

❖ SPOKE'N'WORD ❖

The official newsletter of the Fairbanks Cycle Club
P.O. Box 83424, Fairbanks, Alaska 99708

Volume 1 Issue 3

June 1995

GREETINGS FROM THE PRESIDENT

95 FCC BOARD OF DIRECTORS

I would like to welcome all new and returning members to the 1995 season. As of this month, we are over the last year's membership numbers (115) and still climbing. This may be attributed to the new club activity permits, which allow club members to race or group ride at lower fees. I, on the other hand, would like to think that the club is offering more for your dollar.

If you missed the May 12th edition of the Daily News-Miner, you have missed a great story by the Outdoor Editor and club member Tim Mowry. The Tuesday night training rides, also known as Doug's rides, were featured. After the story was circulated, ride organizer Doug Burnside asked me to attend his next ride to help with the anticipated onslaught of riders. He didn't have to ask me twice and, yes, the next Tuesday night ride tripled in size. Thanks to Doug for doing a great job and to the Daily News-Miner for some very positive press this season. I'll be on the rest of the rides and if you like non-competitive off-road rides, so should you.

As of this writing, I am having a busy season "off" the bike. I have currently sold my home of 12 years and we are building a new home on Chena Ridge. I have taken my unusually busy schedule and made it even busier. Therefore, several energetic individuals have stepped in and helped with some of my activities.

Rocky Reifentstahl has secured sponsorship from several businesses and organizations (see following article). If you value the support of these

organizations, please take time to thank them and patronize your club sponsors.

I have also just received another recommitment from MAPCO refinery as our primary sponsor and we will represent our colors proudly and responsibly. Thanks to the staff at MAPCO for putting their trust in us for so many years.

Thanks to the crew that put on our most successful Bike Swap yet. Hopefully you read the applause section in the paper, but primary help was from Beaver Sports, Bobby and Ray Boyd, Betsy Payne, Bill Ulrich, Christine Matson, Gail Koepf, Gar and Jan Pessel, Gerry Braniff, Doug Burnside, John Arambarri and Jim Anderson. A great big "thank you" from me, for a huge success.

One more thank you goes to the Executive Board of the Fairbanks Cycle Club for their fine efforts in scheduling, administration, and every day business that makes this club tick. These fine people are on the mast head and without them, it all couldn't be done.

Until next time, Happy Riding.
Dave Kramer

President
Dave Kramer (479-2026)
Vice President
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Simon Rakower (474-8184)
Newsletter:
Gail Koepf (455-6837)
Sharon Schlentner
(455-6861)

Articles or items for the Spoke'n'Word are welcome. Deadline is the 15th of the month.

HOTLINE # 459-8008

Always call for the most up-to-date club information!

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CLASSIFIEDS

For Sale: 17 in titanium Kona mountain bike, Manitou shocks, Grafton cranks, Ringle hubs, titanium components, XTR. \$1900. Call Rocky at 455-6837.

For Sale: 2 Motobecane 27" Supercharge 10 speed, (1978 models), 21" & 25," very good shape. \$125.00 each, or \$200.00 for both. Call Joe Porter at 457-3320.

Wanted: Used road bike; 54 cm frame for beginning racer. Call Ken at 479-4111.

This value of a newsletter is measured by the information it communicates. Please help us make this a great newsletter by submitting articles, cartoons, art, notes, or whatever others in the bicycling community might enjoy. Or let us know what you would like to see covered!

SO WHO PAYS FOR ALL THIS FUN, ANYWAY??!

Thanks to our race sponsors for the 1995 season. The organizations listed below have graciously provided cash support for our cycling events. Please support these groups or show your appreciation to them: Charisse Basquin (FCC), Cary Keller and Bob Wood (SMF), Mike Nolan WEG&D), and Jack Tragis (FCL). Local businesses are constantly plagued with requests for sponsorship, yet these folks have decided to invest in Fairbanks Cycle Club events.

The Fairbanks Chiropractic Clinic Youth Offroad Series comprises three NORBA races focusing on youth (14 and younger) with mountain bike events. Dr. Basquin's support ensures that every participant will receive a prize. Thanks Charisse! The top male and female for the series in the 13 to 14 year-old, age-group winner will receive a new mountain bike from All Weather Sports or Beaver Sports.

The SportsMedicine Fairbanks Cyclocross Series is a five-race offroad

series. Dr. Keller's support allows us to provide gift certificates or Hot Licks cone cards to all race volunteers and participants. Thanks Cary and Bob!

Jack Tragis (and John, his young Hammerhead son) were instrumental in securing the Choice Lions support for the Cyclocross Series.

Whole Earth Grocery & Deli's owner, Mike Nolan has again joined the Fairbanks Cycle Club as a Club Sponsor. Mike's logo graces the rear pockets of our jersey. Fine, healthy foods - from raw grains to excellent prepared meals - are available for those seeking the consummate carbohydrate.

Again, remember the people and groups who encourage bicycling in the Interior, and thank them whenever possible.

The Club thanks Rocky Reifentstahl for securing funds through these new and returning sponsors in his role as sponsorship coordinator.

1995 SPONSORS:

- MAPCO**
- FAIRBANKS CHIROPRACTIC CLINIC**
- SPORTSMEDICINE FAIRBANKS**
- WHOLE EARTH GROCERY**
- FAIRBANKS CHOICE LIONS**

ON THE CASUAL SIDE: RIDES

Doug Burnside seems to have caught on to something that is gaining popularity: the non-race ride. Hammerheads are discouraged from going all out, but are encouraged to participate. (This can be their easy day). These Tuesday night mountain bike rides are really all about exploring some pretty interesting trails around Fairbanks with some amiable folks. Mind you, although these rides are not about racing, they still go along at a fair clip: there is often a lot of ground to cover on a weeknight. They offer something to the bicycle community at large; the community that just enjoys getting out on their bikes and exploring places. Just for the price of being in the club, you can become acquainted with some of the many trails around town, with people who really don't mind getting lost or wet. As a matter of fact, they kind of thrive on it. The first ride, held in Ester, (an easy ride by mountain bike standards) attracted more than twenty participants. Subsequent rides have attracted even more. Check it out at seven on Tuesday nights. A description of each ride is included in this newsletter. Call the hotline for any updates and "difficulty scale".

If you do not have a mountain bike and are more reluctant to join what you may think of as too high-tech, try the women's ride led by Kay Kindt on Monday evening at 6:30. This is VERY informal and low key. Unless posted on the hotline, it meets weekly at the Patty Gym. Once people show, we find a direction and start pedaling. The purpose of this group is to get a little exercise with some company, and often ends up to be a fairly social event. (Men, on occasion, have also been known to make an appearance.) The women's ride has been a cycle club event for several years now, and has gone the gamut of being quite formal and educational for women riders, (with basic instructions on maintenance, training, tire changing, shifting, drafting and other topics included with each night's ride) to very casual. The participants who have come regularly have found this a great opportunity to gain expertise and find riding partners, regardless of their skill level. Some women who have started on these rides have ended up racing. Others have used this opportunity to create their own expeditions. One trio who originally met at this ride were able to organize a trip to McKinley and later to Valdez.

Perhaps your partner is just a tad more into racing than you are, or perhaps you would like to include the family in more cycle club events. Those of us who have found ourselves in these circumstances do find innovative ways to take part. For example, we ride the Chatanika ride backwards; meeting the group for breakfast, eating the full buffet at the gold camp and THEN bicycling over Cleary summit. That solves the transportation problem. A vehicle is at the end for tired racers. It gets more people in the family on a bicycle, and also provides much needed visual support along the race

provides much needed visual support along the ride route.

For many years the Fairbanks Cycle club has put on an incredible number of races and rides due to some very dedicated people. The rides complement the race schedule and ensure a broader community support. They also encourage younger folk and people who normally wouldn't think about joining a cycle club to check it out and see what it's all about. Some of these folks may even try their hand at racing; but whether they do or they don't, both the club and the individuals benefit.

LEGISLATIVE NEWS: UNDERSTANDING ISTE from "Bicycle Dealer Showcase"

What is ISTE? Passed in 1991, the Intermodal Surface Transportation Efficiency Act (ISTEA) represents a major change in the federal government's policy toward transportation, one in which the automobile no longer gets first priority. The original policy dated back to the Eisenhower administration and had as its goal linking the country through a vast interstate highway system, now largely complete. When Congress reviewed the transportation program in 1991, it determined a new direction was needed, one that would recognize alternatives to the single-occupant automobile and encourage the development of facilities to make cycling, mass transit and walking more accessible. *Despite its origins in federal government, ISTE is very much a grass-roots effort. To be successful, it requires public involvement.* Individuals and community organizations are encouraged to work with state and local government to develop facilities that make cycling, mass transit and walking more accessible. A second thrust is to rebuild existing roads to expand their usage to include cycling. The act gives local and state government enormous flexibility in determining where dollars should be invested. Because of early efforts by such groups as the Bicycle Federation of America and others, there are a number of specific cycling references in the legislation. For example, every state and metropolitan area has to appoint a bicycle and pedestrian coordinator and institute a long-range bicycle and pedestrian plan. Also, 10 percent of the Surface Transportation Program (the largest of ISTE's programs, representing over \$24 billion in expenditures over six years), is reserved for transportation enhancement activities. Among its goals are development of trails along abandoned railways and the creation of bicycling and walking facilities.

How much of ISTE's funds are actually used depends on decisions at state and local levels, where politicians are subject to lobbying efforts by all kinds of groups.

FOR YOUR INFORMATION:

USCF AND NORBA LICENSES

FCC EVENT FEE STRUCTURE

◆ **Season Pass . . . \$60.00**
(does not include NORBA events)

USCF Events:

◆ **Club Races:**
15 yrs & up \$ 4.00
14 yrs & under . . \$ 2.00

◆ **Road Races:**
USCF members . \$ 5.00
non-USCF \$10.00

NORBA Events:

◆ Priced individually

FCC TRAVEL MONEY

Rocky Reifenstuhl and Holly Edelson both received \$100 from the club for travel. Rocky competed in the Kodiak Stage race, and Holly will race the Midnight Sun 600. Don't forget to apply if you are racing away from Fairbanks. Only one application per individual will be considered during the year. **The requests must be submitted to the board, in writing, no less than 30 days prior to the event to be considered.**

The application should contain your name, and the name, date and location of the race you plan to enter.

The only other requirements are that the applicant be a member in good standing and that a FCC jersey be worn during the event. For any additional information, contact Dave Kramer.

Mail requests to:

Fairbanks Cycle Club
Board of Directors
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Fairbanks, AK 99708

FITNESS TIP

According to a study of 1500 NASA workers aged 25 to 70 reported in the University of California at Berkeley Wellness Letter, *much of the functional losses that set in between the ages of 30 and 70 are in fact attributable to lack of exercise.*

This is not news to us bike enthusiasts, but the numbers in this study are truly impressive.

The average 30-year old man (yes, as usual, the study only included men, but it should hold true for both sexes) increases his percentage of body fat by 50% and becomes sedentary by age 70. He will lose nearly half of his aerobic capacity by age 70. If he keeps the same percentage of body fat and exercises aerobically once in a while, he will lose only 25% of his aerobic capacity by age 70. (Still no big surprises? Read on.)

However, if he remains lean (15% body fat) and does three hours/week of aerobic exercise, he will lose only 7% of his aerobic capacity!

That is impressive enough to keep this 40 something biker

There are still questions about what memberships and licenses are required for what events.

- * To participate in any of the training rides or Thursday Night Club Races, you must be a Fairbanks Cycle Club member.
- * To participate in the District Championship Races, you must have a USCF license. A USCF license will also save you \$5.00 per race in FCC USCF Sanctioned Road Races, and allow you to start and ride with other categorized racers in all FCC races. Only USCF racers can receive prizes for placement if any are given.
- * NORBA licenses are required for all NORBA races except for those 14 and under for the Youth Series. One day licenses will be available but you will have to race in the Beginner category.

A common fee structure has been adopted for the 1995 season by the USCF, NORBA and NCCA.

Beginning with the issuing of the 1995 memberships, the licenses will cover a twelve month period from date of issue, so it is never too late to join.

All members aged 15 or older will pay a basic membership fee of \$20.00. Racing licenses are an additional \$10.00. A USCF or NORBA racing license will therefore cost \$30.00. Obtaining **both** USCF and NORBA licenses will cost \$40.00. Each organization will issue you a distinct license.

A junior racing license does not require payment of the \$20.00 membership fee, so those under age 15 may obtain a USCF or NORBA license for \$10.00 or both for \$20.00!!

Fairbanks Cycle Club applications are available at all events. USCF and NORBA applications are available at All Weather Sports and take a couple of weeks to process, so plan ahead!!

FEATURED CLUB MEMBER: Tom Harwood

NOTES

The Amanita hill climb is definitely not for the casual cyclist. Many club members can testify to that because both a race and a Tuesday night ride were held on that course this year. Tom Harwood also trains on it. You may not be surprised to learn therefore, that Tom completed the course in well under an hour, beating most other competitors, until you learn that he is 13 years old!

Tom is a student at Tanana Middle School and has had the fortune of being coached and inspired by Jim Lokken. Tom was on the Cross Country Running, Ski, and Track teams at Tanana last year and plans to be training hard on them again this year as an 8th grader. He skied 5 times a week all winter, but when the snow melted he switched to his favorite sport, mountain biking. The speed on the downhills and the technical riding are what attract him to the sport. Last year, while looking through a bike magazine, he decided it looked like a cool sport. He obviously wasted no time in getting familiar with it, as he won the NORBA State Championship Cross Country Race for his age class that fall.

Tom rides with his mom, Jana, and friends. He thinks his friends would like to race also (his mom already does), but are intimidated about starting. Tom is a great example for other young riders and the club hopes to encourage more of these young athletes to come out and try their fitness and skills at Birch Hill for the Youth Offroad Series.

Racing in a NORBA race outside Alaska next year and skiing in the Junior Olympics in High School are Tom's goals. His bike: Kona Kilauea. Good Luck and see you on the trails!

- * **Fairbanks Cycle Club still needs promoters for the following races:** 6/15 - Districts course; 6/29 - Goldstream Time Trial; 7/27 - Birch Hill Cyclocross; 7/30 - Road Race.
- * The BMX club would like to invite everyone to their weekly races. It is a great spectator sport and a lot of fun for the kids. They are held at 7 PM on Wednesdays at the BMX track Call Denis Werner at 456-5529 for more information.
- * Beaver Sports will hold basic bike clinics on June 13th and June 20th starting a 7:00 p.m. at the store. The topics covered will be fitting the bike to your riding style, fixing flats, emergency drive train repair, and much more. They will also cover road and trail etiquette. A great idea for beginning cyclists and for teens who are starting to ride without parents around to fix the flats!

COMMUTING

Rocky has been commuting to work daily and year-round since he moved to the Goldstream Valley almost 12 years ago. Yes, that was even before mountain bikes were the rage and he used to commute on skinny tires which he studded himself! That set-up cost him a broken collarbone one winter morning. Today, fat knobby tires, excellent lighting systems, and many winter trails make commuting in winter much safer and enjoyable and accessible to a greater number of people.

There are many reasons to commute by bicycle as more people are discovering every year. Whether your reasons are green, financial, fitness, training, stress reduction, or allowing a smoother transition between home and work; they are all good reasons and now is a good time to start.

Here are some tips to get started:

- ◆ Figure out your route and try it out so you have an idea how long it will take.
- ◆ Make a commitment to try it for at least two weeks. If traffic is a problem, you may discover that leaving 15 or 20 minutes earlier or later makes a big difference. Then use the money you saved for something special!
- ◆ Use the most reliable and maintenance-free bike you can. Usually this is a fat tire bike, especially if you must deal with bike paths, curbs and gravel. If on a touring bike in the summer, you may want Kevlar belted tires to reduce flats.
- ◆ Make it part of your regular routine, whether you ride daily or a few days per week. Start planning the night before. Pack, make sure your bike is ready, and lay out your biking clothes.
- ◆ Your clothing will vary greatly with weather and is a matter of personal

preference. It should be comfortable, breathable and brightly colored for safety.

- ◆ Minimize the weight you carry. Keep office clothes at work so you don't have to carry them with you every day. If you can't bring your bike inside and must lock it outside, use a U-lock and leave the lock there. Stash a spare key in a safe place at work.
- ◆ If you can't shower at work, shower first at home and sponge off at work. You may get away with just toweling off and a minute to cool down before changing to office clothes if you are not a hammerhead.
- ◆ If you can find a friend to join you it is an added spur to get you going and makes the ride safer and more enjoyable.

The idea is to make it a habit; one of those healthy addictions. Rocky gives up his daily commute only very reluctantly.

SPOKE'N'WORD

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