

❖ SPOKE'N'WORD ❖

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

Volume 3 Issue 2

June 1998

FROM THE PRESIDENT

With the sun shining long and bright, the temperature is right for two wheel activities. The warm weather has made a big impression on my work for the Cycle Club. I hope everyone has taken time out to take advantage of the events on our schedule, whether it is the Monday Night Training Rides (which will start up again on June 22), The Tuesday Night Doug Rides, or the Wednesday Women's Rides. I asked Kay Kindt if I could ride Wednesday nights if I showed up in a dress, but no luck. However, anyone is welcome to ride the Monday Night Training Rides, dress or no dress. Up to now, the races have been rolling along smoothly, but as you look to the upcoming schedule, many races are floating by without a promoter. Please volunteer your time to design a race of your own, using your favorite roads or trails. Contact Dave Kelley at 474-8184 for details. If you don't have a race in mind, we can still use you!!

On June 20, Saturday, Auto Service Company will be sponsoring a Trials and Dirt Criterium. This will be highly publicized on radio and TV. Most of the work has been taken care of thanks to Scott Wynne, Aaron Worely, and Ty Taylor, three gifted young trials riders. Hotlicks will supply ice cream, Auto Service Co. will supply other goodies, and all you have to do is show up and partake of the fun. Even if you are a rotten trials rider and scared of crits, you can show up and cheer everyone else on!

Please volunteer for the Youth Series, starting June 26th. Seeing so many enthusiastic & excited young riders will greatly reward your effort.

Marcia Burnside has once again worked herself silly arranging the State Championship races. The Time Trial was

last weekend, but the Road Race and Criterium are coming up on June 27th and June 28th. Marcia would greatly appreciate some volunteer help for these events. Call Mark at 479-2494 for more details.

Thanks also the Shawn Stratton for loading the race results and race director credits into the 1998 Points Series. Next newsletter will have the updated points so far.

Welcome back to town and club events Jonn Stroebele and Tom Harwood, two very active young riders to keep everyone on their toes. Good luck to them and to you all.

Your FCC President,
Mark Knowles

Auto Service/Subaru

Trials & Dirt Criterium

Date: Sat. June 20th
Time: Noon till 5:00

Inside This Issue

| | | | |
|--------------------|---|-------------------------|-----|
| President's column | 1 | Classifieds | 4 |
| Coach's Corner | 2 | Doug Ride Schedule | 5-6 |
| Treasurer's Report | 2 | Death Ride Flyer | 7-8 |
| Bike Ride (part 1) | 3 | State Championship RR | 9 |
| Race Report | 4 | Youth Series Flyer | 10 |
| Announcements | 4 | 1998 FCC Event Schedule | 11 |

NEW '98 FCC BOARD OF DIRECTORS

President

Mark Knowles (479-2494)

Vice President

Dave Kelley (474-8184)

Treasurer

Dave Leonard (479-9688)

Secretary

Julie Bush (451-6514)

Historian

Brenda Wynne (479-5631)

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 Mark at 479-2494
to update.**

COACH'S

Mountain bikers tend to be "half a bubble off," as my carpenter workmates would say. We tend to use the bike as an escape from the "real world" where you have to worry about bad hair days and time management. A true off-roader displays helmet head, dirt, and sweat, along with cuts, bruises and stitches with pride. Scars are like tattoos: works of art.

Still, as anyone who races with me will attest, I am a cautious descender. As the years go by, any downhill speed I gain in experience, confidence and technology, I lose in willingness to submit my body or bank account to injury. The following is advice from *Mountain Bike on* avoiding crashes.

- 1) **STRETCH AND WARM-UP BEFORE YOU START HAMMERING.** Warm, flexible muscles respond better and are more able to withstand the shock of a fall than cold or tight muscles.
- 2) **GET PUMPED.** Of course you need strong leg and back muscles to power along, but don't forget your arms and shoulders. Having extra strength to muscle over obstacles and keep the wheel straight if you hit something can save you from a crash.
- 3) **DON'T LET YOUR EGO GET THE BEST OF YOU.** If you're tired, pushing the envelope is asking for disaster.
- 4) **NAPPING IS TRAINING, TOO.** Listen to your body and take a rest day if you feel haggard.
- 5) **THE MOST POWERFUL PREDICTORS OF HEALING** are age and initial fitness. Because we can't, unfortunately, do much about our age, keep fit and strong with exercise.
- 6) **SOUND MIND, SOUND BODY.** Ride with confidence and stay focused. Split-second hesitation can sometimes be more dangerous than going for it.
- 7) **NO BRAIN, NO GAIN.** It's okay to push yourself, but you don't become a pro in a day. Be aware of your own skill limitations.
- 8) **IF YOU WANT TO TUNE OUT, RIDE A STATIONARY BIKE.** But when you're on the trail always be aware - look ahead for hazards and obstacles.

TREASURER'S REPORT

BY DAVE LEONARD

The Club's Annual Bike Swap was a great success this year. Those of you who were there saw the incredible crowd that showed up when the selling began. In the end, the Club's share of proceeds was \$1,614.10. After deducting \$151.37 for advertising and supplies, the net to the Club was \$1,462.73. We all owe a big thank you to Christine Matson who organized the Bike Swap and put in a very long day. The Club also wishes to thank the many, many volunteers who gave up a fine spring Saturday to help in this event that benefits the whole community.

The club is now incorporated as a non-profit corporation under the laws of Alaska. The biggest benefit from this is some shield from personal liability for those who participate in Club activities. Also, it makes clear that the Club is an entity unto itself. For those of you who will become involved on the Board of Directors, keep in mind that the Club needs to renew its corporate status every two years with the State and pay a small fee. Next renewal date is December 1999.

The Club has received a determination of tax-exempt status from the IRS. For those of you who are familiar with this type of thing, we have our "determination letter." The Club comes under section 501(c)(4) of the Internal Revenue Code, which is for organizations that generally promote the community and social welfare. The major benefit here is the club will not incur Federal tax liabilities and, provided its gross income is less than \$25,000 per year, will not have to file Federal income tax returns. For those of you who may be soliciting contributions for the Club, you need to inform the contributor that contributions or gifts to the Club are not deductible as charitable contributions for Federal income tax purposes.

FCC offers a big thank you to Dave Leonard for updating the club's legal status!

bike ride

By Dave Leonard

Part One

I'm going for a bike ride now. Wisps of images pass through my mind as I prepare. White tree trunks, slightly leaning. Yellow leaves, mixed with green, fastened to the air. Dark brown mud, damp, crossed with knobby treads. Moments of breathlessness, cleansing. My pulse quickens with anticipation.

Flecks of dried mud break into dust as I take down my bike from its hanger. Chain oil is applied to the chain, a little extra for wet and mud. My hands challenge the tires—firm enough. I release the front wheel and load the bike into the back of my pickup, front fork secured to the Bike Tite, bars down and rear wheel jutting up. It looks like an animal, pawing the floor of the pickup with excitement and confidence.

The drive from home to trailhead is an interlude in the world of necessity. In the rearview mirror my bike sways slightly with the turns; the rough and knobby rear tire looks eager to touch the ground. The other inhabitants in the world of necessity may notice that I am carrying my means of escape. They, with me, control their spewing automobiles down the asphalt, leaving noise, soot, and stink behind. But my travel is different—my bike is my talisman.

Willow branches scrape along the side of my pickup as I pull off to the side of the road. Here there is only sky, trees, hills and dirt. The asphalt is gone, not having been pushed this far back into Alaska. My pickup rests on the soft dirt left from clearing the wild for a road. Its engine is silent, useless now. I open the door and immediately a stray bug or two flits in to check my ears, the back of my neck. I hear the occasional bird and smell the earth. As the sun warms me through the windshield glass, I pull on my biking gloves and shoes. I strap my helmet tightly over my head, its meager weight adding to the force and velocity of my gaze.

Out of the back of the pickup

comes my bike. I give it back its front wheel and secure the front brakes. Lifting the front of the bike, I give the front wheel a spin and check the rim—it spins smooth and true between the brake pads. I pull the quick release on the seat post. Seat height is set and the tip points straight to the stem. I check the water bottle, making sure it is secure in its cage, and the mini-pump, solid in its clamps. We are ready.

I take hold of the bar grips and swing onto the saddle, my feet leaving the ground and clicking the cleats into the pedals. My legs now have their own expression of power and control as they pump the pedals. My gaze is on the dirt before me, my eyes occasionally sweeping the side of the road for the trail. I hear my tires crunch. My legs increase their tempo and I twist the right Grip Shift, one click, then two, to keep a steady pace. I am aware, aware of my body, of my bike machine, of the air, of the sun and its heat and light, of the earth passing around me. My bike in movement transforms from static, machined, and molded pieces, into a rushing stream, transporting me into a separate reality.

The road steepens upward. My left hand answers by twisting the left Grip Shift forward, dropping the chain to the smaller ring. My knees slip loosely and quickly through the air. The front shock bobs gently on the crusts in the road. The

My bike in movement transforms from static, machined, and molded pieces, into a rushing stream, transporting me into a separate reality.

tattered red plastic marker for the trail comes into view and the trail itself curving dark and upward into the trees and brush. I spin toward it, twisting the right Grip Shift all the way back. Dropping into the small drainage ditch on the side of the road, I brace my pedal cranks parallel to the ground, ready for the dip. As my front wheel descends into it, I lean back unweighting the wheel. The shock compresses and the wheel rolls through the ditch and sharply up to the trail. I push my weight forward, grab the bar ends and pedal firmly, drawing the rear wheel through the ditch and up the steep, damp trail. Roots extending from the trees are

exposed, slippery. With full suspension, my tires grip well, easily rising and lowering over the roots. Pedaling is cautious, but steady to avoid lurching to a stop. I ride up, geared down.

In the trees I feel the coolness, the protection from the summer sun. The damp mud lifts up a fresh smell. I am riding slowly enough now that the flying bugs can stay with me, inspect my face. The trail turns to the right and I see it flatten out before me. The tree roots give out to a single track dirt trail. I advance rapidly to the crest of the hill; the sky begins to rise out of the tops of the trees. Where the trail meets the sky, a line is drawn and behind that line I see distant hills, uninhabited, green with growth or gray with rock.

As I roll to the top, I twist my feet out of the pedals and brake to a stop, putting my left foot on the ground, my bike leaning between my legs. Standing now fully exposed to the sun, I feel its warmth on my cheeks. Then, I reach down and pull my water bottle from its cage, flip open its top and squeeze the cool water into my mouth. In a moment, I will start down the back side of the hill. Now, I stand quietly, notice the light breeze, smell the clear air, and look. The sweat under my arms dries and cools my skin. The blood re-circulates to my feet, my hands and my butt.

To Be Continued...

“To attack the pedals may be strenuous over the short run, but is an expression of trust in one’s own powers, for with the bicycle everything depends on the self. Those who wish to control their own lives and move beyond existence as mere clients and consumers - those people ride a bike.”

Wolfgang Sachs

RACE REPORT

The **Beaver Sports Race/Ride to Nenana** was blessed with a rare tailwind this year making for a very fast race. An exciting finish saw Jonn Strobele, Bruce Gard and Peter Alden overtake Scott Wynn within the last 1/2 mile. Scott had been riding alone in the lead since the first hill. It was also much more pleasant for those cyclists who face a big enough challenge riding over 50 miles with some brutal climbs without having to ride into a headwind minus the protection of a pack. Thanks to **Beaver Sports** who sponsors this event yearly.

Mountain Bikers have had their fill of races lately. Thirteen hardy souls made it through all 6 stages of the **Memorial Day Mtn Bike Stage Race** and 26 others participated in one or more of the races. Stages included a hill climb up Ester Dome, a trials course, a downhill that included the infamous Alder Chute, and 3 cross country courses with brutal climbs up Ester Dome, Moose Mt. and a couple of single tracks that were barely more than rabbit trails. Shawn Stratton won overall but real winners included four members of the Norris family who had a ball racing together and the Lokken's who fielded three generations (Don, Jim & Tommy) in one race.

The **24 Hour Mountain Bike Race**, held at Birch Hill, enjoyed great weather again this year. Several hardy souls rode more-or-less steadily the entire time and 3 teams participated, sharing the riding time. Others rode laps of the challenging course until their seats, digestive system, or will gave out and settled for a smaller number of laps. Rocky Reifentuhl, famed enduro-dog, won the individual with 12 laps and the father/son Wynne team managed 18 laps. Holly Wynne, Portia Collette and Anna Merchant had the most fun riding most of their laps together and turning the rest of the night into a slumber party in the Birch Hill Warm-up Hut!

Many, many thanks to **Placer Dome** and **Flowline Alaska** who generously sponsored the two mtn bike events. Speaking as one of the organizers, their support makes the race much easier to run. **All Weather Sports** provided prizes and **BTU Stoker** provided many of the calories that fueled the human engines.

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!

ANNOUNCEMENTS

FCC BOARD MEETINGS

All club members are welcome to attend the monthly meetings and bring their interests to the attention of the board members. Call the **HOTLINE** for location and time.

HOT LICKS & THE RESOURCE CENTER FOR PARENTS AND CHILDREN will host a bicycle event and fund-raiser for the center's 25th anniversary on July 12th. This is a whole family event and will feature a bike safety inspection followed by 3 different ride lengths and a picnic.

CLASSIFIEDS

FOR SALE:

♦ **Litespeed Tellico 6/4 Titanium mtn. bike frame, 17", brand new, \$1995 OBO.** **Klein Team Super 53 cm road frame, fork, bottom bracket, seat post, \$700 OBO.** Rocky at 455-6837.

REWARD: For information leading to the return of a stolen mtn bike. Metallic Orange 18" Kona Lava Dome with rear pannier rack, Terry saddle. Call Dawn at 474-4263.

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Inside This Issue

RACE FLYERS

DOUG RIDES SCHEDULE

HOW TO PREVENT CRASHES