

SPOKE'N'WORD

Cycling—the perfect synthesis of body and machine

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Articles or items for the Spoke'n'Word are welcome. FCC members receive their copy in the mail or from the website. We go to press several times per season.

BUZZ FROM THE PREZ

We might not have a long summer cycling season in Fairbanks, but the endless hours we put in on the bike make up for lost time. July is here and the gasping breaths of the early riding season are finally turning into....well, more gasping breaths, sweating, and more chances to race than we've had in a long time.

Thanks to the dedication of many FCC members and volunteers, the club has sponsored several road races, mountain bike races and community riding events, with more planned throughout the summer. In addition to the annual races such as the Memorial Day Mountain Bike Stage Race and

Doug's Death Ride, a regular series of Thursday evening races has been quite a success in bringing together "hard core" racers and those who just want to check out the racing scene to see what it is all about. One nice thing about all of the races being held this year is that entry into the races is free for all club members. If anyone has done races outside of Fairbanks, this is really quite a deal. I can remember paying \$40 almost every weekend for a series of mountain bike races I did in Colorado, and that didn't even include the goodies we always have to eat at the end of the FCC races!

(Continued on page 2)

Join the FCC on July 20th to pace the runners in the Golden Days downtown mile race immediately before the parade or to provide bike-power our Golden Days Parade Float. For more info call Liam at 479-6746.

Tour de Fairbanks

By Dan Harris

The competition was great at our first ever "Tour of Fairbanks Road Stage Race!" We even had some hard-core racers who came all the way from the Yukon to join us. One of them, Paul Christiansen hammered away with first place giving our FCC expert strongmen a good, tough race.

The sport division also was highly

competitive with Dave Leonard taking top honors and Pete Wilde in hot pursuit. Sue Stewart worked hard as the top expert woman. Tommy Lokken was the only Junior racer, but he rode like a man!

Both the weather and the turnout were very good, with 27 riders for Stage 1 on Chena Pump Circuit, and, at least 20 racers for every con-

HOTLINE #
459-8008

Call Tom at 479-3496 to update

INSIDE THIS ISSUE:

Buzz from the Prez	1-2
Alaska to Botswana	2
"What If?"	3
Club Calendar	4
FCC Fashion Wear	5
A Lesson in Physics	6
Women's Rides	7

MESSAGE (cont.)

But, racing is not for everyone, and many people join FCC for the fun of the group rides. Our Monday night training rides and women's rides are going really well this summer. The women's rides have split into two groups. The beginning riders meet at 5:30pm at the Patty Center to enjoy themselves while learning road riding skills from Olympic Cyclist Sally Endestadt. At 6:30pm the women's training ride leaves the Patty Center taking on longer distances. The Tuesday evening Doug rides have, once again,

shown off the Fairbanks mountain bike trails to new and returning members. Doug rides are fun because they, not only, teach you about all of the trails in Fairbanks, but you really get a chance to enjoy riding into the evening hours. You can't beat riding through the woods at eleven o'clock at night without headlights.

If you still haven't tried any of the races or rides, look through the calendar in this newsletter and put a few on your schedule! When you do go to your next ride, bring along an extra \$8 for purchasing

our new club t-shirt. In any case, keep those wheels spinning and your lungs in your chest!

Kelly



continued from page one... other stage. The stages were hammered out on the Chena Pump Circuit, the Chena Hot Springs Time Trial, the U.A.F. Criterium, and a killer Stage 4—Engineer Hill circuit.

The race received a lot of local publicity, which was good because this was our first try at a stage race. The racers have given us a lot of good feedback, and some helpful criticisms. If you were unable to join us, hopefully we'll see you at the race next year! You can go for the G.C. or just compete in whichever stages you wish. The races are fun and offer a lot of camaraderie. If you have any ideas, please feel free to contact me to let me know—dtharris@eagle.ptialaska.net We're already rolling around some for next year.

Many thanks to those who worked hard in helping to pull-off this race, including Ed and Sharon Buoncore, Tom Clark, Marcia Burnside, Simon and All Weather Sports, Beaver Sports, Great Land Sports, Hot Licks, and the Alaska Coffee Roasters Company.

See you on the Road!

Still the Best Way to Get from A to B— That is, Alaska to Botswana

Have you ever wondered if there was an easier way to travel with your bike than a bulky bike case? One company, Bike Friday, has come up with bikes that fold into the size of a suitcase. You can learn more about them in August.

The Bike Friday travel team will give a special presentation in Anchorage in Fairbanks in August. The Fairbanks presentation will be on either August 7th or 14th at the Noel Wien Library at 7 pm.

Lynette Chiang, Bike Friday World Traveler, and now Bike Friday's roaming rep, will give a slide show of her three-month self-supported 2000 Cuba trip. Lynette, an Australian, has not parked her wheels at home for the past five years. This is a rare opportunity to talk to someone who has staked her life on her bike.

For more information on Bike Friday, a unique folding bicycle, check out their website—www.foldableflyer.com.

Keep your eyes open for Lynette's August visit.



mESSAGE FROM THE VICE

Howdy!

The 2002 season is doing very well, thanks to the efforts of some truly excellent volunteer effort. Thanks in particular to Rocky Reifensuhl, Dan Harris and Kay Kindt for their efforts in putting on large scale events.

Looking ahead, there are still some excellent events to plan on: the two "Mining Country" races, time trials, a century ride, and others. The best riding of the season is still ahead of us, despite the fact that the days are now getting shorter...

There are a number of new FCC members this year, and I'd like to extend a sincere welcome to each of you. We are pleased to offer a long season of riding, full of events that satisfy most cycling appetites. This club is a fairly low demand organization, where you aren't required to do anything. Still, a little effort will help you get more out of the club, so here's some things to keep in mind:

- Call the hotline frequently. Last minute schedule changes show up there, as well as detailed information about upcoming events. 459-8008.
- Visit the club website: www.fairbankscycleclub.org It has schedule updates, race results, ride descriptions, photos, season schedules, maps, and more.
- Attend as many rides and races as you desire, the more the better. Ride organizers like a big turnout!
- As time goes on, you might even want to help put on a race, or even put on your own race. Talk with a club officer about it.

That's all for now. Thanks to all our members for their continued support of our little club. See you out there!

Tom Clark,
FCC Vice-Pres
veep@fairbankscycleclub.org.

Fairbanks Cycle Club Fashion Wear

Gather round, and I will describe to you a most excellent piece of fashion wear. Where there was nothing before, now there exists a FCC t-shirt, sure to become a personal favorite of any wardrobe. Just a t-shirt? Nay! Why, just consider some of the functions and features of the latest installment of the Fairbanks Cycle Club fashion line: It is comfortable 100% pre-shrunk cotton. It compliments jeans, shorts, tights, cutoffs, and even looks good with a dinner jacket. Worn in the sunshine, it protects from harmful UV rays. Worn when chilly, it insulates the skin. It can be kept for ones own use, or lent to a friend, or given as a tasteful gift. It even comes in two colors (slate blue, lavender) and two sizes (medium and large). Just find Doug and Sue Stewart or Tom Clark (the writer of this amazing prose) at the next club event and see about acquiring as many as possible for only \$8.00 each. We didn't have all that many made (hey, that means this is a limited edition), so get one while supplies last!

We hope to order some more sizes as the original order sells out.

A Lesson in Physics—The Hard Way

By Liam Wescott

(This is an excerpt from an e-mail written to another club member)

There were only seven of us on this ride, and (as I shall explain shortly), I didn't finish the ride with the rest. About an hour into the ride, I had a sudden refresher course in some concepts of physics which I had at best a hazy grasp of in college and was gratefully eager to toss out the window as soon as I was through with Physics 200 and 201. Things like, coefficients of friction, potential energy and conservation of same, as well as conservation of momentum and a few others.

The coefficient of kinetic friction between a bare tree root that has been rained on for several hours and another surface, say a Panaracer bicycle tire, is small; very small indeed. This means the root affords little resistance to the tire and the tire does not ride over the root, it slides. If you have a large object on top of that tire, say 200 pounds worth of FCC Historian desperately trying to unclip himself as he tries to stay upright, that object will then obey the Newtonian dictates of gravity and will follow the Earth's gravitational field lines down to earth and become "one with the ground." If there is another object, say a Kona front wheel in the way, that object will be deformed by the first object in such a way as to conserve the momentum of the whole system.

Basically, I hit a root just as we were starting up the trail and fell onto my bike, deforming the front wheel in the process. I saw that root in the way, tried to ride over it, did not succeed, and had time to think "Oh [insert a scatological adjective here of Anglo-Saxon origin that rhymes with 'snit']" as I realized that gravity really works. So, we (actually mostly Tom) set to work to try and undeform the wheel, but to no success. Tom managed, after about ten or fifteen minutes, to get it such that I could ride it, but there is still a major wow in the wheel. It is probably fatally wounded, that rim.

Tom gently suggested that I not continue on the ride. So I turned around, morose and depressed

and more than a little angry with myself as I saw the last of my ride mates take on up the trail, wishing to be with them. It took me almost an hour to get back to the turnout, I had to ride that slowly and carefully. Once there, I loaded my bike on my car and drove over to Ivory Jacks and waited for the rest of the crew to show.

They did at around 11 or so. Tom was semi-bonked and I gave him a ride over to his house, grateful to return the favor he did me by tweaking my wheel for me. It rained on this ride. It rained quite a bit, actually. Suffice it to say, I didn't particularly have a good time tonight. I will take the bike into Simon to see if he can save the rim. Probably not!

So ends the saga of the Ride Formerly Known as O'Connor Creek (But Which Will Probably Go Down In Doug Ride Lore As The Ride Where It Rained And Rained And Liam Crunched His Rim).

(Editor's note: If you weren't there, see the fun you miss on the Doug Rides?!)

"Falling is OK, what's not good is not knowing why you fell. Don't waste a perfectly good fall, or you will just have to do it again. Treat it as a physics lesson."

Tom Hillard



Fairbanks Cycle Club

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