
❖ SPOKE'N'WORD ❖

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

Volume 3 Issue 2

April 1997

RAMBLINGS FROM THE PRESIDENT

Well, we're off and pedaling again into another wonderful Fairbanks Bike season. We've started out the race season unofficially with the first Snow Race of the season on March 16. Four hundred and eighty seven individuals showed up for this race (it was a registration nightmare but Mark Knowles toughed it out) but for some reason only about ten individuals made it to the start line. Anyway, the race was great and you can read a first person perspective of the race later in this newsletter.

The Board of Directors has worked out an idea for a Points System to be introduced this year. Cumulative season long points will be tracked on all racers in the following categories: Senior A men, Senior B men, Senior women, Master men and women, Veteran men and women, and Junior men and women. The details are still be worked out but a preliminary system is currently in place. Full implementation is planned for the Murphy Dome Time Trial. If you have any questions on this give me a call.

Rocky Reifentstahl is hard at work on the direction of the Mountain Bike Stage Race in May. At this point it looks as though race sponsorship is progressing well and race locations are being finalized. Additionally, Rocky has teamed up with Doug Burnside to direct the 24 hour Mountain Bike Race this summer. A schedule confirmation will be forthcoming in the near future. (And Bruce G. I know you're just itching to help out so give Rocky or Doug a call).

Potluck ! Don't forget the second an-

nual Pig Out Potluck on April 6 at 5:00 PM. This illustrious event will be held in the Blue Room at the Alaskaland Civic Center. Bring your favorite dish or give me a call and I'll tell you what my favorite dish is, and you can bring that. Everyone will win and you don't have to worry about anyone nominating you for some political position. Just come on out and have fun.

Race Director's. We can use additional race director's. So take a look at the event schedule and if you're interested in supporting an event, give Mark Knowles a call at 479-2494, and he will give you the scoop.

We have been talking with Professor Rakower (Simon) at All Weather Sports and he has indicated that Super Queen Downhill Mountain Biker, Marla Streb

**SPRING MEETING
& potluck
Sun. April 6th
5:00 PM
Alaskaland, Blue Room**

Inside This Issue

Ramblings from the Pres	1&2	Perform. Enhancing Drugs	6
Announcements	2	Featured Club Member	7
Membership Contest!	3	Letter from Japan	7
Upcoming Events	3	Race Reports	insert
The Spirit of Competition	4 & 5	Spring Race Schedule	insert
Bike Bytes	5	FCC Membership Form	insert

'97 FCC BOARD OF DIRECTORS

President

Shawn Stratton (479-6966)

Vice President

Mark Knowles (456-8519)

Treasurer

John Arambarri (457-4945)

Secretary

Julie Bush(488-0599)

Historian

Gail Koepf (455-6837)

Newsletter:

Gail Koepf (455-6837)

Articles or items for the Spoke'n'Word are welcome. It hopes to go to press 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

(call Shawn @ 479-6966 to update)

RAMBLINGS cont.	NOTABLE NOTES	ANNOUNCEMENTS
<p>is interested in visiting Fairbanks and perhaps putting on a Downhill or X-Country Clinic. We are looking at this occurring later during the summer. Look for additional information in future newsletters.</p> <p>Individuals interested in winter biking part of the Stampede Trail near Healy have another incentive to do so. Earth Song Lodge operated by Jon and Karen Nierenberg (Phone (907) 682-2863 is extremely interested in supporting winter biking in that area. They have several one room cabins in the area for overnight stays and they say the biking in the area is wonderful. Give them a call if you're interested. Shawn Stratton</p> <p>At the start line, the atmosphere is casual.....The first race of the season....Snow Race No. 1 and the weather is bright, sunny, and cool with a north wind blowing</p>	<p>Congratulations to FCC member John Arambarri for being presented with the Young Engineer of the Year Award. John is the Fairbanks Cycle Club Treasurer and is a registered Professional Civil Engineer working for AGRA Earth and Environmental, Inc.. Way to go John!</p> <p>Congratulations to Julie Bush and her sled dogs for competing in the 6-dog class of the Limited North American Sled Dog Championships. I wonder how her dogs enjoyed pulling Julie around on her fancy new XTR equipped Kona Mountain Bike?</p> <p>Congratulations go out to Garrison Collette and Tom Harwood for competing in the Junior Cross Country National Championships. Watch out for these guys this summer. We may catch them out trying some of their fancy ski waxing voodoo on their bike tires this summer. Shawn Stratton</p>	<p>RENEW YOUR MEMBERSHIP! This will be the last newsletter mailed to members who have not renewed their FCC membership for 1997.</p> <p>FCC BOARD MEETINGS FCC monthly meetings are held the first Tuesday of the month. Call the HOTLINE for location and time. All club members are welcome to attend and bring their interests to the attention of the board members.</p> <p>FCC JERSEYS AVAILABLE \$25.00 for short sleeves \$35.00 for long sleeves Call Shawn for jerseys at 479-6966.</p> <p>NEW FOR '97 - FCC JACKETS Don't buy a windbreaker before seeing the new FCC jackets on order now. They sport an original design by Shawn Stratton's brother, Ted; FCC and sponsor logos; comfortable fabric; made by Castelli; priced around \$60.00.</p> <p>TOUR DE CURE The organizer for this year's Tour de Cure would like to hear from anyone willing to help with this event. Call Jackie at 457-1566.</p>

RACE & CLUB FEES FOR 1997

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. Non-USA Cycling members must pay a \$2.00 surcharge per event. *This includes the Doug Rides this year.*

** Season passes may only be purchased by USA Cycling members, and State Championship race fees are not included in the season pass.

CLASSIFIEDS

WANTED: Your add here! This service free to all FCC members.

FOR SALE:

- ◆ Titanium Kona road bike, 53 cm, Grafton cranks, Ti BB, Aluminum fork, excellent condition, \$1,100 OBO, Litespeed Mtn bike, Ocoee, polished titanium 17" frame, Judy SL rockshox, never ridden. \$1,700 OBO. 455-6837.

MEMBERSHIP CONTEST

Give us your favorite 'REASONS NOT TO TRAIN.' They will be printed in a future Spoke'n'Word and the best excuse (as selected by the FCC board) will win \$10.

Here are 10 by Patrick O'Grady :

- I can't find my leg razor.
- I just got a new cyclo-computer and I don't want to sweat all over it.
- I had this really weird flu that made me watch lots of pro football and drink beer.
- I'm _____. (pick one): a) overtrained, b) undertrained, c) drunk.
- The weather sucked - too _____. (pick one) a) hot, b) cold, c) rainy, d) snowy, e) windy, f) calm, g) sunny, h) smelly.
- My bike was too dirty/clean (pick one - acceptable only when used in conjunction with your weather selection in previous reason.
- Everybody else wanted to do a road/off-road ride, and I wanted to do an off-road/road ride (pick one incompatible selection).
- The crystals said "No." (Works only in Boulder, CO. and Santa Fe, NM.
- I've fallen and I can't get up (Masters only)
- Hey - it doesn't matter how much I train, I've got last place locked up.

I am sure that FCC members are capable of some truly creative and uniquely Alaskan excuses. Call, write, or see me at a race with your best ...

REASONS NOT TO TRAIN

UPCOMING EVENTS

ALL WEATHER SPORTS MEMORIAL DAY 6-STAGE MTN BIKE RACE — MAY 23-26

The FCC aspires to make this the premier Mtn Bike Stage Race in Alaska. Rocky has gathered \$700.00 of cash prizes and \$600.00 of merchandise for this NORBA event.

Courses are being finalized and may be tweaked to fit trail conditions, but the general race plan is 6 stages as follows: Friday evening: Hill Climb; Saturday: Cross Country in A.M. and Circuit Race in P.M.; Sunday: Downhill in A.M. and Cross Country in P.M.; Monday: Cross Country in A.M. and Awards Ceremony at All Weather Sports in P.M.

Planning for this race began last fall due to the demise of the Kodiak Crab Festival Mtn Bike Stage Race. That annual race was definitely the finest Alaska had to offer due to the fantastic enthusiasm of organizers and phenomenal support of local folks and small businesses. If you can offer enthusiasm or support for this race please contact me (Rocky @ 455-6837).

We have assembled a fine group of stage race directors, timers, computer-timing and record-keeping gurus who will make this General Classification race excellent. Extra volunteers are cheerfully welcome.

Thanks to our kind and generous sponsors :

All Weather Sports	Dr. John W. Sargent, DDS
Fairbanks Cycle Club	Fairbanks Gold, Inc.
Flowline Alaska	BTU Stoker Bars

24 HOUR MTN BIKE RACE JUNE 14 -15 * NOON TO NOON

The FCC will put on the first ever 24-hour continuous mtn bike race in Fairbanks. The NORBA race is for 4-person teams or for the truly adventurous (or truly brain dead) solo rider. It is scheduled for Birch Hill Recreation Area to utilize the facilities and large stadium area. Registration forms will soon be available at the sports shops. All Weather Sports, FCC, Doug B. and Rocky are the instigators of this fun-hog fest which is to be a wheeled celebration of Summer, Warmth, Friends, and Mountain Biking. Get together a team and be part of the party on wheels. Again, if you'd like to offer your services to make this an even better event please call Rocky (455-6837) or Doug (488-6793), or All Weather Sports (474-8184).

THE SPIRIT OF COMPETITION

Shawn Stratton

at an easy 10 mph....The race starts with a simple "Go!"....Go? What happened to "On your Mark. Get set. Go!" But the racers are off and I'm wishing that I'd warmed up a little more...Perhaps a lot more....a common pre-race problem that I consistently exhibit. I'm lagging behind already and the race is only two seconds old....The race course, set up by Mark Knowles requires a quick start along a 200 meter stretch of flat powerline trail with a quick left turn into the woods onto narrow single track. In the hurried melee I somehow reach the turn onto the single track in fifth place already minutes behind the leader, some guy named Rick (Rocky) Denicke. As the trail winds upward at a grueling grade of 3%, I'm already sucking wind and wondering if that large platter of strawberry pancakes I ate earlier that morning is going to rise up and decorate my front wheel. Well at least now I'm getting my warm up.

The race continues as I'm slowly getting my rhythm back and I notice I'm catching the roving target in front of me. Just a little more and I'm kissing the rear tire of my worthy adversary. "Pass....Pass now" I'm thinking as the leaders move further ahead. Suddenly I'm squeaking by on the right trying not to put us both into the trees, but my thoughts are set upon a single goal, "Knock this adversary into the deep snow and continue the pursuit of the leaders". Ah yes, the spirit of true competition. Moving on down the trail at a blistering pace I catch a glimpse of third place. I can taste the win now. Just pass the minor inconveniences in front of me and I'm home free all the way to the bank. "Push....Push harder" I'm thinking as I move toward the third place duck. "I've got you now". Suddenly I've obtained the enviable draft of my third place victim. Just a little rest on this fast section and I'll race by leaving the poor soul in a cloud of vaporizing snow...."Pass....Passing" I holler as I rocket by on the right. Yes! Yes! I'm really moving now and what's that? The

bright jersey of second place. This is too easy....Racing on to bridge the gap, across the hard snow packed trails, around a sudden left bend....and what's this....a dog team? "Off the bike. Off the bike" I think as my well planned strategy adjusts to this variance. "Run, run you fool" I think; around the sled driver who has moved his sled off the trail as far as he can, around the cowering and confused sled dogs who are wondering whether these strange beings are going to trample them into the snow....Back on the bike and I'm thinking about pancakes again, and warming up..."Come on, you can get

...but my thoughts are set upon a single goal, "Knock this adversary into the deep snow and continue the pursuit of the leaders." Ah yes, the spirit of true

your speed back. Rhythm. Rhythm" I think as I attempt to capture the scent of pursuit. But I lag along, noticing a decrease in output. Suddenly I see the trail veer left. "Direction? Which direction was I to go? Left. Always stay left" I think as I continue forging straight ahead. The leaders went straight so I'll go straight. But wait, maybe they're wrong. "Turn around! Turn around!" I think as suddenly the race leader, Rick Denicke is coming back toward me. He has missed the turn also. But the second place rider, some guy named Rocky Reifentuhl has realized the mistake sooner and capitalized on gaining the race lead. Quickly I turn around to follow Rick in pursuit of Rocky but he's gone. Rick has shifted into light speed and I see him moving up the trail about five miles ahead hot on the leader's trail. Well maybe third place isn't so bad after all. I slowly shift into gear as I meander up the trail struggling to regain my earlier rhythm. "Click. Click." I hear behind me. I glance over my shoulder and notice that my short lived separation from the fourth and fifth place racers is in jeopardy. But I continue on, confident that I can leave these souls staggering. As we creep up the trail incline approximately 47 miles into the race (really about 3 miles) I notice that my companions are still stuck to my wheel and leaving them behind may not be so easy.

Well, then I'll continue on setting the pace, and roar away from them when I regain my rhythm. Slowly the climb ends and I'm amazed at how patient the wheel suckers are with my not-so-brisk pace. "Must be that they are as tired as I," I think. Just a little bit more and we're suddenly out into the open. A section of powerline and I allow my inferior competition to pass realizing that now I'll be the beneficiary of the draft created on this fast downhill section. "Suckers" I think. It's only a matter of time now and I'll be working my way back toward the leaders.

The fast powerline section continues.... We race back into the trees for another loop. I'm in a nice position. Just so long as the racers ahead of me keep up the pace. We reach the gradual uphill section again. The trails becoming rutted from previous racers. I'm thinking of bloated pancakes again...I just have to stay with that bike in front of me....stay with that tire...stay with that tire lug....Well maybe I'll allow just a little gap between us. No problem. I'll close up the gap at the top of the climb...The gap gets wider....More pancakes....with lots of butter...and syrup...I look up and I'm thinking that maybe fifth place isn't so bad after all. But I'll wait for opportunities. Maybe one of the riders will miss a turn....Maybe bump into each other and see how deep the snow is on the side of the trail...Just a little mishap.....

I finally make it onto the downhill powerline trail....By this time Rick Denicke and Rocky have probably finished by now and are sitting back drinking tangerine lattes and eating watermelon. I catch a glimpse of third and fourth place moving down the hill. "Come on you losers...fall...crash....miss that turn". I move down the trail gaining ground. 200 meters, easy to make up. Into the left turn and onto the trail. "What's this? Third and Fourth place ahead of me. They've missed the turn and I pounce. Onto the wheel of fourth place. No problem, I'll get 'em yet. Down the fast trail we race and around another bend to come upon the dog team again. It appears that Mark prearranged this obstacle to really make this

COMPETITION cont.

a cyclocross race. Again, I'm off the bike and around the dog team, glued to the wheel of the fourth place racer, but one problem. I'm struggling. "Just one more time up the hill" I think...But it doesn't happen...The hill arrives and I'm left riding my bike in an atmosphere of jello....Slowly and painfully I watch as third and fourth place disappear over the horizon...But I persevere, with the knowledge that I'll race another day...and I'll win...Yes, and they'll eat my vaporized snow as I roar into the finish line. Next time however, I'll go lighter on the strawberry pancakes.....

DON'T FORGET 10TH ANNUAL BIKE SWAP

The FCC 10th Annual Bike Swap will be held April 19th at the Beaver Sports Outdoor Shop. *Now is the chance to get rid of your kid's outgrown bike or your own bike paraphernalia that has been cluttering your life for years!!!*

The Bike Swap is a major source of income for the club. Bike swap organizer, Christine Matson is looking for volunteers. If you can help on the 19th even for a couple of hours call Christine at 488-0653.

\$\$ 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.

To be eligible for travel funding, members must submit in writing a request for assistance to the F.C.C. Board of Directors. Requests must be received by the Board no later than the first Wednesday of each month at least 14 days prior to the member's date of travel. For example, long time F.C.C. member Eddy Merckx is planning to attend the NORBA National Series race in Mammoth on July 4-9, 1996. To receive funding assistance from F.C.C. for attending this event, Eddy must submit his request to the Board no later than Wednesday, June 5, 1996.

Criteria for obtaining travel funding assistance is as follows: The member receiving F.C.C. funding is to race and/or ride in their Fairbanks Cycle Club Jersey at the specific out-of-town event. Upon return to Fairbanks, the member is requested to submit a short narrative to the F.C.C. Newsletter on their participation in the specific out-of-town event so that all Fairbanks Cycle Club members may share in the experience. Additionally, photographs taken at the out-of-town event would be appreciated so that these could be added to the club scrapbooks.

We look forward to all members having the opportunity to utilize travel funding assistance. However, funding is limited so submit your requests as early as possible.

Shawn Stratton

BIKE BYTES

Some cross-country Amtrak trains originating in Chicago will provide special bike racks for 17 bikes. The cost is \$10 per bike and can be arranged through a travel agent or by calling Amtrak. Fee is waived for LAB members who book tickets through the League's travel agent.

(Bicycle Retailer & Industry News)

(Before we praise AMTRAK for providing what Europe has had all along, be aware that they have chosen to utilize bike rack cars as smoking cars).

Policing by mountain bikes is 10 years old this summer! 6,000 police departments have bicycle patrols with over 12,000 bike cops. A cop on a bike has 20 times more contact with the public than an officer in a car and 5 times more than a cop on foot.

(Mountain Bike)

Pedicabs (tricycle taxis), long used in Asia, are catching on in America's megametropolises. A solution to big-city traffic and pollution, these human-powered vehicles are rolling through more than a dozen U.S. cities. A sample pedicab in Denver has 21 speeds, a Sachs drive train, hydraulic brakes and a suspension fork (why do I feel this is not the model used in Asia?). It seats two passengers and can carry 400 pounds. In Manhattan, a typical ride costs \$10. Sound too good to be true? ... The N.Y. owner is already working to retrofit his pedicabs with electric motors!

(Bicycle Retailer & Industry News)

The following information was printed in the Ryan Middle School newsletter. Although not mentioned here, some herbal stimulants sold as health foods (and therefore, not regulated) have also proved very dangerous. editor

PERFORMANCE ENHANCING DRUGS

Most athletes are concerned with being the best they can be mentally and physically. Contrary to this goal, some athletes are lured into taking various performance enhancing drugs to attempt to gain quick training results and a hoped for advantage over their competition. For top athletes, large sums of money are involved in being a winner. Drugs should not be used when the medical condition for which they are prescribed does not exist. All drugs have harmful side effects; sometimes they are fatal. Below is a chart of drugs used illegally by some athletes in an attempt to enhance their athletic performance.

CATEGORY OF DRUG	EXAMPLES	MAIN EFFECTS	ADDICTIVE-NESS	METHOD OF TAKING	HARMFUL EFFECTS	MEDICAL USES
Stimulants	Benzedrine (speed), Methamphetamine, Ephedrine, Cocaine.	Increase alertness, Reduce tiredness, Elation, Confidence, Aggressive, Competitive, Suppress appetite, Irritable, Restless.	Both physically and psychologically addictive.	Tablets, Powder (snorted or inhaled), Shots.	Sweating, Raised blood pressure, Heart palpitations, Convulsions, Death.	Cocaine and amphetamines rarely used medically. Ephedrine used in cold, asthma and hay fever remedies.
Narcotic Analgesics	Heroin, Morphine, Methadone, Pethidine, Codeine.	Powerful painkillers, Temporary feelings of pleasure and calm.	Both physically and psychologically addictive.	Tablets, Powder, Shots.	Drowsiness, Dizziness, Vomiting, Constipation, Breathing problems, Death.	Pain relief.
Anabolic Steroids	Nandrolone, Stanozolol, Fluoxymesterone, Testosterone, Oxandrolone, Norethandrolone.	Increased muscle mass, Aggressiveness.	Psychologically addictive.	Tablets, Shots.	Stunt growth, Masculinizes women, Liver cancer, Heart disease.	Limited medical use due to dangerous side effects.
Beta-Blockers	Atenolol, Propranolol, Oxpranolol.	Slows down heart beat, Steadies shaking hands.	Non-addictive.	Tablets.	Excessive slowing of heart function, Heart failure, Bronchospasm.	Reduces high blood pressure.
Diuretics	Bendroflumethiozide, Furosemide, Spirodactone.	Removes fluids from body.	Non-addictive.	Tablets.	Stomach problems, Rashes, Blood disorders, Rapid weight loss, Electrolyte imbalance, Dehydration.	Treating high blood pressure, Reduces water retention.
Blood Doping	Not a drug.	Increases oxygen carrying capacity of blood.	Non-addictive.	Blood transfusion	Rash, Fever, Kidney Damage, Blood-borne diseases.	None

FEATURED CLUB MEMBER:

Dave Delcourt probably spent more time on his mtn. bike this winter than anyone else in Fairbanks. He was training for Iditabike this year, but usually he enjoys the winter trails from the back of a dog sled. Mushing is what brought the Maine native to Fairbanks 5 years ago and he loves working with the dogs. He has worked as a dog handler in past years to learn about the sport and hopes to start his own kennel one day. He has trained dogs for distance and sprints, competed in both types of racing, and is on the board of directors of the ADMA.

Dave really enjoyed Iditabike and was in 9th place when a wrong turn took him and several others miles off course. He ended up in 28th place, but plans to compete next year to avenge his disappointing finish this year. I warned him that he is in danger of becoming an

Iditajunkie. The race is so different each year you just never get it quite right and think, "next year..."

In the meantime, he wants to capitalize on his Iditabike conditioning by participating in local FCC races and events. He is especially looking forward to the 24 hour mtn bike race. Dave hopes to join in on the road race fun also, if he can locate a suitable road bike.

Dave is working for Federal Express now, but in summer works as a guide on the north slope of the Brooks Range. He leads hunters from the lower 48 and around the world to their dream bear, moose, sheep, caribou or what have you. Meanwhile, Dave enjoys hearing hunting tales from the different corners of the world.

It's great to talk with someone as enthusiastic about Alaska and winter biking as Dave. We hope to see him

enjoying the summer trails whenever he's in the Fairbanks area.

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!

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!

The following letter and race reports arrived recently from far off Japan where Jonn Stroebele is currently residing and experiencing oriental culture between training rides. They are reports on the same two races Sean Kennedy previously wrote about and you will recognize King Lamb, though from a less self-deprecating view.

editor

SPOKE'N'WORD

FAIRBANKS CYCLE CLUB

P.O. BOX 83424

FAIRBANKS, AK 99708

Inside This Issue

SPRING MEETING

6-STAGE MTN BIKE RACE

MEMBERSHIP CONTEST
