

Spoke 'n Word

Fairbanks Cycle Club/ (907) 459-8008

Upcoming Events:

- **Club Potluck,**
3PM April 26, @
Ken Kunkle
Community
Center on
Goldstream.
- **Bike Swap**
May 2, 2009, Bike
Swap @ Beaver
Sports. 8AM Reg
10AM Buying
- **Marcia Burnside
Time Trial**
May 7, 2009 6PM
Reg 7PM Race @
Cripple Creek and
the Parks

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CLUB HOTLINE

459-8008

Contact Chris Broda to
add or change an event ::
488-9298 or
broda@acsalaska.net

Annual FCC Potluck

The annual FCC Potluck is here. This year there are a lot of changes happening within the club. With the current Board of Directors unable to serve, four club members stepped forward to start the planning process for 2009. Joel Buth, Erik Brunner, Bill Hrinko, and Christopher Knott have assumed the club planning duties to make sure 2009 events were scheduled, planned, and the permitting started. Under the watchful eye of past Board Member and avid FCC cyclist Pete Wilda, the club has been resurrected from a death bed that was quite worrisome. The club once again is

looking a bit healthier for the upcoming season.

This years Potluck will be an important event. Each club Board Position will need to be filled and there are plenty of volunteer positions as well. This year there are plenty of ways to give back to the club.

Please plan on attending!! The Potluck will be held on April 26 at 3PM at the Ken Kunkle Community Center in the Goldstream Valley. Bring a dish and decide which direction the club should head.

Beaver Sports Bike Swap

The FCC Bike Swap is on! Bring your new, used, unneeded, or simply money making items to Beaver Sports on May 2, 2009 between 8AM and 10AM. The sales will start at 10AM.

When you arrive your item will be logged in and placed on the tables or in the bike area for sale. If your item is sold you have the option of how you would like to receive your payment. If you are after the cash FCC will write you a check for your full value less 15% (which goes to the club!). Or, through the generosity of Beaver Sports you can receive your full sale value in the form of a gift certificate.

As is the case each year kids bikes and accessories are wildly popular. Adult mountain bikes go quickly as well as the accessories to match. So clean out that closet, empty the garage, and look under the ever melting snow for the cycling related item that can put a few bucks in your pocket!

Tour of Fairbanks 2009

In 2008 we reintroduced the Tour of Fairbanks with some course changes and new sponsors. This year we have worked hard to build on last years success and lessons and have incorporated some changes that were asked for by many riders. A professional timer with an extensive sports background will do the timing. We have added a separate women's field and a separate masters field. Hopefully we can attract enough riders to make these classes fun. In order to keep peoples interest we have also made some course changes. For example all fields will have five races this year with the introduction of a 20k individual time trial for the women/sport/masters fields. Some changes were made for the sake of safety such as getting rid of the mass start on the Parks Hwy and turning it into a prologue time trial. This should enable us to stay well to the right side of the road.

*“Ride it like you stole it.”
- Lance Armstrong*

Individual Prologue Time Trial
-- Thursday, June 11th. -- 6 miles □

Fox - Cleary Summit Road Race -- Friday, June 12th. -- 22 miles. □

Chatanika Road Race -- Saturday, June 13th. -- 70/40 miles. □

Team and Individual Time Trial
-- Saturday, June 13th. -- 25/12.5 miles. □

Road Race -- Sunday, June 14th. -- 75/56 miles

Edward Jones Points Series Races

The Edward Jones Points Series is a series of road races, hill climbs, and time trials held every other Thursday during the 2009 Fairbanks Cycling Club Season. Points for each race will be awarded to the top 10 finishers. A racers 5 best results will be added together to determine the seasons winner. Cash prizes (**1st - \$200; 2nd - \$100; 3rd - \$50 for each class**) will be awarded after the last Points Series Race of the season (Cripple Creek TT) for the Series Winners. Another prize will be awarded to the Most Improved Rider (from Burnside TT to Cripple Creek TT).

or have a volunteer at 2 of the 8 events. Anything less than two and the racer will not be eligible for the end of the season awards.

- | | |
|---------|--------------------------------|
| May 7 | Marcia Burnside TT |
| May 21 | Pedro Monument Hill Climb |
| June 4 | UAF Sprints |
| June 18 | Summit Hill Climb Rd Race |
| July 9 | Goldstream Sports Circuit Race |
| July 23 | Race to Pedro TT |
| Aug 5 | Spinach Creek |
| Aug 20 | Cripple Creek TT |

In addition to the 5 race requirement, each person to be eligible to win must volunteer



VOLUNTEERING!
Lead the way and give back
to the Club.

Give Back Through Volunteering!!

Event Coordinator Duties

By Pete Wilda

So now that you know all the background stuff the FCC does as an organization what is left for an event coordinator to do? It might be a lot or a little depending on how much effort you want to expend.

First thing you have to decide is if it's a road or mountain event. Of the two, road events are probably the easiest to put on because you get to drive the course and set up the signs rather than having to ride a mountain bike course and drag all the stuff in a pack on your back. Of course you could try the Tom Clark method of course set up and coordinate it with a Tuesday night "Doug Ride" and enlist the group into helping out. Very effective I have to admit but I digress.

After deciding on the type of event you need to select an appropriate course and a day and time. Road courses have to be decided on early enough to have the permit applications submitted and are somewhat at the mercy of the DOT or the City. Though not usually rejected we have had a few in the past. For mountain bike events all you really need to do is make sure that you aren't trespassing.

After that the rest is up to you. The course

will dictate how involved and time consuming the set up will be; you might have to get a couple of volunteers to help. Riders usually appreciate some type of snack and drink when finished so it is good to have something on hand which, of course, the club will reimburse the cost of. The club provides a race packet with forms and stuff so the paperwork is covered. The club also has a stop watch, numbers, cash box, first aid kit, signs, flags—most everything you need from that standpoint. Big events like the Tour of Fairbanks and the Chena Hot Springs Bike Classic take a LOT of planning and effort but the weekly events are much less involved and only take a little planning. After the event is over a quick, and timely, call to Tom and the News Miner with results and you are done.

The club provides the ability to put on events but it is really up to the membership to add the elbow grease, come up with and put on events. Maybe you have a favorite loop you like to ride and have thought that would make a great Thursday night event, don't wait for someone else to think if it, get it on the schedule. Not sure if you want to take on the whole thing right away, contact someone putting on an event this year and volunteer to help them and see what is involved. Most people only put on one event each summer so it is not like you have to give up the whole summer of riding to be an organizer.

*"It never gets easier,
you just go faster."
- Greg LeMond*

FCC Board Positions and Duties

By Pete Wilda

“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”
 - Lance Armstrong

So the spring membership meeting is coming up where election of new board members will take place right? And rather than suddenly finding the stitching on your shoes one of the most fascinating wonders of the world when it comes time to volunteer I thought I would give a quick run down of what board members do for the club. Ready? Here goes!

President: Nothing but a figure head? This position may not have many things assigned to it but it is the one that keeps everyone on track and maybe tries to come up with new things the club can do to promote cycling in the area.

Vice President: Just a lady in waiting? Typically this is the position that does a LOT of work during the winter to get the essential paperwork done for the club.

- Renews membership with USA Cycling
- Renews Insurance Policy
- Coordinates the development of the upcoming year’s schedule.

Basically takes the previous years schedule and contacts the event coordinator to see if they want to put on the event again and puts all the dates-times-locations-contact info into a spreadsheet.

- Applies for the DOT road permits. Each event using state roads needs a permit and, though this may sound daunting, it really isn’t, it is just time consuming. All the events that have taken place in the past already have the maps drawn and just need the date-time-organizer info updated. Everything is computerized and the applications can be submitted on line. If new events and locations are added you can usually plagiarize an existing map and just do some editing.
- Put together a race packet for each event or organizer with membership

forms, release forms, permits, etc.

Treasurer: Show me the money! What’s there to say, you write checks and deposit money! Oh yeah, and that little item of the IRS tax return but I will save that for later. The only really busy time for the treasurer is the bike swap; you write out a lot of checks the day of the swap and make a lot of deposits. Over the course of the year you:

- Deposit membership dues.
 - Reimburse event coordinators for expenses.
 - Pay the phone bill.
 - Pay the storage unit bill.
 - Pay the PO Box bill.
 - Balance the check book.
 - Submit State of AK Biennial Postcard
 - Submit the IRS tax paperwork.
- OK stay with me here, it is SO simple. Since we are a 501c4 nonprofit that has a net income less than \$20,000 per year all we have to do is submit, on line, a postcard stating that and letting them know we’re, as a club, still alive. As long as you, or your significant other (dog, cat, spouse, Chia Pet) can add you are good to go.

Secretary: Get coffee for the president! Well maybe not but then again maybe, who knows, when you are the board you decide! In the past the secretary has been the one to organize the one or two newsletters sent out during the year and update the information on the list serve.

That is really it in a nutshell. The board has its busy times of the year and there are things that just have to get done to keep the club in operation, but many things can now be done on line. Most of the major work is done while we are still knee deep in snow so it really doesn’t affect your ability to get your riding in - be it a spin down to Hot Licks or suffering in the Tour of Fairbanks. So don’t be afraid to take a crack at a board position.

“Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime. Teach a man to cycle and he will realize fishing is stupid and boring.”
 - Desmond Tutu

Iditarod Trail Invitational

By Robbie Stout April 2, 2009 <http://www.velonews.com/>

One of the most famous and unique endurance races in the world takes place annually in Alaska. The Iditarod sled dog race was won on March 18, when Alaskan Lance Mackey reached the end of the 1049-mile route from Anchorage to Nome in nine days, 21 hours, 38 minutes and 46 seconds. The last finisher came in nearly six days later.

A separate but similar race pits *self-propelled* competitors against each other on the same route as the Iditarod. The annual Iditarod Trail Invitational (ITI) is limited to 50 racers, who may choose a mode of travel (bike, ski, or hike) and a race distance (350 miles to McGrath, or 1100 miles to Nome).

VeloNews had the opportunity to talk with ultra-endurance rider Jeff Oatley, winner of this year's 350-mile ITI, about the equipment needed for the event.

The Race

As Always: SAFETY FIRST!!

Riding safely on the roads

This summer has been one for raised awareness for bicycling safely alongside automobiles. With tragic accidents every year in Alaska and across the world, cycling in urban areas is becoming increasingly dangerous. That is why we have to take the initiative to ride as safely as we can. That means following a few simple rules:

Wear bright colors and ride **with the traffic**. Riding against the traffic is both highly dangerous and against the law. If you are in an accident while riding on the wrong side of the road, your insurance company will most likely not pay your bills, and you could be in some serious trouble.

Wear a helmet at all times, even if it is

The 350-mile ITI begins in Knik, Alaska and follows the Iditarod Trail to McGrath, which took Oatley five days, 19 hours, and 34 minutes this year. As you might imagine, the preparation is unlike that of pretty much any other race out there. Extreme cold, snow, ice, and variable trail conditions place unique demands on both the bike and rider.

The most important concern for any competitor of the ITI is safety, which means readiness for the harshest weather that Alaska can dish out. "The thing about the ITI is that it demands a much larger skill set than any other race I know of," said Oatley, "It traverses the Alaska Range in the middle of winter, so you have to be prepared to deal with everything that goes along with that."

just to ride down the road to the store.

Make sure when you ride at night, especially at dusk or dawn, that you can be easily seen. This means having reflectors on the bike and your clothing, and also having a bright front lamp and red (flashing or not) rear light.

Follow the traffic laws and do not run red lights or cross roads without first looking both ways. It is not always the car driver's fault in car/bike accidents. There have been some serious accidents, and very close calls that could have been prevented had the bicycle rider been more aware..

Be aware, and set a good example for others to follow, especially the kids, they are the future and lets keep it bright for them.



Jeff Oatley breaking trail atop Rainy Pass.

Photo: Jeff Oatley



"Nothing compares to the simple pleasure of a bike ride."

- John F. Kennedy

Fairbanks Cycle Club

www.fairbankscycleclub.org

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EVENT HOTLINE:
(907) 459-8008

We're on the Web!

See us at:

www.fairbankscycleclub.org

SUMMER GROUP RIDES

. The group rides are starting up again this season. We have a VERY wide range of rides for every ability level for every rider to enjoy. Are you head over heels into mountain biking, does road riding give you that giddy up in your pedal stroke, or would you like to enjoy a relaxing and very enjoyable Sunday morning ride through the outskirts of Fairbanks? Whatever your preference FCC as the ride for you. Meet new people that share your enjoyment and best of all get out on the bike. Summer is coming!!



About Our Organization...

The Fairbanks Cycle Club is a non profit organization whose members are bicycling enthusiasts. Some are hard core competitive racers, others simply enjoy getting out for relaxing group rides. FCC has been around for more than a decade, knit together by a core group of

Sunday

-- Coed Group ride around UAF. Enjoy a wonderful social ride!

Monday

-- Recover from previous weeks rides!!

Tuesday

-- Dirt Divas :: For newer riding ladies. Get dirty on the local Fairbanks trails

-- Doug Ride :: Enjoy a mountain bike ride through the beautiful hills around Fairbanks

Wednesday

-- Women on Wheels :: These ladies hit the road for a nice group ride

Thursday

-- Leisure Ladies :: More laid back road ride in the Fairbanks area

Friday

-- Youth Series :: Get the kids riding!!

Saturday

-- Goldstream Sports Road Ride :: enjoy having your hair on fire? If so this is your ride!!

members who enjoy devoting time to the club, and the biking community. Bicycling safety is important to FCC, and most members ardently support safety awareness, helmet advocacy, etc. Primarily though, we ride. So if you enjoy bicycling, would like to learn about great new rides, enter a few races, or explore some cool trails, become a member today!!

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