

Volume 11
Issue 1
April 2006

Spoken' Word

Cycling: The Perfect Synthesis of Mind, Machine and Body

FCC Board

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374-4829

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455-4498

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You Can Do It!!!

Whether it's 63 miles, 32 miles or 7 miles you can do the Annual Chena HotSprings Ride on June 24, 2006.

Now is the is the time to start thinking about which length is right for you, and start training for it even if that means getting the training wheels out for the kids to join in the shorter ride added last year for their benefit.

If you need further motivation--all participants can take part in a cook-out at the end of the ride, and receive a free pass to soak in the Hot Springs, not to mention a free t-shirt. Buses will be available to take riders back to town after the post-ride events. But, if your family wants to join you out there, it will only be a small fee for them to join the cook-out as well.

Look for registration flyers beginning in May. If you are interested in volunteering for the ride and/or the pre-ride planning, please contact Kelly Hill Scanlon at 479-9655.

FCC
HOTLINE
459-8008



Upcoming Events

Tues, May 2nd
Doug Ride

Weds, May 3rd
Women's Ride

Sat, May 6th
Bike Swap

FCC Wins Shimano/LAB Grant

Thanks to the initiative put forth by Douglas Yates, the Fairbanks Cycle Club has been awarded a grant from Shimano and the League of American Bicyclists (LAB). Grant money will be used to promote bicycling in the Fairbanks area particularly during bike to work week, May 15-19. This is a great opportunity to get folks out on their bikes and to promote bicycling as a valid form of transportation. So, get on your bikes, talk to your co-workers and friends, get them excited about biking to work. We will post all bike week events on the website so stay tuned. For more information about National Bike Month/Week go to; www.bikeleague.org/programs/bikemonth

Bike Adventures in Mexico's Copper Canyon

By Gail Koepf

Barranca del Cobra, (Copper Canyon), in the state of Chihuahua in north central Mexico, is slightly wider and deeper than the Grand Canyon, but has yet to be over-run as a tourist spot. I had wanted to visit there for years, but a bit intimidated by not being able to speak the language, leery of Mexican police & not wanting to be an 'ugly gringo tourist', it was put off until I met Ray Molino at last year's Iditarod Invitational Trail Race. Ray is from El Paso and has conducted mountain bike tours in Copper Canyon for years. October is one of my least favorite months in Fairbanks & when Ray said that was a good time to visit the area, I started planning - never thought I would get Rocky on an organized tour, but knowing Ray he was willing to take the risk. Rocky & I and our neighbors Jeff & Heather, met my brother & his wife & an old college roomie from back east to make up our tour group. We all loaded up in a van with bikes packed on a trailer & left from El Paso for the 8 hour drive to Creel on the rim of Copper Canyon & spent the next week enjoying the people and landscape.

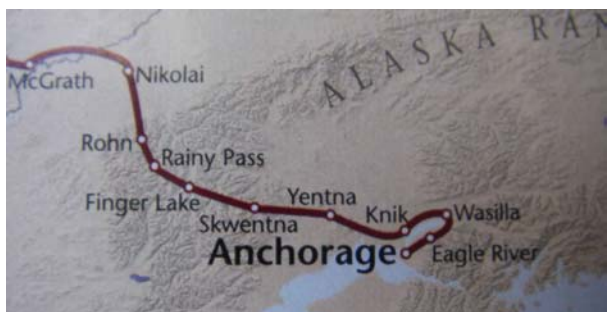
The Copper Canyon is layered volcanic rock & is much more vegetated than the Grand Canyon. It is also occupied by the Tarahumara Indians who were there long before the Spanish arrived and continue to sparsely populate the area in much the same manner. They travel almost exclusively on foot over long, winding trails that snake up & down the canyon & that make some excellent single track. Not surprisingly, they are wiry and efficient runners. A Tarahumara team was brought to the Western States 100 (a hundred mile trail run in Colorado which traverses peaks & valleys) in the 90's. Running in their traditional garb, which included homemade sandals, and fueled by traditional foods, the team bested most of the competition & included the winner who was over 50 years old!

Ray varies the trip to meet the interests and abilities of the group. We wanted a combination of biking and hiking, some camping & needed the flexibility to allow for different abilities. Ray's wife joined us on the trip & provided company for anyone who felt a few thousand feet of climbing at altitude & in the heat might be a bit much for the day. We started on the canyon rim at Creel for a couple of days which included some good bare rock riding at 7,000+ ft. elevation. Rocky & Jeff rode 45 miles on pavement where the rest of us met them & rode 32 miles including a one lane dirt road that switch-backed 4,200 ft. to the canyon floor. The temperature was in the high 80's & even with the descent we were thankful for the swimming hole at the river. We camped there for 2 nights & enjoyed a great hike to a small native village up a side canyon. The next day we continued on the dirt road carved into the incredibly steep sides of the canyon following the river down to Batopilas. Now the temperatures were in the mid 90's as the sun baked the steep canyon walls and we happily stood out in a thunder shower on our trip out to an old mission. The next morning Rocky & Jeff arose at 3 am to ride all the way back to Creel (80 miles and 14,000 ft!) The rest of us did a considerably shorter ride! One more day in Creel included a hike down a canyon to a hot springs & shopping for local handicrafts.

If anyone is interested in such a trip or would just like to see pictures, we would be glad to show them & provide more details. Ray really knows the people & the area & offers a great trip at a very reasonable price. You can check out his website at remolino.com.

Congratulations to Fairbanks Cyclists Rocky Riefenstahl and Jeff Oatley on completing the grueling 2006 Iditarod Trail Invitational, 350 mile Human Powered Race!

Here are a few excerpts from Rocky's newsletter describing the race. For the full story go to the FCC website.



The 2006 human-powered race on the Iditarod Trail across the Alaska Range hurled endless challenges at racers this year: making this the most difficult Iditarod Trail Invitational race yet. The first hurdle was six inches of new snow falling at race start. An icy base left the snowy trail rideable. Four hours after the 2:00 pm race start the snow storm gave way to rapidly falling temperatures: from +15 degrees

F to -15 F. Even before the 4000 feet high Alaska Range pass at mile 190, thirty percent of the field dropped out. For some it was dehydration, for others it was hypothermia or frostbite or a physical-mental or equipment failure. And for a few it was the unmarked and wind blown course that stymied progress. By race end the scratch rate is more than 50%.

Luce's checkpoint, mile 50, is the first respite from well-below zero temperatures on the winding, quarter-mile wide Yentna River. Skwentna Roadhouse checkpoint, mile 86, is a welcome sight at 2:00 am. By 4:00 am we're on the trail at -10F, beneath a blanket of stars and northern lights dancing with greens and reds. Riding 45 miles to the next checkpoint, the trail is set up enough to make riding generally good. Finger Lake checkpoint, mile 130, has the first of two ten pound check bags. Arriving at noon we restock our bikes with trail food, partake in hot food and drink, hang up clothes, sleep for only ½ hour, so as not to waste the daylight, and hit the 30 mile hilly, scenically and often spectacular, gradual climb into the foothills of the Alaska Range.

Puntilla Lake checkpoint, mile 160, is a small, low, weather beaten log cabin. Two checkers inform us that the 40 mile trail over the pass is not yet broken out. With some six to ten feet of snow from here to Rainy Pass this is a problem for us, but they will snow machine out at 5:00 am. Rainy Pass, in all its glory is ours after some 7 hours of horrific work. The descent isn't established, and is crisscrossed with avalanche chutes: a jumbled mixture of hard blocks of snow in a granular matrix. But, hey, we're going downhill!

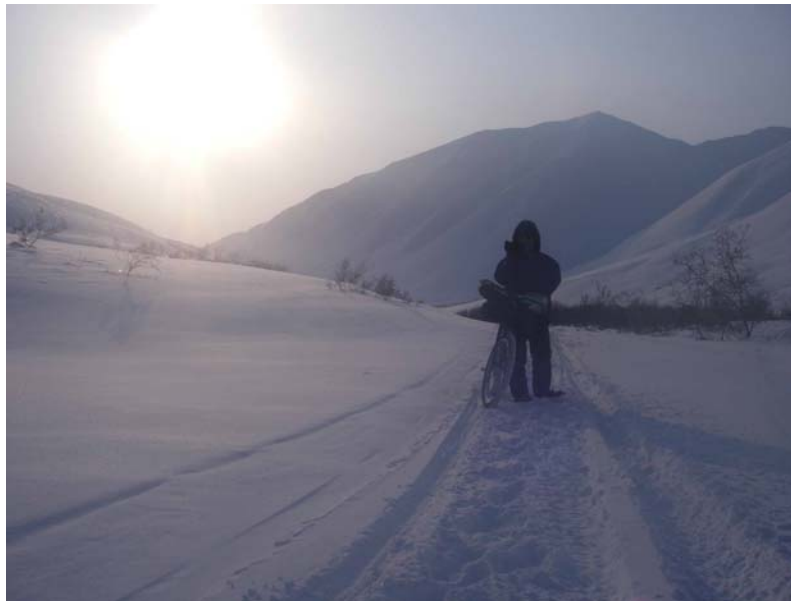
Rohn checkpoint, mile 205, is a 15 by 20 feet log cabin and a two-holer outhouse situated among 100 feet high spruce trees, and all in the cleft of the 7,000 feet high saw tooth mountains adjacent to the mighty Kuskokwim. Our next stop, some 40 miles north, is Buffalo Camp a group of Native wall tents used for hunting the local buffalo population. Buffalo Camp, mile 245, is an oasis, however basic. Not much to eat in the tent: some U.S. Army MREs and packets of oatmeal, plus some Tang and frozen peanut butter. But, food is food! The three of us (Rocky, Jeff and Peter Bassinger) work together melting snow, cooking food, planning our departure and then all pass out for 1.5 hours in the one huge bed like the three little pigs.



Heading out together at 5:00 pm to share the work of the drifted snow and unbroken trail, we plan to arrive at the USBLM cabin some 20 miles distant. Clearly, this trail had seen no use in the last 7 to 10 days. Thus, we are reduced to pushing through intermittent deep snow, and only rarely manage riding. Within several hours the temperature drops to below -30 F (and we learn later that it hit -37 F). 2:00 am: we've been out for 9 hours and cannot find the cabin, only world-class cold. Onward until 5:00 am: 12 hours on the trail, when fatigue, cold and darkness become overwhelming; we collectively build a killer fire. The fire warms (a little) one side at a time, but we break off headgear ice and melt and dry some gear while replacing boot heat packs, and psychologically prepare for the final 6 hour push and ride into Nikolai. Nikolai, mile 290, turns out in force when they see me ride up the banks of the

Kuskokwim River and past the Russian Orthodox Church. Rather than sleep, I'm on the trail an hour after arrival, at 2:00 pm.

In the middle of a 2 mile by 1 1/2 mile lake and swampy area the trail becomes completely blown over. I've been out for 8 hours since Nikolai. I haven't slept in 30 hours. I must go back and take the Kuskokwim River route. Heading back I spot what looks like Peter's dim headlight some mile away ... we're equally relieved to link up. After two hours of dead ends and questionable trails, we discuss possibilities, weigh the dangers, and finally seem to find the correct trail. 5:00 am, mile 340: the 10 mile hilly road to McGrath. Finally at 7:00 am, it's still pitch dark, and we arrive at our final oasis.



Why Does the FCC Need a Bicycle Advocate? By Christine Matson

Have you had an encounter while on your bike with a dangerous motorist? Have you received verbal abuse from a driver who didn't think you belonged on the road? Has one of your favorite off-road trails become private property with a "no trespassing" sign?

If this sounds familiar, you can see why our club needs a bike advocate. A bike advocate is someone who speaks up for cyclists and cycling related issues. The advocate attends planning meetings, makes contact with the people in the government agencies who plan and permit roads and other development. Advocates take the time to write letters to the editor, etc.

Last year the FCC Board decided to fund a bike advocate position. Douglas Yates was selected and was paid \$1500 for a year of bike advocacy for the club. The FCC Board is a group of volunteers who donate many hours a year just to keep the basic club functions going. Having a paid person who can devote time to bike advocacy is more effective than expecting a volunteer to add to their work load. I wish the club had more funds for this important issue, but we really just break even with membership and sponsorship minus event and operating expenses. The fact Douglas is interested in the issues has allowed him to do this work for a very small sum of money. The FCC Board has authorized \$1500 again for 2006 to pay for Douglas to advocate for cyclists in the Fairbanks area. Let the FCC board know if you have issues the advocate needs to address.

As cyclists in Fairbanks we need to get behind our bike advocate. The ski club membership donates extra money to pay for trail grooming. We cyclists need to put our money where it can benefit cyclists directly! Douglas has shown his commitment this past year. Anyone who rides a bike should be concerned about advocacy and should make a donation to the FCC bike advocate! Please join with me and make a donation to the FCC bike advocate. All money specified for advocacy will go to the advocate to help pay for his time. Below are some excerpted reports the FCC board has received from Douglas. I would be glad to forward more information to anyone who would like more information. Contact me at cmatson@nortechengr.com. Please consider donating for this important issue!

July 2005 Advocate Report:

Contact : Anna Plager, DNR, Director of Parks, re: Colorado Creek trail in Chena River State Recreation Area. I raised concerns about condition of trail (deep erosion, widening, mud wallows from ATV traffic) and how it reflected badly on state managers. Plager agreed. We discussed political features/personalities of trail use, recent fires and inappropriate fire breaks, legislative interest and possible future outcomes. She said that an outside consultant had been hired to provide a point-by-point analysis of the deficits of the Colorado Creek trail, with an eye to rehabilitating the entire length. The document is complete and after review by Parks it will be available to the public.

Contact: Dispatcher, ASTroopers, local office, re: excessive speed of double-trailer bellydumps hauling gravel from Peger Rd. pit to Parks Highway construction site near Ester. Urged increased oversight and citation of teamsters violating legal speed restrictions. (This operation, run by Buzz Otis, Great Northwest Inc., is responsible for the scattering of gravel into the bike lane the length of the haul. Eventually, DOT funds will be used to sweep up after Otis.)

August 2005 Advocate report

E-mail: Public comment: Re: most recent Northern Region project funding proposals. I reviewed projects from a cyclist's perspective, including the ILLINOIS STREET RECONSTRUCTION PROJECT

E-mail Contact: Dermot Cole re: FCC quip in VeloNews ("US soldier in Iraq and FCC")

Contact: John Haas, FNSB parks and recreation re: IMBA trails workshop

Attended DOT open house (City Chambers) to review ILLINOIS STREET RECONSTRUCTION PROJECT redesign. Spoke with Bruce Campbell, DOT, re: FCC recommendations

Contact: Jeff Bouton, FNSB trails advisory committee staff. Introduction and request to join e-mail list.

Contact Clark Milne, DOT OM engineer re: cost data University Ave. RR crossing

Contact: DOT maintenance operations re: University Ave. RR crossing and sweeping concerns

Other: Provided activity photos to FCC for promotion

Treasurer's Report



Fairbanks Cycle Club Income Statement Fiscal Year 2005

Income

Fairbanks Memorial Hospital Chena Hot Springs Ride (Includes \$5000 Sponsorship)	7705
FCC Membership	3150
Bike Swap Net	938
Sponsor- The Alaska Club	300
Sponsor-Supercuts	200
Sponsor-Brewster's	200
FCC Shirt/ Short Sales	335
Total Income	12828

Expense

Chena Hot Springs Ride	5586
Bike Advocate	1500
FCC Water Bottles	1043
FCC Tee Shirts	986
Race Prizes	735
Ride Leaders (2 @ \$300 ea)	600
Insurance/ Fees	440
Printing	407
Race Food	405
Phone (Hotline)	385
Storage Unit	357
Postage/ Mailing Supplies	348
Advertising (Bike to Work, Thank You)	257
Trail Grooming (Goldstream Valley)	250
Thank You Gifts	154
FCC PO Box Rent	100
Total Expense	13553

Net Loss 2005

725

Notes: Our checking account currently has \$5830.80 in it.
Thank you to all of our 2005 Sponsors!!!

Christine Matson
FCC Treasurer

Secretary's Report

I haven't had to do too much heavy lifting yet. I've helped with entering memberships into the club's new database (thanks to Tom Clark), sent out a couple of mailings, and kept notes of meetings that the FCC board has had so far. Beyond that, I will help my husband, Rick Johnson with the Kids Series, a three-race series for elementary- and Jr.High-aged kids. In conjunction with the series, Rick is also hoping to get weekly rides for the kids, lead by a handful of volunteer adults. I'm looking forward to helping with the Kids Series races and getting in some riding myself.

Laura Jacobs, Secretary for the Club

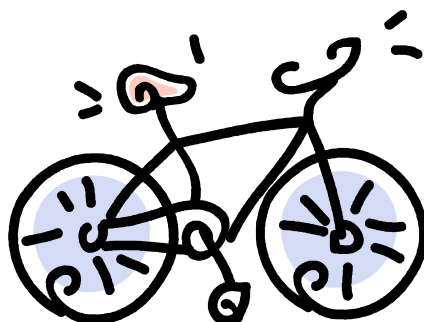
President's Report

The long days and melting snow means it is time to put up our skis, or winter bikes and break out the summer gear! FCC has a busy calendar again this summer thanks to those who volunteer their time and energy to make these events happen. Most of the rides and races are free for club members and require only a small fee for non-members. So take advantage of this opportunity to increase your fitness level or to just enjoy the company of other riders. While you are out there, be sure to thank the event organizers for their hard work.

These rides and races are a large part of what FCC provides for its members, but as a bicycling organization it is also important that we promote safety and preserve access for all bicyclists in the community. Towards this end, FCC has become more involved in community events such as earth day celebrations and borough public hearings. Through these activities FCC is recognized as a group of community members who want to be involved in bicycling related issues. Last year representatives of this club spoke out in support of a trail friendly long term plan for the borough, and the rezoning and funding the Cripple Creek/Isberg area for recreational use. This year, FCC will be partnering with other user groups to plan and build trails in this new multi-use area.

As Fairbanks grows and becomes more developed we must continue to be involved and speak out for the needs of non-motorized trail and road users. As individuals who enjoy cycling I encourage you to stay involved, renew your membership and encourage other cyclists to join in our efforts to preserve the activity we all love.

Joy Ritter- FCC President



Bikes/Gear for Sale

\$900: Kona Haole 53 cm, 18.2 pound, Titanium road bike, 8 speed Shimano Ultegra rear derailleur and rear hub and cassette, and brake calipers, Dura Ace downtube shifters, titanium bottom bracket, Titanium seatpost, Simon-built, lightweight wheels, White Industry front hub, Grafton cranks and Grafton titanium pedals, designed by Joe Murray.

* Sandvik custom drawn and directional shape seamless 3-2.5 titanium frame with reinforcing gussets.

* Sandvik custom drawn and tapered seamless 3-2.5 titanium Chain stays and Seat stay.

* 6-4 titanium plate dropouts made with "Bullet" plugs for superior strength & perfect rear wheel alignment.

* 27.2mm seat post, 31.8mm front derailleur, 68mm bottom bracket \$900

\$999: 17", 43 cm, Bianchi Mtn Bike hardtail, Scandium Aluminum frame (disk brake compatible): Celeste Green, integrated headset, 2004 model year, frame NEW, ridden for two winter months only; components are used Titanium rigid fork, XTR three piece crank and bottom bracket, brand new XT trigger shifters, LX rear derailer, XT front detrailler, Avid brakes and levers, Litespeed titanium seatpost and stem, Simon-built wheels: TNT hubs WheelSmith double butted spokes, aluminum nipples, specialized tires, SPD pedals, Ritchey aluminum bar, new Shimano cables: 22 pounds.

Brand new Bianchi Single Speed MTB for sale: \$975 (\$1,340 retail) W.U.S.S.

\$975: 17.5" White, Easton Ultralite Aluminum, Rear entry dropouts, Rockshox Reba Team, 85 mm travel. Double-you stands for white... the rest is 'ugly single speed'..

Headset	VP AheadSet, 1 1/8" threadless
Handlebar	WTB CXC 30mm alloy riser bar
Stem	WTB CXC 3-D forged alloy
Brakes/Levers	Avid mechanical disc brakes & levers
Crankset	Truvativ Stylo SS, 32T, with CNC rock guard
Bottom Bracket	Truvativ Giga X Pipe, external
Chain	KMC BMX
Cassette	WTB cassette and lockring, 16T
Pedals	Wellgo resin
Wheels	WTB SpeedDisc wheelset, WTB LaserDisc single-speed rear hub
Tires	WTB ExiWolf, 26x2.1
Derailleurs, r/f	none
Shifters	none
Saddle	WTB Pure V Stealth
Seatpost	WTB CXC, 27.2mm

www.bianchiusa.com/06_wuss.html

For more information call Gail or Rocky at 455-6837.

Fairbanks Cycle Club 2006 Event Schedule

DATE	EVENT	ORGANIZER and CONTACT	WHERE and WHEN
Apr			
Sun, Apr 02	Sun Spring Ride	FCC	Ivory Jacks. Noon start. Might be on the road.
Sat, Apr 08	Beat Beethoven 5K	Tom Clark 479-3496	UAF Patty Center parking lot; need riders with boom-boxes to lead out runners.
Sun, Apr 09	Sun Spring Ride	FCC	Ivory Jacks. Noon start. Might be on the road.
Sun, Apr 09	Spring Potluck	Joy Ritter 374-4829	Ken Kunkel Community Center, 3 pm. Bring your favorite dish.
May			
Tues, May 02	Doug Ride	Doug Burnside 488-6793	Ester Community Park. 7PM. "Back Door Trail"
Weds, May 03	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; be sure to check Women's Ride schedule for alternate start places and times.
Sat, May 06	Bike Swap	Malcolm McEwen	Beaver Sports. 8 am equipment check in; 10 am sales.
Tues, May 09	Doug Ride	Doug Burnside 488-6793	Near ski hut near SAR dish on University. 7PM. "University Ski Trails"
Weds, May 10	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; be sure to check Women's Ride schedule for alternate start places and times.
Thurs, May 11	Marcia Burnside Memorial Time Trial	Christine Matson 452-5688	Pullout at Cripple Creek Rd and Parks Highway. 6PM registration; 7PM race.
Fri, May 12	Women's Bike Maintenance Clinic	Fred Raymond 456-5070	Raven Cross Country. 6PM.
Sat, May 13	Women's Cycling Clinic	Joy Ritter 374-4829	TBA
Tues, May 16	Doug Ride	Doug Burnside 488-6793	Intersection of Parks and Cripple Creek Rd. 7PM. "Rosie Creek Ride"
Weds, May 17	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; be sure to check Women's Ride schedule for alternate start places and times.
Sat, May 20	Hotlicks Road Race	Geoff Wool	UAF SRC parking lot. 9:30am 10am Race
Sun, May 21	Chatanika Breakfast Ride	FCC	UAF SRC parking lot 9 AM; Fox Roadhouse 10AM
Tues, May 23	Doug Ride	Doug Burnside 488-6793	Dog Musher's Hall on Farmers Loop. 7PM. "Skyline Ridge"
Weds, May 24	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; be sure to check Women's Ride schedule for alternate start places and times.
Tues, May 30	Doug Ride	Doug Burnside 488-6793	Ester Community Park. 7PM. "Ester Mine Trail"
Weds, May 31	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; be sure to check Women's Ride schedule for alternate start places and times.
June			
Fri, Jun 02	Mountain Bike Stage Race - Hill Climb	Rocky Reifentuhl 455-6837	Anne's Greenhouse turnout. 6PM registration; 7PM race.
Sat, Jun 03	Mountain Bike Stage Race - Cross Country	Rocky Reifentuhl 455-6837	Moose Mountain Clubhouse. 9AM registration, 10AM race.
Sat, Jun 03	Mountain Bike Stage Race - Trials Course	Rocky Reifentuhl 455-6837	Moose Mountain Clubhouse. 11am registration noon race.

Sat, Jun 03	Mountain Bike Stage Race - Predicted Time Course	Rocky Reifenstuhl 455-6837	Moose Mountain Clubhouse. noon reg.; 1PM race.
Sat, Jun 03	Mountain Bike Stage Race - Goldstream Cross Country	Rocky Reifenstuhl 455-6837	Moose Mtn 2PM registration, 3PM race.
Tues, Jun 06	Doug Ride	Doug Burnside 488-6793	3.5mi Elliot; intersection of Old Murpy Dome Rd and Elliot Hwy. "Treasure Creek"
Weds, Jun 07	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Thurs, Jun 08	TOF Stage Race - Stage 1 - Hill Climb	Dan Harris 488-4671	Pedro monument on Steese. 6PM registration; 7PM race.
Fri, Jun 09	TOF Stage Race - Stage 2 - Circuit	Dan Harris 488-4671	Pullout near Anne's Greenhouse. 6:30PM registration; 7PM race.
Sat, Jun 10	Youth Series - Race 1	Rick Johnson 455-6950	Jeff Studdert Racegrounds. 10AM registration; 11AM race.
Sat, Jun 10	TOF Stage Race - Stage 3 - Criterium	Dan Harris 488-4671	TBA
Sat, Jun 10	TOF Stage Race - Stage 4 - TT	Dan Harris 488-4671	Chatanika Lodge on Steese. 6PM registration; 7PM race.
Sun, Jun 11	TOF Stage Race - Stage 5 - Circuit	Dan Harris 488-4671	Hagelbarger senic pullout (off Steese Expy). 9AM registration; 10AM race.
Tues, Jun 13	Doug Ride	Doug Burnside 488-6793	Birch Hill ski area parking lot. 7PM. "Birch Hill Ski Trails"
Weds, Jun 14	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Thurs, Jun 15	Roadies vs Mountain bikes	Rocky Reifenstuhl 455-6837	Old Murphy Dome road and Elliot Hwy. 6:00 PM registration; 7:00 PM start.
Sat, Jun 17	Midnight Sun Run	Liem Wescott.	Need cyclists to lead runners from UAF Patty Gym parking lot. Meet at 9:30PM.
Tues, Jun 20	Doug Ride	Doug Burnside 488-6793	Steele Creek and CHSR. 7PM. "Death Ride Setup"
Weds, Jun 21	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Thurs, Jun 22	Summit Hill Climb	Steve Clautice 479-5833	Dog Musers Hall on Farmers Loop. 6PM reg; 7PM start.
Sat, Jun 24	Chena Hot Springs Bike Classic	Kelly Hill Scanlon 479-9655	Bank near Lowe's - 9AM start; Valley Center - 10:30 Valley Center start; Angel Rocks pullout (for kids) - noon start
Sun, Jun 25	19th Annual Death Ride	Doug Burnside 488-6793	5 mile CHS Road at Steele Creek. Noon registration and 1PM start.
Tues, Jun 27	Doug Ride	Doug Burnside 488-6793	Steele Creek and CHSR. 7PM. "Amanita Climb"
Weds, Jun 28	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
July			
Tues, Jul 04	Doug Ride	Doug Burnside 488-6793	Ivory Jacks on Goldstream Rd. 7PM. "Clifden to Moose"
Weds, Jul 05	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Thurs, Jul 06	Anne's Greenhouse Circuit Race	Pete Wilda 479-5857	Pullout near Anne's Greenhouse. 6:30PM registration; 7PM race.
Sat, Jul 08	Santa Claus Half-Marathon	Liem Wescott.	Need cyclists to lead runners from Flint Hills Refinery in North Pole. Meet at 8:30AM.
Sat, Jul 08	Youth Series - Race 2	Rick Johnson 455-6950	West Ridge UAF Ski Trails. 10AM registration; 11AM race.
Sun, Jul 09	Skinny Dicks Weenie Ride	Steve Clautice 479-5833	UAF Patty Gymnasium parking lot. 9AM registration and 9:30 ride.

Tues, Jul 11	Doug Ride	Doug Burnside 488-6793	31.9 mile CHSR. at Colorado Creek turnout. 7PM. "Colorado Creek"
Weds, Jul 12	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Thurs, Jul 13	Birch Hill Mtn Bike Race	Fred Raymond 456-5070	Birch Hill parking lot. 6:30PM registration and 7PM start.
Sun, Jul 16	Goldstream Time Trial	Fred Harbison 457-3957	Sheep Creek turnout near UAF ski trails. 10AM registration; 11AM race 40Km/25mile Individual Time Trial.
Tues, Jul 18	Doug Ride	Doug Burnside 488-6793	Approx. 7 mile Murphy Dome Road in quarry. 7PM. "Lincoln - Cache Creek"
Weds, Jul 19	Women's Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Sun, Jul 23	Gold Discovery Run	Tom Clark 479-3496.	Need cyclists to lead runners from Cleary Summit parking lot. Meet at 8:30AM.
Tues, Jul 25	Doug Ride	Doug Burnside 488-6793	Pipeline viewpoint on Steese Expy near Goldstream turnout. 7PM. "Pipeline Viewpoint"
Weds, Jul 26	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
August			
Tues, Aug 01	Doug Ride	Doug Burnside 488-6793	Vallata restaurant (Ballaine and Goldstream roads). 7PM. "Behind the Vallata"
Weds, Aug 02	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Thurs, Aug 03	Amanita Hill Climb	Fred Raymond 456-5060	Pullout near Amanita on Chena Hot Springs Road. 6:30PM reg; 7PM start.
Tues, Aug 08	Doug Ride	Doug Burnside 488-6793	Ester Community Park near Ester. 7PM. "Ester Fireplug"
Weds, Aug 09	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Thurs, Aug 10	Tour of The Other Mining Country	Tom Clark 479-3496	Ester Community Park. 6PM registration; 7PM race.
Monday, Aug 14	Bike and Tie	Gail Koepf 455-6837	Birch Hill parking lot. 2:30 registration; 3:00 PM race.
Tues, Aug 15	Doug Ride	Doug Burnside 488-6793	Valley Center at about 24 mile CHSR. 7PM. "Burgundy Drive"
Weds, Aug 16	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.
Friday, Aug 18	Senior Games 10K Time-Trial	Simon Rakower 474-8184	1.5 Mile Murphy Dome Road 6:30PM registration. 7PM race.
Friday, Aug 18	Senior Games Mtn Bike Race	Gail Koepf 455-6837	Birch Hill parking lot. 12:30 registration; 1:00PM race.
Sat, Aug 19	Youth Series - Race 3	Rick Johnson 455-6950	Birch Hill Ski Area. 10AM registration; 11AM race.
Sat, Aug 19	Senior Games 5K Time-Trial	Simon Rakower 474-8184	1.5 Mile Murphy Dome Road 6:30PM registration. 7PM race.
Tues, Aug 22	Doug Ride	Doug Burnside 488-6793	Two Rivers School at 18 mile CHSR. 7PM. "Two Rivers Ski Trails"
Weds, Aug 23	Women's Training Ride	FCC Hotline 459-8008	UAF Patty Center Parking area - 6PM; check Women's Ride schedule for alternate start places and times.

Sat, Aug 26	Time-Trial Championship	Dan Harris 488-4671	Moose Creek (near Eielson AFB). 6PM registration. 7PM race.
Tues, Aug 29	Doug Ride	Doug Burnside 488-6793	2/10 mile Knightsbridge off Chena Ridge Rd. 7PM. "Kramer's Chena Ridge"
September and On			
Tues, Sept 05	Doug Ride	Doug Burnside 488-6793	Gravel pit at 2 mile Murphy Dome road. 7PM. "Moose Mountain"
Sun, Sept 10	Sun Ride	Tom Clark 479-3496	Tom Clark's house - 2941 Gold Hill Road (see website for map). Noon ride.
Sun, Sept 10	Fall Potluck – Board Elections	Joy Ritter 374-4829	Laura Jacob's house - 3805 Frenchman Road; see website for map. 3PM.
Tues, Sept 12	Doug Ride	Doug Burnside 488-6793	Ester Community Park near Ester. 7PM. "Marathon Back Door"
Sun, Sept 17	Marathon Cleanup Ride/Race	Rocky Reifensstuhl 455-6837	UAF SRC parking lot. 11:30AM registration; 12pm start.
Thurs, Dec 21	Longest Night Ride	Tom Clark 479-3496	Ivory Jacks. 8PM start. Dress for weather and bring lights.

Notes

Winter rides (not shown) meet at Ivory Jacks at noon on Sundays in winter.

Check the website regularly for schedule changes and additions.



2006 Women's Rides

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

When: 6:30pm Wednesdays May 3 – Aug. 23.

Helmets are mandatory

Riders must be FCC members (one day memberships can be purchased for \$5.00).

Rides will be medium to fast paced on road bikes (unless indicated as a mountain bike ride on schedule).

May 3: Tour de University – get used to your bike again. Rolling terrain. 5-10 miles.

May 10: Ride out Sheep Creek Road to Gold Hill, to Parks Hwy, Cripple Creek, up Isberg and back on Chena ridge. 20 miles.

May 17: Ride out Sheep Creek to Murphy Dome Road and back. Option of riding Murphy Dome road. 13-20 miles.

May 24: Ride out Sheep Creek to Goldstream, Ballaine Rd to Farmer's Loop and back to UAF. Option of riding Yankovich to Miller Hill and back to UAF. 17-22 miles.

May 31: Ride Farmer's Loop to Summit. Up Summit and down Skyview to Farmers Loop. Option of climbing back up Skyview and down Summit to Farmer's Loop. 16-22 miles.

June 7: Meet at Fox Road House. Ride north on Steese to Cleary Summit. This ride has a 4 mile climb but great views.

June 14: Ride Chena Ridge to Chena Pump and back to UAF. Option of extending ride to include Gold Hill. 23-30 miles.

June 21: Meet at Ester 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 28: Ride Farmer's Loop to McGrath Rd. Follow Old Steese north to Goldstream Rd., back to Sheep Creek Rd. and UAF. 29 miles.

July 5: TBA – call FCC hotline for update.

July 12: Mountain bike ride meet at turnout on Sheep Creek Rd. at Annie's Greenhouse. Ride Ester Dome Rd. to St. Patrick's to Equinox Trail, up the Alder Chute and back down Ester Dome Rd. Option of starting at UAF at 5:30pm. 16-23 miles.

July 19: Mountain bike ride meet at Fox Road House. Ride up Elliot to Silver Fox Rd. up to Pedro Dome. Ride down Steese to Road House. 18 miles.

July 26: Ride out Sheep Creek to Gold Hill to Parks Hwy, to Cripple Creek. Up Isberg to Chena Ridge and back to UAF. 20 miles.

Aug 2: Meet at Superior Hardwoods on the Old Steese. Ride out the Old Steese to Fox, up the Elliott to Hill Top and back on the New Steese. Option of extending the ride on Chena Hot Springs Rd. 18+ miles.

Aug 10: Ride old Nenana Loop again. End of season potluck, location TBA.

Fairbanks Cycle Club

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