

❖ SPOKE'N'WORD ❖

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

Volume 4 Issue 3

June 1999

FROM THE PRESIDENT

Often times I question whether I spend more time on my bike, training, racing, and traveling to do more riding, than visiting with family and friends and other hobbies I enjoy. When these questions arise, it must be early summer in Fairbanks. The last month has been full of races and organized rides (both mtn bike and road). I am excited to see everyone taking advantage of our FCC events. Taking the time to be a part of every event is near impossible, and trying to put on all the events FCC schedules demands the help and patience of everyone. If you have a day to set aside to help with one of the races this season, please contact myself, Shawn Stratton, or a race director for information on how to assist. Sometimes just arriving early to a race to register people is a big help. We are still at the start of the season and volunteers will assure more fun rides and races.

Thanks to Shawn Stratton for getting me off my mtn bike and back where I belong; on the road. The Fox Circuit Race was our first and long awaited road race. It was a beautiful Thursday evening and had a great turnout. Congratulations to Scott Wynne who took the sprint finish for the senior men.

The Nenana River Days Road Race/Ride took place on June 6 and had a tremendous turnout overall and a very competitive race field. The weather was the best anyone could remember and Beaver Sports did a great job putting on the event!

Many more rides and races are coming up. Our schedule is up to date and the weather is ideal. Have a great summer.

Hope to see you soon,
Mark Knowles
Your FCC President

UPCOMING FCC EVENTS

DEATH RIDE

Sun. June 20

STATE CHAMPIONSHIPS

Time Trial Sat. June 26

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NEW '98 FCC BOARD OF DIRECTORS

President
Mark Knowles (474-8184)
Vice President
Shawn Stratton (479-6966)
Treasurer
Brenda Wynne (479-2550)
Secretary
Gail Koepf (455-6837)
Historian
Liam Wescott (479-6745)

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 at 479-6966 to update.

CLUB NEWS

Scott Heidorn has been contracted by the Alaska Department of Transportation to survey the public for input on winter trail use within the DOT right of ways. The types of things that are being considered are safety, usage, design, etc. This is an important issue and will probably affect policy for years to come. Winter bike commuters often use the road ROWs and appreciate the snow machines breaking through a trail, but as the numbers and speed of snow machines increases, they often have a negative affect on the trail. Be aware that the snow machinists are organized and vocal and it would be in winter cyclists' interests to take advantage of this opportunity to give their views. The survey will be completed in August, so **now is the time to speak up.** You can do so on the internet at the address www.tbcgreen.com. The public library has internet access available if you don't.

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For those wondering where their \$40 race fee for the Memorial Day Mtn Bike Stage Race went, the following is an accounting from the club treasurer:

Income: \$200 Sponsorship secured especially for race from **Chest Medicine Fairbanks** - Thank you Owen Hanley!
\$908 Race Fees and NORBA License Fees collected
\$1108 **Total Income**

Expenses: \$200 Payment for timing & computer printout of results
\$449 Payment to NORBA for licenses
\$50 Payment to NORBA for the permit
\$200 Cost of food for stages and barbecue at race end
\$329 Prizes
\$100 Total payments to individual stage directors
\$1228 **Total Expenses**

* * * * *

For those wondering why we shell out so much money to NORBA and USCF, the following lawsuit reported in VeloNews may explain. A 1997 crash involving a recreational rider occurred during a regular training ride in Philadelphia. The rider was passed by the lead group of riders in the peloton and apparently spooked enough to swerve and cause a multi-bike crash. The recreational rider sued a couple of bike businesses and 7 individuals on the ride that evening. The businesses and 1 rider settled out of court. The remaining 6 riders attended an arbitration hearing and were found liable and are required to pay a total of \$50,000!

* * * * *

Remember the old **Chena Hot Springs Bike Ride** put on by Cambell Sports? It was a Fairbanks tradition that drew hundreds of bikers of various ages and abilities. The event is being resurrected by FCC member Kay Kindt as a fund-raiser and will be held on July 17th. There will be 50 K and 100 K starts, and a soak in the hot springs and food are provided at race end.

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The **Midnight Sun Run** is upon us! FCC riders will again ride in front of the pack to clear the way and alert people on the side lines that the runners are approaching. If you would like to take part, you must have a FCC Jersey to identify you as a club member. Call Shawn Stratton for more information.

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A quick survey was taken of those who attended a FCC general meeting early in 1999 to advise a scheduling committee. The results showed the most interest in cross-country mtn bike races. Interest in mtn bike group rides and road group rides and road races followed and was evenly split. A lesser interest was expressed in mtn bike downhills and road time trials.

ANNOUNCEMENTS

FCC MEMBERSHIP CARD

Your 1999 FCC membership card should be stapled to this newsletter. Beaver Sports and All Weather Sports offer discounts on bike stuff to FCC members, so show your card and reap the benefits!

FCC BOARD MEETINGS

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

VOLUNTEERS STILL NEEDED!!!

Call Shawn Stratton at 479-6966 if you can volunteer to put on or help at a race. **All races need directors and will be canceled without them!**

FCC JERSEYS & JACKETS STILL AVAILABLE!

Call Mark Knowles at All Weather Sports.

CLASSIFIEDS

FOR SALE:

- ◆ **Trek 2300 Pro** 56 cm frame, green/yellow, carbon fiber, Shimano 600, excellent condition, \$500. Paul Hemming at 452-5562.
- ◆ **Bianchi Titanium mtn. bike frame**, 17", 1999 model, Shimano XT, \$1995 OBO. Rocky at 455-6837.
- ◆ **Klein Team Super** 53 cm road frame, fork, bottom bracket, seat post, \$575 OBO. 455-6837.
- ◆ **Litespeed Ocoee Titanium mtn. bike**, 15", Shimano XTR 8-speed, Ringle, Grafton components \$2,095 OBO. 455-6837.

**THE BEST OF BOTH WORLDS:
ADVENTURE CYCLING/GUIDED TRIP
By Nina Tartakoff**

I started looking into fun and interesting trips and came across an article in Adventure Cycling Magazine that sounded interesting. After e-mailing Bobby's Bikes in Puerto Vallarta several times, I knew we had found our trip. We were looking for good biking, hiking, beaching and cultural experience. Richard Kemnitz and I arranged with Bobby to do a few day bikes based in Puerto Vallarta and then embark on a 5 day trip into the Sierra Madre Mountains. Bobby warned me it would be tough biking but I had no realization of what we were in for! Bobby's Bikes rents Specialized Comp full suspension mountain bikes with clipless pedals. He prides himself, as a bike racer, of having a top of the line operation.

Richard and I set out on our first day ride to Vallejo with a wonderful guide, Alex. Alex is the mountain bike champion for the state of Jalisco. All the guides are Mexican and speak good English. We meandered over the cobblestone streets of Puerto Vallarta through the nearby villages up past a few ranches to a waterfall and swimming hole. While we cooled off, the ranch owner served us some fresh fruit and refreshments. After a dip in the gorgeous pool of water we hiked to other waterfalls. On the return to town we stopped at another local ranch and had lunch before returning to town.

Day two we biked 50K to Yelapa which is only accessible by bike or boat! We left at 8AM and rode with two other bikers and two guides on dirt roads to a little community where we stopped for drinks and goodies. From here we took a single track which was like a dry stream bed with big rocks, gullies, steep up- and downhill which hours later turned into a very narrow path that wound its way through Yelapa to a beach where we had lunch. We took a panga (little fishing boat) back. I won the colorful bruise award for the day after having a couple of "mishaps."

Day three was a "rest day." A less strenuous bike through more small remote towns ending at Punta Mita. This was a gorgeous little beach where we had our daily Limonada and kayaked a bit.

After another rest day on the beach and roaming around PV, we left the comforts of our little place in town and flew into the mountains to San Sebastian. This was the easy way to gain 5500' of elevation! We biked a bit to see the town and visited a home where they made coffee, got a good night sleep and got ready for the five day trip. Richard and I were with two guides, Chiquis and Alonzo. Both were top mountain bike racers and it was amazing to watch them maneuver their bikes.

We biked over trails and rough dirt roads all day, 52K, to the town of Mascota, where we stayed with Chiquis' aunt and all the roosters! She welcomed us, cooked dinner and breakfast for us and sent us on our way. As we were leaving town, Chiquis talked to one of his friends who recommended we take a certain trail rather than the main road to Talpa.

So, we embarked on the road less traveled. If you could

have seen the main roads, you could imagine the full impact of this statement! We started up this route which was gnarly single track. As I was walking my bike along, the guides mentioned that this was some of the best single track they had ridden. They were in total bliss and I just wanted to live to tell about it. The terrain did get a bit more mellow after a bit and we rode through some beautiful Pine forests. The terrain transitions during this trip were amazing. All in one day we rode through desert, jungle, pine forests and farmland. We rode through little tiny communities and individual ranches that popped out of nowhere on the trail. Late in the day we reached the highway to Talpa. We actually rode on pavement with lots of traffic for a bit. This ride was 30K. There was a special celebration in Talpa commemorating the Virgin of Talpa. People had walked more than 4 days to walk down the aisle on their hands and knees to be healed by the Virgin. Thousands of people filled the streets and the celebration went on all night.

The next day biking to Cuale was the toughest day. The ride was 52K. Each day was in the 80's and all routes were very hilly BUT nothing prepared us for this! It reminded me of the Kaibab Trail in the Grand Canyon. I walked quite a bit. We took the route that was less steep. Yikes! About 10 hours and 9000 feet of elevation gain later, we reached the top. From there it was about an hour of very steep and rocky downhill with sharp switch backs to Cuale. This is the start of the Cuale River which flows into Puerto Vallarta and the Pacific. I was so exhausted and hot at the summit, I decided to jump into the back of a crammed pickup, the only vehicle that went by all day. I'm not sure if it would have been less scary coming down on my bike than screeching down the mountain in the pickup! After a great meal from one of the local *Senoritas*, we stayed in a building which belonged to a friend of Bobby's.

Our last bike day back to Puerto Vallarta was 60K and as I was told, mostly downhill. I was skeptical, and the ride did have some good uphill and rolling terrain but also a very long downhill out of the Sierra Madre Mountains.

As Bobby had told me during my e-mails, this would be an epic tour with views to die for. He was right. Bobby's Bikes set up an incredible custom tour for us at a very reasonable price. Bobby went out of his way to make sure everything went well for us the whole time we were in Puerto Vallarta. Everyone was wonderful and Richard and I had a vacation to remember. Now we have to start planning our next trip!

Nina says she biked a section of the new Continental Divide mountain bike route from Bannack, Montana to Jackson Hole, Wyoming last July if anyone wants info.

*FYI - Bobby's Bikes - bbikespv@acnet.net
Bob and Laura Lampaert
www.accessmexico.com/bobbys
www.cupertinobike.com/bobby.html*

1999 24-Hour Race

Due to construction at Birch Hill this year, the 24-Hour Race was held at Moose Mtn. A BIG thanks to Roger Evans, and to Mike and Jackie Fenno, caretakers of the lodge, who graciously opened the lodge again (they also hosted a race for the Memorial Day Mtn Bike Stage Race). The course climbed up to Old Murphy Dome Rd., traveled west to Spinach Creek and plunged back down to Moose Mtn Rd. and the lodge - about 3000 ft of elevation gain and about 18 miles per lap! The laps averaged about 1 hr. 40 mins. The race was open to individuals and teams.

Ultra-Endurance Cycling events are gaining in popularity throughout the country. Some of the events attract 2,000 competitors! The first World Solo 24-Hour Championship race will be held this year. The solo people do it for the challenge and the sense of satisfaction, but the team members do it for fun. It has been called the Woodstock of mtn biking because people camp out for the weekend and make a party of it. A survey taken at one of the national events found that 52 percent of the entrants don't compete in any other mtn bike races.

We may not get the numbers of riders, but Fairbanks is the only place in the country to do one of these events where lights are not required on the bike!

Challenges of this year, besides the elevation gain, were: hundreds of "Killer Rabbits" along Old Murphy Dome Rd. who threatened to commit mass suicide under our knobbies all through the night, one very ruffled porcupine I surprised around a downhill turn, and the unrelenting sun and heat. Even with a cooler parked at the top of Moose Mtn, it was incredibly difficult to stay hydrated and keep the body temperature down.

Andy Sterns, known during the race as the "energizer bunny" kept going and going for 10 punishing laps (one including a dunk in a wheel sucking mud puddle). He pushed Rocky Reifensstuhl to an amazing 11 laps and serious saddle sores.

The winning team included Eric Ensign, Ben Nance, Jon Wiens and Brian Henry. They rode steady the whole race and finished 14 laps!

BAD JOKE DEPARTMENT

A man decided that he was going to ride a 10-speed bike from Phoenix to Flagstaff. He got as far as Black Canyon City before the mountains just became too much and he could go no farther. He stuck his thumb out, but after 3 hours hadn't gotten a single person to stop. Finally, a guy in a Corvette pulled over and offered him a ride.

Of course, the bike wouldn't fit in the car. The owner of the Corvette found a piece of rope lying by the highway and tied it to his bumper. He tied the other end to the bike and told the man that if he was going too fast, to honk the horn on his bike and that he would slow down.

Everything went fine for the first 30 miles. Suddenly, another Corvette blew past them. Not to be outdone, the Corvette pulling the bike took off after the other. A short distance down the road, the Corvettes, both going well over 120 mph, blew through a speed trap.

The police officer noted the speeds from his radar gun and radioed to the other officer that he had two Corvettes headed his way at over 120 mph. He then relayed, "...and you're not going to believe this, but there's a guy on a 10 speed bike honking to pass."

BIKE BYTES

Is your car really so fast? When you divide the number of miles you drive per year by the hours you spend working to pay for your car, plus the hours spent driving to work, your average commute speed drops to 17 mph - less than many cyclists. If you travel in a busy metropolitan area, your true speed drops towards 4-5 mph. The cyclist isn't wasting her time commuting - her exercise machine just happens to take her to work. In the long run, cycling is as cheap as any fitness endeavor. If your pedal to work or the library is four parts valuable fitness and one part transport, your effective speed quadruples to 60 to 80 mph. On top of that, the cardiovascular workout will keep your heart in good condition, giving you extra quality years. So all in all, that bike is pretty fast!

*Adapted from Robert Haston
(thanks to Doug Yates)*

Fact: Americans drive cars & taxis more than 1.5 trillion miles each year.
Fact: Shifting 5% of those miles to bicycles would save at least \$100 billion.
Fact: 40% of all trips in the U.S. are 2 miles or shorter.
Fact: More than 25% of all trips in the U.S. are under a mile.
Fact: 90% of emissions in a seven-mile trip are generated in the first mile before the engine warms up.
Fact: Bicycles are used for less than 1% of all trips in Canada and the U.S.
Fact: IPMBA (International Police Mountain Bike Assoc.) reports that half of the police departments surveyed saw a jump in arrest rates - by an average of 24% - when bicycles were introduced into patrol areas.
Fact: The average car costs 12 cents per mile to operate.
Fact: One patrol car costs about \$23,000 and requires \$3000 to \$4000 each year in maintenance.
Fact: One police bicycle costs about \$1000 and requires \$100 each year in maintenance.

*Worldwatch Institute in
Washington\ D.C.*

SPOKE'N'WORD

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P.O. BOX 83424

FAIRBANKS, AK 99708

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