



PACELINE

**Alta Alpina
Cycling Club**

Volume 9 Issue 1
January 2011

Alta Alpina Challenge: Riding the Wild Sierra 2011

Michael Bayer, Ride Director

The 2011 Wild Sierra will take place on June 11, 2011. Please mark your calendars for that week. As you know this is the club's biggest event of the year and we need everyone to help out to make it happen.

Planning is well under way for this year's event. We have a big team of pre-event volunteers working on all aspects of the ride.

New for 2011: The board decided to add a **5 Pass Challenge** option and a **Wild Sierra Metric**. It was also decided that we will simplify our marketing by offering the build-your-own option to those who request it rather than potential confusing new riders with all the options it offered.

Laura Caimi is heading up marketing efforts for 2011. We want to do everything that we can to recruit a record number of participants to join us in June. Posters and flyers have been printed and are being distributed--but we're looking for more volunteers to help get them out. Laura is pulling together a team of volunteers to take on all aspects of marketing. She's also working on relationships with other clubs to cross-promote our events (like Chico-Velo, see below.). If you have any background in marketing or any ideas on how to promote the ride, please contact her at wildsierralaura@yahoo.com

Joe Marzocco is reworking the event website and Dennis Pederson has developed a new online registration/payment form to streamline registration.

Andrew Huntington is heading up Wild Sierra Safety and will be coordinating all the Ambulance, Police, SAG, Radio and other course services. If you have ever thought it might be fun or useful to learn about HAM radios, we need you! Contact Andrew about getting involved at andrh@sbcglobal.net

Twain Berg is taking care of rider communication and event pre-registration. John Cotter is working on Course and Course Facilities. Lauren Lindley is once again helping to coordinate with all of our event sponsors. Robert Braun is taking care of insurance as well as being the event quartermaster. Brenda Giese will be making sure that volunteers and gear are where they are needed on the day of the event. Mike Turek will be coordinating all food purchase and preparation.

Registration is now open. Please tell your cycling friends and relatives and ask them if they'd be willing to put up posters at their local bike stores!

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2011 Volunteer Opportunities!

Volunteering for club events and activities is the best way to meet new friends and support cycling in our region!

The club needs the following volunteers for 2011 events:

- Carson Valley Classic Road Race Director
- Carson Valley Classic Criterium Director
- Carson Valley Classic Volunteer Coordinator
- Wild Sierra PR Manager
- Wild Sierra Community Liaison
- Wild Sierra Onsite Registration & Clothing Sales Coordinator
- AACC Highway Cleanup Coordinator

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



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.

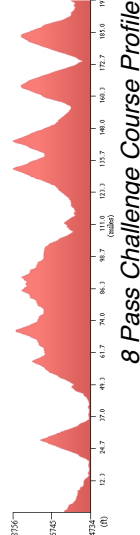
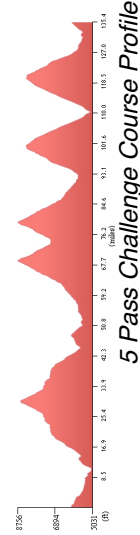
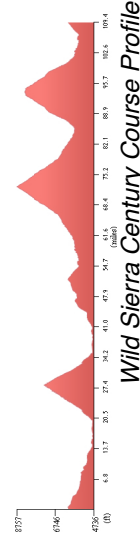
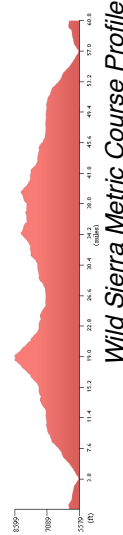
5 PASS CHALLENGE
A classic combination of passes: Carson, both sides of Ebbetts, and both sides of Monitor. By adding Diamond Valley and Emigrant Trail for a scenic warmup and covering Woodfords Canyon early in the day we've perfected it. This tough ride is 134 miles with over 16,000 feet of climbing.

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.AltAlpina.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!



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



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.AltAlpina.org/challenge
877.845.2453



2010 Cyclocross Nationals

Ellen Sherrill, 2010 cross newbie

Masters 30-34 Women

I traveled to Bend, Oregon in mid-December with fellow AACCCer Robert Braun to compete in my first National Championship event. Having been forced to skip the Triathlon National Championships in September due to illness, I was keen to seize a similar opportunity in a different discipline. It seemed a little odd to be headed to Nationals in a sport that I just started this year, but the opportunity was there once my cat 3 upgrade was granted, so I went ahead and signed up. It was pretty exciting for me to attend a four-day cross festival and watch a lot of highly skilled riders show their stuff and try to learn by watching. Robert and I animatedly talked cycling and cross racing all the way the Bend, which helped the 7-hour drive pass quickly.

We were seeded for race starting position via a short time trial. The course was in the Northwest Crossing area of town, in a tract of public land wedged between swanky tract home neighborhoods and the high school, reportedly where the local series

CX races occur in Bend. The course was a nice combination of dirt road and single-track through a rolling sagebrush

landscape dotted with pines. Unfortunately, it was fairly impossible to appreciate the terrain underneath its thick coating of frozen water! When I showed up to preview the course earlier on the morning of my TT, it was an absolute ice rink, mostly a rutted, bumpy ice rink. I didn't want to crash and injure myself before my event, so I ended up walking several sections. Slow going! By my 11:30 start, some of the snow/ice had melted, but it was still tough to navigate, and I fell on a snow-covered descent. The good thing about the terrain challenges was that it created a few enforced aerobic breaks from my all-out effort - it was only a 7-9 minute circuit, basically an all-out sprint, ouch.

After finishing 21st in my group, Masters Women 30-34, I ended up 3 rows back on the race start line. At the start, I missed my clip-in on the first time and had to re-try. I dropped back off the wheel that was sprinting in front of me, but ultimately this may have saved me - that woman and the two on our right went down. The space my mis-clip had created was not much, certainly not enough to avoid the downed bodies and bikes, but at least my wheel had not been snagged. As a split-second passed before I hit the mess, I thought to myself "this might be the end of my

race, only 3 seconds off the start line - bummer." I hit the pile, ran over the bike, over the rider, off the other side, and miraculously landed on both wheels! As the carnage mounted behind me, I took off. The first two lines had totally avoid the mess, so I had plenty of riders in front of me. I just felt lucky not to be hurt.

It was cold, windy, muddy, and hard. I don't think I have ever been so thoroughly punished by terrain - usually it is other riders who push me. Just maintaining forward motion through some of the thick, sloppy, quicksandy, headwindy sections was maximal effort. But hey, I love hard. What I didn't like was that my hands were frozen and I was having trouble shifting because the nerves in my fingers were not functioning. The physical effort of racing created enough body heat by right around....oh, 45 minutes in, right as I was finishing, to thaw things out. Which is EXTREMELY painful for me due to past tissue damage in my digits.

"I don't think I have ever been so thoroughly punished by terrain - usually it is other riders who push me"

Robert, who had given me great cheering and moral support during the race, was there at the finish line to help, and had taken off his own sweatshirt to wrap

around my poor hands. I was saying "no, no, no!" By which I meant, "I say, Robert, put your sweatshirt back on and stay warm, my hands can't generate enough heat for insulation to do any good at this point". Unfortunately, unable to clearly announce, people around me were fairly concerned and I was dragged off to the medical tent. Once 10 excruciating minutes had passed, I was okay. I went back to my hotel and took one of the loveliest showers of my life. I got in with my full kit on and took it off slowly as I warmed up. The water ran brown for 20 minutes, I was so muddy.

I was 27th in my race, which was just fine with me considering the high level of completion, and I was 4th among category 3 riders in the field. I had such a great time that I was inspired to get up early the next morning and ride through a snow storm to train on the time trial course for the snowy conditions that will be encountered next year at Nationals in Madison, Wisconsin.

If you're wondering about Robert's race, the Masters Men 35-39, you're going to have to ask him.



Tahoe Trails Conference, Oct 1 – 3, 2010

Robert Braun, Membership Coordinator and Pinenut Cracker Director

Hosted by IMBA and US Forest Service

The Tahoe Trails Conference, hosted for the first time ever this past October, was the place to be for all interested mountain bikers of the Tahoe Basin. The three-day conference at Mont Bleu on Lake Tahoe's South Shore started out Friday with an introduction of the individuals who were going to be speaking, providing a broad overview of the topics to be discussed over the next two days.

Saturday started with a complimentary breakfast. After all, it is always good to give food at conferences when it starts at 7 am! The first topic, **“Trail Science, Design and Management,”** concerned building, maintaining and trail usage. How do you build a trail that is sustainable to the environment and all users? What challenges face building trails in Tahoe and finding solutions to meet the needs of the riders?

During **“Coping with Unauthorized Trails in the Tahoe Basin”** Tom Ward spoke of the natural progression of trails, and the problems with unauthorized trails. How should the problems be addressed and what steps land managers need to take to manage unauthorized trails? Strategies for dealing with future unauthorized trails were also offered. Land managers from across the country provided details on how they dealt with unauthorized trails to make them managed authorized trails.

“Trails for Tahoe” was a roundtable discussion session with questions taken from participants and answered by the appropriate individual.

The last day provided discussion concerning community bike parks in the basin: where are they proposed, how to get more, and how to be successful. **“Building a Community of Bike Advocates”**

provided suggestions on how collaborations between cyclists and land managers will allow us to meet our riding needs.

“The Evolution of Mountain Biking at Summer Resorts” illustrated the natural progression of the bike resort over the past 20 years. Not only is it environmental, but also financially feasible!

The conference allowed locals to network with enthusiasts and land managers from across the country. It also allowed a new group of local mountain bike riders to come together cohesively with new ideas and plans. A direct result of the conference was the revitalization of TAMBA (the Tahoe Area Mountain Bikers Association) which met for the first time this month in south shore. Their next meeting will be Wednesday, December 15th. More info on that meeting to come.



480 Miles....12 Mountain Ranges....10 Days

Todd Whear

Have you been out in the Pinenut single track on your Mt. Bike and wondered what it would be like to ride over the next range, and the next, and the next? Todd Whear (AACC member) did more than wonder. In September, he and his group rode all the way from Genoa to Baker on the Utah border. That experience gave birth to www.mtbikenevada.com.

The guides and support crew for next September's ride are AACC members, and a portion of the proceeds will go to Nevada Public Education. Space on this fully supported ride is limited to 50 riders so it's a good idea to sign-up early. Visit the web site or call Todd for details at 775-901-1738



Presidential Posting

Mel Maalouf, President

As I write this, we are having our last days of daylight savings. To many of us who ride after work, this is the kiss of death. While I intended to get my night lights up and running, the expense has ruled this out. Alternatives are taking a long lunch once during the week for a long ride. If the weather is decent, I might even head up Kingsbury. Despite our best efforts to ride, as the colder weather and shorter days roll around, we look to other things. I hope to finish some bike projects and maintenance for my rides and the Junior team fleet. The club will be celebrating the end of the year and our elections (before this is published) and looking to get ready for a new year. During this off time, we will be planning and organizing for events, rides and advocacy efforts to ensure we are serving all that we can for cycling. We will be putting our cones and licorice away for the season and hopefully, someone was smart enough to take cans and other liquids out of the shed so it won't freeze.

I like to ride through the winter when I can, but winter is also a time for me to re-engage with my family, church and work for things that may have been neglected a bit over the summer. This year, I hope to ski some with my kids, as well as, take some trips out to the backcountry. I liken backcountry skiing to mountain biking: we work our tails off to get to the top and then have thrills on the way down in a savage way. I also do some cross country skating, which I liken to road riding: a bit more precise, with limited routes but a thrill of a super workout and speed. All this said, if I could ride all year with 80 degree weather, that would be my overwhelming preference.

We will likely get out a survey to see how we are doing and where our members would like to see us steer the club. As always, new faces and hands to help are always welcome; it brings new perspective and energy to the club.

I encourage you all to keep up correspondence with the club and the board throughout the winter and keep those rides posted if you are staying here or going somewhere warm. As the snow flies, keep us all posted on how the snow is and even post ski trips on the ride board. We would like to see your faces at the board meetings, which have a little more light hearted tone, to see what ideas and feelings you have about our community.

God Speed,
Mel.

Board Meeting Minutes— November 8, 2010

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Robert Braun, Pete Costa, Mel Malouf, Joe Marzocco, Ellen Sherril

1. **Wild Sierra Update:** Wild Sierra budget in "break-even" territory. Waiting on final receipts from sponsor thank you gifts. Lauren will take care of those by next club meeting. We have secured all the position captains for the next year, though we are still in need of a Day-Of Kitchen Manager and a Hermit Valley Rest Stop Captain. Board approves and commits to the 2011 event. Also approves the budget for 2011 of \$25,000 which includes an extra \$2,000 for marketing. Will feature a new marketed route of the Death Ride passes backwards. Names suggested: "5 Pass Backwards" and "5 Pass Rewind." More discussion on that at next meeting..
2. **Cyclocross Sponsorship:** Ellen Sherril nominates the club to sponsor Robert Braun's entry and trip to Cyclocross Nationals in Bend, OR in December 2010. Board approves..
3. **Junior Team:** Mel request \$2,340 reimbursement for bike parts he spent for the JR team. Board approves.
4. **Membership Promotion:** Lauren asks for a handful of club memberships to be raffled off for the winter to promote an aggressive online social marketing plan. Board approves 5-10 memberships be given out.
5. **Next Meeting:** Monday, December 6, 2011, 6 pm, Pizza Factory in Gardnerville.



Board Meeting Minutes—December 6, 2010

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Robert Braun, Pete Costa, Curtis Fong, Ellen Sherrill; Other Attendees: Laura Caimi, Wayne Trellogen

1. Monthly Status Reports:

- **Treasurer:** As of November 17, 2010 we have \$49,958 in the bank. \$4,000 in outstanding reimbursements for Carson Valley Classic are due to Garth.
- **Membership:** Membership server is currently down.
- **Weekend Rides:** No update.
- **Newsletter:** No update.
- **Website:** Michael is in process of updating challenge website. Laura is collecting feedback.
- **Weekly Road Races:** No update.
- **Mountain Bike Races:** Ellen had some folks offer to help organize and run the races next year and so she plans to run them again in 2011.
- **Wild Hillacious Century Series:** Twain will hold the series again next year. 17 people earned jerseys this year.
- **Junior Team:** No update.
- **Spring Century:** No update.
- **Pinenut Cracker:** Possibly changing the date to occur in the week before the Tour of CA.
- **Carson Valley Classic:** Garth does not wish to continue as the race director of this event. For this event to be successful, we need to either be the winning bid for the Masters Crit Championships, or really look at where and how we spend this money. There were no other bids on hosting the masters road race, so we definitely have that. Curtis would like us to really pursue this event and perhaps utilize the Nevada marketing grants to get some extra dollars and support to make it bigger.
- **King of Kingsbury Time Trial:** No update.
- **Cyclocross Race:** Ellen Sherrill and Robert Braun are going to cyclocross nationals in Bend, OR.
- **Bike Advocacy:** Next TAMBA meeting is Wednesday, December 15th at LTCC. Ty Polastri and the Lake Tahoe Bicycle Coalition are trying to get new programs up and running: bike racks for local business in the South Shore and an

elementary school educational program.

- **Adopt A Highway:** No update.
 - **Clothing:** No update.
2. **Alta Alpina Challenge Progress Update:** Laura Caimi has taken over the job of marketing director for the Challenge. She's been in contact with the Alpine County Chamber of Commerce. We've been invited to join their Chamber of Commerce; board agrees to submit application. Board agrees that we should draft a letter of support regarding the Death Ride to the Alpine County Chamber of Commerce. Laura broached the subject with her contact of the possibility of securing a few entries from the Challenge to the Death Ride, similar to the Ebbetts Century. General Electric has agreed that this year's bike event sponsorship recipient will be the Alta Alpina Challenge - they will be paying for their employees to ride the event if they so choose.
 3. **Amgen Tour of CA:** Curtis is organizing the pre-Amgen week leading up to the event. He is looking to Alta Alpina to be the "host club" of the event, providing the volunteers for registration and check in. Since Curtis is running the "Legends" ride around the lake that the LTVA is looking to make money with, we are going to be able to put flyers in the SWAG bag for the event, which will be a good opportunity for Challenge promotions and marketing. Event will be a \$200 entry fee, jersey included. We would need 18-20 volunteers from the club for this. Pete motions that we participate as a club to the host of the Legends Tour as Curtis proposes. Motion passes.
 4. **End of Year Party Wrap-Up:** End of the Year party raffle collected \$235, with \$50 in expenses so a \$180 net. Pete motions that we create a \$400 budget to purchase an Electra Townie at cost to leave up at Bike Habitat to raffle off at the Spring Kick Off Party; we will advertise the Spring Party ON the bike at the shop up until the party. Motion passes. Spring party tentatively scheduled as Monday, April 18th.
 5. **Next Meeting:** Monday, January 3, 2011, 6 pm, TRPA Offices in Stateline..



Board Meeting Minutes— January 3, 2011

Secretary: Lauren Lindley; Other Board Members: Michael Bayer (by phone), Robert Braun, Pete Costa, Mel Malouf, Joe Marzocco

1. Monthly Status Reports:

- **Treasurer's Report:** As of December 17, 2010 our balance was \$48,197.45 with \$4,500 in outstanding checks to be cleared. Our paypal account balance as of today is \$1,273.05. Budgets for current year will be emailed out this month so that they can be discussed at the next meeting.
- **Memberships:** Pete motions to carry over membership fees for the 2011 from 2010 and that board members and officers will continue to have their membership fee waived. Motion passes. We have one member renewed for the year.
- **Weekend Rides:** There is a 2012 ride on the board currently that should be deleted.
- **Newsletter:** Dec/Jan newsletter to come out soon.
- **Website:** All the basic Alta Alpina domain names will come up for renewal in February or March.
- **Weekly Road Races:** No update.
- **Mountain Bike Races:** No update
- **Junior Team:** No update.
- **Spring Century:** No update.
- **Pinenut Cracker:** Will be held May 21st, with the use of the pavilion. This way we can promote PNC during Amgen week.
- **Carson Valley Classic:** STILL NO RACE DIRECTOR. Club will tentatively NOT HOLD this event this year.
- **King of Kingsbury Time Trial:** No update.
- **Cyclocross Race:** Robert and Ellen had an extremely muddy time at Cyclocross Nationals in

Bend. Look for an update in upcoming newsletters..

- **Bike Advocacy:** No update.
 - **Adopt A Highway:** 5 year contract renewal is up. Board agrees to renew our contract. Pete would like us to find a new Adopt A Highway officer.
 - **Clothing:** Lauren will do a survey monkey to find out if club members will be willing to pay more for nicer club kits.
2. **Alta Alpina Challenge Progress Update:** Marketing flyers have gone to the printer and Laura is organizing volunteers to get those out. Denis Pederson is working on a new online registration site which should be fully functioning in a week. We've collected \$1800 so far in entries and jersey pre-payments for the Challenge. Challenge website background to be redesigned to make it simpler. Challenge website domain name expired in October; Joe re-purchased our domain name today for two years for \$60.
 3. **Alta Alpina Advocacy Challenge:** Mel is looking to call upon our members to be representatives of the club and their community in other organizations.
 4. **Miscellaneous Housecleaning:** The Aflac Women's Tri Volunteer payment (\$250) for our volunteer efforts has gone missing; can we get another one? Also, as a 501(c)4 company, we do not have to pay sales tax if we use our club debit card.
 5. **Next Meeting:** Monday, February 7, 2010, 6 pm, Pizza Factory in Gardnerville.

Local Merchant Discount Program





Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

- AACC Spring ..Tuesday, April 12
Membership Party
- Chico Wildflower CenturyMay 1
- Amgen Tour of CaliforniaMay 13-16
Club Activities
- Pinenut CrackerMay 21
- Alta Alpina ChallengeJune 11

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

Mei 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		
Mei 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 **Feb 7** at the **Pizza Factory** in the **Gardnerville Ranchos.**