

Volume 10
Issue 1
March 2005

Spoken'Word

Cycling: The Perfect Synthesis of Mind, Machine and Body

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Upcoming Events

April 10th: Ride-Potluck

May: Group Rides
Begin

May 7th: Bike Swap

May 13th: Women's
Bike Clinic

May 15th: Chatanika
Ride

June 3rd: Mt. Bike
Stage Race Begins

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

Youth Series, 2005

The Fairbanks Cycle Club is getting a little gray around the spokes, and like the social security system, it is not self-sustaining. Borrowing on what has worked exceptionally well for the Nordic Ski Club of Fairbanks, we want to get the next generation involved in the sport for all ages. The Junior Nordics program has several hundred kids enrolled, and has sessions 3 times a week just to get all the kids on the ski trails. To keep up with the kids, their parents are taking ski lessons, coaching, and becoming active members of the ski community. The ski club has more than doubled in size. The cycling club could certainly benefit from the same infusion of new energy.

The turn-around for the ski club did not happen in 1 or 2 years, rather it started small with 2 coaches and grew steadily. We propose to start small as well, and adapt to what works best for the kids. We want to start with mountain bike events this year for elementary and middle school kids. Next year, we would like to add a riding program where coaches ride with small groups of kids to work on bike handling, safety, and fitness. We don't intend this to be a racing program that excludes the recreational riders. It will be open to all and will encourage all levels of riding.

This year we have 3 events scheduled to fit around my wife's and my field schedules and the club's race schedule. We could add one or two more events or activities if we get volunteers and good ideas. Venues are tentative and are subject to getting proper authorizations and clearances:

1. 11 June dog musher's field on Farmer's Loop (subject to approval)
2. 9 July West Ridge ski trails
3. 30 July Birch Hill ski trails (subject to approval)

We will try to advertise these widely and offer lots of incentives to participate. To that end, we are soliciting sponsors for the events so we can give every rider something to take home with them, and we requesting ~10 volunteers (no experience necessary) to help stage each event. We are still very much in the planning stages, so if you have ideas that will be fun for kids on wheels, share them with us and help plan an event. Above all we want to instill the joy of riding in our kids.

To learn more about the Youth Series or to **VOLUNTEER** call Rick Johnson and Laura Jacobs 455-6950

Join the FCC e-mail List

Sign up for the FCC email list-serv and you will receive weekly updates on FCC activities. Joining the list also allows you to contact other members to let them know of events, sell bike parts, or ask bike related questions.

www.fairbankscycleclub.org/listserv

Find us online at:
www.fairbnakscycleclub.org

Keeping Cyclists Safe: A word of thanks

Thank you to all the people who offered sympathy and support during my injury last year. I was hit while riding my bicycle on the Chena Hot Springs Road last May and sustained serious back injury, concussion, broken ribs and fractured wrist. Due to all the phone calls the District Attorney's office received from concerned friends they decided to pursue the case against the Laidlaw bus driver. THANK YOU! He was indicted on the following two felony counts: leaving the scene, and felony assault. The bus driver has plead no contest, and is due to be sentenced in June 2005 for one felony assault charge.

Anyone who wants to write a letter to the sentencing judge, please contact me for more information. This is the chance for concerned cyclists in the Fairbanks area to ask the judge to make a statement and for us to try to get this driver off the road as long as possible.

One of the most upsetting things for me personally is that the school bus driver who hit me hit another cyclist, Sue Sugai, in the fall of 2002, about 1 ½ years before he hit me. He was driving a Laidlaw school bus when he hit her also.

If you would like more information, I can be reached at 488-0653 or by email at cmatson@nortechengr.com.

Thanks again, and ride safe.
Christine Matson

P.S. Always wear your helmet! I am living proof that they can save your life!



The Old Schwinn

By Tom Clark

I recently exchanged emails with a pleasant fellow. He learned that I'm a bike enthusiast who enjoys riding all year round. He confided to me that he had an old Schwinn in the attic that hadn't been ridden in a long time, and that there was probably no way he'd ever ride the thing again, and that he should probably part with it. I wrote back that even though the old Schwinn is not in use, it's like hanging onto an old friend, and he should make no apologies for keeping it. Bikes are different than all other forms of recreation.

We all remember the feeling of freedom that we got when we rode our bikes as kids. It took us away from home and got us back again, generally safe and sound, all without the help of adults. Flying along, wind through our hair (yes, it's true, we didn't wear helmets) and having a ball. We'd flop the bike down and go do whatever it was we came to do. Later, we'd pick the bike up out of the dirt and take off toward home. Sometimes the neglect and lack of maintenance would mean that we had to push it home, which we did. Still, even with some missing spokes and a dark brown rusty chain, it felt good to ride, didn't it? As an adult, that doesn't entirely go away. Sure, we can get in the car and drive hundreds of miles, but it's not the same as getting on the bike and escaping (we wear helmets these days).

So, I understand hanging on to the Schwinn in the attic. It's a bit of nostalgia and besides, bikes make good friends.

Ride With Our Southern Neighbors

We've always shared a rivalry/comradarie with our cycling neighbors in Whitehorse, Canada. If you are interested in learning about their cycling schedule for the Summer of 2005, check out the website for the VeloNorth Cycling Club: www.velonorth.ca

Rocky Reifenstuhl on the trail of the 350 mile race to McGrath on the Iditarod Trail. Rocky finished the race in 3 days and 9 hours



Post-Ride Carbo loading

By Tom Clark

This probably flies in the face of all sports/nutrition science, and would make anyone on the Atkins diet cringe: I love eating noodles after a long ride. I think that you are supposed to eat the noodles the day before a ride, and have them balanced with something else. Well, to each his own I say, and my favorite thing to “balance” noodles is a cold beer. Here’s a fine recipe:

Clam Linguine (that’s “ling-gweenie” for you linguistically challenged folks)

- Large onion, diced
- 2 Tbsp. olive oil
- 6 or more cloves garlic, chopped
- 2 6.5 oz. cans of minced clams
- 2 Tbsp. dried basil (fresh if you’ve got it)
- 1 tsp. honey
- A dash of salt
- Some ground pepper
- 16 oz. Linguine noodles

Put the onion and oil in a large skillet on medium to high heat. Stir the onions until they look close to being done, and throw in the garlic. Stir it all around for a few seconds and reduce heat to low. Add the two cans of clams, liquid and all, stirring. Then, add the rest of the ingredients, adding the salt and pepper to taste.

Option: When you add the clams, add some white wine, maybe a ¼ cup or so. The wine gives it that fancy French restaurant taste, and makes you look like a Euro-chef.

Cover and simmer while you boil up some water for your linguine noodles. Use a good-sized pot, and as with most noodle recipes, you should put a dash or two of salt in the boiling water. Put about 16 oz. of noodles (or more) into your salted, boiling water. Stir often.

When the noodles are to your liking, drain them and return them to the pot. Immediately dump the clam mixture over the noodles and stir the whole mess together. This is ready for immediate consumption. Serve with grated Parmesan cheese and/or brewers yeast. With a cold frosty one and some salad on the side, this is a damn fine meal.

Tuesday Night Mountain Bike Rides

By: Doug Burnside

These rides will take place every Tuesday evening throughout the summer, rain or shine, and will be hosted by long-time Fairbanks cyclist Doug Burnside. The group will meet at 7:00 PM and start riding as soon after that as everybody is ready.

These rides will most definitely be rides, NOT races, and hammerhead riding will be discouraged. To me, the fun part of a group ride is riding in a group, socializing, meeting new people, and seeing trails I haven't ridden on before. My plan is to have slower riders (such as myself) lead the group and I will be dictatorial about keeping the group together. It's almost easier to define what these rides aren't than what they are. They are *not* races. They are *not* training rides. They are *not* rides for people whose idea of a good time is to push the limits, get a hard workout, or see how fast they can go on a trail. They are *not* highly organized rides. They *are* rides that will be fun even for novice riders with limited off-road experience, and there will be experienced riders to offer advice, riding hints and mechanical help. There are no entry fees for these rides, but for insurance reasons, all riders must be Fairbanks Cycle Club members. Rates are \$30 for the season, or you can have a one-day membership for just \$5.

Rides are rated in both skill required and overall difficulty. Skill refers to bike handling ability. Rides that aren't technically challenging require little skill, and receive a low rating. Challenging trails like "Moose Mountain" are almost impossible to ride from one end to the other without coming off the pedals or falling over. These trails receive a high skill rating. The difficulty scale pertains to total energy and effort required by the cyclist. Difficulty ranges from easy ("Backdoor Trail") to difficult (Colorado Creek) to exceptionally hard ("Pipeline Viewpoint"). Easy rides are scheduled early in the season, longer rides when there is maximum daylight. A difficulty level of 1 would be equivalent to riding your mountain bike on a gravel road with rolling hills for a half an hour. A level of 10 would be like riding from Ann's Greenhouse to the top of Ester Dome and back—three times.

**5/3/05 "Back Door Trail" 8 miles, 2.0 hours, 800' elevation gain Skill Low
Difficulty 4**

Meet at 7 PM at Ester Community Park, located next to the Fire Station on Old Nenana Highway just before the turnoff into Ester. We'll ride up Henderson Road to the Mine, then turn left onto the Marathon Trail. About a half-mile into this trail we'll bear left and take what I call the Back Door Trail back into Ester. This trail is down hill for 90% of the distance (about 4 miles) and is my favorite trail I have ever ridden. This early in the season it may be muddy and not as much fun as it will be later, and there will be three puddles to ride through that could be as deep as 18—24 inches.

**5/10/05 "University Ski Trails" 15 miles, 2.5 hours, 1500' elevation gain
Skill Med. Difficulty 6**

Meet at the Ski Hut (by the geophysical building) and explore the ski trails until we get tired of them. Full suspension is a really, really good thing to have on these trails. One of the most fun short trails in Fairbanks is the Bicycle Bumps trail, and we'll probably do it twice.

**5/17/05 “Rosie Creek” 20 Miles, 3 hours, 1800' elevation gain Skill High
Difficulty 6**

Meet at the intersection of Cripple Creek Road on the Parks Highway, about two miles past Ester. We'll do a boring five mile ride up the Parks Highway to the Rosie Creek wood cutting road, just past the intersection with Old Nenana Highway. This will take about an hour, but it is a gentle climb. Then the fun begins: six miles of downhill riding, some of it on very fast wood cutting roads, some of it on fun and technical single track. We'll come out on subdivision roads at the very bottom of the hill, at the Quist farm. From there it's about five incredibly long miles back to the cars. Nearly all of our serious crashes have occurred on this ride, so it gets a skill rating of “High”. Be careful.

**5/24/05 “Skyline Ridge” 19 miles, 3 hours, 2100' elevation gain Skill Med.
Difficulty 4**

Meet at the Dog Musher's Hall on Farmer's Loop where Liam Wescott will lead us up Skyline Ridge. We'll go out on the Farmer's Loop bike path over to Ski Boot Hill Rd, go up to the powerline, then over to the ridge trail. We'll follow the trail to an intersection with the Skarland Ski Trail system, which will put us at the intersection of Ballaine and Eldorado. We'll climb up Eldorado and Moose Trail and take the ridge trail past the KUAC transmitter, down a saddle in the ridge and up again, and ultimately come out on subdivision roads at the top of the ridge. Then it's a short trip over Skyline Drive to Summit where we take a fast, technical downhill trail that puts us at the bottom of the hill where Summit intersects with Farmer's Loop.

**5/31/05 “Ester Mine Trail” 10.5 Miles, 3 hours, 2310' elevation gain Skill High
Difficulty 6**

Meet at Ester Community Park. We'll take the Ester Mine Road all the way to the top of Ester Dome. This is an arduous climb, but since we won't be racing, there's no reason to thrash yourself doing it. Taking an extra 20 minutes up the hill makes it a fun experience. We'll go down the Alder Chute, then pick up the Back Door Trail back into Ester. You'll spend about 40 minutes pushing your bike up the steepest part, but when you get there, you have a seven or eight mile ride that is at least 90% downhill. Note: Riding down the Alder Chute is not a good idea for the faint of heart. If you are not fully confident of your abilities, you should walk your bike down this hill — about 3/10 of a mile.

**6/07/05 “Treasure Creek” 16 miles, 2 hours, 2400' elevation gain Skill Med. +
Difficulty 7**

Meet at the intersection of Old Murphy Dome Road and the Elliot Highway, about 3.5 miles north of Fox. Ride west on Old Murphy Dome for about six miles or so, turning right onto a double track trail that leads us along a ridge. There are two forks and we need to go right, then left. After six miles of this trail, we'll connect with the pipeline corridor, which we'll follow back to Old Murphy Dome Road.

**6/14/05 “Birch Hill Ski Trails” 12 miles, 3 hours, 2000' elevation gain
Skill Med. Difficulty 6**

Follow the leader. 2 hours, as hard or easy as we want to make it. These trails are a LOT of fun. They are safe, fast, challenging and entertaining, particularly if I can find some cross-country skier who knows the trails to lead us. There are trails up there that are NOT part of the ski trail system that we can explore as well.

**6/21/05 “Death Ride” 21 Miles, 4 hours, 2900' elevation gain
Skill High Difficulty 8**

Start at 5 mile Chena Hot Springs Road and ride the Death Ride Course. We'll put out the course markers for the Death Ride race which happens the following Sunday. Be prepared for a LOT of elevation gain (nearly 3000 feet), two stream crossings and a mile long swamp that can run thigh deep in places. What with laying out the course markers, this will be a four-hour ride. **Continued on Page 6...**

Tuesday Night Mountain Bike Rides Continued...

6/28/05 "Amanita Climb" 16 Miles, 3 hours, 2300' elevation gain Skill Med. + Difficulty 6

This ride will start at 5 mile Chena Hot Springs Road, at Steele Creek Road. We'll ride out Chena Hot Springs Road for a mile, take Esro for about half a mile, and take a trail to Amanita. We follow Amanita clear to the end and beyond, an amazing continuous climb, riding the trails and section lines until we hit Gilmore Trail. We'll follow Gilmore trail to West Hubernite road, and follow the Death Ride course back to the start. This is a challenging course with a lot of elevation gain and technical riding.

7/05/05 "Clifden to Moose" 23 Miles, 4 hours, 2400' elevation gain Skill Med. + Difficulty 7

Start at Ivory Jacks on Goldstream Road. We'll go out Goldstream road a few miles and up Clifden to a really good trail that takes us to the Pipeline and Old Murphy Dome Road. We'll follow that west the top of O'Connor Creek trail. There is an option to split the group up at this point. Technical mud lovers can go down O'Connor Creek, back to the start. Others can take the longer but speedier route along the power line to Moose Mountain ski area, down the road bypass trail and section line trail down to subdivision roads, returning to Ivory Jacks. It's interesting to see who gets back first.

7/12/05 "Colorado Creek" 21 Miles, 4 hours, 2100' elevation gain Skill High Difficulty 8

Endurance Alert: *This is a taxing ride. Be sure to bring food and water - you will burn a lot of calories!*

Start at 31.9 mile Chena Hot Springs Road at the Colorado Creek turnout. We start on the Colorado Creek trail, but a few miles in we leave it and take the Four Mile Ridge trail which puts us back out on Chena Hot Springs Road about 5 miles from where we started. This is the best ride of the whole season from the point of view of challenging riding, fun trails, great scenery, and two exciting descents. You'll be out in the boonies on this ride. If you only do one ride all season, make it this one, provided you are in reasonably good condition. **DO THIS RIDE!**

7/19/05 "Lincoln - Cache Creek" 18 Miles, 3-4 hours, 2600' elevation gain Skill Med. Difficulty 7

Endurance Alert: *Wet conditions can turn this one into a very taxing and... interesting ride.*

Meet at about 7 mile Murphy Dome Road, at the gravel pit before the end of the pavement. Ride up Murphy Dome Road about three miles (it's mostly dirt) and turn left onto Abraham which takes us into Lincoln Creek subdivision. We follow Abraham, which is a good dirt road, out to its end. It turns into a lovely double-track trail that ends up doing a two-mile descent down to Cache Creek Rd. From there, we have about nine miles of rolling dirt road back to the cars. This was the Standard Creek Ride, but we got sick of shuttling cars to both ends of the ride.

7/26/05 "Pipeline Viewpoint" 30 Miles, 4 hours, 3000' elevation gain Skill High Difficulty 9

Endurance Alert: *This is a taxing ride. Be sure to bring food and water - you will burn a lot of calories!*

Start at the Pipeline Viewpoint on the Steese Highway near Goldstream Road. We'll go up the pipeline corridor to Gilmore Trail, (quite a climb), take Gilmore Trail to the Trapper Trail which goes along the ridges to Cleary Summit, then up past the radar site. We can take the wicked descent down to the Pedro Monument, or take Silver Fox trail all the way to the Elliot (more excellent descent) for less pavement.

8/2/05 "Behind the Vallata" 20 miles, 4 hours, 2500' elevation gain Skill High Difficulty 8

Endurance Alert: *This is a taxing ride. Be sure to bring food and water - you will burn a lot of calories!*

Up the hill behind the Vallata on Goldstream Road. We'll follow an old ski trail over to Old Murphy Dome road, go to the pipeline corridor and take the **second** downhill to Goldstream road and back to the cars. This is a very bumpy trail requiring a high skill level: suspension is a good thing to have for this ride.

Tuesday Night Mountain Bike Rides Continued...

8/9/05 "Ester Fireplug" 20 Miles, 3 hours, 2500' elevation gain

Skill Med. Difficulty 7

Endurance Alert: *This is a taxing ride. Be sure to bring food and water - you will burn a lot of calories!*

Meet at Ester Community Park, ride up the Backdoor trail through the mine and find a fun uphill single-track that connects with Ester Dome Road. Then, ride out to almost the turn-around point of the Marathon trail, veer left, and enjoy some fun downhill and single-track all the way to the Fireplug snowmachine race trail, where we will turn right and look for a section-line trail on our left. This will take us to the Old Nenana highway, which we will follow towards town. At Old Wood Road, we take a brilliant descent down to Quartz road and back to the cars.

8/16/05 "Burgundy Drive" 23 miles, 4 hours, 1980' elevation gain

Skill Med. + Difficulty 7

We'll meet at Valley Center, about 24 mile Chena Hot Springs Road. From there we'll go up Burgundy Drive, a ferocious climb that is rideable, but granny-gear low all the way up. From there, we take the left fork at the top of the hill and eventually end up back on Chena Hot Springs Road near the Old Grange Road about four miles from where we started. We'll ride a loop around Jenny M hill, then take dog mushing trails back to Valley Center. This ride has a higher than average fun factor.

8/23/05 "Two Rivers Ski Trails" 10 miles, 2 hours, 1000' elevation gain

Skill Low Difficulty 4

Meet at Two Rivers School at about 18 mile Chena Hot Springs Road. We'll play follow the leader on the ski trails behind the school. There are some really excellent trails there and this is not a ride you'll want to miss. We'll ride for two hours, and the difficulty level will be as easy or hard as you want to make it.

8/30/05 "Kramer's Chena Ridge" 15 miles, 3 hours, 1500' elevation gain

Skill Med. Difficulty 5

Lighting Alert: *You might not need them, but lights would be a good thing to have on this ride.*

Meet at Dave Kramer's house on Knightsbridge off Chena Ridge Road. We'll explore a lot of really good trails up on Chena Ridge.

9/06/05 "Moose Mountain" 15 miles, 3 hours, 1980' elevation gain Skill High

Difficulty 7

Lighting Alert: *You will really want lights on this ride.*

We'll meet up at the gravel pit at 2 mile Murphy Dome road. From there we'll go over to the Moose Mountain Ski Lodge and take a "forgotten" access road most of the way up to the top, the regular roads/trails the rest of the way up. At that point, we'll have done 10% of the distance, and maybe 65% of the work. We'll take the power lines over to Old Murphy Dome Road, follow it west on a long, shallow descent that can be ridden really fast, go through a few really big puddles, looking for a tiny trail to the left (the "rabbit trail"). This is an immensely technical and challenging downhill all the way back to the ski lodge. Rocky's Mountain Bike Stage Race uses this downhill.

9/13/05 "Marathon Back Door" 16 miles, 3 hours, 2140' elevation gain

Skill High Difficulty 6

Lighting Alert: *You will really, truly need your lights on this ride.*

We'll meet at the Ester Community Park, then ride out through trails and through the mine to Henderson Road, then up Ester Dome. We'll follow the Marathon Trail down the hill to St. Patrick's Road. We'll ride St. Patrick's Road over to Henderson Road, up Henderson to the mine, and ride the Back-Door trail back to Ester. If you have lights for your bicycle, bring them for this ride. You really, truly will need them. By general consensus, this was the second-most fun ride (after Colorado Creek) that we did last year.

2005 WOMEN'S RIDES

Where: UAF Patty Center Parking lot (unless otherwise indicated)

When: Wednesday 6:00 PM training rides

Helmets are mandatory

Fairbanks Cycle Club Membership is required

Please call 459-8126 for weekly updates

May 4: Tour de University—get used to your bike again. Rolling terrain. 5-10 miles

May 11: Ride out Sheep Creek Road to Gold Hill, to Parks Hwy, Cripple Creek, up Isberg. Back on Chena Ridge. 20 miles.

May 18: Ride out Sheep Creek to Murphy Dome Road and back. Option of riding along Murphy Dome Road. 13-20 miles.

May 25: Ride out Sheep Creek to Goldstream, Ballaine Road to Farmer's Loop and Back to UAF. Option of extending ride to Yankovich to Miller Hill and back to UAF 17-22 miles.

June 1: Ride Farmer's Loop to Summit. Up Summit and down Skyview to Farmer's Loop. Option of climbing back up Skyview and down Summit to Farmer's Loop and back to UAF. 16-22 miles.

June 8: Meet in Fox at the Road House. Ride north on the Steese Highway to Cleary Summit. This ride ascends a four-mile hill. Spectacular views, great company!

June 15: Ride Chena Ridge to Chena Pump and back to UAF. Option of extending ride to include Gold Hill. Back to UAF. 23-30 miles.

***June 18:** Meet at Sally's house on Rosie Creek Rd. for shuttle to Denali. Ride into the park for overnight on mountain bikes. Take park shuttle bus back. Great scenery. Lots of fun!

June 22: Meet in Ester at weigh station. Ride the Old Nenana to Park's Hwy and back to weigh station. Option of meeting at UAF at 5:30pm and riding from there. 16-30 miles.

***June 26:** Chena Hot Springs Bike Classic. Ride from town or from Valley Center to Chena Hot Springs Resort for babeque and soak. Shuttle transportation back to town.

June 29: Ride Farmer's Loop to McGrath Rd. Follow Old Steese north to Fox. Turn onto Goldstream Rd. and ride Sheep Creek back to UAF. 29 miles.

July 6: TBA—call 459-8126 for update

****July 13:** Mountain bike ride meeting at the turnout on Sheep Creek Rd. at Ester Dome Road (3.5 miles from UAF). Ride up Ester Dome Road to St. Patrick's to the Equinox Marathon Trail. Ride up the Alder Chute (or more than likely, push it up!) and back to Sheep Creek and UAF. Option of starting at UAF at 5:30pm. 16-23 miles.

***July 16th or 23rd:** Meet at UAF for van ride south on Richardson Hwy. Begin ride at Salcha Elementary School toward Endestad cabin located 30 miles from Delta Junction. Ride as much or as little as you want on your way there. Call 459-8126 for more details.

2005 WOMEN'S RIDES

****July 20:** Mountain bike ride meets at the Fox Road House. We ride up the Elliot Highway to Silver Fox Rd. Ride up to Pedro Dome. Blueberries should be ripe. Ride down the Steese back to Fox. 18 miles.

***July 24:** Meet at UAF for car pooling to Chris Broda or Christine Matson's house. Mountain bike up Amanita Road to Gilmore Trail and back to their house for a barbeque. Start ride at 1:00pm.

July 27: Ride out Sheep Creek Road to Gold Hill, to Parks Hwy, Cripple Creek, up Isberg. Back on Chena Ridge. 20 miles.

August 3: Meet at Superior Hardwoods on the Old Steese, a few blocks before Currey's Corner. Ride out the Old Steese to Fox, up the Elliot to Hill Top (4 miles) and back on the New Steese. Option of extending the ride on Chena Hot Springs Road. 18-? Miles.

August 10: Ride old Nenana loop again (because it is fun and beautiful scenery too!). 23-30 miles. End of the season potluck at Sally's house on Rosie Creek following the ride.

*Indicates not a Wednesday night ride, but a great ride you will not want to miss.

**Indicates a mountain bike ride

For more information email xcskiers@gci.net

A Word from the Prez...

We're Still Alive!!

When I heard a rumor that some were considering the dissolution of the Fairbanks Cycle Club due to lack of interest and a waning membership, I resolved to attend the fall meeting to express my opinion. I once lived in a rapidly growing community that was losing trails and trail access almost daily and increasing traffic made the roads dangerous for cyclists. I learned that if we want to continue enjoying our sport, we sometimes have to become involved in the planning processes that threaten it. Fairbanks is no different. Planners and administrators can't be expected to consider the needs of cyclists unless they hear from us. As a group of individuals who enjoy cycling, we are the perfect candidates for this job. So, to make a short story long, I came away from that fall meeting as the new Fairbanks Cycle Club president.

My first official duty as president was to hold the meeting in which we planned the races and rides for the next season. We had a great turnout for that meeting and it was exciting to see so many people step up and volunteer to sponsor an event. Due to the generous efforts of these volunteers we are able to offer you a full calendar of events this year. I also had the opportunity to speak on behalf of the club toward preserving a tract of land near Cripple Creek road for multi-use recreation. This proposal has been approved by the planning commission and the borough assembly and is currently being considered for funding. Once the funding is there we will work with the Borough and other interest groups to plan and build trails and facilities in this area.

In January we had a very productive board meeting looking at ways to improve the club. Over the next year we hope to improve communication with members, streamline event registration and expand our role as advocates for cycling in Fairbanks. I encourage you all to send your ideas and suggestions--after all it is your club. Better yet, bring your ideas to the spring potluck on April 10th and get to know your fellow club members. I look forward to seeing you there!! *Joy Ritter*
Joy can be reached at ftjlr1@uaf.edu

Treasurer's Report:

The Fairbanks Cycle Club looks good financially going into the 2005 season. We had approximately \$6000 in our checking account at the end of 2004. Sponsorship is looking positive for 2005, with several new sponsors on board. Financial outlays for our 2005 season will include ride and race promotion, jerseys and a bike advocate position. The Bike swap is coming soon! This generates revenue for the club as well as providing a community service. Enjoy the spring biking!

Fairbanks Cycle Club

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**HOTLINE:
459-8008**

*Cycling The perfect
synthesis of body and
machine*

WE'RE ON THE WEB!
WWW.FAIRBANKSCYCLECLUB.ORG

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