

❖ SPOKE'N'WORD ❖

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

Volume 1 Issue 4

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GREETINGS FROM THE PRESIDENT

I have often received praise this year for "How well the club is being organized." A testament that the club is successful to be sure, but since I have been less involved this season, there must be another reason. The rest of the board of directors and the membership itself is why we are successful and good sponsors.

In my business, an axiom I often use is, "You are only as good as your help." This phrase is also appropriate here. Without the fine help from people like Fred Raymond, Christine Matson, Doug Burnside & Bill Ulrich, this club may not have had many of its major events completed. There are many other tasks that go on behind the scene virtually unnoticed. Gail Koepf produces this newsletter when the board requests it. Marcia Burnside goes beyond her USCF District Rep. duties many times, and Rocky Reifenhohl secured old and new sponsorships.

These events are very crucial, to say the least, but it's also the little things someone does that contributes to the cause. Things like organizing a race or helping at an event. Another line could be attached to the axiom, "You're only as good as your help, and your help is as good as you treat them."

Helping an organizer, or the board with a task makes the job less stressful for all and lessens the workload for everyone.

So "thanks," to all of the mentioned and so many more un-mentioned volunteers. Your help & participation are what propels this club.

Personal commitments prevent me

from running on the board for a fourth term, but I feel new people and ideas are needed. Consider running for office, & don't be intimidated with protocol. I can always be called on for information along with other volunteers. Until next time.
Dave Kramer

FCC FALL MEETING & SOCIAL

Sunday, October 29th
4:00 PM

Whole Earth Deli

AGENDA

- **Election of '96 officers**
- **Race schedule committee**
- **Door prizes**

Whole Earth & FCC will provide main course. Please bring finger food or desert.

Thanks, Mike, for your continued sponsorship of our club.

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95 FCC BOARD OF DIRECTORS

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Dave Kramer

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Fred Raymond (488-0653)

Treasurer

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Peter May (479-2798)

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Newsletter:

Gail Koepf (455-6837)

Articles or items for the Spoke'n'Word are welcome. It will be published 7 times a year with issues in February, April, May, June, July, August and October. Editor will pay \$5 for short pieces published and \$15 for feature articles published.

HOTLINE #
459-8008

WINTER CYCLING SAFETY AND ETIQUETTE

YES, again! I am reprinting Fred's excellent article to remind us all about the winter riding to come.

With the increasing popularity of winter cycling, there's a few reminders to those who bravely venture out on bikes this time of year. The main issue here is the need for safety and consideration of others on the roads and trails. While there's no doubt that cycling to work or for recreation is laudable, the practice of riding down busy, narrow, snow clogged roads during the height of rush hour traffic is gaining the cycling community a reputation as a bunch of self-centered, inconsiderate idiots. Far more harm than good is coming from this. There's no question that in many instances we have the right to do so, but considering the hazard one creates and the amounts of ill will generated, is it really worth it?

I encourage everyone to commute and to ride as often as possible, but try using alternate routes to College Road, Chena Hot Springs Road, and University Avenue whenever possible during the really snowy and low visibility periods. With the regrettable restriction of bicycles from the Johannsen Expressway, which would make an ideal route across town, one might check out the mushing trail between College and the Jeff Studdard Hall, and many sections of the Noyes Slough are very good and can be easily reached from many locations. Farmers' Loop, now that it has such wide shoulders, makes a great, if somewhat longer route as does Steel Creek Road, lower Gilmore Trail and Rainbow Drive (there's an easy trail connecting them) for those on the Chena Hot Springs Rd.

Please remember, too, that many of the trails in this area have been built and maintained by dog mushers. When encountering dog teams on the trail, it is much easier for you to pull off the trail than it is for the musher. Please

be considerate and let them by. Be extra cautious in the Creamer's Refuge during weekends and evenings, there's a lot of mushing activity at those times.

Because of the dark and blowing snow, visibility is a prime consideration for cyclist both on the road and on trails, too. For road use, I would recommend at least two flashing lights facing rear, such as Belt Beacon and Vista Lite. Include several reflectors and reflective tape and as much bright clothing with reflective tape as possible. You'll be glad you did when you see car or snowmachine lights approach from the rear!!

...many of the trails in this area have been built and maintained by dog mushers.

We are fortunate to live in an area that offers so much great trail riding during the winter months. There are literally hundreds of miles of trails and back roads to explore, so go out, have fun, be safe, and create a good image for all of us.

Fred Raymond

Fairbanks Cycle Club would like to thank the '95 sponsors. The budget on page 4 shows how important their support is to us!

**The folks at
MAPCO**

**Simon Rakower
ALL WEATHER SPORTS**

**Mike Nolan
WHOLE EARTH**

**Charisse Basquin
FAIRBANKS CHIROPRACTIC**

**Cary Keller
SPORTSMEDICINE FAIRBANKS**

**Jack Tragis
FAIRBANKS CHOICE LIONS**

WINTER RIDES

Any of you who have enjoyed the "Doug Rides" (otherwise known as the Tuesday Night Mountain Bike Rides) this summer and wish to continue riding this winter should try the Sunday Noon Rides. They will begin as soon as enough snow falls and the mushers and snow machiners are out there packing trails. Riders meet at Ivory Jack's on Goldstream and spend 1 to 3 hours (depending on temperature) exploring the trails of Goldstream Valley.

It is my favorite time of year to ride. Here are some reason's why:

- You traverse land unpassable in summer.
- You don't have to clean your bike all winter!
- Even a really spectacular crash leaves you intact with only snow to brush off.
- You can cover a lot more ground than skiers.
- You don't have to feed a dozen mutts or a gas tank to explore trails.
- You get a great workout and combat cabin fever.
- And, yes, Doug is a regular!

Call the Hotline or All Weather Sports to find out when they start.

Meeting the "Bike Path" Challenge

FCC NOTES

In the next three or four years, nearly \$1 billion in federal transportation dollars will be spent throughout the U.S. on the construction of "multi-use trails," the familiar 10- to 12-foot wide paved or gravel facilities that are often mislabeled "bike paths."

So reports "Bicycle USA," the magazine of the League of American Bicyclists. While this is generally great news for cyclists, they go on to warn us that having trails next to a road will often encourage banning cyclists from that road, or increasing motorist hostility toward bicyclists on the road. I distinctly remember being yelled at from a passing motorist, "Use the bike path, my taxes paid for it!" (expletives deleted). Of course, I didn't have time to remind him that my taxes paid for the road. I know my experience was not unique. The League recommends the following to respond locally to the challenge.

- 1) Never use the word "bike path," and never let anyone use it in your presence! There is no trail in Fairbanks designed for the exclusive use of cyclists.
- 2) Multi-use trails cannot accommodate all users at all times and so are at

best a supplement - never a substitute - to on-road bicycle access. For example, few trails are plowed in the winter and many are used heavily by pedestrians making safety a concern.

Never use the word "bike path," and never let anyone use it in your presence!

- 3) Request that "Share the Road with Bicycles" signage goes up on parallel roads as part of the trail project.
- 4) Cyclists need to inform planners that a true bicycle transportation plan must be organized around the existing on-road transportation infrastructure, rather than a set of off-road recreation facilities.

The new multi-use trails can provide new opportunities for cyclists. The one along Sheep Creek is used by recreational cyclists, children, and even some commuters when the roads are in poor condition. This is a nice option. The cyclist perspective is not self-evident, and nobody will stand up for us if we are not there to stand up for ourselves. Stay informed and involved.

The FCC board is working on obtaining new "legal" road signs to use at races and club events. To improve the safety of local sport events, the club hopes to make these signs available to other clubs for their events using public roads. A small rental charge will be collected to help offset cost.

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Fred Raymond is working on getting a sign made to place at Birch Hill with general guidelines for mountain bike use of the trail system.

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The FCC '95 board is looking for nominations for the '96 board.

If you know someone whom you would like to nominate, or if you have dodged your civic duties long enough and are ready to have a voice in the direction of the club in the years to come...call Fred Raymond before the Fall Meeting.

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Familiarize yourself with the FCC organization. Pick up a copy of the by-laws at the Fall meeting.

FAIRBANKS CYCLE CLUB 1995 BUDGET

<u>INCOME</u>		<u>EXPENSE</u>	
Membership	\$2640.00	Travel Money	\$1300.00
Race Fees	\$2393.00	Youth Series	\$1239.00
Sponsorship	\$2250.00	Race Food	\$1097.00
Bike Swap	\$1276.00	Photo Copies	\$833.00
Jerseys/Shorts	\$640.00	Club Radios	\$800.00
Season Passes	\$360.00	Cyclocross Series	\$750.00
TOTAL	\$9559.00	USCF Fees	\$652.00
FCC Bank Balance - 10/02/95 \$3313.02 Budget courtesy of Christine Matson		Water bottles	\$512.00
<p style="text-align: center;">Notes on budget:</p> <ul style="list-style-type: none"> ◆ FCC donated \$500 to the Nordic Ski Club of Fairbanks for their Birch Hill Trail Fund. The NSCF puts in many hours creating and maintaining the trails at Birch Hill that many mountain bikers enjoy. The whole community benefits from their efforts and we are glad to be able to make a contribution. ◆ The following people received travel money this year to participate in races outside the Fairbanks area: <ul style="list-style-type: none"> Rocky Reifentstuhl John Strobele John Kennedy Bruce Thomas Chris Kowalski Mark Knowles Dave Bagley Diane Bartlett Tom Harwood James Anderson Martin Babcock ◆ FCC currently has 208 members! 		NSCF (Birch Hill Trail Fund)	\$500.00
		Race Supplies	\$383.00
		Storage Rental	\$381.00
		NORBA	\$335.00
		Postage	\$321.00
		Miscellaneous	\$305.00
		MUS Hotline	\$167.00
		TOTAL	\$9575.00
<p style="text-align: center;">ALASKA NORBA CHAMPIONSHIPS</p> <p style="text-align: center;">The NORBA State Championships were held in Anchorage Labor Day weekend, and consisted of a hill climb and downhill on Saturday and a cross-country race on Sunday. Weather for the weekend was wonderfully warm and sunny. About 60 racers participated in the events.</p> <p style="text-align: center;">Saturday's hill climb started at the base of Arctic Valley ski area and ascended a steep, graveled double track of an old gas pipeline. After 3/4 mi., it dumped onto a gravel road which continued another 3 miles to the top of the ski area which totalled about 3000' of climbing.</p>			

Henry Irving, an ex-Fairbanksan, placed first followed by Rocky Reifentstuhl. Dan Graham placed 5th.

Hilltop ski area hosted the downhill and cross-country events. The downhill descended the same gas pipeline as the hillclimb. It was won by John Evanston of Anchorage.

Sunday's cross-country race was 3 laps of a 9.5 mile circuit and 2 to 3 hours for the expert classes. It was comprised of 85% double track road and ski trails, 14% very tight, technical, excellent singletrack, and 1% deadly deer trails hacked through the woods (deadfall not removed). Each lap included some 800' to 900' of climbing. Henry Irving won the senior men's division and Rocky came in 4th, but Billy Kempler, a Junior from Anchorage, hammered the course with the fastest time of the day.

Other FCC members who competed in these events were Diane Bartlett, Jana Harwood, Tom Harwood, John Strobele and Clint Ragan.

All attending enjoyed great weather and great racing. More racers would have participated in the hillclimb and downhill events if they had followed the cross country race, and there was room for improvement in marking the trail. It is Fairbanks' turn next year to host this event, so let's consider these remarks and plan for an outstanding event in '96.

Rocky Reifentstuhl

FEATURED CLUB MEMBER: Bill Ulrich

When I stopped by Bill' salon, Images, to interview him, he had just received a small box of salon hair products and was eyeing it incredulously. "\$300.00," he said shaking his head, "and there isn't even any ti (titanium) in it!"

Even if I hadn't known Bill was one of the most enthusiastic workers at many of the races this year, I would know he is a true bike connoisseur from the selection of eclectic bikes in his salon and the excitement as he speaks of turning his "cruiser" into a winter bike. He has an artist's appreciation of bikes and enjoys styling them as much as hair.

Bill hails from S. California but lived several places around the country before moving to Fairbanks in 1983. He began his biking here as a commuter and then, as so many do, as physical therapy for a badly broken leg. The Dr. suggested a stationary bike and Bill compromised by

bungi-ing crutches to his bike and continuing his commutes. He likes all athletics but finds biking easiest on his leg now.

I got to know Bill last winter during our weekly rides. He put in more miles on the snow than most cyclists do on the road in summer! Besides his daily commutes, he spent his Sunday afternoons on the trails. He never complained if the trail got soft and it became an epic ride. Each week he got stronger.

It is the level of intensity which impresses Bill about the bike racing. He considers it the most demanding sport and points out that doing a major race series is the equivalent of a marathon a day.

He would like to see some of that intensity in Fairbanks and hopes to see some bigger races in the years to come. Just this year Bill put on 4 races and got his USCF official's license and hopes to upgrade it to a Cat. 3 so he can officiate at

the big ones.

Bill's significant other, Betsy, is also an asset to the club and has helped at many of the events. Even if she just showed up to cheer us on, she would be invaluable for her enthusiasm, warmth, humor, and sincere friendliness. (Now I just have to convince her to join us on the rides!!!)

If you don't know Bill yet from the races, drop in at Images and talk bikes, for a change, while you get your hair cut!

If you know someone who should be recognized in this column, please call the editor, or better yet, play journalist and submit a piece yourself!

CLASSIFIEDS

All Weather Sports is holding bicycle repair classes Thursday evenings from 7:15 to 9:15. There is a \$10 charge per class or you can attend all 5 for \$40.00. Learn from the best bike mechanic in Alaska! Call Simon at 474-8184 for more information. First class is October 12th.

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For Sale - Bike Headlight System:
Niterider, duel beam (12 & 20 watts), NiCad battery, recharger, handlebar mount. Excellent system! Commuter Premium, \$250 new, \$115. 455-6837

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For Sale - Bianchi Mtn. Bike:
New, ridden once, suspension fork. \$440 new, will sell for \$315. 455-6837

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

IDITASPORT 1996

February 17, 1996 is the start of the 10th edition of the Iditabike/Iditasport. The race and tour traverses over 200 km on dogsled trails from Big Lake, north of Anchorage, to Skwentna, and returns on the Yentna and Big Su Rivers. The human-powered ultraendurance event will again feature five categories: Bike, Ski, Triathlon, Run and Snowshoe. A change this year is that the Snowshoe and Run entrants will be flown to Skwentna, the half-way point, the day before the race. They will start there at the same time as those at Big Lake and traverse the 2nd half of the course so everyone finishes at the same place.

Simon Rakower is on the Iditasport Board this year as the bike spokesperson. Simon has been instrumental in developing the double-rim wheels which are used by most serious entrants in the bike division.

For more information on the race contact Simon at All Weather Sports at 474-8184.

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