



# PACELINE

**Alta Alpina  
Cycling Club**

Volume 9 Issue 7  
Sept/Oct 2011

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

November 14, 2011, 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  
2011 will be held on Monday

November 14 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 and 2010  
annual meetings.

### Agenda

**6:00 Reception**

**6:30 Annual Meeting with Election of Officers for 2012**

**7:00 Buffet Dinner**

**8:00 Awards**

### Please RSVP as soon as possible.

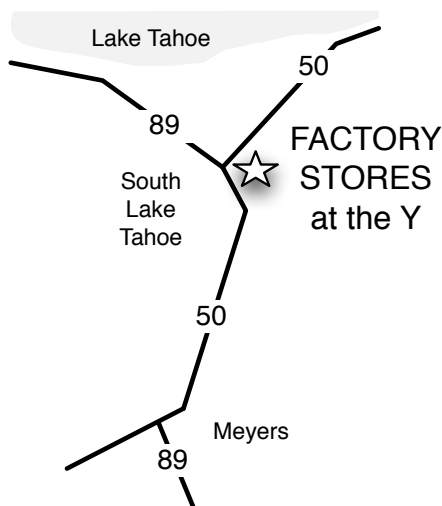
To confirm your attendance:

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 2011 members in good standing. Non-members will be charged  
for a membership at the.

This is a club meeting and officers for 2012 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).



### Inside this issue:

<i>Presidential Posting</i>	2
<i>Hillacious Century Series</i>	3
<i>Marc Evans Coaching</i>	5
<i>Board Meeting Minutes</i>	6

Mark this date on  
your calendars now!

# JUNE 30 2012

The date for the 2012 Alta Alpina  
Challenge—Riding the Wild Sierra  
has been set.

This event is the club's primary  
fund raiser. It pays for the spring  
party, the Spring Century and the  
rest of the Hillacious Century  
Series, and other club activities  
including subsidizing the Thursday  
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 28 to July 1 on  
your calendar so you can help out.



## Presidential Posting

Mel Maalouf, President

It wouldn't be a Presidential posting if I didn't gush about the weather. Well, Sept looks like a great month for summer weather. Our late arrival for warm weather in June has been rewarded with a splendid Sept. I hope you are all getting out and enjoying it as much as I am.

I want to encourage our members to get out for the trail building efforts. There is one on Spooner area, Douglas county at Genoa, Tahoe Rim Trail and the Douglas county discovery trail. We all love to ride these trails, so let's get out and support. It is really a lot of fun to work on these and puts a face with our club name.

So far this year has been a banner year for the club.

The Challenge has fulfilled its calling and has become a premier event in the area and we look to improve it for next year. Club racing had good turnout with many new faces. The Junior team has a new quiver of young riders that we all need to watch out for as they get more experience and strength. There are still races and rides to do in the Fall so let's get out and show our colors. The Wild Hillacious series is spurring on not only many riders to challenge their year long goals of completing the series but many make up rides and other rides that challenge us all.

Thanks to you all this year for so far a great year. Let's hope the weather holds so we can finish off the year strong.

---

## Carson Valley Trails Association Needs Volunteers

Mel Maalouf, President

The Carson Valley Trails Association needs volunteers to help with trail building on the Sierra Canyon Trail and in Genoa Canyon on the dates listed below.

Sierra Canyon Trail

Time: 8 a.m. to 3 p.m.

Location: Sierra Canyon is located 0.5 mi. north of Genoa, west on Centennial Drive to Snowshoe Lane. Parking is on the west side of Centennial Drive next to Snowshoe Lane.

Saturday October 8

Friday October 14

Saturday October 15

Sunday October 16

Genoa Canyon

Time: 8 a.m. to 3 p.m.

Location: Genoa Canyon is located at the end of Carson Street in Genoa.

Wednesday October 19

Saturday October 22

Sunday October 23

Thursday October 27

Saturday October 29

No previous trail building experience is needed. Work for all or part of the day. Volunteers must wear long pants, long-sleeved shirt, sturdy hiking shoes or boots and glasses or sunglasses. Hard hats and tools are provided. Bring your own water and lunch.

For more information please call 775-722-8784 or visit [www.carsonvalleytrails.org](http://www.carsonvalleytrails.org).

Funding for the Genoa Foothill Trail Project has been provided by ongoing fundraising, donations and a grant from the State of Nevada, Division of State Lands, Conservation and Resource Protection Grant Program.

**Each hour that you volunteer is worth \$18 toward CVTA's match for this grant.**

CVTA president, Bill Hay, was recently diagnosed with stage 4 esophageal cancer. Bill's illness has prevented him from doing something he would really like to do— donate trail building hours for CVTA's Genoa Foothill Trail project. Every hour of trail building that you donate will be an hour of support for Bill.



## Wild Hillacious Century Series Update

Twain Berg, Wild Hillacious Series Director

The Summer 2011 Wild Hill Series has concluded.

Thanks to all who participated, volunteered as ride leaders and posted make-up and Bonus rides. I don't have an exact count but members had over 20 chances this summer to earn those 3 centuries or 5 metric centuries.

Thanks also to Denis Coyne at Bike Habitat and Michael Bayer, Alta Alpina Challenge Ride Director for their generous support of the Wild Hill Series.

The update of the Stats page is done but may be incomplete. If you are interested in the Finisher's Jersey, please check on your stats at:

<http://numsum.com/people/view/AltaAlpina>

If I have missed any rides that you completed, please email me at [sagebum@charter.net](mailto:sagebum@charter.net) and I'll make corrections.

I am working on a few revisions of the jersey design and will then send out invitations to order the jersey.

### Who has earned the Finisher's Jersey?

Anyone who has completed 3 Wild Hill Centuries or 5 Wild Hill Metrics during the 2011 season. Last year's Finishers can also order another jersey or vest if they want one.

I'll also be working on the 2011 Finisher's Certificates. Congratulations to **Steve Kreider**, the Series Champ, with 7 Wild Hill Centuries!

Several Alta members asked if they could get Wild Hill Credit for the Death Ride™. I received permission from the Alpine Chamber to do so. If you did the DR and want credit to get your jersey, just send me a pic of your bib with 4 or more stickers and I'll get it up on the Stats page.

For jersey pics and any other info, just go to the Wild Hillacious Link on the [club website](#) or email mail me.

Thanks for another great year.



Di and Corey Bolton host the Spring Century Rest Stop at the Top of Monitor



Marc, Darla, Michael, and Jennie at the top of Sonora Pass



Todd and Tammy on Cats Crossing Rd.



## 2011-12 WINTER CYCLING ROLLERS GROUP TRAINING COURSES

### OVERVIEW

- Two 8-week courses
  - Two courses are offered on the dates below (Tuesday & Thursday evenings).
  - **Course #1** November 1 through January 5 (register closes 10/17)
  - **Course #2** January 3 through March 8 ) (register closes 12/19)
  - Course Options: Enroll in: **1)** One class per week **2)** Two classes per week
  
- This is group training at it best for technique, intensity and the enjoyment of working out with others under the guidance of a world-class coach.
  
- **What You Will Learn:** Aerobic & anaerobic conditioning, pedaling symmetry (tension control, sectors, muscular patterning), stabilized body positioning, progressive core stability and mobility training exercises. Classes consists of warm up, mobility, flexibility, core stabilization, technique, and progressive (6 intensity zones) intervals.
  
- Progress learning to ride the rollers and applying the right technique and intensity via well organized workouts. Each week building upon the technique and intensity of the previous.
  
- The Coaching Studio (**Gardnerville, NV**) has eight (8) rollers with state-of-the-art Safety Platforms. The rollers are easy to learn in your very first session.

**NOTE: Trainer Option:** If you'd like to join in the workouts, but prefer to use an Indoor Trainer – you may bring your own. There is room for an additional 15 riders.

→ Open to ALL skill levels. We have elite to beginners in each class.

**Details:** Studio opens at 5:45pm • Workouts begin promptly at 6pm end at 7:15pm • Rollers (8 available) • Bring: Bike, Shoes, Gloves, Aid, and Towel • please arrive promptly and have your equipment in working condition. If you are running late just come in and join the workout in progress.

<b>Cost:</b>	<b>1 class (same day) per week</b> <b>8 total classes</b>	<b>2 classes per week</b> <b>16 total classes</b>
	<b>*\$180</b>	<b>*\$324</b>

\*May Join ongoing classes on prorated basis if space is available (rollers and indoor trainer users)

\*There are NO refunds (except)  
 ○ If not completely satisfied after 2 consecutive sessions remaining class fees are refunded.

**How to Register:** Email – [marc@evanscoaching.com](mailto:marc@evanscoaching.com) – Call - 775-783-9294



## Board Meeting Minutes—August 29, 2011

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Diane Bolton, Robert Braun, Pete Costa, Curtis Fong, Mel Maalouf, Joe Marzocco, Tim Rowe, Ellen Sherrill, Christine Zombro; Other Attendees: Jay Brandon, Marc Evans, Jim Slade, Christopher Rowe

### 1. Monthly Status Reports:

- **Treasurer:** As of August 29th, our bank balance is currently \$53,849. Our paypal balance is \$50.
- **Membership:** 3 new members. Ride board gets dispersed to 160 emails.
- **Weekend Rides:** Next Hellacious is the week after Labor Day.
- **Newsletter:** Newsletter should go out shortly.
- **Website:** Board discussed move to a content management system. Mel asks the board to send Joe examples of sites they really like to give him examples of what he likes.
- **Weekly Road Races:** Road Race Series has ended for the season. 365 racers. Di asks to use the 55 racers that were either board members or previous season passes (\$440 loss) or had 52 instances of juniors (\$312 loss) to be included in the numbers for her budget.
- **Mountain Bike Races:** Ellen has still not met with Garrett. Board agreed via email to be a sponsor the IMBA Conference for \$1250, matched with \$1250 to equal \$2500 if the conference is brought to the basin.
- **Junior Team:** Finishing up for the year and will probably switch to mostly mountain biking for the fall season.
- **Spring Century:** No update.
- **Pinenut Cracker:** Robert Braun will remain on as race director for the next year and worst case scenario he might change the venue and use Indian Hills instead. The cost would be significantly less.
- **Carson Valley Classic:** No update.
- **King of Kingsbury Time Trial:** No update.
- **Cyclocross Race:** Kirkwood Cyclocross is Sept 17th. Date conflict with Reno Mountain Hillclimb and Folsom Cyclobration. Indian Hills Cyclocross will by Sunday, October 30th.
- **Bike Advocacy:** 3 Foot Law goes into effect October 1st in Nevada. Procrastinating Peddlers is hosting a ride on October 1st to promote the new law.

- **Adopt A Highway:** 6 participants in a successful pickup organized by Casey.
- **Clothing:** We're sold out of most sizes. Pete agreed to take on a new clothing order .

2. **End of the Year Dinner:** 6:00 PM Monday, November 14th. Budget of \$1500. 80-100 people.
3. **Ascent Douglas:** Presentation from Jay Brandon and Jim Slade on Ascent Douglas and Douglas County's Economic Vitality Plan. The Ascent Douglas team is part of the outdoor recreation and lifestyle team. They are seeking to bring outdoor retailers and related business to the area. They attended Outdoor Retailer. They have an active social media campaign through their website, Facebook, Flickr, Twitter, etc. They also deal with local outreach programs and networking: they like to list and do articles about local companies who are outdoor retailers or manufacturers in the area as well as interface with local commercial outdoor activities or clubs like Alta Alpina. They would like us to feed them information on the club activities that would help illustrate what a vibrant outdoor recreational lifestyle the Douglas County community has.
4. **Marc Evans Presentation:** Rollers Class will be a T/Th Night class. There will be 16 slots available per week. Marc has also been doing a Tuesday Night Technique class on a crit-style course with 8-12 people/week. These will probably last until Sept/Oct. Marc proposes a Sweetwater Race from Gardnerville to Sweetwater. The club urges him to become the race director to see it realized. Marc is interested in having Alta Alpina provide him a stipend for his weekly race technique clinics (currently free to Alta Alpina Members). Board agreed to include Marc's flyer in the next newsletter.
5. **Alta Alpina Challenge:** The surveys for riders regarding date choices have gone out. The preference thus far is to stick with the June day. Michael is still putting together next year's budget. Key priorities: move the website to a new platform and to pick a date. BBQ went well.
6. **Next Meeting:** Monday, October 3, 2011, 6 pm, Pizza Factory in Gardnerville.



## Board Meeting Minutes—October 10, 2011

Acting Secretary: Michael Bayer; Other Board Members: Robert Braun, Pete Costa, Curtis Fong, Ellen Sherrill (by phone)

### 1. Monthly Status Reports:

- **Treasurer:** The current balance is \$13,482.89, we've opened a \$40K CD (7 Mon) which is effectively self-insurance for future activities, the Paypal account has about \$50.
- **Membership:** Membership fees will probably not change in 2012 remaining at the incredibly low rates of \$25 for individuals, \$40 for families. These fees reflect the expectation that all members will volunteer for our fund raising events. Once again non members who attend the annual dinner will be charged for a 2011 membership or upgrade to family membership.
- **Weekend Rides:** It was proposed that the rideboard should send a copy of the non-member waiver to ride leaders just before their rides so we're covered by insurance. Board discussed the idea of having joint rides with other club ssuch as East Sierra Velo in Bridgeport and Procrastinating Peddlers.
- **Newsletter:** Should go out in the next couple of days. Will announce annual meeting date.
- **Website:** Needs to be updated with Annual Meeting Information. Joe is working on a plan to move website to a new content management system and is looking for a design.
- **Weekly Road Races:** Race season has wrapped up, Di has passed on expenses/income data to Pete.
- **Mountain Bike Races:** No Update.
- **Spring Century:** Tentatively Memorial Day Weekend.
- **Pinenut Cracker:** Scheduled for May 19, 2012.
- **Wild Hillacious:** Series concluded. Finishers should visit the website and confirm that their stats are correct. If anything needs to be updated, contact Twain. Twain arranged with Alpine County Chamber of Commerce to include Death Ride in the series.
- **Carson Valley Classic:** Curtis proposed re-building CVC as a hosted stage race for invited teams rather than individuals masters race.
- **King of Kingsbury Time Trial:** Need to check with Allan on plan for next year.
- **Cyclocross Race:** Oct 30, Indian Hills. Need volunteers at 7:30am to set up course, marshals, registration, and results.
- **Bike Advocacy:** 3' rule has gone into effect as of Oct 1.
- **Adopt A Highway:** No report.
- **Clothing:** Curtis will get clothing quote from Pace. Pete will coordinate new clothing order.

2. **Alta Alpina Challenge:** Survey results from this years riders are split between June 9 and June 30 dates. Non-rider surveys preferred a later date. June 30 makes ambulance service easier and improves likelihood of better weather. Curtis urged the board not to move the date around every year. Last Saturday in 2013 is available too so board decided to commit to last Saturday in June for both 2012 and 2013. In 2014 we'll either return to 2<sup>nd</sup> Saturday or continue with the last Saturday. Board approves a \$2000 marketing budget for Laura to begin the marketing campaign. Michael will contact John Cotter, Twain, and others to get the date posted and secured.
3. **Membership Server Upgrade:** Michael requested \$128.98 for software upgrade .
4. **Next Meeting:** Monday, November 14, 2011, after the annual meeting in South Lake Tahoe.



For discounts from these local merchants, please visit the AACC website at [www.AltaAlpina.org](http://www.AltaAlpina.org)



# Alta Alpina Cycling Club

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

## MARK YOUR CALENDARS

- Indian Hills Cyclocross    .....Oct 30, 8:00am
- Daylight Savings Time Ends    .....Sunday, Nov 6
- Annual Meeting & Dinner    ....Nov 14, 6:00pm
- Pinenut Cracker    .....May 19, 2012
- Alta Alpina Challenge    .....June 30, 2012

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

The club is about and for you! All AACC members are welcomed to participate in our **Board Meetings** normally 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 14** after the annual meeting in **South Lake Tahoe.**

Newsletter Editor/Publisher:  
 Michael Bayer