



PACELINE

**Alta Alpina
Cycling Club**

**Volume 10 Issue 7
September 2012**

AACC Fall “Century” Ride and Pizza: Sweetwater Pass — October 14, 2012

David Scarborough, Spring/Fall Century Coordinator

New for this year! We’re holding the Alta Alpina end of the year club ride and pizza dinner for club members.

We will start in Wellington, NV and ride to Bridgeport and back over Sweetwater Pass. There will be a club rest stop on top of Sweetwater pass. Participants will be on their own for support in Bridgeport. Food is available there so bring money for that if needed.

Upon returning to Wellington, the club will buy all participants pizza so don't eat too much before hand!

We'll meet at CG Bar and Pizza in Wellington. Car pool to the start if possible or park at the Wellington community center as there is limited parking at CG. We'll roll out at 10:00am so get there around 9:30am.

We'll take Wellington Cutoff (NV SR 829) out of Wellington. The route to Bridgeport involves a very gentle and scenic climb to Sweetwater pass on NV state route 338. The rest stop will be located roughly half of the way to Bridgeport close to the highest point of the ride. We'll have water and snacks there. This is followed by a descent to the East Walker River. We cross into California and follow the river, ride around Bridgeport Reservoir, and reach Bridgeport. On the way back we're likely to encounter a bit of a headwind climbing back up to the rest stop and descending back to Wellington. The whole ride is 88 miles.

This is a great time of year to ride as the weather isn't too brutal and the roads are less busy with traffic. It's also a great time to catch up with what's been going on with fellow club members and doing it at a leisurely pace. Pizza will be served starting at 4:00pm.

Please RSVP if possible so we can get a rough idea of how much pizza to order.

RSVP to: dave_scar@hotmail.com .

See you there!

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Sonora Pass Hillacious Century Ride

Michael Bayer, Sonora Ride Leader



The annual Sonora Pass Century starts at the Caltrans station on US 395 at CA108. We'll roll out at 8:00am so we make the most of daylight on a long day of riding. The route is a simple one—we ride 50 miles west on CA108 to Strawberry Store then turn around and ride back. Metric riders will ride 31 miles to Clark Fork Rd just beyond Dardanelle Resort and turn around there.

See map: <http://www.mapmyride.com/routes/view/16176867>

Century Riders will enjoy 10,000 feet of climbing, metric 7000. Feel free to come out and just ride one side of Sonora Pass if desired. Be prepared for any kind of weather.

There will be energy drink powder and bars at the start.

Food and water can be purchased at the Dardanelle and Strawberry stores where we'll regroup. We'll also regroup at the summit of Sonora Pass (pictured at left).



Thoughts on the 2012 Racing Season

Scott Herman

Well, the road race season is over and it was a good one. Not for me personally but in general things were very competitive with lots of new faces. At least in my group.

The A's saw Robert ride away from everyone else, leaving the battle for 2nd place to be fought out between Kevin and Pike. Kevin squeaked out 2nd by a handful of points.

The B's on the other hand was a slug fest with Bill just edging out Alex and Andrew nipping like a hungry K9 on a diet for 3rd.

In the C's Jamie rolled off the front, never to look back but it could not have been closer for 2nd with Michael taking it by ONE point from Jenny! Like I said, competitive. No contest in the D's; Jim, Davis, James, end of story!

This year the juniors had their own category and they rocked it! Cole won it hands down and then proceeded to tear up the C's then the B's as well. Jimmy a shoe in for 2nd and Eric 3rd, each scoring triple digit points. Big congrats to all the athletes who came out to play this year. You're all winners.



Presidential Posting

Mel Maalouf, President

I am always delighted at the riding in September but sad to see the daylight ending sooner. One of my favorite times to be outside and on the bike is after the sun goes down. Usually this means I am heading back home or to the car after a great ride in warm weather to finish off the day. The lighting seems to accentuate the terrain and the succumbing of the day to the night gives the extra incentive to arrive at the car before the light completely falls prey to the night. As per my usual schedule, my mountain bike has seen more miles and the road racing season has been put to bed to await its awakening next year. I so look forward to the days of less intense training and riding into the fall with race fitness and endurance to ride at paces and distances at will (within reason).

It has been rewarding to see the junior team progress throughout the year. My fears about trying to get them

to ride safely, in a straight line, drink from a bottle without swerving into traffic has turned into ensuring they can descend a hill like Kingsbury without getting into too much trouble. Watching all of the team gain confidence to handle a bike at speed is a testament to their aptitude and skill. All of the junior team were able to climb Kingsbury by the end of the year and some of them in the 50 minute range. I was proud to lead the kids up the hill this last Monday with three of the members making it to the top of the King for the first time ever. What a progression! Team attendance this fall so far has been great. It seems that the routine of having the kids in school keeps them in town enough to make the training sessions. Summertime seems to crowd out racing and training for some of the riders as families travel etc. The team has the skills and fitness to get some good riding in this fall and I hope we carry it through till next year.

Alta Alpina Juniors visit San Jose's Hellyer Velodrome Labor Day Weekend, 2012

Jim Harris

Members of the Alta Alpina Junior Cycling Team, Seth Jezek, Spencer Davidson and Jimmy Harris, participated in a special Labor Day weekend training odyssey in and around the Hellyer Velodrome in San Jose, Ca. The trip was sponsored by AACC and was coached by Mel Maalouf. The group loaded up the bikes and gear Friday afternoon in Minden and arrived in San Jose in time to get a much needed nights sleep before the morning workout. After breakfast Saturday morning we made our way to the Hellyer Velodrome, which is one of only three velodromes in California. We signed up for the novice training which is open to anyone who wants to try track racing and receive instruction on track etiquette and the basic skills needed to handle the brakeless, fixed gear bikes. The boys and I were naturally apprehensive about riding on the 35 degree track surfaces with no brakes and no way to stop peddling other than gradual reverse pressure. Before long though, we were all up-to-speed, riding confidently with the pack and practicing some racing skills.

After completing the morning training we all had the first of three cultural dining experiences... an authentic Mexican lunch at a nearby restaurant before returning to the hotel to recoup in the pool and hot tub. The boys were just getting used to the good life when Coach Mel gave orders to "fill the water bottles." The afternoon training ride took us through some big city traffic but was largely spent grinding up and flying down the steep winding roads in the quiet mountains north of San Jose. After showers and clean T-shirts we had our second cultural dining experience at a nearby Thai restaurant. We all ordered different dishes to share family style. Spencer voiced his concern about the spiciness of the food and then proceeded to order the hottest item on the menu. All of the food here was spicy hot, so there was a lot of sweating and refills on the water glass. Sunday morning we slept in a bit. The "juniors only" training program at the velodrome was scheduled for 1:00 pm., so we all took a walk to kill some time and check out the stores in the vicinity of the hotel. When we finally arrived at the velodrome we found more juniors than we expected.



Many sporting team kits and very high end bikes. After warm ups, everyone was required to compete in two different race events. The events included a 500 meter individual sprint (1.5 laps) and a longer (25 lap), age bracketed, bunch start. Our boys all had very respectable times in the 500 meter sprint, however, they performed exceptionally well in the longer bunch start events. Jimmy missed first place by only half a bike length finishing second in the 12 years and under group. Spencer raced strong and smart to pull out a hard fought third in the 13 to 14 year old group and Seth finishing first in the 15 and over group, nearly lapping the field at the finish line. WOW!

This is quite an accomplishment for the Alta Alpina Junior Team considering it was only their second day on a track, using rental bikes and competing against better equipped and more experienced racers on their home track. Dude! This was not an official race but Seth, Spencer and Jimmy made such an impressive showing that they were cordially invited (by the event organizer) to the California State Junior Finals to be held on September 30th at Hellyer Velodrome. Needless to say, we were all pretty stoked about the events of the day. We spent the rest of the afternoon celebrating by the hotel pool and nabbing free cookies from the lobby.

As evening rolled around the conversation turned from cycling to food. Mel, who likes to give the team a culinary experience along with the cycle experience, had previously spotted an Indian restaurant near by, so we walked over. This turned out to be some of the best food of the trip but it was ballistically spicy. Eating family style again, we all took turns ordering and everything was delicious. Jimmy ordered the nuclear chicken,

which was so hot only Mel could finish it off. Again... lots of sweating and laughing.

Monday morning found us loading up and heading towards the Santa Cruz Mountains. We parked near Lexington Reservoir and began riding the first climb of the day, Bear Creek Road. The climbing was steep and the scenery was beautiful winding through the cool dark redwood groves. After filling water bottles in the little town of Mt. Hermon, we were soon climbing Alba Road which was reported to be the steepest climb in the area. Mel didn't seem to have any problem with the brutally steep climb, even with only a 23 tooth rear. The rest of us mortals had to make a few rest stops before the top. Shortly after reaching the summit another rider stopped to rest and chat. He was wearing a 2012, Alta Alpina Challenge jersey and had completed this years 8 pass challenge. We agreed that climbing Alba Road was a worthy training ride for the Challenge.

The boys rode until time and endurance wore thin and the decision was made to load the bikes and head home. Everyone was starving and Mel had promised the boys they could eat anywhere they wanted as a reward for the hard work. The coach ensured that only healthy training food was on the menu during the training weekend but the last meal could be junk food. The boys decided that an In-N-Out Burger was the most perfect food for ending a super weekend. This was a cycling weekend the junior team won't soon forget and a fitting reward for training and racing this season as well as volunteering for all the AACC events throughout the year.





3rd Annual Indian Hills Spooktacular Cyclocross Race!!!

Scott Herman, Cyclocross Co-Coordinator

Sunday, Oct.28,2012

This year's club sponsored fall cyclocross race will once again be scheduled for late October at the Indian Hills park on the south side of Carson City.

We had such a success with last year's costume race we're doing it again this year although the costume race will be held separately this time.

How could anyone not want to do this?

Please let Scott Herman or Robert Braun know if you can help out.





I-580 Extension

Scott Herman, Paceline Editor

FINALLY! The new freeway is open. On the last Saturday of July, which had absolutely beautiful weather, lots and lots of cyclists had the opportunity to ride on the new I-580 freeway between Mt. Rose and Washoe Valley WITHOUT any cars to interfere. Not only does this make for a quicker drive to and from Reno but riding through Pleasant Valley is now Pleasant! There are still cars on the road but nothing like before and we can now ride our bikes clear from Minden to Reno without having to compete with freeway style traffic. 'Bout time!





Board Meeting Minutes—September 6, 2012

Acting Secretary: Mel Maalouf; Other Board Members: Diane Bolton, Robert Braun, Peter Costa, Joe Marzocco, Ellen Sherrill

1. Monthly Status Reports:

- **Treasurer:** The current checking account balance is \$52,188 as of August 17. The Paypal balance is \$7,151. There are about a dozen liabilities still outstanding for the challenge.
- **Membership:** No new memberships over the last month.
- **Weekend Rides:** We are experiencing difficulty in getting people to sign up for leading rides. Will continue with requests and notifications.
- **Newsletter:** Scott looking to interview Pike regarding his efforts at expedition man. Over the next few months, Scott will look into a web based newsletter a la TNRG.
- **Website:** Investigating a multi-year renewal for the challenge website.
- **Weekly Road Races:** Done. Investigating a better first aid kit suitable for road rash. Will have the rider numbers and financial summary next month.
- **Mountain Bike Races:** None.
- **Junior Team:** Junior team had five riders on today's ride with three making to the top of Kingsbury for their first time ever. Velodrome trip was a success. Writeup in this month's newsletter.
- **Spring Century:** Dave S. will arrange a fall "century" likely to be the wellington to bridgeport and back on the 14 Oct.
- **Pinenut Cracker:** Yes, it will happen next year.
- **Carson Valley Classic:** Likely will be promoted by the Little City Stage Race.
- **King of Kingsbury Time Trial:** No news.
- **Cyclocross Race:** 28 Oct Indian Hills and 17 Nov at Davis Creek will be part of the Sagebrush CX series. To be run by Scott and Robert.
- **Bike Advocacy:** Vote to fund Tim Rowe's fees for Alliance for Biking and Walking at \$525. Unanimous approval.
- **Adopt A Highway:** Casey Willitts has scheduled last cleanup.
- **Clothing:** Lauren to send out survey to see what quantities to re-order. Possible long sleeve jersey to get ordered.
- **The Alta Alpina Challenge:** No update. Some discussion on succession plan for ride director..

2. **Annual Meeting and End of Year Party:** needs to be planned. Mel to contact Curtis and Lauren. Desired date of Monday 6 Nov prior to election which might assure people are in town to vote.
3. **Next Meeting:** Monday, October 1, 2012, 6 pm, Pizza Factory in Gardnerville.

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.AaltaAlpina.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.]





Alta Alpina Cycling Club

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MARK YOUR CALENDARS

- Sonora Pass HillaciousSept. 30
 Century Ride
- AACC Fall "Century" RideOct. 14
 and Pizza
- Spooktacular CyclocrossOct. 28
 Race
- AACC Annual Meeting &Nov. 5
 End of Year Dinner

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

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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 **October 1** at the **Pizza Factory** in the **Gardnerville Ranchos.**