
❖ SPOKE'N'WORD ❖

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

Volume 3 Issue 2

May 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. I need help on two up-coming events, June 20, saturday Auto Service Company will be sponsoring a trials event and dirt criterium

FCC President

Mark Knowles

SPRING MEETING & potluck

Sun. April 5th

Time: ???

Location: ???

*Check the HOTLINE &
Mark Your Calendar Now!*

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NEW '98 FCC BOARD OF DIRECTORS

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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

Two rather good items on training were given to me recently for publication in this newsletter. Both clear up some common misconceptions about training but are for the hard-core only. If you don't train in zones and don't use a heart monitor, you may want to skip this column.

Maximum heart rate (MHR) is one of the key elements to base your training on, so coming up with an accurate maximum heart rate is extremely important. The commonly used formula of 220 minus your age is simply an estimate. MHR varies considerably among people of the same age. As much as 5% of the population can be expected to have actual MHRs more than 20 beats per minute above or below this figure.

The only way to determine true MHR is to measure it during maximal exercise. A cyclist should warm up for 20 minutes and then ride as hard as possible for three to five minutes. The highest value sustained for at least 15 seconds is probably your max. This should only be attempted by a conditioned athlete with no health problems.

Editor's Note: So... when Doug Burnside is making you feel guilty telling you his heartbeat is 180 going up Ester Dome... Relax. You could be working just as hard if your monitor only shows 150!

Have you ever felt your power sapping as you increase your mileage over the summer? That may be due to the fact that your training has shifted from strength to endurance. So, how do you keep your powerful, fast-twitch, white muscle fibers (that you built up in your winter weight training sessions or early season interval training) from turning red? (say, what?) Leaving out the physiologic fine points, Jerry Davis, an elite-level USCF-licensed coach, offers the following advice.

As you transition from the power training phase to the next phase, you must keep the high-intensity intervals (twice a week) and the strength training (twice a week) in your workouts. Sounds impossible, right? Well, here is a schedule that may allow you to do this.

Mon: Strength training

Tues: Zone 5 (95% MHR) intervals

Wed: Zone 2 (60% MHR) recovery

Thur: Zone 4 (80% MHR) lactate threshold (LT)

Fri: Zone 2 & Strength training

Sat: Presumed Race

Sun: Zone 2

Zone 5 :

Power intervals 30-60 seconds long, with a 90-120 second recovery period. Perform up a slight hill in the big ring. Start from a track stand, attacking hard from the beginning changing gears as you hit 90 rpm, keeping the load high. If your heart "blows" before your legs, you need bigger gears. If the legs "blow" before you max your heart out, you need to spin more.

Zone 4:

Use your favorite climb to perform blocks of intervals in which you spend 3 minutes at five beats above LT, then 3 minutes at five beats below LT. Begin with 3 to 4 of the six minute blocks and increase as racing season approaches.

Good luck! I need a Zone 2 day after just typing it.

BIKE BYTES

Ilya Kulik, the 1998 Olympic gold medal winner in men's figure skating incorporated running and **cycling** in his training program last year to increase his conditioning. It obviously worked.

Newsweek

Now you can pack a **Smith & Wesson** and ride one too. The nation's largest handgun maker is tapping into a new market with its Public Safety Bicycle - a mountain bike for bike cops!

Bicycle Retailer & Industry News

For all you Yuppie parents - Litespeed offers a **Titanium Trike** as the ultimate cycling toy for kids. It runs \$699.95 and VeloNews staffers put it to test with an adult indoor Time Trial! Sounds like fun!

Velo Catalogue

Alaska spent \$103 Million in ISTEAFunds from 1992-1996 for 90 bicycle projects. This ranked it #1 in ISTEAFunds bicycle spending. (I wonder how much of that was spent in Fairbanks?)

Bicycle Dealer Showcase

The League of American Bicyclists sent a survey to 20% of its members in 1996.

An amazing 52% responded and the League magazine reports 3 results as especially noteworthy. Streets with bike lanes clearly have the lowest frequency of crashes; sidewalks are extremely dangerous places to ride; and **multi-use trails are more dangerous than even major streets without any bicycle facilities.**

Bicycle USA

James Dunham, who killed six members of his family in Santa Clara, California in 1986, may have been the **first mtn biker**. Dunham, who was reported to be an "excellent cyclist," was never apprehended. Some accounts have him escaping on a used bike which he had outfitted with wide tires and other equipment to make it suitable for riding in the mountains.

Bicycling

RACE & CLUB FEES FOR 1998

Races:*

- \$5.00 Regular race fee
- \$2.00 Junior race fee (18 years or younger)

Season Passes:**

- \$60.00 Regular season pass
- \$30.00 Junior season pass (18 years or younger)

Club Membership:

- \$15.00 Individual membership
- \$35.00 Family membership

* Only F.C.C. members may participate in club events. Non-USA Cycling members must pay a \$2.00 surcharge per race.

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

USA Cycling

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. To get a USCF and/or NORBA license is an additional \$15.00 each. You must be licensed to compete with other licensed riders, to participate in the State Championships, and to get the insurance coverage. Juniors (under 14) get a discount. One day licenses are still available but will cost \$5 this year. You may purchase a license at a race. See Marcia Burnside (488-6793) for upgrades, applications, or further questions.

11TH ANNUAL BIKE SWAP

It's time to start thinking about the FCC 11th Annual Bike Swap. The Bike Swap will be held **April 25th 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 25th. 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 co-organizers, Christine Matson and Mark Knowles are looking for volunteers. If you can help call Christine at 488-0653 or Mark at 479-2494.

WINTER TRAINING

Tips from local riders
with backup support from Edmund R. Burke

This article may seem late, but FCC has some snow races coming up and some may want to get an early jump on training while the temperatures can still be winter-like. Text in *italics* will be quotes from one of Dr. Burke's columns in *VeloNews*. Besides a Ph.D. in exercise physiology, he raced the Iditabike this year, so knows whereof he speaks.

Even though humans evolved in a tropical climate, we are warm blooded animals, which has allowed the species permanent habitation in all climates of the earth. Fairbanks isn't even pushing the envelope! Knowing how cold affects you, though, will help to maximize the benefits of exercising in the cold.

CALORIC CONSUMPTION

While cycling, your body is generating eight to 12 times the heat it would while at rest, which is more than enough to maintain your body temperature in the cold. So under most circumstances, when you are dressed properly, cold weather has little or no effect on your body temperature.

Cold weather exercise does increase your caloric needs, but this is *due primarily to the various cycling conditions encountered, and the amount and type of clothing and shoes worn*. Picture riding in soft snow with "bunny boots" and I am sure you get the picture. *An additional 100 to 200 grams to each shoe causes a 1% increase in energy consumption during cycling.* While this is not an excuse to "pig out," it is wise to make sure you start out well fueled, and if going out for more than 2 hours, bring a snack. Always remember, a "bonk" at 20 below isn't just a bummer, it's dangerous!

FLUID REPLACEMENT

While in the summer you lose a tremendous amount of fluids through sweating, in the winter you lose more fluids while breathing cold air, which must be warmed and moistened in your throat and lungs. You lose even more water through increased urine production in the cold. The medical community calls this

phenomenon cold diuresis. Add to this the fact that you do not experience the thirst that you do in warm weather, getting enough fluids into your body is a chore and one that must be taken seriously. Dehydration: *A decrease in your blood volume means less blood flow to your skin and extremities. This will lead to an increase in susceptibility to hypothermia and frostbite.*

A backpack-style drinking system worn under your jacket works well to keep the fluid liquid. You can fill it with a warm drink, but cold water is usually more palatable out of plastic and, unless you are chilled, works just as well. Energy replacement drinks do double duty, but cleaning a backpack style drinking system is a bigger chore than a water bottle.

Snow, to eat or not to eat? *Snow should be used for fluid replacement only if you're still exercising and not fatigued.* After that is considered, much depends on the temperature of the snow. *Very cold snow could freeze the delicate tissue lining the mouth and throat* Putting snow in a partially empty water container and then carrying it close to your body works well when the snow is close to the freezing point, but is time consuming for little yield with our cold, dry snow. Still, it beats dehydration, if that is all you have available.

KEEPING DRY

This is essential in the cold and we are blessed these days with excellent winter sports clothing that wicks moisture away from the skin. Unfortunately, cycling usually requires some wind protection which discourages moisture loss. Any trapped moisture will freeze and refrigerate you. The best advice is to wear as little wind protection as you can get away with and constantly adjust zippers to prevent overheating and extra sweating.

RACE REPORT

IDITASPORT '98

This year's version of the annual madness was very successful for the race and for Fairbanks. 100 entrants with 86 finishers (only 2 bikers failed to finish) - you know it was great weather! Sunny skies, temperatures from 15 above to 15 below, and hard packed trails.

Rocky Reifentuhl was first overall and first biker, his 3rd win in 11 finishes. His time was 10 hours 18 minutes over the 100 mile course even though, as he put it, "the bike, hung with 20 pounds of required gear on a snow trail, felt like a '57 Chevy with blown-out ball joints on a greasy road." **Dave Delcourt** came in 8th at 13:35 with **Sue Thompson** three minutes back to take first in the women's overall and bike.

Brian Glaspell was the third skier in at 14:12. **Carol Stewart** came in first for women skiers at 26:14 and **Gail Koepf** (the lone female in the Iditashoe) came in 2nd of the three stubborn souls who stuck it out on snowshoes. Besides winning the prestigious "slow as snail shit" award, it was a PR for the number of hours without sleep!

"Snow riding is a little crazy and, thus, good for the spirit. Your tires produce a musical crunch and artistic tread patterns. Anyone who says that mountain bikers are always occupied with speed and precision doesn't have a clue."

Tim Blumenthal

FEATURED CLUB MEMBER: Dave Kelley

Most of you have probably met Dave, the new FCC Vice President, at his day job at All Weather Sports. His energy and enthusiasm for cycling have contributed toward some great cycling events in the past year. As Vice President, he takes over the responsibility of enlisting the help of FCC members in putting on the many events the club has planned for '98.

He promotes more than his share of races also. The first of which is the Downhill at Skiland coming up on March 22nd. This will be a traditional, individual start, timed downhill event... except that it is on snow! He promises that the run will be longer and steeper than last year's inaugural event. Dave sees this race as more "fun" and "crazy" than "serious," and as a great opportunity for family spectators. This goes along with his goal to see the club do more events that involve the whole family.

Dave spent his first 7 years in Washington before coming to Fairbanks 18 years ago. He attended Lathrop H.S. and still has several family members here. As a kid, Dave enjoyed exploring the dirt roads and trails on a BMX bike. Like many in town, his first serious cycling came in the old Chena Hot Springs Classic. He rode from the halfway point when he was 14 on a Schwinn Sprint, dreaming of the Tour de France. The next year he rode the whole way, and then fell asleep before making it to either the hot tubs or barbecue! Dave would like to see that event return, if they ever finish the road.

Endurance cycling and mtn. biking have been Dave's main focus lately. He and Chris Davis did something most people only dream of - biking the Yukon Quest Trail in the winter, unsupported. They pulled large sleds and it took them one whole day to get up the first pass from Angel Creek, but Dave said coming down from the passes was a blast! Traveling 8 to 12 hours a day, they took one day off about once a week when they reached a place to crash indoors. They were planning to top this feat by riding from Fairbanks to Kotzebue this year, but the mild weather and expense made them rethink.

Dave and Sue Thompson entered the 600 K road race from Anchorage to Fairbanks last June and came in 4th in the mixed team division, even though most teams had 4 to 5 people on them. Besides challenge and adventure, these trips have given Dave tremendous confidence. He knows now, that he can do whatever he puts his mind to.

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:

- ◆ **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.
- ◆ **Ibis Mtn bike**, Deore XT, 18" frame, excellent condition, \$1,000. Nancy at 479-8984.

WHY YOU SHOULD ATTEND THE SPRING MEETING

- ⇒ Purchase the new and beautiful **FCC Club Jacket!** \$65 and all sizes available. Also available from Mark at Beaver Sports.
- ⇒ **Carbo Load at Potluck!** Bring a dish to share.
- ⇒ **Last chance to sign up to be race director for your favorite race!** THOSE RACES NOT HAVING A DIRECTOR WILL BE DROPPED FROM SCHEDULE.

ANNOUNCEMENTS

⇒ **AUTO SERVICE COMPANY** has given the club \$300 for the '98 season, and committed to providing a car for certain races and also sponsoring a race. They deserve a big

THANKS!

and our support of their business.

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.

WINTER TRAIL RIDES

The Sunday winter mtn bike rides will continue until the trails deteriorate. Meet at noon at Ivory Jack's. Call the **HOTLINE** for updates.

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
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