS CHALLENGE
CARSON, EBBETTS, MONITOR, MONITOR
134 miles ~ 16,000 feet of climbing

8 PASS CHALLENGE
THE WORLD'S TOUGHEST DOUBLE CENTURY
198 miles ~ 20,300 feet of climbing



www.AлтаAlpina.org/challenge
877.845.2453



“Remember that bicyclists and drivers share the same road, same rules, same rights - bicyclists have the same rights and responsibilities as motorists under the law and are safest when they act and are treated like normal traffic. Acting differently from traffic and behaving in unexpected ways is what usually gets bicyclists into trouble”

Shameless Self Promotion

Lauren Lindley, Club Secretary

Last year, I became a volunteer with a wonderful organization at Alpine Meadows Ski Resort called Disabled Sports USA Far West (www.disabledsports.net). Every year Disabled Sports USA Far West provides sports rehabilitation and therapeutic recreation programs to over 800 adults and children with disabilities. All year-round, they allow persons with permanent disabilities to experience the outdoors and sports: in the summer they run golf, white water rafting, cycling and 4 wheeling programs and in the winter they have a winter sports division. By focusing on teaching and encouraging each person to push their personal limits and disabilities, Disabled Sports USA Far West helps them to become as independent as possible. I am thrilled to be part of such an inspiring and giving program.

Every year, Disabled Sports USA Far West holds an “Ability Celebration.” This year’s event will be March 22-26th. The event celebrates the accomplishments of Disabled Sports USA Far West, our participants, volunteers and honored guests. The Ability BASH on Saturday evening, May 26th, is the culmination of a five-day event highlighting the abilities of people with disabilities and the powerful positive health and confidence building effects of our programs.

The week starts with an Ability Camp for 25 soldiers and marines disabled in Iraq and Afghanistan. In addition to receiving specialized instruction in adapted snow skiing and snowboarding, they will also participate in other winter recreation designed to assist with their therapy and reintegration into their community. The Ability Camp culminates with the Ability BASH, which has been one of our premier

fundraising events for 17 years. The banquet, dance and silent auction feature a live band and the event is a wonderful uplifting evening for all in attendance.

For the past two years, I’ve been volunteering as a lesson assistant, which means I basically serve as an aide to the instructor. I’ve done so many things already, but frequently get placed with folks who are paralyzed and use mono or bi skis since I am strong enough to lift them and can ride all-mountain. As a result of my work at Disabled Sports, I am all too aware of how easy it is to take for granted that which we love doing: the simple act of riding a bike or enjoying the snow is something that does not come easy to a large segment of our population. I’ve worked with many disabilities in my two years with Disabled Sports, and while each of the disabilities is extremely different, they all have one thing in common: a fierce determination to enjoy life. I am grateful to share in the experience with every student I’ve worked with.

As a fellow club member, I am asking for your help. I am seeking donations to the event to be used in our silent auction. All donations are tax deductible and the funds raised will go directly into our programs. I hope that my experiences with Disabled Sports USA Far West will encourage inspire you to support us. You are, in turn, supporting your community and a fellow club member. These programs are extremely important: they provide students with the opportunity to stretch their physical boundaries and instill a confidence that pervades all aspects of a person’s life.

Please contact me at LLindley@pearlizumi.com for information on how to donate. Thank you.



Board Meeting Minutes—February 7, 2011

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Twain Berg, Diane Bolton, Robert Braun, Pete Costa, Mel Maalouf, Tim Rowe; Other Attendees: Chris Rowe, Anna White

1. Monthly Status Reports:

- **Treasurer:** As of January 17, 2011 our balance was \$47,093.79. Our paypal balance is \$2,338.59. We have \$5,000-\$6,000 in uncleared checks waiting to be taken out of our account. Pete Costa produces and discusses budget for 2011 and expenses and revenue from 2010. A review of mileage reimbursement policy to be added to next month's agenda.
 - **Membership:** 5 people have renewed so far. Spring membership party is Monday, April 11th. Michael set up a way for renewing and new members to pay for their dues online by paypal. Twain motions that we offer Laura a yearly membership for her work as Marketing Director. Motion passes.
 - **Weekend Rides:** Ellen Sherill, calling in by phone, who would like to be otherwise known as Empress of the Universe, will begin to formulate a plan to generate enthusiasm for leading rides.
 - **Newsletter:** January issue is ready to go out.
 - **Weekly Road Races:** Scheduling in process. Board discusses raising race fees to \$10/\$12 for members/non-members. Di and Pete will look at bills for porta-potty to see if expenses can be saved there. Lauren suggests finding a bar manufacturer to sponsor the series.
 - **Mountain Bike Races:** no update.
 - **Junior Team:** Mel is going to assemble some new bikes with new parts as a learning experience for team members.
 - **Spring Century:** Tentatively scheduled for the Sunday of Memorial Day Weekend. Helga and John Cotter will be organizing.
 - **Pinenut Cracker:** Saturday, May 21st. We will use the pavilion. Kevin Joell will be using the race officiating and marketing. The Pinenut Cracker will part of a series of mountain biking events throughout CA and NV that Kevin is organizing.
 - **Insurance:** Robert just received insurance information and will update us at next meeting on totals, but feels that it will be similar to last year.
 - **Carson Valley Classic:** Tentatively on hold. no race director.
 - **King of Kingsbury Time Trial:** Tentatively scheduled for Saturday, May 7th. Could utilize Amgen Tour of CA marketing efforts to promote King of Kingsbury.
 - **Bike Advocacy:** "there has been a lack of people forthcoming on Mel's efforts" to encourage folks to step forward. Tim is going to the National Bike Summit on behalf of NDOT. Tim is going to generate a list of agencies and issues that club members might be able to. Tuesday, May 25th will be the local bike conference. Lauren proposes TAMBA membership donation / membership drive initiative; Pete motions that at the Alta Alpina Spring Membership party we have a TAMBA membership drive where if a club member joins TAMBA for \$5, that Alta Alpina will match their \$5 in a donation. Lauren requests that Alta Alpina sponsor her for the TRTA Crew Leader Training weekend. Board approves. Mel is now on the Douglas County Inspired Mobility Board.
 - **Clothing:** Lauren presents survey results on club clothing. Pete agrees to do a clothing inventory before next meeting.
2. **Wild Hillacious Hillclimb Series:** Twain has already had a lot of interest in series. First two events will be the Spring Century and Wild Sierra. Board suggests a \$100 budget for flyers and pamphlets to market the series. Pete Costa announces "I'm going to do all of them, dude...I'm going to get my jersey this year." Denis at Bike Habitat sponsored the jersey but the design is not completed; jersey design has been shifted to a new designer. Garth will be reimbursed for his efforts thus far.
 3. **AMGEN Status:** Club members will be volunteering with the registration process for AMGEN on May 13th and 14th.
 4. **Challenge Planning Process:** Twain gives update on Laura's marketing updates re: challenge. Board agrees on changing the group discount number from 10 to 5. There are about 45-50 registered riders so far. New streamlined registration form is available. Board agrees that we should have a secondary membership registration on active.com.
 5. **Next Meeting:** Monday, March 7, 2011, 6 pm, TRPA 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

- [Hells Gate 100](#)March 26
- [Cinderella Classic](#)April 2
- AACC Spring PartyApril 11
- King of KingsburyMay 7
- Lake Tahoe Legends RideMay 14
- Pinenut CrackerMay 21
- AACC Spring CenturyMay 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; 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	dlgaskin@earthlink.net	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	
Pete Costa	Road Cleanup Coordinator	intandempc@aol.com	
Lauren Lindley	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:
 Lauren Lindley
 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 **March 7** at the **TRPA Offices in Stateline.**