

❖ SPOKE'N'WORD ❖

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

Volume 4 Issue 2

May 1999

FROM THE PRESIDENT

Spring comes quickly for my legs. Before I know it, the first bike races put them to the test. Pushing myself as far as I can go on a warm, sunny day gives proof of how good my off season training has been. I have gone through a few changes this spring, including a new job, so please note new phone number. Work is at a peak, so training must be fit in and I find commuting to work the perfect solution. (It is also a necessity when one has blown the clutch in their vehicle!)

The first warm days in Fairbanks brings everyone out to exercise and often results in sore muscles and pulled tendons. Keeping my legs covered, the gears low and pedaling at high rpm's helps lessen the chance for long term muscle or tendon problems. Lower back problems and knee problems are very common. If you are not sure if your position on the bike is correct, ask a knowledgeable person at your local bike shop and check with them for options toward making your bicycle more comfortable for whatever kind of riding you fancy.

Commuting with a trailer or backpack add quite a bit of strain to my new spring muscles. A nice massage or long slow stretching exercises help my body recover. Spring is the time to find healthy solutions so you can fully enjoy the summer season.

Fairbanks Cycle Club has quite an exciting schedule planned this year. Schedules and other information will be available at the local bike shops. Give me a call at All Weather Sports (474-8184) if you have any questions.

As for my recommendation for improving your fitness, I never feel better than I do after a good bike ride. With

group rides being held three nights a week, and a race at least once a week, there has to be something for you. Monday nights will be training rides on road bikes, Tuesday nights will be trail rides on mountain bikes, and Wednesday nights will be Women's Rides. Races are Thursdays or weekends. The opportunities are plentiful! Get outside and enjoy.

Your FCC President,
Mark Knowles

FCC BIKE SWAP SAT. MAY 1ST

Time

Drop off: 8-10 AM
Sale: 10-3 PM

Location

**Beaver Sports
Outdoor Shop**

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.

Inside This Issue

President's column	1	Bike Bytes	4
Announcements	2	Cost Breakdown on Bike	4
Classifieds	2	May FCC Event Schedule	5
Bike Swap Info	2	Doug Rides Schedule	6-8
Doug's Dream Ride	3	Bike Swap Form	9-10
1999 Point Series	4	Women's Ride Flyer	11

FLASH!! BIKE SWAP THIS

This Saturday is your best chance all year to either get a good deal on used bike equipment or make some money for yourself and the club by selling some of those old bikes and bike equipment you have laying around. A "bike swap form" is included so get out there in that garage or back room right now and root through the boxes that were put away for the winter and pull out those pedals you don't use anymore or that bike seat that just didn't feel right. Fill out the form in the comfort of your own home and drop it and the items for sale off Saturday morning from 8 - 10 at Beaver Sports. The club only collects 10% for what sells and there is a maximum so it is a great deal even for an expensive item.

VOLUNTEERS NEEDED FOR 1999 FCC EVENTS

The Fairbanks Cycle Club has many events, competitive and non-competitive that require club member coordination. Some of the events requiring coordination are non-competitive road rides. These rides simply require a person to show up with blank event waivers and insure that all riders participating have filled one out. The competitive events require a bit more work.

The most difficult portion of the events is already completed. Scheduling the events and arranging for permitting and insurance through USCF, and the road events have been permitted with the State.

So look over the schedule and give me a call (479-6966). Any events that do not have a director within (2) weeks of the event date will be canceled.

Events which are scheduled in the near future and still require event directors are:

Weekend Road Ride #1	Saturday, May 8
Goldstream Valley Road Race	Saturday, May 15
Chatanika Mother's Day Ride	Sunday, May 16
Two Person Time Trial	Thursday, May 20
Weekend Road Ride #3	Saturday, May 22
Fox Circuit Road Race	Thursday, June 3

The locations for these events have been chosen, however, they are not set in stone. If you have an idea for an event location elsewhere, please let me know and "go for it."

We are also looking for someone interested in coordinating the 1999 Youth Offroad Series. This event is a three race kids mountain bike series on Friday evenings; June 4, June 18 and July 16.

The Fairbanks Cycle Club Bike Swap on Saturday, May 1, and the UAF to Fox & Back Road Race on Sunday, May 2 require volunteers. If you can arrange to help out for a couple of hours, please give a call. I will be out of town until May 18th so contact Mark Knowles until then.

Thanks,
Shawn Stratton - FCC Vice-President

ANNOUNCEMENTS

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 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 or pick one up at the Bike Swap.

CLASSIFIEDS

FOR SALE:

- ◆ **Litespeed Tellico 6/4 Titanium mtn. bike frame, 17", brand new, \$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

DOUG'S DREAM RIDE

The Tuesday Night Mountain Bike Rides start May 4th. If you don't make plans to try out at least a couple of them, you don't know what biking is all about in

Fairbanks. Doug and his rides leave a real impression and assume legendary proportions for many. The real schedule follows, but here is a spoof of the "Doug Rides" courtesy of David James.

5/4/99 This is the infamous Southbound Scramble ride. It's too long to make a loop of it, so we will work out some way of keeping cars parked at both ends of the ride. We'll meet at the Ester Community Park, located next to the Fire Station on the Old Nenana Highway, just before the turnoff into Ester. We'll take the Ester Mine Road to the point where it meets up with the winter dogsled trails. We'll follow the Fireplug Trail into the Tanana Hills where we will hook into a whole network of ski trails that are fast, safe, and lots of FUN. From here it's follow the leader, as easy or as difficult as we want to make it. Eventually we will plunge into a thick stand of willow that doesn't look like a trail, because it isn't, and attempt to thrash our way south without the benefit of any navigational aids. In 1995 we spent forty days and forty nights in this section, wandering about like the Lost Tribe of Israel, and by general consensus we all agreed that it was the second best ride of the season. By last year, we had it down, sort of. After considerable mud bogging the brush cutting, we will descend to a large swamp known to locals as the Tanana. We'll probably have to dismount and push at this point, as the water may be more than head deep. We will emerge on the other side of the swamp at the village of Nenana, where we will pick up a wide, fairly well maintained multiple-use trail called the Parks something-or-other (I can never remember the name of it) road that runs from Fairbanks to Anchorage. This is a long, dull, flat ride that winds its way south. We may run a pace line here to speed things up. Eventually, we will reach the historic Stampede Trail, where we will head west, passing many picturesque cabins along the way. After a few minor stream crossings, we'll turn south at the Teklanika River, a wide glacial stream that provides a perfect gravel bed for riding. At this point we will have covered maybe 60% of the distance, but done 8% of the work. We will be crossing some eight million acres of private property, so please be respectful of the owners. Hopefully they won't spot us and we won't have any troubles. Upon reaching the headwaters of the Teklanika, we will begin picking our way to the Muldrow Glacier where we will be following the route of the famous Sourdough Expedition, so it's a chance to see a little bit of Alaskan History. The Muldrow is a ferocious climb that is 100% rideable, but for most of us will be granny gear low the whole way. Eventually, we will come out on the north summit of Mount McKinley. From there, a quick down and up will bring us to the south summit, North America's highest point. That's when the fun begins. We'll head down the Cassin Ridge, a popular summer day hike, for a short period before descending straight onto the Ruth Glacier which we will ride all the way down. This is a fast, safe, and extremely FUN route, but fairly bumpy and technical. Suspension is a good thing to have on this ride. This is absolutely the best ride of the whole season from the point of view of challenging riding, fun trails, great scenery, and an exciting descent. I'm hoping someone in the group will have experience as a guide and can lead us through the next section.

We will beat our way through thick underbrush and a lot of mud, heading in a southeasterly direction. This is excellent wildlife habitat, so you might want to bring along a pair of binoculars, as well as a bear resistant food container (BRFC) for your Clif Bars. Upon reaching the Susitna River, we will regroup and lash our bikes together, forming a raft which we will use to float down to the historic mining community of Talkeetna. No one will finish this ride with dry feet. We'll quickly pass through Talkeetna, and head down a snowmachine path (it should be well packed, since it will probably be winter by this point) that will take us right into the heart of Hatcher Pass, South-central Alaska's playground. From here, it's a marvelous descent through open tundra, followed by lovely spruce forest, to the bottom where we will be forced to take the highway the rest of the way into Palmer. You'll probably be fairly hungry by this point, so Doug's car, having just placed first in the 1999 State-wide Car Stereo Finals, will be waiting with a cooler full of cookies and sodas. Figure about three and a half months for this ride, with an elevation gain of about 30,000 feet, a difficulty rating of 5, and an above average fun factor. You'll want to be in better than average condition for this one, but it will leave you dragging regardless. If you have to be at work early the next morning, you better skip this ride and join us on the next one: the infamous Aleutian Islands Bunny Hop ride!

1999 POINT SERIES

Shawn Stratton developed the point series FCC has been using the past two years. He compiles points for individuals based on participation in FCC events as follows:

- ◆ Show up and enter race (this means riding your bike across the start line) - 2 points.
- ◆ Finish race - Receive points equal to the number of riders in your class, minus your finish placing, plus one point. Sound confusing? Here is an example: You get 2nd place within your class of 5 racers - Your points would be: (5 racers) - (2nd place) + 1 = 4 points.
- ◆ Direct a race - Receive 4 points (If you share the direction with another individual, then the points are split between you).
- ◆ In combined class events or fun race events, all participants receive 2 points.

A DNF (Did Not Finish) in a race receives only 2 points because we encourage racers to complete the event.

As indicated in the points standings from previous year's totals, showing up for races is important, however, individuals who direct races receive points both for race direction, as well as participation if they race in their event.

Please let Shawn know if you enjoy this type of feedback.

WHERE YOUR MONEY GOES ON A \$1700.00 MOUNTAIN BIKE

• Paint	\$25-\$70
• Welding	\$100-\$170
• Drivetrain	\$136.50-\$254
• Wheelset	\$47-\$174
• Clipless pedals	\$37-\$80
• Saddle	\$11-\$48
• Seatpost	\$18-\$35
• Decals	\$1-\$5
• Frame materials	\$15 (steel) to \$50 titanium)
• Suspension fork	\$110-\$250
• Bar	\$11-\$41
• Stem	\$5-\$28
• Headset	\$10-\$48
• Brakes, levers	\$10 - \$43
• Shifters, cables	\$37-\$54
• Head-tube badges	\$2-\$5
• Overhead	\$180-\$225
• R & D	\$15
• Liability insurance	\$2.70
• Shipping	\$15
• Marketing	\$24-\$56
• Dealer's cost	\$200-\$450

from Mountain Bike

BIKE BYTES

A Denver developer has a concept for personal rapid transit that the Dutch are taking seriously. The TransGlide 2000 Bicycle Transit System is a "transportation corridor" 25 feet wide and 13 feet high built over roadways or rail lines. Fans provide air movement or tailwind. The enclosed environment would also enable the cyclist to virtually bypass air resistance and achieve speeds of 30 mph in a safe and clean environment using one-fifth the energy needed outdoors. About 80% of the population of the Netherlands own bicycles and use them for transportation.

The Christian Science Monitor

According to Ted Johnson, an engineer with the Northern Region DOT and manager of a project to improve University Avenue, the University Avenue bridge (which is notoriously dangerous for bicycles and pedestrians) will be replaced with a new bridge in 2001 or 2002. The current plan is to have a 5 ft. wide sidewalk along the west side and an 8 ft. wide sidewalk along the east side of the roadway bridge. There will also be 6 ft. wide shoulders along both sides of the road.

Response to e-mails from Doug Yates and Shawn Stratton

Well, it finally happened in Iditasport '99. A drunk snowmobiler hit a biker crossing Big Lake just a few miles from the finish. The collision bent the biker's rear wheel and crankarm and smashed his foot but he managed to get up and limp to the finish pushing his bike. The snowmobiler didn't stop to help but did break down nearby and told the passing biker that he didn't belong on Big Lake. An anonymous tip led state troopers to the guilty party and he was charged with a misdemeanor. The good news is that residents of Big Lake were very helpful and even sent the Minnesotan bicyclist money to repair his bike. The bad news is that the snowmobiler got off without jail time even though he had a previous felony drug conviction.

Anchorage Daily News

SPOKE'N'WORD

FAIRBANKS CYCLE CLUB

P.O. BOX 83424

FAIRBANKS, AK 99708

Inside This Issue

TUES. NIGHT MTN BIKE RIDES

BIKE SWAP FORM

WOMEN'S RIDE FLYER

