

❖ SPOKE'N'WORD ❖

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

Volume 2 Issue 3

June 1996

! PRESIDENT ENJOYING MIDNIGHT SUN ! MINI-NEWSLETTER TO KEEP MEMBERS UP TO DATE

96 FCC BOARD OF DIRECTORS

I promise not to ramble, which is the reserved right of the club president, but in his absence I want to mention some noteworthy events of the past month and a few to look forward to.

Thank you **Simon Rakower** for putting on a Women Only bike clinic. 12 women and their children learned some basic bike fix stuff to get them home before the mosquitoes drain them.

A new course record was set for the **Beaver Sports Fairbanks Nenana Race/Ride**. A record SLOW time! An incredible headwind resulted in times about 1/2 hour slower than last years event. Your editor swung around at the half-way point and enjoyed a fast trip back to Fairbanks, but most put the pedal to the metal, proved their mettle and finished in Nenana.

Freddy B. (now why does that name have a familiar ring to it?) gave a two day clinic on bike racing on June 7th & 8th. Sorry there was no mention of it in the last newsletter, but it was arranged hastily to take advantage of Fred's short stay in Fairbanks. It was information packed. An outline is enclosed and I hope to include notes in next newsletter. Thank you Fred.

Bob, Sharon and Paula Schlenter put on an excellent off road race on a new course. They called it the Logger's Challenge, but I think the real challenge was marking all 18 miles of criss-crossing roads & trails so no one got lost! Great first time event.

Chris Jones stepped forward at the last moment and organized an off road race going up & down Ester Dome on the Marathon trail. The mud on St.

Pat's was unforgettable!

John Stroebale, Sean Kennedy and Mark Knowles represented F.C.C. in a stage race put on by the Anchorage club in Talkeetna. John fought hard for his third place finish, aided by Mark and Sean.

The **Fairbanks Chiropractic NORBA Youth Series** enjoyed a gorgeous day for their first race at Birch Hill. We had 22 racers all 14 years old or younger and probably as many parents helping with the race. Thanks to all!

Sound like fun? Make sure it continues by signing up to promote a race this year. Remember, no organizer, no race. There are still plenty that need organizers. Look at the schedule and give Shawn a call!

Gail Koepf

President
Shawn Stratton (479-6966)
Vice President
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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.

DON'T FORGET THE

DEATH RIDE

(as if you could!)

June 30th

HOTLINE #
459-8008

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ANNOUNCEMENTS

SOURDOUGH TRIATHLON

The 5th annual Sourdough Triathlon will be held on Saturday, July 13th and will be the same half-Ironman distances again (1.2 mi. swim, 56 mi. bike, 13.1 mi. run). Solo and Relay entries are welcome. No entries accepted after Thursday, July 11th. Info/Registration forms will be available at All Weather Sports and Beaver Sports by early May. Volunteers are needed to help the race run smoothly. Please call Bob & Sharon Baker at 455-6689.

FCC BOARD MEETINGS

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.

\$\$ TRAVEL FUND \$\$

Travel funding assistance is available to all Fairbanks Cycle Club members planning to attend major competitive and non-competitive bicycling events outside Alaska as well as specific events in Alaska. Funding assistance to F.C.C. members will be limited to one (1) time per calendar year and available on a first come, first serve basis. Call a board member for further information.

Travel Destinations

by Jana Harwood

After the third or fourth toast to their sponsor, I reluctantly decided it was time to bike back home. We had just finished a Thursday night Loonie race up Whistler Mountain and down, ending at the base of the Blackcomb Gondola at the outside pub. One hundred twenty-five racers had started the race, many of them Pro's as apparent by their superior bikes and sponsor logos. The race director had informed us that there were many Pro's racing and not to kill ourselves since we had only paid a \$1.00 registration fee (that's in Canadian!). Glancing up the mountain frequently, I tried to figure out the route nervously hoping it wasn't the *really* steep one. Each minute I thought "now I've only paid 66 cents, do I really want to do this?"

The Juniors were grouped together sizing up the competition. They noticed my son, Tom, and quipped, "Are you good?", adding quickly, "You look good." I wasn't sure if they meant his sunglasses, bike, or what! We had been fortunate enough to find the "Grinder Shop" (no, not a sandwich shop - says something about the terrain!) which had given us an excellent rental deal on full suspension bikes (including all necessary repairs). With the American to Canadian dollar exchange rate, we paid \$75 a week per bike.

Finally the race started. The evening had been warm and sunny and proceeded to get warmer as the ascent began. After a hillclimb like that, I was at a loss as to why my arms were so sore the next day and not my legs. It appears that white-knuckle descents do wonders for upper body development.

The next race, on Saturday, was an annual event that is a technical rider's dream. The first rider across the log on the "A River Runs Through It" portion won a prize. (Tom carried his bike and said it was too far down!) The finish was 16 miles away at Rainbow Trail on Alta Lake. As the muddy riders drifted into the finish, mechanical failures were evident. Some riders coasted in using their bikes as scooters, finishing nevertheless. The finish was idealic, up a road canopied with majestic firs and hemlocks, abruptly ending in the middle of this lush forest. Music was playing, pizza was delivered and toasts to the sponsor began. (Whisler Brewery). Ah, the lost art of toasting! Still able to stand firmly after a grueling race and so many toasts, the Canadian bikers showed true grit. (editor's note: Yeah, but I'd like to race them the next day!)

The pleasant atmosphere in this pristine setting was very memorable. Tom getting a first in the Junior's division broke the ice, and when he won the door prize too, he was informed he should quit his job and move to Whistler.

HOW TO GET THERE - No, Whistler is not where they make whistles (as one boy in my daughter's class asked). It is part of the "Sea to Sky" highway that runs from Vancouver to D'Arcy. One can fly to Seattle and be up to Whistler in 5 hours on half a tank of gas. The scenery is fantastic and takes you through lovely towns like Squamish, with views of Vancouver Island and other islands, until you leave the inlet and head up to Whistler. The trees are incredible and there is something for everyone in the family. Shopping, horseback riding, swimming, glacier skiing, and best of all... this is off season! We only got a chance to explore a small part of Blackcomb and Whistler, so we're already making plans to go back to this wonderful Mountain Biker's Shangri-La (a peaceful, untroubled place to escape on two wheels).

(See pg. 3 for upcoming "Sea to Sky" mtn bike events)

FEATURED CLUB MEMBER: John Muphy

The following interview with John Murphy took place in his home over a bottle of his favorite beverage: home brew! He appreciates a good bottle of brew after a challenging bicycle race and ponders the finer points of the race as he tastes the bittersweet flavor of the beer. The interview was conducted by Kay Kindt.

Q: When did you start bicycling?

A: A long time ago. My first bike was red and huge! It had blocks on the pedals so I could reach them. I lived in a neighborhood in upstate New York where the neighbors lived half a mile apart on farms of 100 acres or so.

Q: When did you buy your first helmet?

A: I bought one from Jon Gleason when I first started racing, around 1988. I had

built a cabin on the Chatanika River and lived there for ten years. Living in the bush kept me in good shape. Around 1983 I moved into town and needed something to stay in shape so I started Nordic skiing and bicycling.

Q: Did you win bicycle races right away?

A: No. Doug Burnside was beating me. He'd suck my wheel and then outsprint me at the end. He was good about it, though. He'd tell me what he was doing after the race. I probably learned more about biking from him than anyone else. Over time, I was able to drop Doug so I didn't have to worry about him outsprinting me.

Q: What is your goal for bicycle racing?

A: Stay in shape and make those young ones work to beat me, keep them honest at least. I want to do the 20 K Moose Creek time trial in less than 30 minutes, and a 40 K time trial in less than an hour. (editor's

note: John would have met one goal in the last Moose Creek T.T. if the 20 K turnaround had been placed more accurately)

Q: In your opinion, what makes a good bicyclist? Who do you admire?

A: Miguel Indurain, of course. The real proof is the guy that can go. The winner of the sprint at the end is the fastest sprinter, which is good, but to me it is everything - hills, time trials, downhill, flats. You have to do well in each of these.

Q: What is your strength?

A: I work hard. I think that is it. Biking is a blue collar job. When you get on their bike, you put on your hat and go to work. That's all there is to it.

Thank you Kay! 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!

SEA TO SKY MOUNTAIN BIKE EVENTS SUMMER 1996

July 14-15	Sea To Sky Mountain Bike Trail Ride, D'Arcy to Squamish
July 26-28	Specialized Cactus Cup, Blackcomb
August 24-25	Tim Horton Canacian National Mountain Bike Championships, Blackcomb
August 17-18	Sea to Summit, Deep Cove to Whistler Mountain
August 21-31	Eco Challenge, Squamish to Whistler
August 31-Sept. 2	Blackcomb Dual Eliminator Downhill
Sept. 14	Garabaldi Gruel, Whistler Mountain
Sept. 21	Descentismo, Whistler Mountain
Sept. 28-29	Whistler Fork Festival & Cheakamus Challenge

EARTH-FRIENDLY BIKES

Huffy Corp. has introduced two adult bicycles that are made of recycled materials. The Eco-Terra models are built with recycled steel, aluminum and plastic from milk jugs, plastic containers, old cars and refrigerators.

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!

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FAIRBANKS CYCLE CLUB

P.O. BOX 83424

FAIRBANKS, AK 99708

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