



# PACELINE

**Alta Alpina  
Cycling Club**

Volume 8 Issue 7  
September/October  
2010

## Annual General Membership Meeting, Awards Dinner, and End of Season Party

November 8, 2010, 6:00pm

2044 Lake Tahoe Blvd.,  
South Lake Tahoe

### Factory Stores at the Y

Mark your calendars and RSVP  
today! The Alta Alpina Cycling Club  
annual meeting and dinner for  
2010 will be held on Monday

November 8 in the old Geoffrey Beene factory store in the "Factory  
Stores at the Y" between the Sunglass Hat and Great Outdoor  
Clothing Company. This is the same location as the 2009 annual  
meeting and party.

### Agenda

- 6:00 Reception**
- 6:30 Annual Meeting with Election of Officers for 2010**
- 7:00 Buffet Dinner**
- 8:00 Awards**
- Raffle Prizes**

### Please RSVP as soon as possible.

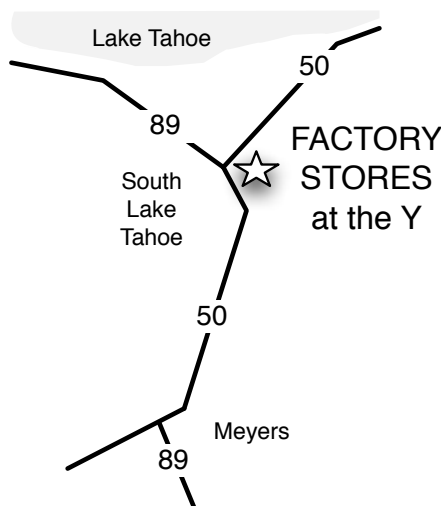
To confirm your attendance:

send email to [LLindley@PearlIzumi.com](mailto:LLindley@PearlIzumi.com)

or call **530-541-9044**

If you have a family membership please list the names of those  
attending and the ages of all children in your RSVP. The event is free  
to all 2010 members in good standing. Non-members will be charged  
\$25 at the door. Raffle prizes include free 2010 races and membership.

This is a club meeting and officers for 2011 will be elected (President,  
Vice President, Treasurer, Secretary, Weekend Ride Coordinator,  
Membership Coordinator). Any club member can run for any office. If  
you are interested, contact Mel Maalouf at  
[president@altaalpina.org](mailto:president@altaalpina.org).



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### Highway Cleanup Sunday October 17, 10:00am

### Time For AACC to Help "Keep California Clean".

We'll meet at Turtle Rock Park  
and break into small groups to  
tend to our 1.5 Mile section of  
Highway 89.

Ride To Follow: Destination and  
length determined by  
participating volunteers.

Please wear gloves and  
appropriate clothing for walking  
and through weeds and brush.

### WANTED: Chief Marketing Officer

The club hosts awesome events  
but we fall short at getting the  
word out about these rides,  
races, and parties. We need a  
Chief Marketing Officer to  
promote our events by  
coordinating with tourism  
authorities, communicating with  
other clubs, and executing web,  
poster, and print advertising.  
Please contact Mel.



# Twilight Mountain Bike Race Series

Tuesday evenings in October, 5:00pm

10/5 – Christmas Valley XC

10/12 – Heavenly Hill Climb

10/19 – Tahoe Mountain Circuit Race

10/26 – Corral Trail Downhill

**Beginner, Sport, and Expert categories for men and women; FREE, informal, and open to anyone.**

Please show up early if possible so we can outfit you with a number. We will try to start by 5:15pm at the latest, as it starts to get dark really early in October.

Xmas Valley – Big Meadow Campground bathrooms

Heavenly – California Lodge parking lot east

Tahoe Mountain – South Lake Tahoe High school track

Corral Downhill – Corral Trailhead parking lot (upper)

For more information:

check [www.altaalpina.org/clubracesmtb](http://www.altaalpina.org/clubracesmtb)

or email [e\\_m\\_sherrill@hotmail.com](mailto:e_m_sherrill@hotmail.com)

Brought to you by Alta Alpina Cycling Club, prizes by Watta Bike





## Cyclocross Season is Underway!

All you racers out there, just when you thought it was OK to get out of shape, it's cyclocross season!

For those not familiar with cyclocross, it's usually run on courses that are just a mile or two long, for 30-60 minutes. The courses have it all: pavement, dirt, grass, short steep hills, and obstacles. It does take a bit of skill to place well - some obstacles require quickly dismounting, carrying the bike over the obstacle, and remounting, all without missing a beat or slowing down much. If you don't own a "cross" bike, just grab your mountain bike and get out there.

The overall Sagebrush CX Series is brought to you by Reno Wheelmen, but Alta Alpina is hosting two of the races: Kirkwood and Indian Hills.

Remaining Races:

- Kirkwood Resort 10/10 – Hosted by Alta Alpina
- Clayton Middle School 10/23
- Indian Hills 10/30 – Hosted by Alta Alpina
- Clayton Middle School – 11/23 – District Championships
- Bartley Ranch Park – 12/19

Race Fees:

- \$20, +\$10 if you need a 1-day USAC license.

Race Day Schedule:

- Set up: 7:30 am
- Registration: 9 am
- Men's C, Women's B, Juniors: 10 am, 30 minutes
- Men's B, Women's A, Single Speed: 10:40 am, 45 minutes
- Men's A, Men's A, Masters 35+: 11:35 am, 60 minutes

For more info, go to <http://www.renowheelmen.org/race/race-schedules/2010-race-schedules/2010-sagebrush-cx-schedule>.

As always, **we need volunteers** for setup, registration, course marshals and cleanup. Course marshaling is pretty fun, since CX races are really fun to watch, and as course marshal you get an up-close vantage point! Please contact Robert Braun at [robertingville@yahoo.com](mailto:robertingville@yahoo.com) if you can volunteer.



Robert Braun at the Olympics? No, just the 2010 Sagebrush CX Series' Squaw Valley venue

Photo Credit: ©Thomas D Compton, All right reserved



Robert getting small air over the bridge feature at Squaw Valley CX



## Cycling: The 360 Degrees of Pedaling

Marc Evans, Triathlon Coach, Gardnerville

No amount of aerodynamics or expensive equipment or wheel sets will help you improve beyond a point. Yet, improving the way you apply pedal pressure can and will. Through a combination of mobility, bike fitting, flexibility, stability (core) and technique, a cyclist can expect to improve power and pedaling efficiency.

By incorporating a comprehensive analysis, a cyclist will facilitate the transition to more efficient movement patterns and not continue to train by adapting to mis-alignments or inefficient movements.

So with this in the back of your mind, the following pedaling techniques are offered; but realize it's a small part of the big picture. You must have mobility, flexibility, stability, good technique and the fitness to make it all come together.

### The Power is in the Pedal

With the above as the basis for teaching pedaling technique, it is the transmission and the sustaining of power that is paramount. If the athlete has asymmetrical movements emanating from weakness, tightness, or immobility compensations, then of course power will also be compromised.

I use a CompuTrainer (CT) for assessing pedaling technique and in particular the Polar Graph mode which displays incrementally the forces applied onto the pedals. Now, given that I've used this same software for well over 13 years helps too. And yes, I know some of you techie types will pooh-poooh this method, but I must say after hundreds of tests and evaluations the Polar Graph I believe is a good representation of individual pedaling technique. From the elite to the neophyte, the graph depicts pedaling technique quite well. NOTE: I am not sponsored by CompuTrainer.

So, what does "good" pedaling look like? Well, first there are a lot of different "ankling" techniques. Some ride with the heel down, others level and with an elevated heel during the down stroke. What causes this difference is likely (in my opinion) the degree of plantar and dorsiflexion in the ankle joint. And perhaps, to some degree this can be taught, but to be sure, there are a lot of differing ways to hold the foot during the pedaling stroke. One does not appear more efficient than another in my observations.

Yet, over the years a more established appliance of energy to the pedals has emerged. And using the CT has helped

validate this technique and how to coach pedaling. First, I look at the Average Torque Angle (ATA) that represents the "average" of where forces are being applied on a 360 degree reference. Typically, an elite average will bilaterally display ATA around 90-95 degrees and the neophyte over 105 degrees. This is an important number on the CT polar graph as the elite will use more of a rounded pedaling style while the neophyte tends to "push" on the down stroke.

Teaching the elite and the neophyte how to improve stroke mechanics becomes a process of using the CT as a biofeedback tool while combining teaching cues and drills to advance the neuromuscular (brain to muscle) pathways necessary to repeat the movements.

And to be sure, there are wide differences in individual facility to learn and re-learn the mechanics of pedaling. Yet, with a few key cues, drills and continual rehearsal most athletes can improve dramatically their efficiency and increase power through technique.

While it's difficult to represent the methods of teaching, as one size does not fit all, a good general prompt is to maintain continual pressure upon the pedals for 360 degrees of each stroke. Doing so very often results in ATA's between 90-95 degrees and increases power as well. Continual pressure is NOT equal pressure, but is constant, as the amount of heaviness (pressure) does change within each phase of the stroke.

The down stroke for example is the most powerful, with the back stroke following as the next most power generating part of the stroke. The up stroke and over stroke are more transition phases, but they are important as the pressure needs to be continual, albeit light, during these phases.

Performing a Single Leg Spin (both shoes are cleated in with only one applying power), pay close attention to any portions of the stroke that are not "constant" in pressure. Those are most notably in the back, up and over strokes. Through rehearsal, over and over, you'll gain better control and learn to apply 360 degrees of continual but even intensity, and then begin to take this technique to the roads.

### About the Author

Marc Evans is a former USA Triathlon head coach and the coach of two-time IRONMAN champion Scott Tinley. And the American Medical Association presented Marc the "Award of Excellence" for his pioneering work in triathlon. In 2009, he opened a full service coaching studio in Gardnerville and works with all levels of athletes from beginner to professional, primarily 1-on-1 and in small groups.

Contact: [marc@evanscoaching.com](mailto:marc@evanscoaching.com) - [www.evanscoaching.com](http://www.evanscoaching.com)



## Bike Spokesman

Tim Rowe , Bike Advocacy Commissioner

### Update on South Carson Highway 395 Widening Project

The construction of a third lane north-bound on Highway 395 from Jacks Valley Road to 0.11 miles north of Old Clear Creek Road in Douglas County/ Carson City started in April. This project also includes intersection improvements at Topsy Lane and Old Clear Creek and Lupin Drive. This is a very important section of highway to bicyclists as it is the **only** paved link between Douglas County and Carson City.

A problem that I noticed during a planning meeting was that the two northbound highway lanes would be moved slightly to the west, K-concrete barriers would be put along the right lane to make room for construction, and the northbound shoulder/bike lane would be totally eliminated. I stated that this was **not** at all acceptable to bicyclists and pedestrians, as there is no other route between Douglas County and Carson City. The NDOT Engineer agreed with my assessment and said that they could change the plans and move the K-barrier over as far as possible, 4 feet, and give us a narrow bike lane. This will be limited space and care will have to be used when riding/walking in this area but this is better than nothing.

Well, when the construction started it was apparent that the dimensions on the plans were not the same as what was on the ground. Apparently the contractor had not measured things correctly. So when the K-barriers went down, there was not even two feet of clearance for bicycles in the lower section (Topsy to Lupin). I verified this when I rode to work during Bike to Work Week: riding down Highway 395 before dawn (with proper lights and bright/reflective clothing) I quickly realized there was **no** clearance at all in that section. I had to squeeze between the concrete and a FEDX double trailer going faster than 55 mph (the speed limit in the area). It was a white knuckle, "hold 'em steady" ride for a few long seconds (which seemed like hours).

I called Bill Story, the State Bicycle and Pedestrian Coordinator for Nevada at NDOT. He quickly went out and surveyed the area and arranged for a meeting. Members from NDOT, Muscle Powered, AACC, and Nevada Bicycle Advisory Board met at NDOT South. We couldn't do too for the lower section, but the NDOT Project Engineer made changes on the upper section. He re-stripped the lanes (at cost to NDOT) and moved the lanes over as far as he could. So when the K-rails

went down – we had a few feet. He also lowered the speed limit to 45 mph for the entire section for the entire construction period (instead of just during lane reductions as it was before). He also immediately put up "Watch for Bicyclists" signs and an electronic sign warning of "Narrow Lanes Ahead" and to "Watch for Bicyclists". He also asked NHP for enforcement in the section. So a real bad situation was made a little better. Well, construction finished recently and the new lanes and good shoulder are done. We made it through construction! The intersections at Topsy Lane (east) and Lupine are much better. The right turn lane at Lupine and better pavement at Lupine was worth the trouble!

### More Carson City Construction to Watch For

Edmonds Drive south-bound has had concrete K-rail and chain link fence put down right at the edge of the white line. This was for near a mile at first and is now more than 1.5 miles from south of the old Colorado St. intersection to Clearview Drive. The slight bit of room along Edmonds to ride is now totally gone! This is a **very unsafe** section of road for bicyclists – be very careful and watch behind you if you have to ride this dangerous section of road. The bad condition will be there for a while as this is just the start of working on I-580 Freeway bypass phase 2B.

### Upcoming Bike-Ped Conferences

2010 Nevada Bicycle and Pedestrian Conference is Friday October 8th at the Springs Preserve in Las Vegas, hosted by Nevada Bicycle Advisory Board and NDOT. I will serve with others on panel discussions. Members of NBAB will also ride Viva Bike Vegas on Saturday October 9th and will ride out to and on the brand new, yet-to-be-opened Hoover Dam Bypass Bridge!

Please note, the 2011 Nevada Bike-Ped Conference will be in Northern Nevada in May 2011. Watch for more details.

### News from Lake Tahoe Bicycle Coalition

The 2011 Amgen Tour of California **will** start in Lake Tahoe in May! Great! Hope the weather is good. We will be looking for volunteers. LTBC hosted the Spooner Lake Rest Stop again, this time for Tour de Tahoe on Sept 12th. Was a great day for a ride.



## Board Meeting Minutes— September 7, 2010

Acting Secretary: Ellen Sherrill; Other Board Members: Di Bolton, Robert Braun, Peter Costa, Mel Maalouf; Other Attendees: Marc Evans

The meeting was called to order @ 18:13.

"Rides we've done":

- Robert – Sonora road
- Marc – Star Lake MTB
- Ellen – Mt. Diablo, Rockville cyclocross
- Peter – rode to work!!
- Di – rode to pizza parlor!!
- Mel – Spooner to Kingsbury & Star Lake MTB.

### 1. Monthly Status Reports:

- **Treasurer's Report:** The CHP bill is the only outstanding bill from the Wild Sierra. Mel and Peter are interested in having the club purchase a CD. Remaining expenditures for the year are cyclocross (usually breaks even) and year-end party (usually never exceeds budget).
- **Memberships:** New memberships still coming in; total members ~250-280.
- **Weekend Rides:** Will email current membership re: Sept/Oct weekend rides, seeking additional ride leaders.
- **Newsletter:** Michael, Jennie on vacation.
- **Website:** No updates.
- **Weekly Road Races:** "Done" Not sure of books; no injuries, was fun. Entries: 121 total in August.
- **MTB Race Series:** Ellen to run informal series.
- **Junior Team:** 15 juniors = "flagging year" for participation.
- **Carson Valley Classic:** Garth is officially

seeking a promoter and the Master's Championship designation for crit and road race.

- **Kingsbury Time Trial:** Allan Biaggi will probably step up to promote again in 2011.
  - **Cyclocross:** 7-8 races planned for Sagebrush series; ours are Kirkwood (10/10, Corey Bolton race directing) and Indian Hills (10/30, Scott Herman race directing). Noah (Reno Wheelmen) is taking care of USAC permits. First race 9/25, Squaw Valley.
  - **Bike Advocacy:** TRT annual meeting is 9/25, we are invited. Mel wants to sign us up for a "trail day" (trail work). IMBA conference is 10/2, Lauren attending on behalf of AACC. Nevada Bicycle Conference – Tim Rowe attending on behalf of AACC.
  - **Clothing:** \$XXX was deposited to our account from sales in the past month.
2. **Winter Rollers:** Marc Evan's proposal and feedback of business plan/benefits to AACC members for winter rollers classes.
  3. **End of Year Party:** Tentatively 1st week in November (election Tuesday or Monday, 11/1 or 11/2, will narrow down soon).
  4. **Club Marketing:** Alta Alpina is officially seeking a "Maiden or Master of Marketing", step right up.
  5. **Next Meeting:** Monday, October 4, 2010, 6 pm, TRPA Offices in Stateline.

## New "Bicycle Nevada" Jersey

The Nevada Bicycle Advisory Board announces that a **new** version of Bicycle Nevada jersey is now available. Made by Primal Wear, with reflective piping down both sides of the front and back, it also has a reflective patch on the back for higher visibility. The new design is blue and yellow with a more traditional Battle Born Nevada flag theme and a Share the Road message.

The jersey can be bought at the Legislative Store, or online at [bicyclenevada.com](http://bicyclenevada.com), or contact NBAB member Tim Rowe.

The profits from the Bicycle Nevada jersey supports the NBAB mini-grant program, which gives out an average of \$2,000 each year. These jerseys make great Christmas gifts!





## Board Meeting Minutes— October 4, 2010

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Robert Braun, Pete Costa, Curtis Fong, Jennie Hamiter, Joe Marzocco, Ellen Sherrill

### 1. Monthly Status Reports:

- **Treasurer's Report:** As of 9/17/10 our account has \$52,151.
- **Memberships:** Membership close to 300 folks with new memberships still coming in.
- **Weekend Rides:** New mountain bike race series to be held for four weeks in the Tahoe basin starting Tuesday, October 5th.
- **Newsletter:** Lauren will become newsletter editor after this issue.
- **Website:** No significant update.
- **Weekly Road Races:** Series is finalized. Di already has awards for end of the year party.
- **Junior Team:** Mel absent..
- **Cyclocross:** First race just occurred at Squaw and there were 50-60 participants for three different races. Next one is this Sunday, October 10th, at Kirkwood. Following dates are October 23 in Reno and October 30th at Indian Hills. The club is responsible for the Indian Hills Race. We need 8-10 volunteers for registration and course marshaling.
- **Bike Advocacy:** Nevada Bike Board is meeting in Las Vegas this week. Unofficial word on the street is that Tahoe will be a host city for the 2011 Amgen Tour of California.
- **Adopt A Highway:** Litter cleanup on Sunday, October 17th. .

2. **End of Year Party:** Monday, November 8th. 6:00-9:00. To be held at empty Geoffery Beene Storefront at the Factory Stores at the Y in SLT. Pete will coordinate a raffle. Lauren will coordinate party. Last year party cost \$1,152. Budget was \$1,600. This year budget is \$1,500.

3. **USFS/IMBA Trail Conference:** Occurred Oct 1-3, 2010 in South Lake Tahoe. 60-70 participants and speakers from all over the country. There were some people from agencies in the basin and some from agencies in the Bay Area. There was a lot of discussion on building new trails. There was a lot of information on communication between all the parties involved in trail building and maintenance in the area and how to control and organize this problem. The last trail building day of the year is this Saturday on Corral Trail. IMBA will be returning for another meeting November 5th to discuss what will be happening going forward.
4. **Alta Alpina Challenge:** Financials still not solidified but we were in the break even range. Our challenge specifically for the event is having someone to do marketing for us. We need to look at joining up with Carson Valley Days and partnering with them. We need to do more at looking at the club food buy for all the spring events at once. Curtis brings up discussion on whether or not we should be considering an event that starts and ends in Nevada in order to take advantage of marketing grants provided by Nevada for tourism in their state. Also, Michael is in the process of creating an online instruction manual for the Challenge to provide step by step instructions for logistics. Board agrees that we cannot continue with the Challenge unless we get 10 volunteers to take over the main responsibilities in the next 5 weeks. Curtis proposes a \$125 ride reimbursement for each core volunteer. Motion passes. Challenge, if held, will be June 11, 2011.
5. **Next Meeting:** Will be the end of the year party on Monday, November 8th, 2010.

## Local Merchant Discount Program





# Alta Alpina Cycling Club

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

## MARK YOUR CALENDARS

- Kirkwood Cyclocross    .....Sunday, Oct 10
- Twilight MTB Series    ...every Tue in Oct
- Adopt-a-Hiway Cleanup    .....Sunday, Oct 17
- Indian Hills Cyclocross    ...Saturday, Oct 30
- Annual Meeting and  
End of Year Dinner    .....Monday, Nov 8
- Daylight Savings Time Ends    .....Sunday, Nov 7

**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](http://www.AltaAlpina.org); click on "Membership"

## Alta Alpina Cycling Club Board Members

Mel Maalouf	President	<a href="mailto:president@AltaAlpina.org">president@AltaAlpina.org</a>	775-782-9652
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Newsletter Editor:  
Jennie Hamiter  
 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 **November 8** at the **Annual Meeting** in the **South Lake Tahoe.**