

# ❖ SPOKE'N'WORD ❖

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

Volume 3 Issue 4

June 1997

## RAMBLINGS FROM THE PRESIDENT

**G**reetings again from the location of the hottest news in Fairbanks cycling.

As we start into another great month of cycle rides and races, I have decided to see what I could do to improve the Fairbanks Cycle Club by creating the club member survey enclosed. Please take a few minutes and fill this out. Add any comments you feel appropriate, and send back to the club P.O. box. You may also save the postage and drop off at All Weather Sports or Beaver Sports.

With the cycle racing season progressing at full speed ahead, the 1997 Road and 1997 Mountain Bike Point Series are starting to display some interesting competition. Points are allotted in the following manner:

- Show up and enter race - 2 points.
- Finish race - points = # of riders in class, minus finish placing, plus 1. (for example, 2nd place in a field of 5 racers would be 5-2+1=4).
- Direct a race - 4 points.
- In combined class events or fun race events, all racers receive 2 points.
- DNF - 2 points.

Points Series are being maintained separately for both road and mountain biking so that individuals who may not participate in both venues are not discriminated against. The points series totals through 6/4/97 are listed later in this newsletter.

Don't forget, on July 10th the FCC will host the First Annual Joe Finkel Memorial Time Trial on the Moose Creek time trial course. The time trial will be a 20 km event with a barbecue afterward put on by Nancy Lewis.

Enclosed in this newsletter is a

Race Director Guidelines Packet for USCF events. It is presented to all race directors prior to FCC events. These guidelines are established to make it easier for inexperienced directors to follow specific procedures for promoting an FCC event. The guidelines may make it appear that promoting an event is a monumental task. However, much of the time consuming work which is required initially for an event has been completed by the time a director takes on the responsibility of promoting that event. If you're directing an event this year or if you are interested in doing so, look over these guidelines. Guidelines for NORBA events are very similar to these with minor variations.

Shawn Stratton

**COMING SATURDAY!**

**24 HOUR  
MTN BIKE RACE**

**RACE FLYER INSIDE**

### *Inside This Issue*

Ramblings from the Pres	1		
6-Stage Mtn Bike Results	2	Point Series Totals to Date	4
Bike Bytes	2	Race Directors Guidelines	5-7
Classifieds	3	FCC Survey	8
Announcements	3	24 Hour MB Race Flyer	9-10
Featured Club Member	3	July/August FCC Sched-	11

## '97 FCC BOARD OF DIRECTORS

*President*

*Shawn Stratton (479-6966)*

*Vice President*

*Mark Knowles (456-8519)*

*Treasurer*

*John Arambarri (457-4945)*

*Secretary*

*Julie Bush (451-6514)*

*Historian*

*Gail Koepf (455-6837)*

Newsletter:

Gail Koepf (455-6837)

Articles or items for the Spoke'n'Word are welcome. We hope 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)

## MEMORIAL DAY MTN BIKE STAGE RACE

**The FLOWLINE ALASKA - FAIRBANKS GOLD MTN BIKE STAGE RACE** was the first annual (?) rendition of my attempt at a well-run, challenging off-road stage race. Many thanks and congratulations to you hearty dirt-heads who took up the challenge. Volunteers, volunteers, volunteers! Thank you - "it is more blessed to give than to receive," and FCC could not exist without you.

Some 40 riders, including some excellent bikers from Anchorage, played in the dirt and woods in 3 cross countrys, a hill climb, a downhill and a trials; results are attached.

Reports from stage directors:

#1 - Ester Dome Hillclimb - Sue Nachtigal, Ian Hebert & Alexis Reifentuhl. A sublime climb up the Equinox Marathon trail.

#2 - Moose Mtn Massacre - Sue Thompson and Andy Low spent all night marking this 15-mile course up Moose Mtn across on Old Murphy Dome Rd and a dive back down to the start on a now-you-see-it, now-you-don't zero-track trail.

#3 - Trials - Doug Burnside created a challenging seven events: the Impossible Hillclimb, the Balance Beam, the Agility Test, the Obstacle Course, the Bunny Hop, the Barrel Touch and Go and the Slow Race. Outstanding rider - Tom Harwood who cleaned 6 of the 7.

#4 - Downhill - Scott Wynne & Tom Harwood marked this 1.95 mile harrowing

descent down the "chute" and the marathon trail so well it was almost a safe course! No one was hurt!

#5 - Ester Dome and the "chute" again and up the steep side from Ester! Chris Kowalski's cross country race was so challenging that the Senior Expert class decided among themselves during the race to shorten their course! And no, we didn't DQ the entire field.

#6 - Another brutal cross country point to point race put on by Clint Ragan who used his dirt bike to mark the course. The climbing started at the Vallata and continued to a 5 mile section of winding, rooted, single track to Old Murphy Dome Rd. and then came down the pipeline by Fox (more than a few tumbles down that got recorded by waiting photographers).

Financially, FCC nearly broke even on the stage race. For the accountants out there, expenses for the stage race were borne mostly by the \$1200 cash sponsorship I got from **Flowline Alaska, Fairbanks Gold and Dr. John W. Sargent, DDS.**

Race fees added some \$1050 to the race kitty. Expenses were: \$100 to each of 6 excellent stage directors (the race promoter, me, was unpaid); \$350 for timing, race-tracking and final results, \$330 NORBA fees; \$625 in cash prizes; \$300 in merchandise prizes; \$145 racers' dinner at Whole Earth; and \$92 post race refreshments. FCC paid for race numbers and course markers. The money sure disappears fast when you're having fun!

## BIKE BYTES

Interested in ISTEAs or bike advocacy issues? LAW has a web page - <<[www.bikeleague.org](http://www.bikeleague.org)>> and a site on America Online (keyword: BikeNet). They also host a discussion group you can join by sending an e-mail message to [majordomo@cycling.org](mailto:majordomo@cycling.org) and typing *subscribe labmembers* in the body of the message.

For all you bike tool nerds: Wenger Swill Army Knives is offering two mtn bike knives. Besides the usual assemblage, these knives offer a detachable spoke wrench/chain tool and a 10mm hex key. Suggested retail - \$90!

ISTEA reality: 45% of ISTEAs funds to be used for new road construction. 1% of ISTEAs funds to be used for bike paths, bike lanes and sidewalks.

President Clinton is using a stationary bike to keep up his fitness during his convalescence.

Texas lawmakers are getting ready to vote on a bill that would require Texans under age 18 to wear helmets on public roads and trails.

USA Cycling is sending scouts to BMX races this year to identify athletes with the physical gifts to be elite cyclists and help the kids improve their BMX racing.

New slogan to convey to the bicycle impaired: "Same Roads, Same Rights, Same Rules!"

**FEATURED CLUB MEMBER: Bill Courtermanche**

When I read Tim Mowry's account of Bill's 40+mph on the edge ride down the notorious "chute" during one of the 'Doug Rides,' I figured the guy was one of those Gonzo downhillers who would rather take a chair lift up the hill. I was, nonetheless, impressed enough to give him a call and greatly surprised to learn that Bill considers himself primarily a cross country racer and looks at the downhill as "a release" from daily tension!

Bill is 24 and works as a meteorologist in the Airforce while also pursuing a masters degree in Atmospheric Science at UAF. Between job and studies, it is not surprising that he has a hard time making FCC races. He has been in Fairbanks for two years and hopes to remain another four years, though that depends on the job.

Bill says he has been cycling his whole life, mostly recreationally, but did do some NORBA events in Vermont where he got his undergraduate degree at Lyndon State College. He loves the Vermont woods and technical, rooty trails but has been surprised to find so many good trails around Fairbanks. He rides a full suspension Canondale Super V. He claims the rear suspension makes a world of difference and even at a mere 130 lbs. he has been known to bottom out his suspension. Bill figures downhill is 75% skill and only 25% raw guts. (Maybe we could get him to do a downhill clinic!) His favorite downhill is Pedro Dome and in North Pole he enjoys trails on Moose Creek Bluff.

The first long FCC race Bill did was last year's Tour of the Mining Country, but next week he plans on soloing the 24 hour Mtn Bike Race at Birch Hill. He also hopes to do the NORBA State Championships this year. Bill is amazed at the number and variety of events FCC puts on each year. Something for everyone - even those crazy enough to ride down the "chute" at a speed few dare to hit on pavement!

*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**

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

**FOR SALE:**

- ◆ **KHS 24" aero tube road bike**, Shimano RX100, Araya wheels, Vittoria clincher tires, \$850 new. \$550 or best offer. 457-2767
- ◆ **Titanium Kona road frame**, 53 cm, Grafton cranks, Ti BB, excellent condition, \$1,100 OBO; **Litespeed Mtn bike, Ocoee**, polished titanium 17" frame, Judy SL rock shox, never ridden. \$1,700 OBO. 455-6837.
- ◆ **Klein Quantum road bike**, 53cm, campy parts, black, excellent condition, \$1,000; **Ibis Mtn bike**, Deore XT, 18" frame, excellent condition, \$1,000; **J-Disk** with 13-21 cassette, \$250. Nancy at 479-8984.

**ANNOUNCEMENTS**

**Don't forget to line up a team for the first ever Fairbanks Cycle Club. . .**  
**24 HOUR MTN BIKE RACE**  
 Noon to Noon, June 14 & 15 at Birch Hill  
 Registration forms available in bike stores.

**FCC BOARD MEETINGS**

FCC monthly meetings are held the first Wednesday 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.

**FCC JERSEYS AVAILABLE**

\$25.00 for short sleeves  
 \$35.00 for long sleeves  
 Available at All Weather Sports.

**RACE DIRECTORS NEEDED!**

June 19th - Mtn bikers vs. Road Weenies.

June 26th - Parks Hwy/Old Nenana Road Race.

**GOOD LUCK TO FCC MIDNIGHT SUN 600 ENTRANTS!** Sue Thompson, Dave Kelly and Dave Delcourt that I know of.

**Sally Endestadt** conducted a women's riding clinic last week and would probably be willing to do one for all riders if there is enough interest. Anyone who would like to see bike clinics offered by the club should contact Shawn to let him know where the interest lies. (Hey Shawn, I would like to see clinics on downhill and trials. I can't even do a Bunny Hop!)

*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**

**P.O. BOX 83424**

**FAIRBANKS, AK 99708**

---

*Inside This Issue*

*POINT SERIES TOTALS TO DATE*

*24 HOUR MTN BIKE RACE FLYER*

*FCC SURVEY*

