



PACELINE

**Alta Alpina
Cycling Club**

**Volume 7 Issue 8
Sept/Oct 2009**

Annual Meeting and Fall Dinner

November 23, 2009, 6:00pm

Factory Stores at the Y



Mark your calendars and RSVP today! The Alta Alpina Cycling Club annual meeting and dinner for 2009 will be held on Monday November 23 in an empty store at the Y:

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

Please RSVP as soon as possible.

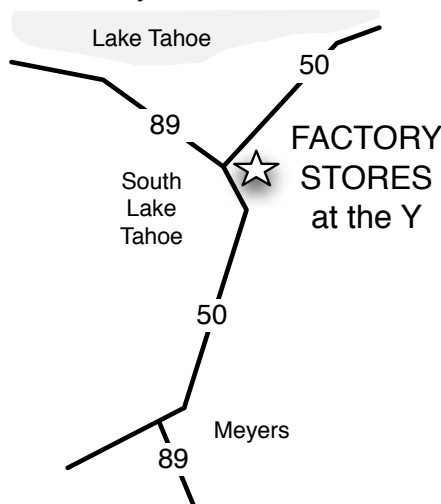
To confirm your attendance:

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 2009 members in good standing. Non-members will be charged \$25 at the door.



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Stairs, Logs, and Bricks... This is a Bike Race? Kirkwood Cyclocross, Saturday, October 10

This year the Genoa Cyclocross is taking a break. Instead Alta Alpina, along with Kirkwood Ski Resort, is hosting the Kirkwood Cyclocross; it's the second race of the 2009 Sagebrush CX Series, and the course should be an exciting one!

The course is 1.2 miles and has every kind of terrain except mud. We will have stairs to run up and logs to jump over and a little bridge over a stream to ride over. There will be one steep hike-a-bike, approximately 25 feet up an embankment. There are various types of terrain, with road, dirt, and bricks to ride over. We will be riding through a plaza at the Kirkwood Inn Hotel where a lot of spectators can watch: from the plaza you can see about 90 percent of the course. Come out and race, help out, or just watch.

Registration opens at 9 am at Kirkwood's Red Cliff Lodge. Entry fee is \$20. First race starts at 11am.



Takin' Time to Recover

Mel Maalouf, Junior Team Coach

I just got back from vacation with my kids. It was just me and my four oldest, so vacation didn't mean any riding time. Many times when training, it is good to take a break. Although I don't train enough to need to take an extended break from training, many high level athletes do need a break. The cycling season can last year round, considering road and mountain bike racing start in February and mountain bike and cyclocross racing can last through the fall and winter. It is important to remember that training in any sport, you don't get stronger from hard workouts and hard training blocks - you get stronger while recovering from hard workouts and training blocks. Many people don't realize how important recover is. Of course athletes need to have frequent enough hard workouts from which to recover - just recovering from easy workouts won't make you stronger. Not recovering from successive hard workouts will make the athlete fatigued mentally and physically, which is called overreaching. If this lack of recovery is carried out for extended periods of time, like on the order of months, overtraining can result. Overtraining can also take months from which to recover and may ruin a whole season. Performance then degrades no matter how much recovery is experienced: essentially this is the point of no return (at least for a while).

When taking some time off from training, performance does degrade somewhat, but often it refreshes the body for a new block of hard training. Taking time off from intense training does not necessarily mean that an athlete should do nothing. Hikes, swimming, riding the bike to the ice cream store are great ways to keep active when taking a break. A lot of sports have seasons, like cross country or soccer in the fall and that is it. This means the athletes can recover from injuries,

physiologically and psychologically while doing other sports or other activities, even getting a job to fund the things we need for the next season.

So to finish where I started, I was on vacation for a week and did very little riding. It was nice to be around my family and get all my kids' cousins (12 in total) together in Duck Creek, Utah and Las Vegas. There

was great riding in both places.

Although I wasn't able to ride in Duck Creek, by my sister and brother did. I was able to get out early for a ride in Las Vegas and somewhat beat the heat. It was

about 95 deg F when we finished, but when riding in the heat, usually it is sufficient to stay hydrated (about 1 liter/quart an hour) and let the air from riding keep you cool via evaporative cooling, like a swamp cooler. It is nice to know that wherever one travels, it is easy to find good mountain biking and road riding. I think people find road routes that are nice rides and mountain bikers build great trails no matter where one is, because riding bikes appeals to so many people.

"...you don't get stronger from hard workouts and hard training blocks - you get stronger while recovering from hard workouts and training blocks..."



Team Packsaddle Pass, August 8th. Picture taken in Strawberry, on the Packsaddle Pass club ride. Garth volunteered out of the blue to SAG, AND he brought homemade chocolate chip cookies. We like Garth.



Presidential Posting

Pete Costa, President

Like the snow flakes outside my window on Sunday morning, 2009 is flying by. My list of things and rides to do this summer was longer than summer itself. Even though the seasons may change I always look forward to what lies ahead like mountain biking to Marlette Lake on an autumn day under golden yellow Aspen trees, a road bike ride along deserted roads on Thanksgiving morning, or asking Santa Claus for a full suspension, 5 inch travel mountain bike for Christmas ... again. The year is not over and fun lies ahead, check it out ...

This Saturday, Nov 10th, is the new Alta Alpina/ Kirkwood Cyclocross race. Cyclocross is a fun event to ride and watch. The new Kirkwood venue will allow spectators to see the majority of the course from the village. Set up starts Friday afternoon, registration opens Saturday @ 9 am and racing starts at 11am. I am really excited about this fun event, and hopefully, a growing partnership with Kirkwood to host cycling events. For more information, check out the AACC

Web Page. Even if you don't race, bring a bike, there'll be great fall riding on dirt or road. Special thanks go out to Corey Bolton, Todd DiGiovanni and Robert Braun for working with Rick Newberry of Kirkwood to develop and organize this race. Contact Corey or Todd about volunteer opportunities.

On Sunday, Nov 11th, AACC will do our part to Keep California (specifically Alpine County) beautiful. Adopt-a-Highway litter pick up starts at Turtle Rock Park @ 11 am. See the website for more details.

The Annual Fall Membership Meeting and End of Year Dinner are set for **November 23rd at 6:00pm** in South Lake Tahoe at 2044 Lake Tahoe Blvd. (in the "Factory Stores at the Y" between the Sunglass Hat and Great Outdoor Clothing Company). This is a club meeting and officers for 2010 will be elected. Any club member can run for any office. If you are interested, see below.

Enjoy the autumn/winter, it will be 95 degrees again before we know it.

Election for 2010 Officers

The most important thing we do at the Annual Meeting and Dinner each fall is hold elections for club officers for the upcoming year. There are six elected positions (listed below), and any club member in good standing can run for any elected position. We need 20% of club members present at the meeting to make quorum, to hold a valid election. Even if there's only one person running for an elected position, we still need the members present to vote that person into office. Some of this may seem like a mere formality, but we need to have a formal election to adhere to our bylaws—it's one of only a handful of simple things we have to do so the club maintains its incorporated status.

If an officer wanted to remain in their position, we don't actively recruit people to run against them, though certainly anyone can nominate themselves or another club member for any position. At the Annual Meeting each year, we ask for last minute nominations, but if you'd like to run, or to nominate someone, you're encouraged to voice that nomination before the night of the meeting by sending an email to: President@AltaAlpina.org

The following is a list of the elected positions. More thorough job descriptions reside on the club website.

President

Develop agendas and preside over all meetings. Ensure club members receive club news. Serve as primary signer on AACC checking account.

Vice President

- Mel Maalouf

Assist with organizing meetings. Preside over meetings if the President is unable to attend.

Treasurer

Maintain AACC financial accounts, 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.

Weekend Ride Coordinator

Organize weekend rides April through October and recruit ride leaders as needed. Create ride schedule and send to newsletter editor and website coordinator. Email reminder to club several days prior to each weekend ride.

Secretary - Lauren Lindley

Prepare minutes for all Board of Directors and membership meetings. Manage all elections including the printing and distribution of ballots and the counting of votes.

Membership Coordinator

Manage and maintain the membership database, including the "email sender-outer". Organize the Spring Membership Party.



Twilight Series Road Race Overall Results

Di Bolton, Race Director

Overall Points 2009		Overall Points 2009	
AS		BS	
Tindel, Paul	1	9	5
Reardon, Pike	1	4	9
Maakoff, Mel	1	8	10
Jackson, Garth	1	12	14
Herman, Micah	1	20	10
Gaskin, David	1	5	9
Williams, Kevin	1	10	14
Morris, Pete	1	9	12
Zeller, Norman	1	10	14
Byrant, Dave	1	1	7
Stewart, Dave	1	8	6
Volkmar, Randy	1	6	1
Bigli, Allen	1	10	10
McCra, Chris	1	8	6
McCallister, Fred	1	17	10
Schoonover, Jason	1	7	10
Thompson, Steve	1	12	7
Kelly, John	1	12	7
Wagon, John	1	17	10
Jacques, Michael	1	12	17
Dudley, C.J.	1	14	10
Leland, Scott	8	27	10
Cooke, Steve	5	1	10
Marshall, John	1	10	14
Herzman, Jim	1	10	10
Shover, Conrad	20	10	10
Rennie, Josh	1	10	10
Leiss, Jim	8	2	2
Leiss, Stefan	17	17	17
Turnerman, Chad	17	17	17
Hershey, Todd	14	14	14
Beretta, Bob	14	14	14
Jeggin, Reulek	14	14	14
Dozzi, Nathan	1	9	3
Holdway, Jeremiah	3	3	3
Oser, Jerold	12	12	12
Bruemmuier, Keegan	1	10	10
Barkley, Jim	10	10	10
Satterfield, Ian	1	1	1
Ferguson, Scott	1	1	1
Ross, Justin	1	1	1
Ransom, Brian	1	1	1
Caskey, Brandon	1	1	1
Lonsom, Rich	1	1	1
Fairman, Scott	8	8	8
Goss, Paul	4	4	4
Busby, Scott	1	1	1
Carothers, Scott	1	1	1
Dixon, Dan	1	1	1
Harrison, Bernard	1	1	1
Laursen, Stephen	1	1	1
Medeiros, Heath	1	1	1
Schaffner, Nick	1	1	1
Nidey, Peter	1	1	1
Hurtrixon, Andrew	1	1	1
Wire, Jim	1	8	10
Aoullera, Eric	1	12	14
Gagan, Bob	1	7	12
DeIovanni, Tanner	1	5	14
Miyashiro, Rick	1	6	7
Robertson, Scott	1	6	7
Petrovsky, Russ	1	8	8
Novell, Dave	1	6	8
Braun, Robert	1	20	20
Marzocco, Joe	1	10	10
Waters, Scott	1	17	17
Dieth, Alex	20	17	10
Leibherr, Robby	1	14	14
Davison, Zack	1	14	14
Robert, Chris	1	14	14
Spencer, Nick	1	4	4
Baker, Jay	1	17	17
Pizza, Bryan	1	17	17
Newberry, Ricky	1	20	20
Long, Brett	20	20	20
Morris, Pete	1	10	9
Smaine, Bill	1	10	9
Oliver, Allison	1	8	7
King, Allen	1	8	7
Kizas, Alexander	17	17	17
Newton, Nicky	14	14	14
Cassey, Brandon	12	12	12
Rhmer, Jim	10	10	10
Barber, Chris	10	10	10
Carriavato, Nicole	10	10	10
Lacey, Fritz	8	8	8
Jurice, Travis	8	8	8
Reisman, Howard	8	8	8
Boh, Jeffrey	3	3	3
Sacherman, Jim	1	1	1
Carothers, Scott	1	1	1
Dixon, Frank	1	1	1
Pace, Joe	1	1	1
Pate, Mike	1	1	1
Treslau, Adrian	1	1	1
Rodarte, Michael	1	1	1
Waszkiewicz, Christian	1	1	1



Cycling in France

Chris Zombro-Rhiner

A cycling vacation in France is a road cyclist's heaven. Some say to avoid the Tour de France in July, but we did just the opposite. We chose not to follow each day of it (except by French television), but we did watch it up-close six times at key stages. Our choices were the team time trial, the individual TT, and four mountain stages. We used the tour as our suggested itinerary and this year was spectacular, taking us to five countries (we skipped Monaco, but were later informed that it would have been quite a treat.)

The TDF attracts a wide variety of visitors so it is a chance to chat with many nationalities. Well represented were the Dutch, Germans, Italian, and of course the French. Americans were almost non-existent. With our large vocabulary of five French words, we were able to handle most anything. We even managed to get hotels "on the spot" during the tour. We camped when needed, but discovered the "chambre d'hotes", an equivalent of a very homestyle/casual bed and breakfast, as our favorite. The farmers' market springs up in every town: it's the place the shop! Our favorite

towns had 3-5 cycling shops for our convenience. Would I go back next year? Yes! But with a few more items than I took with me this time. Mainly my cycling food, a Clif bar or some gel would have been nice. We did purchase the French equivalents but at almost \$5 a bar I didn't feel like eating too many! Next time a smaller rental car, though the GPS is a must, and lastly let the Office of Tourism book your room. Our favorite areas of stay were Le Bourg-d'Oisans, the Provence area around Sault and Bedoin. And the airlines charged us \$100 per bike each way: weight didn't seem to be a factor.



Where in the World is Alta Alpina?
Jim and Chris at the top of Mont Ventoux.



Here is a nice shoulder to ride, but not typical. Yes, it's 1.5 meters to pass a cyclist (4.5 feet!)



The signs at the base of each climb are really helpful, you just don't see that in America!



Board Meeting Minutes— September 14, 2009

Secretary: Lauren Lindley. Other Board Members: Michael Bayer, Corey Bolton, Twain Berg, Robert Braun, Pete Costa, Dave Gaskin, Jennie Hamiter, Joe Marzocco. Other Attendees: Rick Newberry, Larry and Ruby Roach, Christopher Rowe

1. **2010 Alta Alpina Challenge:** Based on budget for same event, with 450 riders, we would come out with a profit of \$10,000 next year. With an event of under 500 people, Alpine County does not require planning commission approval. 92.5% of club members surveyed voted to keep the Alta Alpina Challenge. Pete motions that we approve a 2010 Alta Alpina Challenge with changes to scheduling and tweaks to planning. Motion passes. Majority of surveyed riders still preferred a date in June. Pete motions that if the California Triple Crown director agrees to allow us to hold 2 events on the same day and Turtle Rock Park is available, that the event be held on June 26, 2010. Motion passes.
2. **Fall/End of Year Dinner and Meeting:** Lauren still waiting on word from LTCC regarding use of Board Room. Budget is \$2000.
3. **Genoa Cyclocross:** Moved to Kirkwood, on October 10th, 2010. Will be part of Reno Wheelman series. Start/Finish at Redcliffs Day Lodge.
4. **Presentation by Rick Newberry from Kirkwood:** Here to represent the bike park (20 miles of trails) at Kirkwood, which are open July 4th through September 6th. Kirkwood would like to see more events held in the summer but they do not have the staff: seeking Alta Alpina help. Kirkwood would also like to collaborate on holding a Fat Tire festival, not in 2010 but maybe in 2011. East Meadows would be a good place to hold a club criterium. Kirkwood more than willing to help out with signs/vehicles/ etc for the Challenge.
5. **Be-Pro Conference: Jan 8 & 9, 2010:** Club intends to attend. Place on your calendars.
6. **UNR Cycling Team Sponsorship Request:** Donated \$500 last year which provided us with a logo on the jersey. Pete suggests that if we do donate to the UNR Cycling Team that we find a second worthy recipient of a monetary donation that is in the Tahoe/Carson Valley because we are not merely a club of racers. Nationals will be hosted by the UNR Cycling Team at Northstar on October 17 and 18, 2009.
7. **Monthly Status Reports:**
 - **Treasurer's Report:** \$60,926.51. Ahead of projected budget for the year. Dave and Pete met with new CPA Bill Johnson, who had a number of suggestions, such as 1099 forms for those who are paid more than \$600 a year.
- **Memberships:** Patti not in attendance.
- **Weekend Rides:** All the club weekend rides have been completed. Twain requests that no club members post rides for non-club members unless the club member is going to be the ride leader.
- **Newsletter:** Jennie still needs a presidential posting for September newsletter.
- **Website:** Joe Marzocco taking over this job. If you need to post anything, please email Joe.
- **Weekly Road Races:** Di not in attendance. Corey reported that port-a-potty has been picked up for the season. Developer may not be interested in holding events at James Creek Canyon again in 2010.
- **MTB Races:** Need a new race director for 2010.
- **Junior Team:** Looking into creating a cohesive race team for 2010 for the juniors.
- **CVC:** Spent \$8,448. Revenue: \$11,165.
- **Bike Advocacy:** Sat. Sept 19th they are opening the Carson Freeway to pedestrians and bicyclists from the Gold Dust West at 8:00 AM. Public comments on the proposed Stateline-to-Stateline Bikeway may still be given to the TRPA until 9/21/2009. Karen Fink is soliciting comments on the Lake Tahoe Bicycle and Pedestrian Plan Update.
8. **Board Members next year:** Need a new treasurer. Pete will not be the President next year but he will be willing to take a smaller role, such as treasurer, membership coordinator, or vice president should Mel decide to run for president.
9. **Nevada Trails:** Larry Roach reports that Nevada Trails is looking for someone to come on his show to discuss cycling in Nevada. Larry will get the contact info and pass it along so that we can send a representative to the show.
10. **Next Meeting:** Monday, October 4, 2009, 6 pm, TRPA ..



For discounts from these local merchants, please visit the AACC website at www.AtaAlpina.org



Alta Alpina Cycling Club

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

MARK YOUR CALENDARS

- Kirkwood CyclocrossSat, Oct 10
- Highway CleanupSun, Oct 11
- Alpine County Bicycle ..6pm, Wed, Nov 4
Plan Meeting at TRP
- Annual Meeting & DinnerMon, Nov 23

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

Pete Costa	President	president@AltaAlpina.org	775-782-8493
Mel Maalouf	Vice President	alpinajr@gmail.com	775-782-9652
Lauren Lindley	Secretary	llindley@pearlizumi.com	
David Gaskin	Treasurer	dlgaskin@earthlink.net	530-541-6472
Patti Towns	Membership Coordinator	membership@AltaAlpina.org	
Twain Berg	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	775-901-6043
Michael Bayer	Alta Alpina Challenge Ride Director	challenge@AltaAlpina.org	877-845-2453
Di Bolton	Thursday Road Race Director	di.bolton@charter.net	775 782-4729
Robert Braun	Pinenut Cracker Mountain Bike Race	robertingville@yahoo.com	
Pete Costa	Road Cleanup Coordinator	intandempc@aol.com	
Jennie Hamiter	Paceline Editor	paceline@AltaAlpina.org	775-782-4848
Garth Jackson	Carson Valley Classic	gjacksonbsee@yahoo.co	206-459-9075
Mel Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
Joe Marzocco	Website Coordinator	webmaster@altaalpina.org	
Tim Rowe	Bicycle Advocacy Coordinator	Trowebikes@aol.com	775-267-9531

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 2** at **Pizza Factory** in the **Gardnerville Ranchos.**