

Volume 10  
Issue 2  
June 2005

# Spoken' Word

**Cycling: The Perfect Synthesis of Mind, Machine and Body**

## **FCC Board**

Joy Ritter  
President  
374-4829

Tom Clark  
Vice President  
479-3496

Christine Matson  
Treasurer  
488-0653

## **Join us for this year's ride to Chena Hot Springs!**

The Chena Hot Springs Bicycle Classic spins into action on Saturday, June 25. This year's Fairbanks Cycle Club event is sponsored by Fairbanks Memorial Hospital in the interest of promoting healthy outdoor family fun. The organizers hope additions to this year's event will encourage more participation. These include:

- \* The ride is timed and finishers receive recognition.
- \* All finishers are eligible for door prizes.
- \* A free barbeque at the finish for cyclists participating in the event. A cyclist's companion may join the feast for a donation.
- \* A third starting point at Angel Rocks (seven miles from the Hot Springs) enables younger cyclists to ride!

Returning Highlights of this fun day include:

- \* T-shirts for the first 200 registrants.
- \* Support at the starts and at three feed stations by Young Life volunteers.
- \* Free swim at Chena Hot Springs Resort
- \* BAD BOB BAKER from H&S Warehouse delicately loads and pads bikes for a pampered trip back to the start.
- \* Alaska Salmon Bake buses and drivers return passengers to their start.

Registration proceeds benefit camp bound members of Young Life. Registration forms can be picked up at your bike shop or down loaded from the Fairbanks Cycle Club's Website at:

<http://www.fairbankscycleclub.org/>

Organizers Kelly Scanlon-Hill and Kay Kindt are hoping to see you on the 25th!

For questions about the ride please call 479-9655 or 488-1867.

### **Event Details:**

60 mile ride; start at First National Bank on the Johansen expressway 9:00am.

30 mile ride; start at Valley Center in Two Rivers 10:30am

7 mile ride; start at Angel Rocks trail pullout 12:00pm

**Please pre-register for this event so we know how much food and bus space is needed.**

FCC  
HOTLINE  
459-8008

## **Upcoming Events**

June 25: Chena  
Hot Springs  
Bike Classic

June 26: 19<sup>th</sup>  
Annual Death  
Ride

July 7: Anne's  
Greenhouse  
Circuit Race

## **Fairbanks Cycle Club Hires a Bicycle Advocate!**

The FCC board is excited to announce that Douglas Yates has been hired as our new bicycle advocate. Douglas is a 30-year Fairbanks resident and a cyclist from an early age. His interest in transportation policy is based, in part, on extensive cycling in China. A highway commuter as well as a regular participant in the club's Tuesday Night rides, Yates rides several thousand miles each year.

Duties of the bicycle advocate include;

- Alert club members to potential issues that would affect cyclists such as street and highway plans or new development.
- Send letters on behalf of cyclists and the Fairbanks Cycle Club when appropriate.
- Attend meetings and possibly speak on behalf of the Fairbanks Cycle Club as directed by the board.

The goal here is to maintain trail access and keep our roads safe for cyclists. As an FCC member you are encouraged to get involved in this process. Important issues will be announced through the FCC listserv. If you are not already on that list please do so at; [www.fairbankscycleclub.org/listserv](http://www.fairbankscycleclub.org/listserv). Please try to attend meetings that address issues having an impact on bicycling in your area. History has shown that a good turnout of supporters does influence decisions made by the City Planners and Borough Assembly Members. And of course, your donations towards the funding of this bicycle advocate position are most welcome.

## **Bike Swap 2005 a Success!**

The FCC 2005 Bike Swap was a great success for the community and the club. Thank you to Malcolm McEwen for organizing the event and thanks to all the volunteers who spent a day in the sun helping people buy and sell bike stuff.

The Swap grossed \$1,266.67 with \$370 of that coming from club memberships and FCC bike short sales. We had advertising expenses of \$308 which netted the FCC \$958.67 for the day.

Since the club collects a 10% commission, you can see that almost \$9,000 of bike stuff exchanged hands, and an additional \$370 was spent on club memberships and club bike short sales.

Thanks again to everyone who made this a success!

Christine Matson  
FCC Treasurer

# Race Results

## Marcia Burnside Memorial Time Trial May 12, 2005

Place	Name	Time		Place	Name	Time
1	Tyson Flaharty	29:57		7	Melissa Lewis	35:04
2	Brett Tack	31:04		8	Bill Young	35:28
3	Rocky Reifentstuhl	31:37		9	Fred Raymond	35:30
4	Jim Lokken	31:45		10	Dave Leonard	35:51
5	Manx Quayle	32:06		11	Christopher Knott	38:12
6	Rick Johnson	34:15		12	Joy Ritter	42:27

## Alaska Coffee Roasters Mountain Bike Stage Race June 3-5, 2005

Name	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Overall
Rocky Reifentstuhl	0:34:35	2:14:49	0:00:00	0:00:02	0:00:40	01:26:50	04:16:56 Exp men 2
Jeff Oatley	0:40:09	1:19:10	0:00:00	0:00:25	0:00:20	01:41:17	03:41:21 Sen men 1
Hal Needham	0:48:43						
Jim Gower	0:50:01	1:32:27	0:02:00	0:00:20	0:01:20	01:56:55	04:33:03 Sen men 3
David Shaw	0:52:42						
Adam Beam	0:52:42	1:31:54	0:00:00	0:00:12	0:01:00	01:55:15	04:21:03 Sen men 2
Mark Lisee	0:48:27	2:34:35	0:00:00				
Rick Johnson		2:47:53	0:00:00				
Melissa Lewis	0:37:30	1:14:20					
Heidi Rader	0:39:51	1:33:05					
Tony Tomsich	0:43:45						
Tommy Lokken		1:18:07	0:00:00				
Steve Clautice	0:41:26		0:02:00	0:00:05	0:01:40	01:45:25	
Warren Taylor						02:27:35	
Bill Hrinko	0:45:17						
Jason Faris	0:49:07						
Karl Hanneman		1:43:15					
Doug Burnside			0:00:00	0:00:10	0:02:00		
Tommy Clark			0:00:00				
Gail Koepf	0:45:20	2:03:51	0:06:00	0:05:00	0:05:00	02:01:16	05:06:27 Vet wom 2
Bjorn Flora	0:36:45	2:25:25	0:00:00	0:00:37	0:00:00	01:40:10	04:42:57 Exp men 3
Jim Lokken	0:33:40	2:12:11	0:00:00	0:05:00	0:05:00	01:20:33	04:16:28 Exp men 1
Andy Seitz	0:37:32	3:19:27	0:06:00	0:05:00	0:05:00	01:33:45	05:46:55 Sen men 4
Joy Ritter	0:50:24	1:53:51	0:00:00	0:00:16	0:02:20	01:59:31	04:46:22 Vet wom 1

# Fairbanks Cycle Club

P.O. Box 83424

Fairbanks, AK 99708

WE'RE ON THE WEB! [www.fairbankscycleclub.org](http://www.fairbankscycleclub.org)

## FCC 2005 SPONSORS

Raven Cross Country  
1222 Well St. #2  
456-5070

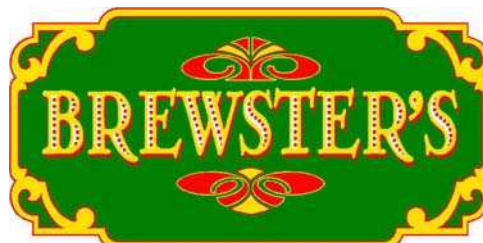


Banner Health®

*Alaska  
Coffee Roasting Co.  
Alaska's Best Coffee*



*Air Roasted*  
4001 Geist Road  
Fairbanks, Alaska 99709  
(907) 457-JAVA or 457-5282



**SUPERCUTS®**