

❖ SPOKE'N'WORD ❖

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

Volume 2 Issue 1

March 1996

RAMBLINGS FROM THE PRESIDENT

Welcome to 1996. For those members who may have not attended the Fall Election meeting, the new Board of Directors are listed to the right.

The new Board has been hard at work spending endless hours arguing over the same topics (primarily who will be buying the doughnuts for the next meeting) and generally not getting anything done.....But really, kidding aside, with the efforts of the Race Event Committee and the early preparation work of the Board, 1996 should turn out to be a really great year.

The Club event schedule for this year promises to keep everyone who spins a crank or two smiling. Not only will the adventure bound "Doug" rides continue on Tuesday nights throughout the summer, but the District Time Trial, and Criterium championships, as well as the State Mountain Bike and Cyclo-cross championships will be held in the Fairbanks area this year.

The popular **Fairbanks Chiropractic Youth Off-Road Series** will continue with a 3-race schedule which should guarantee a lot of young, smiling, mud-caked faces. In addition, new for this year will be the introduction of the **Lance Armstrong Junior Olympic Race series (LAJOR)**. This series will be held in conjunction with several other road and criterium races throughout the season and will allow juniors ages 9-17 to compete in races that are designed to promote the physical abilities of the racer, and not the technological advancements of their bicycles. Entrants in these LAJOR races have the opportunity to qualify for the regional

championships to be held later in the year.

For those of you currently involved in riding your bicycles in our delightful winter weather and may have competed in the most recent Iditabike, don't forget that you can continue to enjoy the winter competition beginning in March. The FCC will be promoting the **Snow Race Series** beginning on March 17. With the recent snowfall we have had in

FCC SPRING MEETING & POTLUCK

**Saturday, April 2nd
6:00 PM
Alaskaland Blueroom**

AGENDA:

- **FOOD**
- **FINALIZE SCHEDULE**
- **TARGET RACE DIRECTORS**

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96 FCC BOARD OF DIRECTORS

President

Shawn Stratton (479-2662)

Vice President

Sean Kennedy (479-9682)

Treasurer

Christine Matson (488-0653)

Secretary

Janna Harwood(488-1968)

Historian

Bill Ulrich (474-8256)

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 March, April, May, June, July, August and October. Editor will pay \$5 for short pieces published and \$15 for feature articles published.

**HOTLINE #
459-8008**

RAMBLINGS (CONTINUED)

Fairbanks this month, it looks as though the folks with the fat rims may have a distinct advantage.

On the indoor side of cycling, the FCC has coordinated placing training rollers at the Par 4 Family Fun Center (530 Old Steese) for FCC member use. These rollers are paired together so that you can train with your favorite buddy. Roller race evenings have currently been scheduled for February 22 and 29, March 7, 14, and 21. Give me a call at 479-2662 for more information.

As the weather improves, Fairbanks will see the return of the classic tour rides: the **Chatanika Breakfast Ride**, the **Beaver Sports Fairbanks to Nenana ride**, the **Delta Headwind Century** and the **Tour de Cure for the American Diabetes Association**. If you are not planning on doing one of these rides, then you should revise your schedule and do all of them.

On the muddier side of the fence, the **All Weather Sports Death Ride** will again be looking for innocent victims. All those foolish enough or just looking for a really great time should apply. The **Tour of Fort Knox Mining Country** is again scheduled for this summer and is anticipated to bring out those who thought they didn't enjoy the conditions of the Death Ride enough. For the folks who envy all those runners slogging up Ester Dome during the Equinox Marathon, the **Whole Earth Deli Equinox Ride** will give us all a chance to ride the course, and help out Running Club North by clearing the trails of markers and debris. Finally, the **Sports Medicine Fairbanks Off Road Series** will provide still more fat tire fun.

For those of you who still require more excitement out of your year, give me a call and I'll let you pick out one of the FCC events to direct.

Don't forget, the FCC Potluck will be on April 2 at 5:00 PM in the Alaskaland Blue Room. Start preparing those specialty gourmet goodies and give me a call so that we don't end up with 14 dishes of "Nachos a la Quiche."

U.S.C.F.

1995 saw a 33% growth in the U.S.C.F. membership in Alaska! We are no longer the state with the smallest number of riders.

Remember that for the first time, your licenses renew on the anniversary of when you paid your fees - so check your licenses and renew appropriately or you may miss races.

For 1996, there are no junior gear restrictions, and those 14 and under only have to pay \$10 for a U.S.C.F. license. Several FCC races have been designated as Lance Armstrong Junior Olympic races and will serve as qualifying races for LAJOR regional championships.

Both the FCC and the ABC (Arctic Bicycle Club of Anchorage) have interesting race schedules planned and have been working to make 1996 a great year for cycling. I have already received the Alaska State Championship medals - so all is well!

Please write or call me if you have input for me.

Marcia Burnside
U.S.C.F. District Rep.
474-8184

FCC NOTES

The FCC monthly meetings are held the first Wednesday of the month. Contact Bill Ulrich for location and time. All club members are welcome to attend and bring their interests to the attention of the board members.

This year's annual bike swap will be held at the Beaver Sports Outdoor Shop on April 20, 1996. The Fairbanks Cycle Club is grateful to Beaver Sports for the use of this location and the support they show for the club at this annual event.

The Bike Swap continues to grow and is a public service as well as a major source of income for the club. For those unfamiliar with the event, the club organizes a sale where community members can bring in used bikes, bike parts and accessories to sell. The club then does the paperwork and money exchange and takes 10% of the proceeds. We moved \$13,000 worth of bike related gear last year in one day! Obviously, volunteers are needed to help put this on.

If you can help out, please let Christine Matson (488-0653) hear from you. There will be more information in the April Newsletter.

WINTER RIDES

As bikers, we had less to bemoan this year's unusual lack of snow than skiers or mushers. It did limit the number of winter trails available, though, since many of the valley favorites were rather tussocky. The ridge trails have been good all winter and much warmer but they can be long, tough rides. The recent dump of snow should open up most trails so the Sunday rides will start up again. Meet at Ivory Jacks at noon.

Winter riding continues to increase in popularity throughout Alaska and the lower 48. You can see the increased numbers on Fairbanks roads and read about the interest in many of the bike magazines. Simon Rakower of All Weather Sports was interviewed by *Mountain Bike Action* magazine for an article on winter riding. Obviously Fairbanks bikers are recognized as world authorities on the subject due to our years of experience (and months/year!).

If you haven't tried the winter trails on two wheels yet and have an ounce of adventure in your bones, you owe it to yourself to give it a whirl. Do check with an experienced cyclist for tips on cold weather wear first, though. Properly dressed, even rides at -30 can be enjoyable and are always exhilarating!

THE MARVELOUS MACHINE

CLASSIFIEDS

It is no surprise to most of us that the bicycle is the most efficient machine ever created.

Converting calories into gasoline, a bicycle would get 3,000 miles to the gallon. A cyclist is more energy efficient than a gazelle.

The Center for Urban Transportation Research issued a report that concluded motorists are not carrying the full societal cost of operating a car. When pollution, congestion, injuries and health costs are considered, the estimated cost of a single gallon of gasoline falls somewhere between \$3.39 & \$6.81.

It naturally follows, that in a

Converting calories into gasoline, a bicycle gets 3,000 miles to the gallon.

world struggling with dwindling resources, burgeoning population and degradation of the environment, the bicycle should play an increasing role in our meeting the challenges of the next century. While much of the world has depended on bicycles for decades, the U.S. has been slow to change.

Well, the good word is finally being spread. All across the country, public services and private companies are replacing motor vehicles with bicycles. Not because they are civic

minded, but because it makes economic sense.

The following examples are from the League of American Bicyclists:

- ◆ In California, a meter-reader truck costs 39 cents a mile to operate while the fuel and upkeep for a bike are a few cheeseburgers and some oil for the chain.
- ◆ In Florida, biking postal workers cut yearly government expenses by \$20,000 per bike.
- ◆ Denver, Phoenix and Seattle have outfitted some city paramedics with bikes because medics on bikes can reach emergencies quicker in congested areas.
- ◆ 1,000 police departments use bikes now. Seattle's 70-bike police unit makes 5 times more arrests than do foot and squad car patrols.
- ◆ Police departments also report a drop in crime in neighborhoods patrolled by officers on bikes, primarily because the officers are more visible and more in touch with the community.

Think of how much more use bicycles would get if we had to pay the true cost for gasoline!

For Sale - Bike Headlight System:

New Niterider, duel beam (12 & 20 watts), NiCad battery, recharger, handlebar mount. Excellent system! Commuter Premium, \$270 retail, \$200. 455-6837.

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For Sale - Bianchi Mtn. Bike:

15" - Brand New! suspension fork. \$440 new, will sell for \$300. 455-6837.

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For Sale - Titanium Litespeed

17"Ocoee Mtn. Bike:

XTR, Grip Shift, Grafton/Ringle titanium, components. Under 21 lbs. One year old. \$2300 or best offer 455-6837.

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For Sale - Specialized Rock Hopper:

15" - Brand New! \$250 or best offer. Call Tom at 488-1968.

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For Sale - Fat Chance Yo Eddy:

Med., underbar shifters & derailleurs, rings, cranks, no wheels. \$500. 455-6066.

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For Sale - Bianchi road bike:

54 cm w/105 group, 700 C wheels. \$300. Call Dan at 455-6079.

NEW RACE & CLUB FEES FOR 1996

Club Races:*

- \$5.00 Regular race fee
- \$2.00 Junior race fee (20 years or younger)

Season Passes:**

- \$60.00 Regular season pass
- \$20.00 Junior season pass (20 years or younger)

Club Membership:

- \$15.00 Individual membership
- \$35.00 Family membership

* Only F.C.C. members may participate in club races.

** Season passes may only be purchased by U.S.C.F. licensed riders, and State Championship race fees are not included in this price.

FITNESS TIPS: YOUR METABOLIC RATE

There are numerous reasons to include exercise in your daily routine. I would bet that the most popular reason is weight control. Some people can eat all they want and never gain a pound and others seem to eat like birds and have to watch their diet like a hawk. This difference is probably due to their individual metabolic rate: how much energy your body uses to do what it does. Whether you have the metabolism of a humming bird or a sloth, understanding metabolism can give you an edge on maximizing the weight control potential of exercise.

Your body uses food energy 3 ways: physical activity; digesting and assimilating food; and necessary body functions such as respiration and circulation. Obviously, the way to increase energy expenditure is to increase physical

activity. The problem is that physical activity only accounts for about 1/4 of the calories burned for most people. A recreational rider might boost their physical expenditure by 10-20%, not enough for that Hot Licks treat you promised yourself.

What about the fact that exercise revs up your internal motor which allows you to keep burning fat even off the bike? The "post-exercise" bonus is small for recreational riders. A rule of thumb is that you burn 15 extra calories for every 100 burned on the bike. That means if you ride for an hour at a recreational pace of 10 mph you only raise your resting metabolic rate a short time and only burn about 150 calories total.

More intense riding makes the effort more worthwhile. Not only do you burn more calories while on the bike, but your resting metabolic rate is elevated for a longer period and you burn more off the

bike. The same person on a similar flat course riding at 20 mph can burn around 750 calories for comparison.

If exercise at that intensity is not for you, you can still increase the calories burned by exercising twice a day to keep the resting metabolic rate up longer. Good news for commuters!

By the way, your metabolic rate doesn't drop in winter. People are generally less active and consume more fatty foods. Metabolism also doesn't drop automatically as you age. What does happen is that most people are less active (again) and therefore lose muscle mass which demands more calories to function. If you maintain that muscle mass there should be little change in your metabolism until at least 70 or 80.

KEEP PEDALING!

FEATURED CLUB MEMBER: Dan Graham

After 165 miles of soft trail and 40 sleepless hours, Dan rode out onto Big Lake for the final 5 miles of Iditabike 1996. It was 3:00 AM and the temperature had dropped to somewhere in the negative teens, but his dad was there on a snowmachine to meet him and cheer him on.

Dan was born at Elmendorf and says his dad came up here when getting stationed in Alaska was the pits. Not only did they stay, but here they were reveling in arctic winter sports.

That incredibly amiable sales person at All Weather Sports is Dan Graham. He loves his work because it is a small enough shop he can do many different jobs and take on responsibilities and see direct results. All Weather Sports has grown a lot since Dan started there. The shop also provides him the opportunity to get involved with bike

racing which is new to him. Dan is fascinated with road racing now because of the human interaction and teamwork of the pack.

Dan majored in Geology at UAA and UAF where he met Gina. Following graduation, he worked for R & M Consultants in Anchorage, but followed Gina back to Fairbanks when she got a job as a state geologist. They were just married last August.

Besides biking, they enjoy cross country skiing and have 3 dogs and are getting into skijoring and mushing. Gina does her competitive sports thing in soccer but also enjoys winter biking. (She probably had to in order to spend any time with Dan while he trained for Iditasport!)

Dan would like to see the club work on encouraging young bicyclists. They are the future of the sport and the sport is so good for both their health and self-esteem through difficult years. He

would also like to see the club appeal to a wider spectrum of bike riders with fun family and social events. Unfortunately, the bike shop keeps him too busy in the summer to do much besides the shorter races.

This year was Dan's first attempt at racing Iditasport though he worked last year as bike mechanic at a remote checkpoint so knew what he was getting into. Commuting by bike through a Fairbanks winter is the best preparation you can get, therefore it is no surprise that he did so well. He is undecided about returning next year, but give him another week of recovery and then ask!

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!

IDITASPORT 1996

February 17, 1996 was the start of the 10th edition of the Iditabike/Iditasport. The race and tour traverses over 200 km on dogsled trails from Big Lake to Skwentna and back. It is the only bike race in Alaska that attracts national and international participants. Of the 78 entrants, 13 were from Europe and 33 were from the lower 48. Nine of those competing were women, and ages of entrants ranged from 16 to 68!

Due to lack of snow, the race organizers changed the course to stay on the Yentna and Susitna Rivers. Just 5 days before race, 2 feet of snow fell and changed the whole complexion of the race. The foot and snowshoe divisions had 32 people entered and the 32 bikers shuddered at the thought of 170 mile push.

As it turned out, almost all of the trail was rideable for those who traveled light. That weekend was the first chance snowmachiners had to get out on the trail and the Iron Dog snow-

machine race started the 2nd day of Iditasport so the trails were buzzing and partly torn up by the heavy traffic. This made paying constant attention to the trail mandatory and very demanding mentally. The trails set up a bit at night but the going was still so slow that a skier would have won the overall if he had not bonked toward the end and been passed by John Stamstad. John took first in the bike division for the fourth straight year. Rocky Reifenstuhl was the 2nd bike in and Ralf Holland-Letz from Germany via Ester came in an impressive 3rd for his rookie year.

Other Fairbanks extremists include: Dan Graham, who finished 8th in his first year; Gail Koepf, first and only woman bike finisher placed 11th; Erik Sterling finished a lucky 13th; Jennifer Clark was the 2nd woman finisher in the foot division and Egil Fjellheim, a UAF student from Norway hiked and finished 16th in the men's foot division. Not only did the Fairbanks contingent finish strong, but no one from Fairbanks scratched!

The foot and snowshoe divisions only travel half the course and were

flown out to start in Skwentna. This meant we all passed each other going opposite directions on the Yentna River which created much excitement (especially at the Yentna Station checkpoint which was really hopping that night)!

As usual, the best part of the race is exchanging war stories along the way and at race end over some greasy homefries. My mantra for this year's race was: 'Pain is inevitable, misery is optional.'

All Weather Sports has a home page devoted to Winter Cycling on the Internet. Iditasport reports and results were updated as the race progressed. Check out the hottest 2-wheel-snow-stuff at <http://www.mosquitonet.com/~aws>.

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!

SPOKE'N'WORD

FAIRBANKS CYCLE CLUB

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IDITABIKE REPORT
