



PACELINE

**Alta Alpina
Cycling Club**

**Volume 11 Issue 2
March 2013**

Alta Alpina Spring Membership Party



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2013 Membership Renewal

If you were a member in 2012 we just need your membership fee paid by check or Paypal payment—no forms to sign! If you're a new or returning member, just complete the online form on the website.

Sunday, April 14, 2012 Elks Lodge , Gardnerville Ranchos, 6PM

The annual Alta Alpina Spring Membership Party is the official kick-off of the cycling season in the Tahoe-Carson-Gardnerville area. Like last year, the party will be at the new Elks Lodge on Kimmerling Road in the Gardnerville Ranchos.

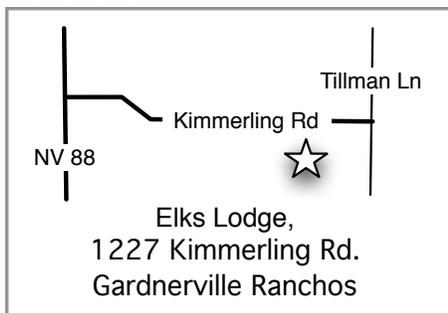
There will be free food, friendly people, and lots to see and learn. Again this year we're holding the big Bike Swap: Bring any bike-related items to give away or sell. Bike stuff left behind at the end of the night will go to the junior team or ROP. Membership Sign-ups: You can join or renew your membership at the party, but to avoid spending time in line, you can renew your membership now online. If you were a member in 2012 we just need a check or Paypal payment for your 2013 membership.

Know any friends or neighbors just getting into cycling? Bring them along and we'll sign them up at the door! Please try to carpool (or ride your bike) to the new Elks Lodge.

Doors open at 6:00 pm with plenty of food and great people to meet. Presentations start at 7:00. See you there!

Bike & Stuff Swap • Trade

Bring your bike related stuff for sale, or give away to other AACC members. You will have the opportunity to sell, buy, give away, or pick up bike related items.



THURSDAY EVENING ROAD RACING KICKS OFF ON APRIL 18

Meet at Fredericksburg and Fairview Lane for the season Prologue. Everyone is welcome and encouraged to participate. We'll have separate adult and junior divisions in the entry level "D" group so its easy to get started with your first race.

Kudos and then some to:

Jim Sacherman and Ron Peck for their contributions to the Alta Alpina Junior Team.



AACC Weekend Rides

Scott Herman, Paceline Editor

The Alta Alpina club rides are starting to ramp up now that the weather seems to have begun a warming trend. More and more riders have been spotted out on the roads enjoying the scenery, fellowship with other riders and just plain being on the bike! I even saw a rather wild looking recumbent but wasn't able to stop the guy to talk and didn't have the camera with me either. Hopefully I will be able to track him (or her) down and chat and take a pic or two so you can read about it here.

Dave Scarborough has been busy organizing weekend rides for the club and they have not disappointed. Actually, Dave has been doing this for a long time and knows what it takes to provide a ride that is fun for all. He just hasn't done it in awhile. There are some new ideas happening and that includes all levels of riding so if you're not a speed freak but just like to ride and socialize, there is a ride for you. If you are a speed freak and are unable to speak to anybody except to maybe grunt while trying to breathe and hang on, we can probably accommodate you as well! I know in years past I've been accommodated quite well in these



Out For a Friendly Spin

types of rides! Even though everyone rides away from me they are still kind enough to wait for me at the top of whatever hill I've been dropped on. So do yourself a favor and make it to one of these. You will be glad you did. Dave will keep us updated on the club's Rideboard and our Facebook page so there is no excuse for not making it.

If you have any suggestions or would like to lead a ride, contact Dave at Davescar30@gmail.com

A note from Laura Caimi

Hello Members,

Hard to believe it's already March and our annual event, Riding the Wild Sierra is just a few months away. We have had a great response from club members offering to help with pamphlet distribution. If you would be able to pass out pamphlets at bike shops, fitness centers and sporting goods stores please let me know. Several popular rides are coming up soon. They include Pardee Partry 4/6, Cinderella Classic 4/6, Tierra Bella 4/13 and Chico Wildflower 4/28. If you will be riding in these or any other organized rides, please consider taking some pamphlets to distribute to prospective Wild Sierra riders. We will have "Ask Me" stickers available for club members to wear at cycling events for anyone willing to provide others with information. Cinderella Classic and Chico Wildflower both have Expos at their events. If you would be able to organize an Alta Alpina booth at these events please let me know. It would involve setting up a table with posters and pamphlets to promote Wild Sierra and answer riders' questions. We hope to sell out this year, so please tell your friends, family members and co-workers about the ride. We offer a multi-rider discount for groups of five people registering together. As in the past, we offer several route options including two distances for the Family Fun Ride. Ideas or suggestions are most welcome!

Sincerely,

Laura

wildsierralaura@yahoo.com

775-781-3480



Presidential Posting

Mel Maalouf, President

You may not have caught it in the meeting minutes, but the club purchased 6 sets of high quality rollers from Marc Evans Coaching. Marc did a great job of setting these up and offered them to the club at an exceptional price to support the development of our young riders. The junior team has been training this winter as a group in my garage. It is quite impressive to see how quickly the kids have adapted to the difficulty of riding on rollers. They show themselves capable and eager to train. As the time changes this weekend, we may not have to ride indoors much due to short light spans, but maybe we head indoors again if the weather turns foul. Along with the indoor training, we have been doing weight training which is hosted by a tireless supporter of our junior team: Ron Peck of Sierra Physical Therapy. Ron's assistant Julie has been ever patient being tolerant of a bunch of respectful adolescents in the gym. With all this winter training, expect the juniors to excel and impress everyone this upcoming riding season.

If you have ever accompanied the junior team on our training rides (adults are always welcome) we usually ride two by two in most cases. We ride this way for a few reasons: It is more social. It provides skills needed for riding in large groups such as a race. It shortens the group so cars can pass more quickly compared to single file (the group is half as long in 2X2 formation). It forces drivers to pass us as a unit, rather than threading the needle a long line of riders. It also allows my stronger riders to give shelter to riders not as strong. We don't do this when the traffic is heavy and roads are narrow. This just tends to incite the drivers of cars.

You may ask, is this safe? Is it legal? Generally speaking, in most states and cases there are two rules and/or laws and overall good guidelines for safety:

1. Riders must ride to the most right part of the road as is practicable: or safe.
2. Riders can ride two abreast as long as it doesn't impede traffic.

There are many details for these laws and interpretations in these two links:

<http://bicycling.com/blogs/roadrights/2010/04/15/two-by-two/>

<http://www.bicyclelaw.com/blog/index.cfm/2009/11/24/NonExistent-Laws-And-The-Cops-Who-Enforce-Them>

As the club starts to ride more together and as many more riders are turning out to the weekend rides, I would like to encourage some safe riding and the above

guidelines are good rules of thumb (road) and it is the law. As I have written before in previous articles in the newsletter, the more cohesive and predictable we can be as single riders or groups, the safer we are. We have the blessing of some roads that are lightly traveled by cars and there is a tendency to ride in the middle of the lanes and sometimes three or more abreast. When cars arrive, there is a flurry of activity and vocal warnings like "Car Back!" where everyone tries to scurry around the group to get single file. All this movement is often abrupt and unpredictable for the cars and can cause crashes amongst the group. Lateral moving around, braking and other abrupt and aberrant behavior is often a cause of crashes for riders. My overwhelming preference is to just ride 2X2 on the road and remain that way in a continuous and predictable manner which makes it easy for cars to pass and keeps everyone consistent in the group.

So remember, it is not only safe, social, efficient and aesthetically pleasing, in most cases it is the law at least in California and Nevada. In Nevada, cyclists are allowed to ride no more than two abreast and in California, it is neither implicitly or explicitly permitted or prohibited.

And if you were thinking: Yes, the rollers are setup 2X2. We practice safety, even in my garage.

NRS 484.503 Traffic laws apply to person riding bicycle.

Every person riding a bicycle upon a roadway has all of the rights and is subject to all of the duties applicable to the driver of a vehicle except as otherwise provided in NRS 484.504 to 484.513, inclusive, and except as to those provisions of this chapter which by their nature can have no application.

NRS 484.509 Operating bicycle on roadway.

1. Every person operating a bicycle upon a roadway shall, except:

- (a) When traveling at a lawful rate of speed commensurate with the speed of any nearby traffic;
- (b) When preparing to turn left; or
- (c) When doing so would not be safe,

ride as near to the right side of the roadway as practicable, exercising due care when passing a standing vehicle or one proceeding in the same direction.

2. Persons riding bicycles upon a roadway shall not ride more than two abreast except on paths or parts of roadways set aside for the exclusive use of bicycles.



Musings From the Autobus

Scott Herman, Paceline Editor

Now that the cyclocross season is over it's time to look forward to the upcoming road season. I'd post about mountain biking but I don't have one anymore and never raced MTB so I'm not sure when their season starts. Probably year round. All you mountain bikers out there feel free to keep me updated and I will share the info in the upcoming editions of "Paceline".

So cross is over for the year and it was a pretty amazing one at that. As most of you know, our own Ellen Sherrill tore it up in the NorCal scene winning numerous races and placing on the podium in some big time elite races. I think she also finished 6th at Nationals in her age group. Well done.

The big news was that the World Championships came across the pond to the U S of A for the first time ever! Not surprisingly, the Belgians dominated but so what? The first 4 or 5 finishers of their National Championship races were ranked 1st through 4th or 5th in the world!! But it was still cool knowing the biggest names in cross were just down the road a couple of thousand miles and that might not happen again in my lifetime. So I enjoyed it. Plus, the races started around 11 am which meant I didn't have to set the alarm for 5 o'clock to watch live on the internet. How cool is that?

The most incredible race had to be the elite women. Marianne Vos, who was the reigning world champ and has won just about everything she has wanted to, rode away from the field on the first lap never to look back. BUT American Katie Compton, who has been our National Champ something like 9 out of the last 10 years had a horrible start and still chased down some dozen or so racers to finish 2nd overall. No easy feat as every country represented had their national champions

in that race plus the other top pros in the world, too.

The heartbreak award had to go to Truckee resident Katerina Nash (riding for the Czech Republic) who had a mechanical just before the last turn on the last lap and just missed out being on the third step of the podium while trying to push on the pavement with one foot and still being clipped in with the other. Frenchwoman Lucie Chainel-Lefevre, just behind Nash was fortunate indeed, sprinting around her at the finish line, securing the bronze medal and that third podium step. Talk about the thrill of victory and agony of defeat . . .

Now that the Spring Classics are upon us we say "ciao" to the mud and "oy" to the cobbles! Another group of crazies are taking center stage and I highly recommend tuning into these races on the upcoming weekends. Stage races are cool and all but the one day classics are rich with tradition and drunk Belgians lining the cobbles and most of the courses from start to finish. And these are well over 100 mile races! Like cross, the worse the weather, the better. Nothing like witnessing racers bouncing around on super slick cobblestones at 35 plus miles an hour in a rainstorm, eh? And if it isn't raining the wind and dust blowing are the next best thing. Oy indeed!

March and April are the months to watch the hardmen of cycling tackle races like Gent–Wevelgem, Ronde van Vlaanderen, La Flèche Wallonne, Liège–Bastogne–Liège, not to mention Paris–Roubaix and Amstel Gold. With names like these, who wouldn't want to check it out?! Updates to follow. Till then ~ Ciao for now!

Oh, and by the way, all you tri-geeks out there feel free to keep me updated on your events too and I will post here for all to see 'cause I don't do that stuff either!

America's Most Beautiful Bike Ride: Sunday June 2nd 2013

Yes it's still a-ways off but before you know it this one will have sold out and then what? This truly is the most beautiful ride you will find in this land of ours. With spectacular views, fabulous weather nearly every year and a leisurely pace, the AMBBR qualifies as my favorite "tourist" ride. Yes it still has its difficulties like hauling your carcass up Emerald Bay and getting from lunch in King's Beach to the Nevada line but all in all it is the most rider friendly ride I know of. And having it as one of the premier rides of the The Leukemia &

Lymphoma Society's Team In Training Program, it serves a mighty fine cause in addition to being a mighty fine bike ride.

Registration closes when it fills up and it fills up fast so do it now while you still can. You won't be disappointed.

Plus the food and after ride party is great!

Contact Curtis Fong at tgft at bikethewest dot com to inquire about volunteering.



2013 Elected Officers



**Mel Maalouf,
President**



**Curtis Fong,
Vice-President**



**Lauren Lindley,
Secretary**



**Frank Dixon,
Treasurer**



**Robert Braun
Membership Coordinator**



**Dave Scraborough
Weekend Ride Coordinator**



Vote for Corral Trail Grant Today!

Ben Fish, TAMBA

Voting starts March 5th on the Bell Facebook page to win the grant for Corral Trail. As a reminder over 100 applications were submitted from across the country for the Bell Built Grant and our application has been selected as one of the twelve finalists.

If we win this grant we'll get our share of \$100,000 and have Trail Solutions (the same guys that built the Truckee Pump Track) come here to build over 30 jumps and features on Corral Trail.

Some people might ask "why Corral Trail" - the simple reason is that this trail has been a test project by the Forest Service on how to build and permit mountain bike specific features on public Forest Land. These efforts go back 8 years now and have had countless riders give input. Once all the planned features are built on Corral Trail we can take that example elsewhere,

like rebuilding the Stinger at Kingsbury. Also, the grant is for projects that have approved plans and are shovel-ready, meaning they can start building this spring.

This is a very exciting partnership for Tahoe, and potentially the entire Country. To have a model trail here in Tahoe is something to brag about, please support TAMBA's efforts and vote for Corral! Thanks!

Vote Here:

<http://www.facebook.com/bellbikehelmets>

More information including maps and the proposed plans for Corral can be found on our webpage at

<http://mountainbiketahoe.org/>

Board Meeting Minutes—March 4, 2013

Secretary: Lauren Lindley; Other Board Members: Michael Bayer, Robert Braun, Frank Dixon, Curtis Fong, Scott Herman, Mel Maalouf, David Scarborough; Other Attendees: Johan Du Plooy, Patrick Sollberger, Trevor Sollberger

1. Presentation by Trevor Sollberger: Trevor Sollberger is an Eagle Scout in Carson City whose project involves putting 33 directional signs along the Carson City multi-use trail that begins at Northridge Dr. and Russell Way and ends at Alexa Way and Silver Oak Dr. The trail is 2 miles long and has 4 road crossings. Signs will be placed on existing posts. Budget for project is \$1200.00. He has raised \$250.00 for the project. Trevor is asking for financial help. Hope to start project mid-April.

2. Rides in South Lake Tahoe: Johan Du Plooy, a new club member, introduced himself. The board discussed club road rides in South Lake Tahoe.

3. Monthly Status Reports:

- **Treasurer:** As of 03/04/13 our bank balance is \$50,050.40. We have just over \$12,228.84 in the paypal account. Outstanding deposits of \$360.00. Lauren has a check of \$200.00 for clothing at the store she'll go deposit. Frank indicated he will create a check request form. We are getting a new debit card for the club so the existing number will change. Pete Costa will remain as contact for

PayPal until July 1st, 2013, when the Challenge registration is over.

- **Membership:** 15 members processed, board members haven't been finished being processed yet. Spring Membership Party will be Sunday, April 14th from 6:00-9:00 PM. We can go in at 4:30 and start setting up. The deposit has been paid already. Board agrees to host the bar for \$250.00, after that the club members will pay. The club owns it's own PA system now. Mel suggests a membership drive that offers a discounted membership to members who bring in a new member. Board agrees that the membership drive should be an entry into a raffle. Every time a member refers a new member who signs up with the club, they will be entered into a raffle for a new team kit in their size.
- **Weekend Rides:** 20 people showed up to the first weekend ride. The following week 7 riders headed to Washoe Valley. AACC Board Challenge: each board member to lead a



weekend ride.

- **Newsletter and Website:** Presidential posting, minutes and membership profile are all that are needed for next newsletter. Mel brings up Constant Contact again. Long discussion ensues regarding website and newsletter problems and failures.
- **Weekly Road Races:** Thursday, April 18th is first night of race series.
- **Junior Team:** One new member and returning members have been training. Mel would like to re-visit the idea of taking the race team to the USAA Cycling Level at other places such as Nevada City. Rollers have been used almost every week this winter.
- **Spring Century:** May 26, 2013.
- **Pinenut Cracker:** Saturday May 18, 2013. Robert is setting up the course. Board motions that the proceeds from the Pinenut Cracker should come to the club, AACC, and that we will in turn donate them to the non-profit of our choice from a list that provided by Kevin Joell.
- **Carson Valley Classic:** Ride circuit being used by another event. Mel extended our offer to the event director to assist.
- **King of Kingsbury Time Trial:** Allen Biaggi agreed to run it again this year.
- **Cyclocross Race:** To be held in Indian Hills again. Scott Herman suggested that we purchase

a plaque to give them as a thank you for letting us race in their park. Board agrees..

- **Bike Advocacy:** Board agrees to donate \$200 to Trevor Sollberger for his sign project.
 - **Adopt A Highway:** Tammy Lundquist is still going to be the coordinator.
 - **Clothing:** Lauren will follow up on the clothing order to ensure delivery before the spring party.
4. **Alta Alpina Challenge:** Forest Service cannot change our permit process in time for the event to do a multi-year permit so we will be on a single permit again. We are lacking quite a few key volunteers this year (Jim Harris, Peter Costa). If anyone wants to help distribute flyers they can be picked up in person from ABE printing in Minden. Carson Valley Inn, the Woodfords Inn, and Kirkwood are providing our participants with lodging specials. East Fork will be our ambulance service this year. Board reviews the proposed event budget, based on a assumption of 450 riders. We are still waiting on timing chip quotes (budget of \$1600). Budget includes \$1000 for extra pop up tents and \$430 for cone top signs (4 to go to Curtis), increased donations to non-profits that assist/volunteer. Motion to approve budget as submitted but without timing chips. Motion passes.
 5. **Insurance:** E&O insurance purchased for \$525.75.
 6. **Next Meeting:** Monday, April 1, 2013, 6 pm, Pizza Factory in Gardnerville.

Local Merchant Discount Program

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





Alta Alpina Cycling Club

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 www.AлтаAlpina.org

MARK YOUR CALENDARS

Daylight Savings Starts .Sunday, March 10
 Pardee Partry ...Saturday, April 6
 Cinderella Classic ...Saturday, April 6
 Tierra Bella .Saturday, April 13
 AACC Spring Party ...Sunday, April 14
 First Club Road Race Thursday, April 18

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

Mei Maalouf	President	president@AltaAlpina.org	775-782-9652
Curtis Fong	Vice President	tgft@bikethewest.com	775-588-9658
Lauren Lindley	Secretary	llindley@pearlizumi.com	
Frank Dixon	Treasurer	ozatlake@gmail.com	530-318-1574
Robert Braun	Membership Coordinator	robertingville@yahoo.com	
David Scarborough	Weekend Ride Coordinator	ridedirector@AltaAlpina.org	530-318-7878
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	
Tammy Lundquist	Road Cleanup Coordinator		530-577-9530
Scott Herman	Paceline Editor	paceline@AltaAlpina.org	
TBD	Hillacious Century Series Coordinator		
Mei Maalouf	Junior Team Coach / Race Team Director	alpinajr@gmail.com	775-782-9652
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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 **April 1** at the **Pizza Factory** in the **Gardnerville Ranchos.**