



PACELINE

**Alta Alpina
Cycling Club**

**Volume 9 Issue 3
March 2011**

Alta Alpina Spring Membership Party



Tuesday, April 12, 2011 CVIC Hall, Minden, 6PM



Party Time!

If you enjoy cycling — road and mountain — you'll want to join in the Alta Alpina cycling fun.

The annual Alta Alpina Cycling Club Spring membership party is the official kick-off for the cycling season in the Tahoe, Carson City, and Carson Valley areas. The party is being held at the CVIC Hall in Minden. The fun starts at 6 p.m. with plenty of food, friendly people, and an opportunity to trade cycling stories. Club presentations start at 7 p.m.

Party Time! is one of the many benefits of club membership. Not a member? That's an easy fix. You can join at the party, but you can avoid the line and join or renew your membership online at www.AлтаAlpina.org.

Pizza and lots of goodies. 2011 road race and weekend ride schedules.



Alta Alpina is the host cycling club for the Start at the Top — Lake Tahoe Legends Ride, Saturday, May 14, in conjunction with The Amgen Tour of California. All details will be available during the spring party.

Bike Raffle

Win an Electra Townie 7 Speed!



Bike & Stuff Swap • Trade

Bring your bike related stuff for sale, or give away to other AACC members. You will have the opportunity to sell, buy, give away, or pick up bike related items."

If you have any extra water bottles, we need them!



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2011 Membership Card

Your membership card (the label on the first copy of your *Paceline* newsletter after renewing) is good for discounts at local merchants.

Printed Newsletters

Every member receives a digital copy of the, our club newsletter. The only printed copy you'll receive is the one with your membership card unless you indicate that you want to receive all printed copies when you join or renew your membership.

The annual Alta Alpina Spring Membership Party is the official kick-off of the cycling season in the Tahoe-Carson-Gardnerville area. Again this year is the big Bike Swap: Bring any bike-related items to give away or sell. Bike stuff left behind at the end of the night will go to the junior team or ROP. New this year: we're **raffling a brand new bike**.

Membership Sign-ups: You can join or renew your membership at the party, but to avoid spending time in line, you can renew your membership now online. If you were a member in 2010 we just need a check or Paypal payment for your 2011 membership. Know any friends or neighbors just getting into cycling? Bring them along and we'll sign them up at the door! Please try to carpool (or ride your bike) to the CVIC Hall.

Doors open at 6:00 pm with plenty of food and great people to meet. Presentations start at 7:00. See you there!



Alta Alpina and the AMGEN Tour of CA

Curtis Fong, Vice President

Alta Alpina Cycling Club is going to be the hosting cycling club of the Lake Tahoe Legends Ride on Saturday, May 14th. While registration for the event is currently open, our duties extend beyond riding the bike. As a club, we'll be handling the registration for all event participants on Friday, May 13th from 10:00 AM until 8:00 PM and again on Saturday morning at 6:00 AM for last minute packet pickups at the start/finish. We will need 8-12 people at a time to fill in shifts all day on Friday and a handful of folks again on Saturday morning.

While registration is occurring, there will also be a large expo for the participants. TGFT is offering complimentary spaces to all the local cycling clubs to educate participants about the Tahoe area cycling community. We will also need volunteers to man our booth.

On Sunday, the day of the AMGEN ride, we have secured a complimentary booth space from the City of South Lake Tahoe right along the event route. You can volunteer to man our booth in prime viewing location right on the corner at the "Y"! Represent Alta Alpina while watching your favorite cyclists scream by, under a canopy of glorious shade provided by the city.

We'll be taking down names of volunteers and providing more information at the upcoming Spring Membership Party.



Presidential Posting

Mel Maalouf, President

I bet you all are tired of hearing me gush about the weather and how nice a place in which we live, but this week I went powder skiing before work one morning, rode the rollers class put on by Marc Evans that evening and rode in the delightfully warm outdoors the next day. We live in a truly unique place that offers the best of summer type activities along with winter activities. We have opportunities to sample those often in the same week in the winter months.

The rollers class put on by Marc Evans went off really well. While it is almost torture for most to ride an indoor trainer, riding indoors with a few people actually made me look forward to indoor training. The coaching, technique sessions, and abdominal/core training was an additional motivator to make sure we made every session possible. The group mentality reminded me that for many of us, riding in groups is a great motivator to get out when we don't feel like it and it makes the miles and time pass by quickly. I would like to encourage us as a club to post rides as often as possible: even if it is the same day or short notice, no matter the length, intensity or type (mtb or road), we

should strive to get each other out there to ride together.

As I write this, I am watching Tirreno Adriatico on Universal Sports. If you don't know, you can watch all kinds of non-US Traditional sports like skiing, cycling, etc. on the free digital channel 8-2 over the air waves. It is quite motivating to watch the racing. I want to get out on my bike now! The time will be changing this weekend, so it should be easier for all of us to ride in the afternoons/evenings. For me, I will spend the time change weekend in Moab. I have been doing the trip for three years now and I am stirred to see if other club members would be interested in making a trip out there next fall or next spring: something to think about. Check out next month for a report on the rides.

I will keep this part short: I am a bit disappointed at the general club member involvement in some of the advocacy efforts. We have a few items that need attention and it would be good to spread the work out to more people who like to ride.

As time passes to the warmer months, let's get out and do some rides as a club!



The Tahoe Area Mountain Biking Club is pleased to host the IMBA/Subaru Trail Crew Conference in South Lake Tahoe, CA April 8-10' 2011

Registration for the conference is open to the public. You may sign up for specific classroom sessions or attend the entire weekend. The conference is free and TAMBA encourages all local cyclists, clubs and advocacy groups to attend.

IMBA Trail Care Crew Agenda:

FRIDAY, APRIL 8

- TAMBA Intro for 10 minutes: "Who we are, and what we'll be doing and how to get involved."
- *Better Living Through Trails* presentation: 1:00 p.m. - 2:30 p.m. @ USFS Conference Room, 35 College Drive, South Lake Tahoe, CA
A great presentation to use to bring together community leaders to teach them about the economic, health and wellness benefits that trails and mountain biking bring to an area.
- *Land Manager Training* presentation: 3 p.m. - 4:30 p.m. @ USFS Conference Room, 35 College Drive, South Lake Tahoe, CA
Educates those overseeing the places where you ride about IMBA's mission and the methods and importance of sustainable trail building.
- Social event - Divided Sky in Meyers: 6 p.m.
- *Club Care* presentation @ Divided Sky: 6:30 p.m. - 7:30 p.m.
Designed to teach mountain biking groups how to grow their membership, sustain leadership, remain fresh and fun and better reach out to their communities.

SATURDAY, APRIL 9

- *IMBA Trail Building School, classroom*: 9 a.m. - Noon @ USFS Conference Room, 35 College Drive, South Lake Tahoe, CA
- *Trail construction*: 1 p.m. - 4 p.m. in Carson Valley, NV. Trail work will be at either Eagle Ridge Trail Head or Jacks Valley Elementary School - TBD

SUNDAY, APRIL 10

- Ride in the morning (Carson Valley potentially - TBD based on weather conditions)

*** NOTES: Please do not plan to attend the trail building session on Saturday if you can't make the classroom portion.**

For more information visit: <http://www.imba.com/tcc>



AACC Member Profile:

Laura Caimi

AACC Member since: 2008

Current Residence: Gardnerville, NV

Immigrant from: New Jersey

Résumé:

Stay-at-home mom with 2 daughters.

Résumé provided by Wayne Tree: Laura entered the King of the Mountains Century in 2006, a series of three of the toughest centuries in Southern California. She placed first in her age category! Not entirely satisfied, she trained harder and the following year placed first overall in the Women's division, improving her time by over 50 minutes! .

Race Category: Not a racer!

In one word, my cycling style is...: Casual, social

Bikes I ride: Parlee,

Cannondale Six-13

How I support my Bike Habit:

Cut up my Bloomingdale's credit card!

Favorite Rides/Races:

Everest Challenge (as a tourist!) and any of the Wild Sierra climbs.

Favorite Post-Ride Food:

Milk and brownies!

Other Sports & Pastimes:

Road trips in the RV, visiting my daughters and family in NYC/NJ, and cooking.

Ambitions/Aspirations:

Have a hip replacement so I can ride pain free!

My Motto or Inspired Quote:

"Make it work!"

Grab Bag:

I lived in Hong Kong for 5 years and did not ride a bike once!

Laura Caimi is the new marketing manager for the Alta Alpina Challenge: Riding the Wild Sierra, into which she has put a lot of hard work and effort. We'd like to recognize her contributions to this year's event. In addition, she has stepped forward to act as the Club Liason to the Alpine Chamber of Commerce. Thank you Laura for all your hard work this winter!





AACC Junior Member Profile:

Simon Maalouf

AACC Member since: Birth

Racing Age: 5

Current Residence: Maalouf Residence (Minden NV)

Years Riding:
1 day without training wheels.

Bikes I ride:
Red Flyer Tricycle (good for cruising the neighborhood for babes and picking them up on the back),

Yellow Stryder, Diamond Back (Painted Black over the purple hand me down from sisters)

How I support my Bike Habit:
Maalouf Scholarship Ride

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

Favorite Ride:
Ride to school in the bike seat.



Second Favorite Ride: MTB ride on the trail a bike..

Favorite Riding Food:
Sour Gummy Worms

Favorite Riding Drink:
Almond Milk

Favorite Post Ride Meal:
Macaroni and Cheese or Gummy Worms

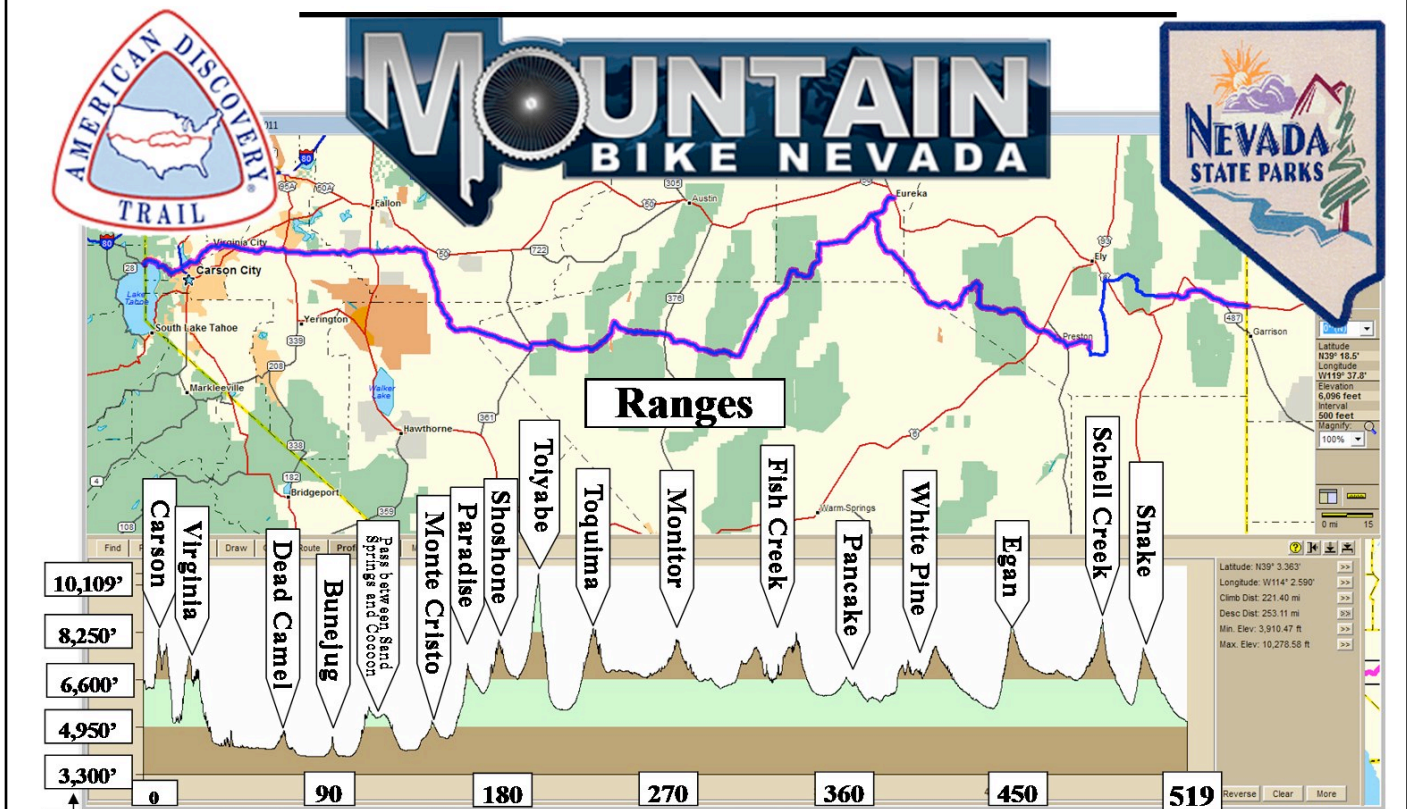
Other Sports & Pastimes:
Rescue Heroes, Trains, Digging in the Mud

Ambitions/Aspirations:
Tour de France rider (influenced by Papa)

My Motto or Inspired Quote:
"I want my training wheels back on Papa, please!"

Grab Bag:

Are there Gummy Worms in the bag? When will I not get hand me downs?





Local Author Writes on American Cycling History

Andrew Homan

Local author and devoted cycling fan Andrew Homan has written an historical cycling biography called *Life in the Slipstream; The Legend of Bobby Walthour Sr.* Homan will launch the book locally at Bona Fide Books in South Lake Tahoe on May 6 at 6:30 p.m.

A century before Lance Armstrong captured headlines around the world by winning a record seventh consecutive Tour de France, another American dominated the world of competitive cycling. His name was Bobby Walthour, and in the early 1900s he was one of the world's most famous and highly paid athletes.

Life in the Slipstream chronicles Walthour's rise from a lowly bicycle messenger in Georgia to a two-time national and international cycling champion who was nearly as popular in Paris and his adopted home of Berlin as he was in his hometown of Atlanta. His career parallels the surging popularity of the bicycle in America and this biography depicts his life against the backdrop of the bicycle craze that swept America in the late 1800s and early 1900s.

Readers will experience the rough-and-tumble world of professional cycling at the turn of the twentieth century, where deadly accidents and illicit drugs were commonplace. During Walthour's long career, more

than a dozen of his rivals were killed or permanently injured. He himself suffered multiple injuries — from fractured ribs and separated collarbones to mangled fingers and concussions — and was twice declared dead as a result of racing accidents. But Walthour's fortunes on the racing circuit ultimately took a dramatic turn for the worse when his personal life began to unravel because of drug abuse and an unhappy marriage that culminated in his attempted murder — by his own wife. *Life in the Slipstream* is an unforgettable account of the rise and fall of one of the greatest athletes of the twentieth century.

"Life in the Slipstream is a piece of history that I am thankful did not slip away. Bobby Walthour was a gladiator in the most brutal and dangerous form of bike racing there has ever been. Andrew Homan's book does him justice, and Walthour's courage and accomplishments put all the rest of cycling's heroes in their places. Put yourself on a bike at 55 mph behind a motorcycle and find out for yourself!" -- Alexi Grewal, 1984 Olympic Road Race champion.

Copies of the book will be available for purchase after a slide show presentation. Bona Fide Books is located in Meyers, just off Highway 50 behind The Getaway Cafe.

Local Merchant Discount Program

We're excited to announce that local merchants who support AACC will be offering discounts to club members once again in 2011.

Visit the merchant, peruse their shops and find out what you can buy as a benefit of being an AACC member!

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.]





Board Meeting Minutes—March 7, 2011

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Twain Berg, Pete Costa, Curtis Fong, Mel Malouf, Joe Marzocco; Other Attendees: Ted and Trevor Oxborrow, Todd Whear, Jim Wire

1. **MTB Ride Across Nevada:** Presentation by Todd Whear, Ted Oxborrow, and Trevor Oxborrow. Introduction to Mt. Bike Nevada and The American Discovery Trail. June 24th Bryan Stark is going to run the American Trail through Nevada to bring publicity to the cause. The American Discovery Trail coordinators are going to be the support the riders participating in the MTB Ride Across Nevada. They have permitting from the state parks and BLM. They are requesting the support from local clubs and cyclists in marketing the event. Ted and Trevor have presented an alternate route for bikes on sections of the American Discovery Trail, as bikes cannot pass through certain sections of the official trail that are designated wilderness areas..
2. **Monthly Status Reports:**
 - **Treasurer:** Our balance as of March 7, 2011 is \$43,006 and the paypal account is at \$4,493.
 - **Membership:** No update.
 - **Weekend Rides:** No update.
 - **Newsletter:** We are no longer going to send out paper copies of the newsletter unless members expressly tell us that they need a paper copy.
 - **Website:** Most of the updates required on the new website are now up and running. Joe is still working on some menu drop-down inconsistencies with new iPhones and incompatibility.
 - **Weekly Road Races:** Discussion on how to better balance the Road Race budget, which ran a \$1600 deficit last year. Discussion of raising non-member race fees to \$15 so that our members are no longer subsidizing non-members. Traditionally starts the last Thursday in April.
 - **Mountain Bike Races:** Ellen has a plan for the mountain bike race series and will be presenting it at the spring party.
 - **Junior Team:** Mel is working on a bike building class with the JR team.
 - **Spring Century:** No update.
- **Pinenut Cracker:** No update.
- **Insurance:** No update
- **Carson Valley Classic:** No update.
- **King of Kingsbury Time Trial:** May 7, 2011.
- **Cyclocross:** No update.
- **Bike Advocacy:** Lauren secured us a free promotional booth with pre AMGEN city festivities that we can use to promote the club and the Alta Alpina Challenge.
- **Adopt A Highway:** Anna White is possibly interested in being the Adopt-A-Highway leader.
- **Clothing:** No update.
3. **AAAC Alta Alpina Advocacy Challenge:** So far no one has stepped forward to volunteer.
4. **AMGEN Status:** Lake Tahoe Legends Ride is Saturday, May 14th. Registration is open; entry is \$125. Goal of 500 riders, high end goal of 1,000. Alta Alpina Cycling Club will be the honorary hosting club. They will handle registration on Friday, May 13th from 10:00 AM-8:00 PM and Start/Finish Line and Registration morning of where registration will re-open at 6:00 AM. They will start out of the south end of the portico at 7:00 AM, along with a ceremonious presentation at 6:45 AM. 8-12 people needed Friday, May 13th. Curtis is thinking about having an organizational meeting with just heads from each participating club a few weeks before the event and they can in turn communicate to volunteers.
5. **Wild Sierra Planning Progress:** Website is now fully functioning. Denis rewrote the online registration process and its now flowing very smoothly. Active.com is now online. Permits are 2 months ahead of where we were last year. The only thing we're currently behind on is insurance, which is holding up a few of the permits. Michael needs to fill the clothing coordinator position immediately.
6. **Next Meeting:** Monday, April 4, 2011, 6 pm, Pizza Factory in Gardnerville. Spring Kick Off Party is Tuesday, April 12th at the CVC Hall in Minden.



Alta Alpina Cycling Club

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 www.AлтаAlpina.org

MARK YOUR CALENDARS

- [Hells Gate 100](#)March 26
- [Cinderella Classic](#)April 2
- AACC Spring PartyApril 12
- 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
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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 **April 4** at the **Pizza Factory** in the **Gardnerville Ranchos.**