



PACELINE

**Alta Alpina
Cycling Club**

**Volume 10 Issue 8
October 2012**

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

November 5, 2012, 6:00pm

2748 Lake Tahoe Blvd.,
South Lake Tahoe
American Legion Hall

This year our annual general membership meeting, awards dinner and end of the year party will be held at the American Legion Hall in So. Tahoe for the first time. It will be catered by none other than the awesome YUM Truck!

Our menu has changed, too:

- Raspberry Chicken Breast~ *Tender Grilled Chicken Breast with Raspberry Glaze. (Vegetarian option available)*
- Cauliflower Mushroom "Risotto" ~ *Finely chopped Cauliflower simmered in a Mushroom Cream Sauce*
- Spinach Salad~ *Fresh Spinach tossed with Blue Cheese, Dried Cranberries, Sunflower Seeds and Balsamic Vinaigrette*

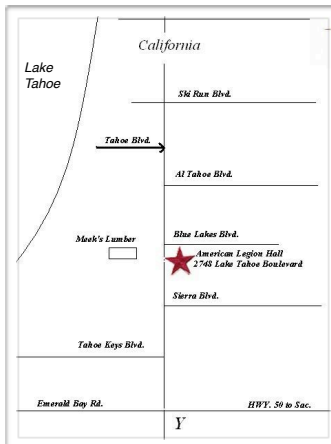
Yum indeed! It's going to be delicious but if you want to eat, **Please RSVP as soon as possible.** To confirm your attendance:

send email to 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 2012 members in good standing. Non-members will be charged for a membership at the door. Still a sweet deal.

This is the club's annual meeting and officers for 2013 will be elected (President, Vice President, Treasurer, Secretary, Weekend Ride Coordinator, Membership Coordinator). We have openings for Treasurer and Weekend Ride Coordinator as Peter Costa is taking some time off to enjoy his family more and Ellen Sherrill is in the process of going Pro and just doesn't have the time to lead weekend rides anymore. Please consider running for office if you have a little time to help with running the club. Any club member can run for any office. If you are interested, contact Mel Maalouf at president@altaalpina.org.



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Alta Alpina Indian Hills Cyclocross Race Sunday October 28

James Lee Park, Indian Hills

Registration at 8:30am

If you volunteer you race for free!

**Mark this date on
your calendars now:**

Wild Sierra JUNE 29 2013

This event is the club's primary fund raiser. It pays for the Spring Century the Hillacious Century Series, and subsidizes the Road Race Series. If you enjoy these club activities we're counting on you to volunteer a little time to help with the event. Please take the time now to reserve June 27 to June 30 on your calendar so you can help.



Presidential Posting

Mel Maalouf, President

A Word on Riding:

As fall rolls around (pun intended) many things are changing. I lament the coming of the fall equinox as it marks the day that the nights are longer than the days. This means the 50-60 mile rides after work are just a good memory. Thoughts of running up to Tahoe after work are beyond the horizon like the setting sun. We are reduced to lunch time rides or short ones on the way home. As a consolation, I sometimes take a long lunch and benefit from the proximity of Kingsbury as long as the weather holds which is delightful until about Thanksgiving. I find solace by doing some nice long mtb rides in the Tahoe basin and cyclocross racing. The trails are a bit dry and dusty, but if we wanted to ride on smooth dust free routes, we would go on the road and not seek the rough nature of riding off road in Tahoe. I will admit, it is about as dry and dusty as I have ever seen it, but the thrill of riding the world class trails outweighs any of the minor detractors.

A Word on Racing:

I mentioned Cyclocross as a fall opportunity. This is a pretty fun way to ride out the season. It is usually less than an hour and on an approximate 1 mile circuit. I like the format of riding a course on dirt with features like dismounts, single track, pavement and other challenging sections. Trying to dial in a corner with less braking and maybe even some tire sliding every lap is fun to see how well bikes can handle in those situations and also refines bike handling skills on the mtb and road bike. A Word on Safety: During my race, a rider directly in front of me decided to stop abruptly. He was trying to stop and help a rider who had crashed and broken his collar bone. While this is a nice thought, he caused me to crash while going pretty fast on down hill. When he stopped, I ran up on him pretty fast as I was about to pass him and hit him and tumbled into a bush: luckily on a pile of leaves. I train and coach the kids on how to crash: try and roll onto the back so we don't break a collar bone or an arm or wrist. This brings up another thing I coach is that 99% of all crashes you will be in, I believe you could avoid. Here are a few rules I follow:

1. As a rider never, ever, ever make any abrupt movements especially when you are around other riders in a paceline, pack, peloton, or a gaggle. Any side movements will almost definitely cause

someone else to crash. Any abrupt braking will cause others to run up on you very fast and likely cause a crash. Doing both like my cyclocross racer will definitely cause someone like me to end up in the bushes. If you have a flat, mechanical or any other reason to stop, you should stop pedaling (avoid applying the brakes), and put up your hand high and proud. You should slowly slow down and continue to ride straight or predictably in a turn and let others just pass you. This is the international sign that "There is something wrong and I am coming out the back!". This allows for great visibility for those behind you and a safe exit for you as others cruise by you with the best sympathetic looks. The only abrupt movement you should ever make is a smoking fast acceleration off the front when you have a clear shot towards an open spot. Abrupt movements in traffic also can lead to un-predictable behavior of your actions to motorists. In summary, you want to be as predictable as possible.

2. Always, always, always look as far ahead as you can. Since we are in MTB and CX season, this is especially useful as we seem to lose sight of the corners coming up and focus on where our tires are at the moment. Where your tire is now, it is too late to make an action. If you keep your head up and eyes focused on where you want to go, you will have much more confidence and stay off the brakes for the technical stuff. In a pack or with other riders, you always want to look as far ahead as possible. The next time you are with a few riders and you are going around a corner, look at the leader and you will find that the leader is riding a great straight line, and most others behind him too. You will then have confidence and consistency of your cornering that enhances your safety and those around you. Most of the uneasiness of those riding in packs is due to the nervousness about what the others around you "might" do. This uneasiness is often due to you (or others if you don't do this ;)) staring at the wheel, derailleur, shoes, calves of the person right in front of you. If you are doing this and there is a sudden move of the person in front of you or those surrounding the person in front of you, you are hosed. You will have almost no time to react and avoid a crash. You might over-react and swerve, brake too hard and



cause others behind you to crash. This is where I make the argument that you can avoid 99% of all the crashes that you will experience. If you are looking up, usually, you can see a crash or unsteady riding develop. Usually you can see a tired rider start to swerve well ahead of an unfortunate event. Usually you can see another rider starting to swerve because THEY are not paying attention. Usually you can see other riders reacting to an attack, a traffic furniture thing, or something else that can cause unsteady riding. Usually a crash takes a few seconds to manifest itself and this should allow time to react in a safe manner.

3. Keep your bike in good condition. Good shifting, braking, tightening bolts: especially handlebar and water bottle cage bolts that ensure all you do is ride your bike predictably and everything works well.

A Word on the Board:

Board elections will happen at the end of year party. If you would like to run for one of the board positions, please express your interest to either me or Lauren Lindley. Many of us have been serving a while and have agreed to stay on and run again. But if you have an interest to help direct the club and give a set of new ideas and thoughts, please step up and help give the club a fresh look. The positions up for election are: President, Vice President, Membership, Secretary, Ride Director, Treasurer. The treasurer is open this year as Peter is looking to take a year off to spend more time with his family after years of serving the cycling community as a board member. As Ellen is doing great in her racing career, demands on her time mean we need someone to fill the shoes as a ride

director. There are some great ideas on rides and we just need someone who will be active in leading some rides and organizing people to lead others.

Thanks for reading and riding, Mel

Treasurer’s Job Description

Officer (elected)

Expected to attend board meetings

Term: January 1 to December 31

Responsibilities:

- Maintain financial accounts of the AACC including obtaining signatures for checking account, writing checks, making deposits, and providing the Board of Directors with a monthly statement of AACC finances.
- Ensure that all tax forms are prepared and filed on time
- Serve as primary signer on AACC checking account.
- Coordinate budget planning process with all officers and officials having budget responsibility
- Present annual budget to BoD for approval.
- Process membership checks in the membership database.
- Pick up club mail from Post Office box.
- Process member reimbursements, if applicable.
- Process NCNCA & USCF memberships

Local Merchant Discount Program

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.AltAlpina.org.

Show your AACC Membership Card at time of purchase





The Great Lake Tahoe Bike Race

Scott Herman, Newsletter Editor

On Saturday, Sept. 29 of this year The Great Lake Tahoe Bike Race took place. And a great race it is! One lap around the lake with a police - escorted rolling road closure. I have to point out that one year I was following with wheel support and it was the only time in my life I drove through a red light with a CHP behind me and I didn't stop! Back to the story...

Alta Alpina was well represented with no less than six of the boys placing in the top 40 out of 173 registered riders!

Young gun Micah Herman just missed out on the overall victory by half a wheel as he cramped in the sprint and ended up basically rolling across the finish line. Tough luck indeed.

Believe it or not, old dude Kevin Willitts placed 9th

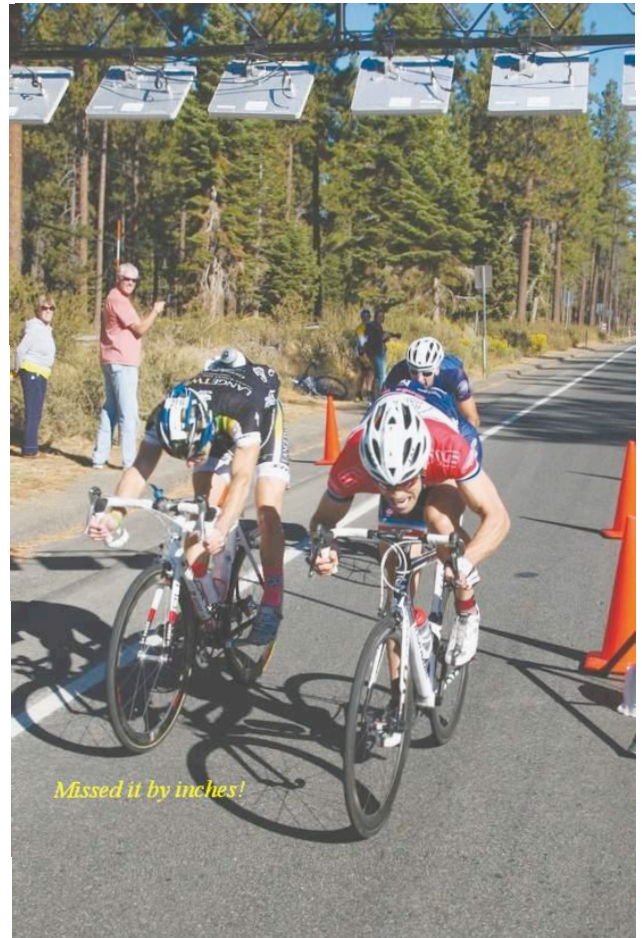
overall and his team mate John Wagnon (even older) was 12th !!! I mean these guys are in MY age group and they are Killin' it!

The other young gun, Tyree Holdridge, grabbed 18th while yet ANOTHER old dude, Alan Biaggi stormed in for 31st. That's 31st OVERALL out of nearly 200 starters.

AND, all these guys rolled in under 3 hours!

Pike Reardon, 37th, just missed the 3 hour mark but still looked fabulous doing it.

Huge congrats to every one of Alta Alpina's boys for representing like the champions they are, especially Kevin, John and Alan. I might even put your pictures up on my FaceBook page under "Heros"!



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Board Meeting Minutes—October 1, 2012

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Robert Braun, Pete Costa, Curtis Fong, Mel Maalouf, Tim Rowe, Dave Scarborough

Meeting called to order at 6:31pm.

1. Monthly Status Reports:

- **Treasurer:** As of 9/17/12 our bank balance is \$51,093.21 and Paypal balance is \$7,151. Mel and Pete will take about \$40k and put it in a CD for the year. We have an outstanding check of about \$2,500 that hasn't cleared.
 - **Membership:** 2 new members this month. Goal of being able to forward emails to the database with attachments by December.
 - **Weekend Rides:** Mel suggests that we have a board member lead one ride a month.
 - **Newsletter:** Next newsletter is underway and the theme is "Tri Geeks." Had issues with permissions regarding images for newsletter. Scott changed email back to the paeline email because of spam. Lauren will give a disc to Scott with her library of road race photos for the season so that he has them for the newsletter.
 - **Website:** No update.
 - **Weekly Road Races:** Lauren has had a few people request that the prizes for the Road Race Series in the future be pint glasses instead of trophies.
 - **Mountain Bike Races:** No update.
 - **Junior Team:** "Reasonable resurgence this year."
 - **Fall Century:** Dave headed out to Wellington to check out the CG Bar. Normally they start serving at 4:30 but they will work with us as a group. Start time for century is 10 AM so that they get back closer to 3:30/4:00 PM. Rest stop will be at the top of Sweetwater.
 - **Pinenut Cracker:** Still on for next year as discussed. At the Spring Party Robert is going to request an aide so that he can race. Will be held between Mother's Day and Memorial Day, 2013.
 - **Carson Valley Classic:** No update.
 - **King of Kingsbury Time Trial:** No update.
 - **Cyclocross Race:** Permits for Indian Hills (Oct 28th) and Davis Creek (Nov 17) have been submitted.
 - **Bike Advocacy:** The club is going to reimburse Tim Rowe for his expenses for the Alliance for Biking and Walking Leadership Retreat. There were a lot of really great concurrent sessions: it was a very well organized event. Mel suggests that we have club members make suggestions for local cycling project donations in the next year and the board can approve donations.
 - **Adopt A Highway:** We will need a new Adopt-a-Hwy Coordinator next year.
 - **Clothing:** Survey is out, 13 responses so far. Club members will be required to pay upfront for special order items.
 - **The Alta Alpina Challenge:** The shed is in the process of being organized. One of Curtis' signs need to be replaced and we are still missing one moto-vest. Michael submitted a specific estimate based on rider usage to the US Forest Service.
2. **End of the Year Party:** Monday, November 5, 2012 at the American Legion Hall in South Lake Tahoe, CA at 6:00 PM. The YUM Truck will cater for \$10/person. Menu is Raspberry Chicken Breast (with vegetarian option available), Cauliflower Mushroom Risotto, and Spinach Salad.
 3. **Intentions of Board Members to stay for 2013:** Pete Costa is not interested in running for Treasurer again. Discussion ensues regarding need to appeal to new, young cyclists in order to get new members into the club. Mel is willing to run again as President but he doesn't foresee his work schedule changing.
 4. **Next Meeting:** Monday, November 5, 2012, 6 pm, American Legion in South Lake Tahoe.



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

Indian Hills CyclocrossSun, Oct. 28
 Daylight Savings TimeSun., Nov.4
 Ends
 End of Year Party Mon., Nov. 5, 6:00pm
 Davis CreekSat. Nov. 17
 Cyclocross

MOVED? GOT NEW CONTACT INFO?
 Have you moved? Has your e-mail address changed?
 Don't miss out on the latest AACC happenings!
 Update your info at www.AltaAlpina.org; click on "Membership"

Alta Alpina Cycling Club Board Members

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

Newsletter Editor:
 Scott Herman

Newsletter Publisher:
 Michael Bayer

The club is about and for you! All AACC members are welcomed to participate in our **Board Meetings** held the **first Monday of each month at 6:00 pm.** The location alternates between the Carson Valley and South Lake Tahoe.. Join us on **November 5** at the **American Legion Hall in South Lake Tahoe.**