

# ❖ SPOKE'N'WORD ❖

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

Volume 3 Issue 1

March 1997

## RAMBLINGS FROM THE PRESIDENT

**A**loha! The Fairbanks Cycle Club welcomes you to another season of reaping the rewards of pedaling two wheeled contraptions in the frigid, near-polar regions. My name is Dotlarkiscloritus Peddalreallyfastus (that's 'Shawn Stratton' in English), and I'm your re-elected President for this year. If you have any comments, questions, or suggestions about the Fairbanks Cycle Club, you can call the last President, that was me also, at 479-6966.

Anyway, as tradition should have it, the 1997 bicycling season is just around the corner and I'm well behind in the preparation of club activities. I'm confident that everyone else who lives in our pleasurable environment around Fairbanks is in the same sled and I know that we've got many gifted club members who are just waiting to help out the board members in making this year successful. . .our 1997 schedule has been developed and our new vice-president, Mark Knowles, is looking to fill those Race Director positions. Review the schedule and give him a call about an event you would like to help with.

We are now full speed ahead into 1997 and I hope everyone is enjoying this winter. You can't help but appreciate the efforts of the other clubs around Fairbanks in keeping up the momentum in outdoor activity participation. Whether it's cross country skiing, snowshoeing, ski-joring, or running; you have to be a real couch potato to have been bored this winter. And if you really have your head stuck in a snow bank, the Winter Snow Rides put on by **All Weather Sports** every Sunday and the Wednesday Night Roller Series put on by **Beaver Sports** are both two

wheeled events that you really have no excuse to miss.

This year's Fairbanks Cycle Club schedule looks rather appealing. We've got: Doug Burnside and his army of dirty, mean and nasty Tuesday Night Trail rides; Mark Knowles, with the help of Rick Deniki, will keep the juniors competitive with the Monday Training Rides; Rocky Reifensstuhl is taking aim at promoting the best mountain bike stage race in the state in late May; Bruce Gard might be really nice and promote a 24 hour mountain bike race at Birch Hill; Junior riders (Tom Harwood, Garrison Collette, and Scott Wynne will be coordinating on a moun-

## SPRING MEETING & potluck

Sun. April 6th  
5:00 PM  
Alaskaland, Blue Room

*Mark Your Calendar Now!!!*

## NEW '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)

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## RAMBLINGS cont.

tain bike downhill race; and Fairbanks has the opportunity to host the State Road Championships this summer. (Please contact Marcia Burnside at 474-8184 if you have an idea on a suitable race course.) Also we will be continuing the Lance Armstrong Races (LAJOR) for juniors ages 9-18 on May 4, June 14, & July 5. So come on out and cheer for our future race leaders. Anyway, our schedule for 1997 should keep the mosquitoes busy chasing two wheeled air suckers all over the Fairbanks hinterlands.

Seriously, the club needs YOUR participation. So give your local Board member a call or come to a monthly meeting and show your support.

Shawn Stratton

## 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.

## ANNOUNCEMENTS

### FCC BOARD MEETINGS

FCC monthly meetings are held the first Tuesday of the month. Contact 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

### 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.

### INPUT WANTED ON BIKE PATH

Alaska DOT is designing a bike/pedestrian facility along McGrath Road. An open house to present 3 design alternatives will be held at the McGrath Road Baptist Church on Thursday, Feb. 27 from 4 to 7pm. Or you can send written comment to:

Gary Tyndall, Project Manager  
AK Dept. of Trans. & Public Facilities  
2301 Peger Road  
Fairbanks, AK 99709-5399  
Phone 451-2218 / FAX 451-5126

## CLASSIFIEDS

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

### FOR SALE:

- ◆ Titanium Litespeed Ocoee, polished 17" frame, Judy SL rockshox, never ridden. \$2000 or best offer. Rocky - 455-6837.

## RACE REPORT (and some thoughts)

by Mark Knowles

### STATE CHAMPIONSHIP CRITERIUM

Taking the long ride home; the trail along Sheep Creek Road is always pleasant when the stars shine down on the cold, hard-packed snow. Thank you to the snowmobiles. The careful choice of clothing leaves one content with the miles ahead; no worries, no pain, just the passing trees and a smile. This is a great time for me to think about the season to come. Passing time with thoughts of future races - how the weather will be bright and warm - and how to train for the results needed to make sense of it all. The only way I can be successful with the proper training is to look back on the past season; a time when the water bottles were clean and free of any life forms crawling on the bottom. Some days my road bike comes off the ceiling for a momentary memorial of summer, only to be ridden standing still. I find myself driving down roads we raced on last summer and replaying what occurred, thinking what I should have done or may do next time. This is one way to work on improvements for the next year; using past experiences to create new outcomes. Well, now is the time to share some of the experiences I had over the last year of racing. Maybe I will learn something that will improve my training for the new season.

The State Criterium, downtown. I was very confident that Sunday. As the rain began to fall before the race, I thought my warm-up was excellent, my bike handling through turns seemed flawless, and my legs were ready to play.

Continuing warm-up laps around the course, puddles begin to show. Suddenly, with my mind on the road ahead, my rear wheel has thoughts of its own and slips. Immediately I am on the ground, my left hip arguing whether it is stinging or aching. I remount and think it better to get the crash out of the way before the race begins. At the starting line,

I let a bit of air out of my tires to add traction. I line up, joking and still confident.

My confidence holds up for two laps. The road is slick, yes, but no need to slow down. All is fine until the third lap. On the ground again, I pick myself & bike up and rush back to the start line to collect myself and my free lap. It would soon be more of a goal to stay up on the bike than to win the race. Letting more air out of my tires, I keep an eye out for the riders to come around the corner. First comes Shawn, I remount to join him and the rest of the race. Rick joins us and

*Two laps more and my confidence begins to take hold again. Thoughts of tactics come into my head. I am*

together we move around the downtown course, racing just as I should be. Two laps more and my confidence begins to take hold again. Thoughts of tactics come into my head. I am thinking more like a racer again. I am relaxed through the turns; my bruised and stinging hip is less of a concern. I am back, no more worries, and then around the corner all is wrong again.

For the third and final time I am down again, unprecedented in all my years of racing. Thoughts of jumping back into the race do not enter my mind. Thoughts of getting out of the street are my prime concern.

Bruised and bleeding, I knew my race was over. I was a bit upset with myself, a bit disappointed, but soon I only thought of healing up for the race coming up the next weekend. It was a tough day, but a day to learn. A day not to win, but to gain experience, to look back on and use to benefit my chances to win in the future.

*Thanks, Mark, for the article and reminding us that we learn more from our mistakes than from our successes.*

## FOOD TO GO!

### Barbara Roach's DRIED FRUIT ROLLS

submitted by Woody

1 LB dried dates	2 cups sugar
1 LB dried figs	1-1/2 cups cream
1 LB raisins	1/4 cup butter
1 LB dried apricots	(1/2 stick)
1 LB shredded coconut	
2 cups chopped pecans (or other nuts)	

Grind fruits and nuts and set aside in bowl. Put sugar, cream, and butter in saucepan and boil till mixture forms a soft ball when tested in ice water (234° to 234° on a candy thermometer). Add ground fruits and nuts. Stir well. Remove from heat, and spread onto a 24"x24" cookie sheet. Cool and cut into bars. Wrap bars in wax paper and store in refrigerator for 1 month before taking on outing. (Goodies last that long in your refrigerator, Woody?)

Possible substitutions:

1 LB of pecans instead of 2 cups  
2-1/4 cups honey instead of 2 cups sugar  
For weight reduction, dehydrate ground mixture before mixing with candy component.

## 10TH ANNUAL BIKE SWAP

It's time to start thinking about the FCC 10th Annual Bike Swap. The Bike Swap will be held April 19th at the Beaver Sports Outdoor Shop. We are grateful to Beaver Sports for the use of their outdoor shop again this year.

The Bike Swap is a major source of income for the club. We are also providing a public service to Fairbanks by holding this swap. Selling used equipment allows people to upgrade to a nicer bike or try a new sport or outfit the whole family. At the same time you are recycling older bicycles which would probably sit outside and rust and eventually end up in the dump. The club will run a classified add and a feature add the week prior to April 19th. Flyers will also be posted around town.

The number of bikes and related gear turned over increases every year as does the number of people attending. Club volunteers are what make this event successful. Bike swap organizer, Christine Matson is looking for volunteers. Please consider helping at this event. If you can help on the 19th even for a couple of hours call Christine at 488-0653.

## USA Cycling

**P**lease find the USA Cycling application enclosed and send it in now if you intend to join this year. USA Cycling is the umbrella organization of USCF, NORBA, and NCCA. You may join USA Cycling for \$20.00 and be able to participate in the regularly scheduled club races, club rides and training rides. To get a USCF and/or NORBA license is an additional \$15.00 each. You must be licensed to participate in the State Championships and to get the insurance coverage. Children under 15 years of age get a discount. See Marcia Burnside (488-6793) with further questions or more applications.

Marcia would like to get the word out to all Juniors that there are \$500.00 Lance Armstrong grants available for Juniors wishing to participate in a LAJOR race outside Alaska. The number of grants is limited so see her soon for details if you are interested.

## BIKE BYTES

FCC member Simon Rakower of All Weather Sports has been promoting winter biking for years and it is paying off. You can hardly read a bike rag these days without reading about Simon and his winter tires. He is having great success selling his Snow Cats (wide rims) and NOKIAN studded tires on the INTERNET.

FAST FACTS from "Bicycling"

- ⇒ Cyclists in England live an average of nine years longer than drivers in that country, according to the British Medical Association.
- ⇒ An American making \$30,000 per year spends 22% of his or her working hours paying for car expenses, according to the AAA.
- ⇒ Between 100 & 400 million animals are killed on the road each year, according to Greenpeace.

MT BIKES USED IN LAND SURVEY  
Scottsdale, Arizona surveyors equipped 4 Schwinn with \$70,000 each of global positioning systems (GPS) to map 500,000 points in a 186-square-mile area. The bikes allow the surveyors to carry all the equipment necessary without being weighed down. The measurements are accurate to within one centimeter and take about 4 seconds compared to 30 minutes using plumb and pole.

from "Bicycling"

## FEATURED CLUB MEMBER: Scott Wynne

**S**cott is one of the enthusiastic juniors we had racing with the club this past year. It is wonderful to see a young person discover the excitement of challenging himself and putting in the effort required to meet and exceed expectations. These young 'whippersnappers' have time, energy and hormones on their side but it still takes dedication and hard work to improve so rapidly. I am always one of the first semi-serious racers they pass on their way up and I think it is great when they leave me in their dust!

Scott was born in Fairbanks but spent the next 10 years in Oregon. The family moved back to Alaska a few years ago to enjoy our less developed land. Scott is a freshman at West Valley High School where he enjoys his science classes and wrestling. He is learning welding at

Hutch. and has converted a BMX bike to a trials bike. He has fitted his custom bike with a Nokia studded tire and is probably bunny hopping and doing donuts and other way-rad stuff on our snowy byways.

It is not surprising then, that he finds mountain biking more interesting, but he also road races and particularly likes criteriums. He would like to see the club put on more criteriums and some trials competitions.

Scott's goal for cycling this summer is to participate in the Colorado Mini Classic, a Lance Armstrong junior stage race from June 14th thru the 22nd. His future goals are lofty (as they should be), and he would like to work toward the Olympics and the Paris-Roubaix.

One of the best parts of having Scott cycling with us is that he brings his father and sister along to enjoy the fun. Brian and 11 year-old Holly do more than

just cheer along the side-lines. They enter events themselves and Brian has helped at several events and even put on a memorable mud-fest on University trails where we all ended up washing off in Ballaine Lake despite the cold, rainy weather so we could discover who had won the race! Brian also commutes to work via bicycle, so I think he is hooked.

Best of luck to Scott in the '97 bike season and in the years to come. It is great to have him as a FCC member.

*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!*

## IDITABIKE '97

Iditabike-'97 was again a supreme test of man and machine. Tested were 90-some men and women from six countries and 12 states: 60 bikers, 17 runners, 4 skiers and 2 snowshoers. We were also 'blessed' with the presence of two professional racers from Austria, one of whom had recently raced the Tour de France. The combination of a fairly well packed course, warm temperatures in the 20's and a newly shortened course (100 miles) all worked in their favor, as they 'smoked' the course and other races in a time of 8 hours 39 minutes. They tied for first place. Both of these racers have competed in 'ultra' races all over the world.

"He-who-must-Idiabike", Rocky Reifenstuhl was 3rd, in 10 hours, 30 minutes. This was his 10th I-bike, and continues his yearly affirmation that after this race all else is 'easy', whether it's dealing with recalcitrant bosses, or the challenge of being raised by teenagers. Steve Reifenstuhl, from Sitka, completed the foot race in 5th place after badly

pulling a groin muscle while well in the lead at the 65 mile point.

John Stamsted was at the start but decided to rest for the "Iditabike Extreme" which travels from Big Lake to McGrath the following weekend. It's billed as an "Adventure Race". (Eleven people are signed-up and are even now slogging their way to McGrath on a punchy trail due to the warm temperatures.)

Shortening the course allowed the organizers to eliminate the drop bags, so you now must carry all food and supplies you might need for the whole race right from the start. Also, all racers do the same course, so runners and snowshoers do the whole 100 miles. Rocky considers the new form of Iditasport much less of an 'epic race' but certainly more attainable for the average fit person or for people with limited time.

Other Fairbanks riders this year were Andy Stearns (22nd) and David Delcourt (28th). Almost all bikers rode Simon's double rims.

Mckinley and Mt. Susitna were in full view the entire race, and made for spectacular scenery between the numerous cabins and check points. The race was covered by *Velonews* and the French

magazine, *L'equipe*. Also, Rocky has been asked by *Bike* magazine to submit an article on the physiology and psychological testing that some Lower-48 medical schools have been compiling the last four years.

Rocky Reifenstuhl

*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**

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