

Spoke 'n Word

Special Interest Articles:

- Board Updates.
- Group Ride Information.
- Pictures from a great year of riding.

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Fairbanks Cycle Club/ (907) 459-8008

Rolling with Joel, FCC President

It has been a great year for the FCC. Participation is up across the board. The women's rides are having great numbers thanks to Chris Broda. The Tour of Fairbanks had a lot of growth and took another leap forward in quality due to the leadership of Fred Harbison. New rides included the Dirt Diva's women's mountain bike rides getting women off road and on the trails. The Edward Jones Points Series was a great success getting large numbers of riders out racing and exciting the roadies. I could go on and on about other groups and races. We have a great group of people spending a lot of their time running events for the club. When you see them please thank them for all they do.

We have also seen a great improvement in club communications. Thanks go to

Tom Clark for getting the club forum running and keeping the website up to date. The Spoken Word Weekly has been a needed addition that Chris Knott has spent a lot of time producing. We had the best attended fall potluck in many years. We had a good update on what the club has been up to and enjoyed great food and ice cream. Thanks go out to Hot Licks for providing the ice cream. I am pleased to announce that we had six people volunteer to work on advocacy committee. The goal is to be proactive with our advocacy efforts. We will be developing the direction this fall and will update everyone when the committee gets going.

I am very excited about the club's new found energy and am looking forward to next year.

Second Wheel, Eric Brunner, FCC VP

My primary responsibilities this year have been permitting the road events and trying to permit road events. Because of the transition timing much of the yearly paperwork handled by the VP had already been completed. All that was left were those pesky permits.

My only regret of the season is how the cancellation of the Chena Hot Springs Road ride played out, but the road is now paved and smooth though still without shoulders and the ride should be back better than ever in 2010.

Going forward I'm hoping that the club can have the majority of our road events permitted when the snow is still on the ground, as it will make life easier for everybody, but most particularly me.

We also need to bring our signs into full compliance with the MUTCD, which will cost money up front but will bring some peace of mind.

As a DOT employee I'm also keeping my ear to the ground as cycling related projects are brought forward so hopefully the club can be kept in the design loop and have an opportunity to have their voices heard.

I look forward to serving again and continuing to bring relatively seamlessly permitted road events to the club. With permits in place and volunteers from the club in action hopefully next year can be even better than this one with more participation and events.



President Joel Butth addresses the membership during the annual Fall Pot Luck

Bill Hrinko, FCC Money Man

At the beginning of the season the Club's funds were \$10,661, the current balance is \$14,742. Our largest fundraiser was the Spring Bike Swap. During this event \$15,941 was collected with \$13,179 being paid out sellers, leaving the club with \$2,761.

During the course of the season the Club made payments to help fund the Alaska Trails Single track \$250, local advocacy \$500, and our membership in The League of American Bicyclists \$75, which is the Clubs liability insurance.

The Club also helped support local races and group rides; Mt Bike Stage Race

\$250, Edward Jones Point Series \$750, and single day races and group rides \$300. Even though the Club handled the money for the Edward Jones Point Series, it was funded by a generous donation from Edward Jones in the entire amount of \$750.

As much as we like to have money in the bank, we like to spend it even more on "Bicycle Things". What these "Bicycle things" are depends a lot on YOU! If you have ideas or see needs where our money can be well spent, please let the Board know, or get word back to your group ride leader. We want to make cycling better for everyone in the community.

Tom Clark, FCC Webslinger!

In the fall of 1999, I came before the FCC board of officers and made a pitch that the club should have a website. At the time, I ran a local ISP and had server space to offer for free. Naturally, the Board was enthusiastic, especially when I said that I'd build and maintain the site myself. The biggest concern at the moment was the domain name, and (unfortunately) the domain "fairbankscycleclub.org" was chosen. It is a mouthful...

With the domain registered, work began on the site and in a few weeks, the club had its first webpage. (You can see a version of it on the Wayback Machine at <http://web.archive.org/web/20000816072822/www.fairbankscycleclub.org/>).

A year later, the site had adopted it's current format with the graphics at the top, news area under that, the sidebar navigation panel, etc. Things have changed a bit over the years, and it has mostly been in the background. For example, there are many custom CGI's that help keep current information on the website. The only time you really notice them is when the things don't work. Another behind-the-scenes feature is the club database. It provides a central location for member data, so that every time the maintenance of the

database moves from one person to another, we don't have to pass the database around on a CD-ROM, hoping that the next person has the right version of the software to view it.

A few years back, I added the "ListServ" to the website, and it has slowly gained popularity. Though funky, it still is a great way for members to send out a message to all other members. Another popular addition to the website is our ride maps. This is an assortment of rides, mostly off-road, each one highlighted on a topographic map, with an accompanying 3D view, a ride profile, and even a blow by blow ride description. A few of them even have downloadable tracklogs for use with a GPS.

This spring saw the most popular addition to the website to date: the FCC Forum. Other than installing and maintaining the thing, I can accept absolutely no credit for the forum. It is an excellent piece of free software written by phpBB, and was a snap to install. Within minutes, the club had a public, online forum. Seldom do installs go so smoothly. Interest in the forum has been steadily growing, with a core group of members who regularly make posts. If you haven't checked out the FCC Forum, you really should do so, and soon.



FCC web guru Tom Clark addresses the Fall Pot Luck at the Konkle Community Center

Chris Broda and LOL

By Chris Broda

This year's LOL group was made up of over 70 amazing women. It was a group of women with varying fitness levels, different careers and ages 15-62 years old. The group encouraged and supported each other as they pushed themselves a little beyond their individual expectations, rode new routes, improved biking skills, improved fitness, and met other women. The LOL group enables women to lead a more active, healthy and productive life.

This year because the group was so big we split into 3 different pace groups. Each week the LOL had the option of

choosing which group they wanted to ride with. We would always start together and try to end together. After each ride there was usually a yummy snack to eat.

The group met on Thursday's, 6:00 pm at UAF. The LOL rides started April 30 and ended October 8. We averaged 21 riders per ride. The groups total rides for the season was an amazing 432 rides. Sixty—one women earned a FCC water bottle for climbing a challenging hill without stopping.

The LOL philosophy is: FUN, FITNESS, and FRIENDSHIP. The group has a place for every level of rider. Come join us next year if you missed out on this year's rides. You will love this group.



Resourceful ladies make unplanned pit stops a breeze!

Amazing Chris Broda and WOW

By Chris Broda

The WOW bike group rode weekly from April 29 thru October 7th. The group was able to ride most Wednesday's at a medium to fast pace. We started 6:00 pm, at UAF for the majority of the rides. This year we also met in Fox, this allowed the group to ride several There were 24 women in the WOW group, with an average of 6 women per ride. This made for 131 total rides with

the WOW group this season.

This year several WOW also rode with the LOL on Thursday nights. This gave them a chance for some extra pedaling with other women.

The different routes group is always looking for more women who enjoy riding at a faster pace. Check out the ride sometime, it may be just what you are looking for.



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The true beauty (of a crit) is you will never be dropped for long.

Farthest North Crit World Championship

A small core group of riders decided to try their wheels at going fast and turning left in 40 minute batches of pain this season at the Tuesday UAF practice criterium. The pain part was optional but everybody that participated had some and dished some out.

The true beauty of this ride is that you

will never be dropped for long and if you need to take a breather you can because the group is always coming around again.

Strangely enough the more people that showed up the more fun was had by all. See y'all and hopefully more next season. – Ride Leader Erik Brunner

Dirt Divas

By Paulette Buth

The Dirt Divas started off as a new group of women mountain bikers, some with trail experience and some without. We began on mostly dirt roads and old mining trails to accommodate newer riders, but soon began focusing on more challenging and mentally stimulating trails as the ridership evolved.

We are a group of women who love to ride trails and be outside in the fresh air.

We like the focus and concentration of technical trails, the thrill of descents, and the sense of accomplishment from conquering climbs and sections of trail where we either previously dismounted the bike or, as sometimes does happen, crashed. Every ride gives us more confidence and bike handling skills. Our rides are typically 2 hours long, give or take 30 minutes or so. We would love to see new faces.

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Saturday Morning Shop Ride

By Joel Buth and Goldstream Sports

Saturday morning group rides were in their 5th season and continued to be a fast paced ride. We averaged around 10 riders, 16 on a big week. We got some good practice riding pace lines and working with each other before hitting the hill and working each other over. Top riders typical averaged around 22 miles

per hour and slower rider 16 miles per hour. It is a fun 30 mile loop starting at 8 am and finishing early enough to have the day left for other things. I can't wait for next year. Part of me wants to ski for a while, but I could easily jump right back to spring and start all over.

I can't wait for next year.

World Famous DougLESS Ride

The Tuesday Night Rides are fun and challenging. Some rides are easier, some rides are harder, and we try to have the easier rides early in the season. As the summer wears on the nights get warmer, we have the longest rides with the most elevation gain. Doug Burnside, the ride founder, put in place a rating system where the difficulty and skill requirement of the ride are expressed as numbers (Rides) are mountain bike rides between 1 and 10.

This year we rode a "ten" on our "Pipeline-Viewpoint" ride by tacking on a few extra miles at the end, along with some more elevation gain. There was a fair amount of grumbling about the extra distance, and I know that my legs were really unhappy about the final climb, but then we got to ride a downhill double-track that was immensely enjoyable and most of us had never done.

Another scale has sort of crept in, and most rides score pretty low on the scale, but there are a few that rank quite high. I speak, of course, of the Stupidity Factor or Stupid Scale. Statistically, when there are a lot of riders, the danger of a ride becoming overly stupid is pretty low. A large group sticks more or less to the planned course, rides about the same speed, has a lot of regroupings, etcetra. A small group of riders is easily led astray, and before you know it, the stupid factor is way up there.

This year's "Burgundy Drive" ride was such a ride. About six riders showed up, in raining conditions. On the way out to Valley Center our carpool vehicle (Mr. Orth's rig) made some funny electrical smells and an engine light came on, an omen that

we ignored. The uphill climb was sloppy and when we got to a familiar four-way intersection, we (for some reason) decided to "see where that one goes". The trail forked and degraded, and after 20 minutes we were barely forging ahead through deep moss. We'd turn around, take a different fork, and end up the same way. The Stupid Factor was at about 6 or 7, dangerously high. This went on for an hour or so, and we eventually made it back to the familiar intersection. Again, instead of taking our usual route, we decided there in the rain, to "see where THIS one goes." It was great for a while, though a little slippery in the wet. The trail snaked through the woods, mostly downhill, great fun. Our luck ran out though, and we ended up in the swamp, unable to ride in the muck. Unwilling to go back the way we came, we forged ahead, following a wet four wheeler trail, pushing the Stupid Factor up to about 8. The trail turned steeply uphill, and we weren't able to ride until close to the top. We popped out on our old trail, about a mile away from our familiar intersection.

We'd covered only 5.5 miles in 2.5 hours and ended up on the trail that we should have gone down. The thing that needs to be said about Stupid Rides, though, is this: they can be hugely fun.

So, even though our ride schedule is laid out in advance and the ride well described, you never really know what is going to happen, which is part of what keeps the Douglas (Dougless?) rides entertaining. If you have some experience riding trails with roots or rocks, and enjoy a few hours of adventure with a bunch of clods, the Tuesday Night Mountain bike rides are the best way to spend a summer evening.

Instead of taking our usual route, we decided, there in the rain, to "see where this one goes".

The Stupid Factor was at about 6 or 7, dangerously high.
 – Tom Clark,
Doug Ride Leader, and his thoughts of the Burgundy Drive Ride off Chena Hot Springs Road

Doug Rides – A View from the Trail



Edward Jones Points Series

*Sixty-two different riders
(189 total racers)
participated in this years
races.*

The Points Series was brought back to the Fairbanks Cycle Club this season. Sixty-two different riders (189 total racers) participated in this years races which covered a wide range of disciplines. With everything from hill climbs and road races, to time trials and even a sprinting contest, each rider was able to test their special ability against other FCC members. In addition a volunteer requirement was added to encourage members to participate not only in the races themselves but in the planning and organization as well.

Local forest fires derailed one race and

riders had to endure rain in another race, but for the most part the weather for the Series was exceptional.

Cash prizes were added this year to replace the traditional goodies racers have received in the past. Christopher Knott of Edward Jones Investments sponsored the Points Series with \$750. For each class, first place was awarded \$150, second place won \$75, while third place earned \$25

Tyson Flaharty won the Expert Class with 560 Points, Chris Wyatt won the Sport Class with 500, and Heather Best won the Woman's Class with 440 Points.

Points Series Race Results

Race #1 Cripple Creek Time Trial:
(Results Unavailable)

Race #2: Pedro Monument Hill Climb: (T. Flaharty, R Steele, M Lewis)

Race #3: UAF Sprints (L Hanneman, R Steele, H Best)

Race #4: Summit Hill Climb (T. Flaharty, T Dale, H Best)

Race #5: Goldstream Sports Circuit
Race (T Flaharty, C Wyatt, D Flaharty)

Race #6: Spinach Creek Time Trial
CANCELLED

Race #7: Pedro Base Time Trial: (L Hanneman, R Steele, H. Best)

Race #8 : Repeat Cripple Creek Time
Trial (T. Flaharty, R. Steele, H. Best)



Happy Valley Single Track

A quick end-of-season update.

The first phase of the Happy Valley Trail was a great success. We were able to lay-in two separate loops, one 3 miles and the other a very technical 1/2 mile. Both trails have gotten rave reviews and we expect them to be popular for snowshoeing once we get a bit more snow.

The shorter trail was completely hand built (at an average of 12'/hour, I figure that represents about 220 hours of work) while the longer loop was built by a Sweco under the control of Jon Underwood (dba Happy Trails), then hand-finished. All the hand-work was done by 68 individuals who volunteered a total of 683 hours during our Thursday and Sunday work sessions. For the grant reporting, this was valued at over \$15,000.

In addition to the \$50,000 State Recreation Trail Program grant that we received, we had significant donations and support from Goldstream Sports, Fairbanks Cycle Club, National Park Service - Rivers Trails Conservation Program, Gold Hill Imported Beer & Fine Wines, Golden Valley Electrical Association, and Running Club North.

I just submitted an application for a State Recreation Trail Program grant for 2010, and have submitted corporate sponsorship requests to Fairbanks Memorial Hospital and Premera Blue Cross. Also intend to get requests out to Bikes Belong and CocaCola within the next few weeks.

Thanks for everyone's help & have a good winter.

We've all heard it, Trails Don't Fall from the Sky! Thanks again for your generous contributions and support.

Geoff Orth
Alaska Trails

(The trail)
represents
about 220
hours of work.

We had
significant
donations and
support from
Goldstream
Sports,
Fairbanks Cycle
Club, National
Park Service -
Rivers Trails
Conservation
Program, Gold
Hill Imported
Beer & Fine
Wines, Golden
Valley Electrical
Association, and
Running Club
North.

FCC Around the World



Joel Buth and Tyson Flagarty represent Fairbanks at the Interbike Trade Show in Las Vegas



Russ Brovold, Joel Buth, and Bill Hrinko participated in the Great Alaskan Century during the Fireweed 400 in July



Bill Hrinko leads Christopher Knott and a good bit of the field in the inaugural Levi Leipheimer's Gran Fondo in Santa Rosa, California

Fairbanks Youth Cycling Series

2009 Junior Cycling by Rick Johnson

2009 was the fifth season of the Fairbanks Cycling Club's Junior Cycling. The group met every Friday from May 22nd to 31 July. We registered 53 riders (a few more joined later), which we divided into 5 groups of similar abilities. Kids from 4 years old to 14 participated. Our average turn out each night was probably close to 30 riders, with more in the early season and fewer towards the end. I led a small group of the older riders up Ester Dome via Happy and Henderson Road and down the Alder Shute as trial run for more ambitious rides. The kids were challenged but enjoyed the adventure of new trails. I hope to schedule more rides for these advanced riders next year. The goal of the Junior Cycling program was to get kids on trails with their bikes, improve their bicycling skills, and have fun with other kids using their own motors outdoors! We also hoped the program would get parents involved with cycling and make it a family affair. By those measures, the program has been a huge success.

The Junior Cycling program would not have been possible without the devoted support of parents and our 14 volunteer coaches: Joel Buth, Jim Button, Tom Clark, Pat and Lisa Druckenmiller, Donna and Denny Difolco, Sally Endestad, David James, Denise Jerome, Christopher Knott, Matt Olson, Jose Rueter, and Dirk Vinlove. Junior Cycling took advantage of the outstanding ski trails in Fairbanks, meeting at Birch Hill for all of the May and June sessions, then at the University of Alaska Fairbanks trail system for the month of July. Despite the great ski trails, it would be nice to expand to some other venues that offer easy terrain for the younger kids yet have some challenging tracks for the middle school kids. Any ideas on new locations are appreciated. For that matter, any new thoughts on expanding and improving this youth program are always welcome. We always need more coaches and volunteers. No special skills are needed, just a mountain bike and enthusiasm!

The Junior Cycling program could not have happened without the generous support, encouragement, and organization of the Fairbanks Cycling Club.

We hope to see everyone back on the trails next year. Look for announcements in the Fairbanks Cycling Club newsletter, FCC listserv, or on the Hotline (459-8008). Registration for 2010 will begin at the annual Bike Swap in May and we will have our first ride the week after the last day of school.



Fairbanks Cycle Club

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Off the Back (page)



Club Group Ride Guru Chris Broda boasts about her fabulous rides. Rides that generated a lot of interest within the club during the 2009 season.

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 a decade or more, knit together by a core group of 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. FCC is not a political organization. There's plenty of that in the world without our contributing to it. So, if you enjoy bicycling, and would like to learn about great new rides, enter a few races, or explore some cool trails, become a member today.