



PACELINE

**Alta Alpina
Cycling Club**

**Volume 5 Issue 8
October 2007**

Annual Meeting and Fall Dinner

October 22, 2007, 6:00pm

Lake Tahoe Golf Course

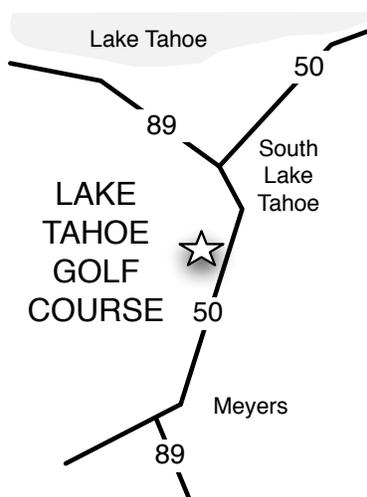
Mark your calendars and RSVP today! The Alta Alpina Cycling Club annual meeting and dinner for 2007 will be held on Monday October 22:

- 6:00 Reception**
- 6:30 Annual Meeting with
Election of Officers for 2008**
- 7:00 Buffet Dinner and Cake**
- 8:00 Awards
Door Prizes**

The event is free to all 2007 members in good standing. Non-members will be charged \$25 at the door. Please RSVP as soon as possible and no later than October 18. To confirm your attendance:

send email to
membership@AltaAlpina.org
or call **877-845-2453**

If you have a family membership please list the names of those attending and the ages of all children in your RSVP.



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Highway Cleanup: November 11, 10:00am Turtle Rock Park

Bring gloves and wear appropriate clothing for foraging through weeds and brush. We will supply helmets, bags, pick-up sticks, safety vests, etc.

Ride to follow...destination and length will be determined by participating volunteers.

2007 Genoa Cyclocross—November 10th

Mel Maalouf, Cyclocross Coordinator

The Genoa Cyclocross (CX) was approved by the Genoa Town board in a 4-0 unanimous decision. The date is Saturday, 10 November. There will be a beginner's 30 minute race, intermediate 45 minute race, and an advanced 60 minute race. The details are at: www.renowheelmen.org/cross/sagebrush/2007/Sagebrush_07.htm.

For those who are unfamiliar with CX, it is on about a 1 mile circuit. You typically ride on pavement, dirt, grass, gravel, sand, and there are some short sections of running with your bike. A mountain bike works well, and there is even a special road bike with knobbies that some people have especially for CX. I have some great ideas for the course and there is good support in the town for the race.

For anyone who can volunteer, we will do a little prep work and flyer distribution in Genoa on the 3rd or 4th of November. Then on race day, we will need about 10 solid volunteers to set up the course and take it down, as well as help registration. In the past, the volunteers that have come out have been enthusiastic, exuberant, ecstatic, and energetic. I hope to get a similar crew of people this year. Also, please bring your bikes to ride the race if you can. I hope to see you out there.



Paris-Brest-Paris 2007

Michael Bayer, Membership Coordinator

Paris-Brest-Paris, better known as "PBP", is described by some as the Olympics of endurance cycling. Every four years PBP brings together randonneurs from all over the world to participate in a grueling 1200km event that began in 1891. While PBP is no longer a race, it began as one and a careful record has been kept in "Le Grand Livre" or "the great book" of the finishing time of each of the 22441 riders to complete the course since that first race in 1891. The record for the trip from Paris out to the Atlantic port of Brest and back is 38 hours 55 minutes (set by a professional in 1951).

PBP is a 1200km brevet. A brevet being an unsupported, timed ride over a specific distance with formal checkpoints, or controls, where a rider's time is recorded. Rules for a particular brevet determine the opening and closing times for each control, which in turn determines the cut-offs and maximum time allowance for a given ride.

Brevets are typically 200km, 300km, 400km, 600km, 1000km, or 1200km in length and are organized by randonneuring organizations around the world. Every brevet must be sanctioned by the Audax Club Parisien in Paris. While there are now a number of 1200km Brevets around the world, PBP remains the premier event.

Qualifying to ride PBP involves riding a 200km, 300km, 400km, and 600km between January and June in the year of PBP to earn the status of "Super Randonneur". After completing these brevets, one must choose a PBP start time. Choices include 8:00pm Monday for those that can complete the course in 80 hours, 9:00pm Monday for those riding Tandems, Triples, or other "special cycles" with a 90 hour time limit, 9:30pm Monday for single bikes with a 90 hour time limit, 4:45am Tuesday for those riding Tandems, Triples, or other "special cycles" with an 84 hour time limit, and 5:00am for single bikes with an 84 hour limit.

This year I chose to ride the brevet series organized by the Davis Bike Club. My work on the Death Ride this year limited the amount of time I was able to spend on my bike so I signed up for the 90 hour option.

PBP week begins with registration and mandatory bike check on Sunday at the sports stadium that serves as the start/finish. Each of the 5312 registered riders were assigned a registration/inspection time slot. Sunday morning arrived and thousands of riders and their families converged on the west side of Paris. About half the riders were from across France, with the rest made up of contingents from every country in Europe, the USA, Canada, and countries as far away as Japan, South Africa, and Australia. Sunday morning also brought rain and the organizers decided to postpone

the bike inspection which was to be done outdoors.

Unfortunately, it was still raining on Monday evening as riders converged on the start. Those arriving at the stadium for their selected start time were channeled into a long queue as the organizers were performing bike inspections before grouping riders into waves for departure. Most riders wore either their club jersey or a specially

commissioned country jersey. I

was wearing my Alta Alpina jersey of course. As one of the 3000 or so riders that had chosen the 9:30 hour departure time, I got into the inspection line at about 9:00pm. As luck would have it, I ended up in the last wave that rolled out at 11:17pm. That meant standing in a slow moving line for over 2 hours as waves of cold rain passed over the stadium. When my wave finally rolled up to the starting line, I got a good position at the very front. We waited for the mayor and the Audax president to make some announcements, fireworks exploded, and we were off. The wave was lead out of Paris by a police car and escorted by police motorcycles that ran rolling closures along the route. There were crowds of spectators lining the roads and overpasses to cheer us on.

One of the most exhilarating PBP experiences is riding through the night and seeing little red tail lights stretching out to the horizon. The first few hours were precipitation free so I was able to get dry. Unfortunately as I climbed towards the first control the rain returned and I was soaked and cold again by the time I got there. I purchased some soup and mashed potatoes at that first stop, waited a little while for the rain to ease



One of the more unusual "special" cycles.



Presidential Potpourri

Jennie Hamiter, AACC President

Fall is in the air, and for the cycling community that means the season for cyclocross racing is nigh. If you haven't been to a cyclocross event before, they're fun to watch. So head out to Genoa on Saturday, November 10th, for the AACC Genoa Cyclocross.

The race is very spectator-friendly; for 5-10 laps, racers wind through the streets, empty lots, and backyards of old-town Genoa, making it easy for spectators to walk or bike around the entire course and watch as racers negotiate the obstacles. Part of cyclocross is that racers have to dismount, run over obstacles, and mount again - those who have been doing it a while make it look easy. It's not - give it a shot yourself between races.

Of course, all Alta Alpina racers are encouraged to enter. Feel free to bug Mel Maalouf to set-up a cyclocross clinic, so he can demonstrate how to dismount, pick the bike up, run, set the bike down, and get back on in one buttery-smooth move. Also, anyone who's going out there anyway to watch or to race, we can always use a little help with setup, tear down, and the stages in between - contact Mel to volunteer.

The Sun Sets on the 2007 Twilight Series Road Races

As usual, a lot of us hated to see the road race series end this year. Hats off to Di Bolton for her first year

directing the Thursday Night Race Series—she worked hard to bring in some new ideas and to find some great new courses. Please know that a lot of consideration went in to all the venues that were used, as well as a couple previous years' venues that were discarded. Thanks to Corey Bolton, too, for sitting a lot of races out to be Assistant Race Director.

On another note, I must say, the C category was really fun this year, since in most races everyone who could be racing B's was racing B's. Thanks to any B-minus racers out there who raced B's and kept the C's, C's. And it was encouraging to see the A category was bigger than ever; if you think

about it, the A's are the only group in which there are no sandbaggers. Kudos to everyone who moved up and toughed it out in the A's this summer.

King of the King

"Merci beaucoup" to Mel Maalouf for once again directing a fun Kingsbury Time Trial this year. And to the numerous folks who keep beating their personal best each year - good on ya! I think we had a record number of racers this year (38), and probably a record number of whom (about 12) went on to do the whole Kingsbury-Luther loop - woohoo, an 8-mile uphill time trial followed by 50 more miles of riding.

off a little bit, and then headed out again. After the first control, controls were spaced about 100km apart and this pattern continued for most of the ride. The rain wasn't constant but the only place I experience sunshine and clear skies was in the coastal city of Brest. The rest of the ride was wet. Rain wasn't constant but breaks in the rain were never long enough for my feet or the road to get dry. On the bike I ate Hammer Gel and I purchased soup, mashed potatoes, and rice puddings at the controls. I ended up spending a lot more time at the controls than I had when I rode PBP in 2003 in an effort to get dry and to wait for rain to ease.

Despite the rain, spectators lined the route day and night as it passed through villages. The



Wet and cold—but finished

enthusiasm of these french spectators, who treated every rider as if they were racing the Tour de France, is another unique aspect of the PBP experience.

I finished with an official time of 80 hours 58 minutes, more that 10 hours slower than my 2003 time but a reasonable result given the weather conditions. Typically less than 20% of riders abandon the ride or fail to make the cut-offs. However this year, of the 5160 riders who started, only 3603 finished—about 69%—reflecting the fact that the weather this year made it one of the hardest PBPs in decades.

For more information on the PBP see the website at:

<http://www.audax-club-parisien.com/>



Collegiate Nationals

Scott Leland, UNR Cyclist

I'm back from nationals. Events like this are what make collegiate cycling so great. Cody and I checked out the course on Friday. We did the majority of the 28 mile course, paying special attention to the 1.5 mile dirt section that had been added the day before. After riding it, driving it, and then watching a few people flat there, Cody and I decided the left side of the dirt road was the safest in terms of flattening. That night Cody and I devised a feed plan that Cody executed perfectly. Hydration and fuel was the key to this race.

The race started at noon on Saturday under clear skies and a temperature in the high 80's. 139 riders lined up at the start. The size of the field was overwhelming. I tried to ride near the front (top 30) for most of the race, but little moments of inattention would result in finding myself at the back. The first lap saw a lot of attacks from various schools but nothing that stuck; everyone was still too fresh. As we came through the feed zone the first time the strategies from Ft Lewis, Davis and UC Boulder became clear. They were taking their feeds at the northern feed zone, so they could come through the southern feed zone at 35 mph. The southern feed zone was situated about 500m from the turn onto the dirt. The ability to skip the feed before the dirt allowed them to enter the dirt in top position. Cody and I had actually come up with this same idea at dinner the night before, but decided against it the morning of the race. The climb for the feed looked steep enough to neutralize things enough to allow for a feed. Little did we know we would be climbing that in the 53x15.

I took my feed from Cody and entered the dirt in about 75th. The field split on the dirt, but regrouped about 5 miles later. When we went through the feed the next time, I made sure I was at the front and on the right where I could get to Cody easily. I came through in about the top 15 and grabbed a bottle from Cody. Right then, no more than 15 feet in front of me, 2 riders tangled and went down hard. I had to put my hands back on the bar and swerve to avoid the pile. Because of the crash, I missed my second bottle from Cody. I knew I couldn't wait for it because the field was undoubtedly going to shatter on the dirt the second time. I took off and put in a full 1 minute sprint up the hill and down the back side. I passed about 30 riders and entered the dirt in the top 10. The pace was insane. Myself, Zach from Davis, a Ft. Lewis rider, a UC boulder rider, and a rider from Wisconsin took turns on the front and drilled it for the entire stretch of dirt.

That was probably the single hardest effort I have ever put in on a bike. I looked down at my computer at one point and we were doing 37 mph.

When we emerged from the dirt, there were only 40-50 riders covered in dust and salt left to fight for the jersey. The 3rd lap really started to take its toll on riders. Everyone was dehydrated and running out of gas. The attacks started coming every few minutes from the big teams. Each attack would pop one or two guys off the back. I was down to 1/2 a bottle with about 22 miles to go, so I was worried I would run out and start cramping. Luckily for me, Cody knew that getting a bottle to me after the feed zone fiasco was going to make or break me. He hopped in the rental car and sped up to the northern feed zone arriving 5 minutes before we came through. I wasn't sure if he was going to make it in time, so I made up my mind to steal bottles from the other teams. As we came through the feed, I grabbed two bottles from the UC Boulder team, much to their dismay. As I rode through the feed zone, I saw Cody jumping up and down with my bottles in his hands. He looked crazy. His eyes were red and water was shooting out of both bottles. I grabbed the bottle from Cody and replaced the one I had been graciously given by Boulder.

I had to bridge across a little split that had formed in the feed zone and then we were on our way. We only had ten miles to the finish at this point and now the accelerations were getting faster and longer. A group got off the front that had 2 Boulder guys in it. We could see them up the road every now and then. The race ref pulled up on a moto and told us the gap was 1:05. Davis, Ft. Lewis and SLO started chasing, but not in an organized manner. The pace was furious as we were trying to bring back the escapee. We pushed across the dam at 36mph, and then turned up the feed zone climb one last time. I fought my way up to 5th place in the line. Ft Lewis had 2 guys on the front killin' it up the climb. Behind them were two Stanford riders, and then me. On the right side of the road, another group led by a Boulder rider was pulling along side. In that group was last year's defending champion, a Wisconsin rider and a rider from Virginia Tech. It was a drag race up the climb. We turned right onto the finishing straight and started the sprint. My legs were devastated. I didn't really lose any positions at this time but, sprinting flat out for 300m, I just couldn't seem to come around anyone. It was a great race.



AACC Member Profile:

Darla Mazzoni

AACC Member since:

Since before the club kept records

Current Residence:

South Lake Tahoe for 25 yrs.

Immigrant from:

La Crescenta, CA

Résumé:

Personal trainer and group fitness instructor; road and precision cycling instructor.

Race Category:

Raced with the B's, got my butt kicked bad!
Raced with the C's, got my butt kicked bad!
Figured I shouldn't be racing!

Bikes I ride:

The hallowed Seven and its older sister the Della Santa

How I support my Bike Habit:

My husband has to work many hours



In one word, my cycling style is...:

Stress-free (is this considered one word?)

Favorite Rides/Races:

Blue Lakes.

Favorite Post-Ride Food:

Salty tortilla chips with an ice cold Blue Moon

Other Sports & Pastimes:

Avid skate skier

Ambitions/Aspirations:

To one day kick the Beasts' butt badly on my bike!

My Motto or Inspired Quote:

" STRESS: The confusion created when one's mind overrides the body's basic desire to choke the living snot out of some jerk who desperately needs it."

Thursday Evening Racing Wrap-up

Di Bolton, Race Director

The 2007 Twilight Road Race Season is over. and it is amazing just how fast it went by.

I want to thank everyone that showed up and for being so supportive.

We tried some new courses and formats; some worked some didn't but was still fun in the trying.

It was fun for me to see the apprehension at the beginning of the Eagle Ridge Crit turn into huge grins by the end of the race and then to hear that the course is now a regular destination for training.

The new "tag finish" took awhile for us all to get used to, but you made it work out. It did help keep the finishes straight. The Crits were still a challenge but again everyone was great, kept track and checked in.

A special thanks to Corey for being a great sport, helper and for putting up with me as I was rushing around after work to get loaded up and out to the races. Rufus misses his Thursday night digs and sniffs too.

I really hope everyone enjoyed them selves this season as much as I did. I wish you a fun and safe winter. Take care, Di



End of Season Pizza Party



Meeting Minutes—September 10, 2007

John Seher, Secretary

Not sufficient elected officers to constitute a quorum, thus no official business could be conducted. Present were: John Seher, Jennie Hamiter, Di Bolton, Corey Bolton, and Peter Costa.

Dave Gaskin was not present, however the bank statement shows a balance of 45,350.00. The increase over last month reflects proceeds from the CVC.

Michael Bayer reports via e-mail that we continue to gain new members throughout the year.

Twilight Road Races Director Di Bolton reported the Thursday night races conclude another successful season.

Jennie relayed a report from Coach Mel that the trip to the San Jose velodrome was cancelled due to lack of participation.

Adopt-a-Highway Cleanup coordinator Pete Costa has set the last cleanup of the year for November 10. The Genoa CX has been set for the same date, so Peter and Mel will meet and resolve this conflict.

Jennie reports thirty eight riders participated in the King of the King Time Trial event with many completing the

Tour de Groan (Kingsbury-SLT-Luther-Woodfords) loop.

Corey reported that he met with Teresa Burkhauser of the ACCC regarding the Death Ride. The accounting for the '07 event is being finalized. This year 1,835 riders completed all five passes, double the amount from a decade earlier. There have been over 500 orders received for the special five-pass finisher jersey. This year there was an increase in registrants who did not show up, presumably due to the fire at South Lake Tahoe. The planned After Death Ride, a fall qualifier for the '08 event, has been cancelled due to problems obtaining permits. A change in the on-line registration vendor for the '08 event is anticipated to streamline the registration process. Next year's event is set for July 12, 2008.

End of Year Dinner. The event is set for Monday, October 22 at the Lake Tahoe Golf Course facility at Meyers. Darla is working out the menu and beverage details.

Next BOD meeting was set for Monday, October 1, 2007, with location TBA.

Local Merchant Discount Program

We're excited about the local merchants who support AACC and offer discounts to club members.

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.]



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



Board Meeting Minutes—October 1, 2007

Secretary: John Seher; Other Board Members: Jennie Hamiter, Michael Bayer, Di Bolton, Cory Bolton, Peter Costa, Darla Mazzoni, Dennis Pederson, Tim Rowe; Other Attendees: Garth Jackson, Cody Dean and Alex Vanderhoff of the UNR Cycling Team

1. Monthly Status Reports:

- **Treasurer's Report:** Acting Treasurer Darla Mazzoni reports a bank balance of \$50,501.56, the increase over last month reflecting deposit of proceeds from the Carson Valley Classic.
- **Memberships:** Michael reports we have 211 memberships including recent new memberships.
- **Newsletter:** There was a combined August/September newsletter to accommodate vacations of Paceline staff. Submittals are always welcome.
- **Website:** Dennis Pederson reported he has fixed the problem with the recurring weekly ride function on the ride board, and now and ending date can be entered.
- **Bike Advocacy:** Tim reports that the Bike Nevada special license plate project is moving along, though it is number eight on a waiting list behind others. The Bike Nevada plate will be available for a twenty-dollar additional annual charge, with the money going to the Nevada Bicycle board for bike improvement projects. Tim also reported that he attended the Interbike show in Las Vegas, and learned about major bike friendly street improvements happening in sin city. Unfortunately these were in response to three cyclist fatalities on the same road over the past two years.
- **Junior and Race Team:** Garth Jackson reported that the season is just about finished, however he and Micah Herman had a good showing at the Everest Challenge, with Garth getting fifth in the 4/5 group and Micah eighth in Cat. 3.
- **Adopt-a-Highway:** Cleanup coordinator Pete Costa has the last cleanup of the year set for 10:00 Sunday, November 11 at Turtle Rock Park.
- **Genoa CX:** The event is scheduled for November 10 barring any unforeseen problems with town officials.
- **Death Ride:** Corey met with ACCC Executive Director Teresa Burkhauser, and reports that DR07 is complete and the profit split has been made.

2. **UNR Cycling Club Donation:** UNR Cycling Team members Cody Dean and Alex Vanderhoff made a presentation to the AACC BOD requesting a donation to pay for team travel expenses to the Collegiate MTB Nationals in North Carolina. The AACC BOD granted a contribution of \$3,000.
3. **Tactics Captain:** Jennie requested that the Club acknowledge Kevin Willitts' sacrificing his DR entry and stepping in to handle the DR07 Tactics Captain job at the last minute. The BOD approved a dinner gift certificate in the amount of \$150 in appreciation of Kevin's and the Willitts family's contribution to the event.
4. **Williams Cycling:** Bicycle wheel builder Williams Cycling of Stockton, CA, has requested to become an AACC shop, offering discounts to AACC members, and to have its merchandise on display at the EOY meeting. The BOD approved the request to display at the dinner and reaffirmed the policy of offering equal opportunity to all shops offering a discount to AACC members.
5. **End of Year Dinner:** BOD members volunteered or were assigned various tasks for the EOY meeting. Darla reported that all the dinner arrangements are complete. Michael reminded the BOD that since there was not a quorum present at the September 10 meeting, that meeting does not count as one of the twelve BOD meetings required in the Club bylaws. For official purposes, this meeting will serve as the September meeting, and the BOD can hold its October meeting immediately after the annual meeting.
6. **Next Meeting:** Monday October 22 immediately after the annual meeting at Lake Tahoe Golf Course. November meeting will take place Monday, November 5 at the Pizza Factory in the Gardnerville Ranchos.

