

Spoke 'N Word



Fairbanks Cycle Club // Fairbanks Alaska

Sittin' in with Joel

I have had a busy spring with lots of meetings leading into a full summer of projects. Work continues on the FCC Bike Expo, Ester Dome Single Track, Bike To Work Week, Developing Down Hill Bike Trails at Birch Hill and much more. The FCC Bike Expo will include our long held bike swap. This year we are moving to the Fair Grounds so we have room to expand our activities to include; kids Bike Rodeo run by volunteers in Policing in cooperation with Safe Kids, bike repair clinics, cyclocross clinic and other fun events. We will have info and people on had from other bike events and organizations. Look for more info on the

FCC web site. The Ester Dome Single Track project continues to move forward. I have been out in the woods flagging new routes to get a jump on this summer's construction of an additional five miles of trail. This loop will go around the outside of the loops built last year and incorporate steeper side slopes and more variable terrain. If you like what was built last year this one will take it up another notch. We will be putting out a call for volunteers soon to continue finishing work that we did not get done before the snow hit and the new trail we will be breaking ground on in mid June. I have been attending

meeting and helping with plans for Bike to work week May 17-21st. It is shaping up to be a great event.

The latest development has been Down Hill Bike Trails planed for Birch Hill Downhill Area. They are gravity fed runs along the sides of the downhill area and utilize the chair lifts to get to the top. It is currently in the planning stages. They are also planning single track trails for the cross country bikers as well. It looks to be an exciting addition to the Fairbanks area bike trails. Geoff Orth, Jon Underwood and I have met with them to help with some general planning for the project. Joel Buth

Hot Topics::

- Bikes AND Cars Belong.
- Group Ride Etiquette: Don't be that Guy..Or Gal.
- Giving her Best.

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The Club VP

No news is good news in this case.

The clubs nationwide USAC membership and accompanying insurance is in place for another safe year of fine Fairbanks cycling.

Race and ride permitting is progressing. I'm not where I want to be at this point but we will get there.

The club is waiting somewhat impatiently for bids to be returned on the sign upgrades that will be in place for races and some of the larger events this year.

For the few, the proud, those interested in riding laps at UAF for 45 minutes to an hour the 2nd Annual Farthest North

Tuesday Night World's will be starting up again soon. So watch the listserv for the kick off announcement.

Have a safe season and hope to see you out there.

Erik Brunner

The Money Man



The FCC Official Club Wear has been a big hit. Special thanks goes to Margo Klass for the wonderful design. To order yours today send an email to sec@fairbanksclub.org

We are starting off the year with \$5009 in our savings account and \$7981 in our checking account. This is a little lower than last year because of the clubs initial purchase of the new FCC Wear. As club members buy our inventory we'll see these replenish our bank account.

We've received a check for \$5,000 from Banner Health, the title sponsor of the 2010 Chena Hot Springs Bike Classic. It

will be great to have this ride back again, especially on brand new asphalt, not chip-seal, pavement.

As in the past we will continue to support other local rides and races such as the Mountain Bike Stage Race, Tour of Fairbanks, and the Edward Jones Points Series; as well as the local trail building endeavors.

Another expense we are planning for is the purchase of new safety and warning signs for the

road races and rides. The signs we have are big and heavy and we don't have enough to cover the course the way we'd like. We are currently in the process of acquiring these for the upcoming season.

The clubs main source of revenue is the Bike Swap. If you have something to sell, or are looking to upgrade, please support your club by participating in the Bike Swap coming up on May 15.

Bill Hrinko

Fairbanks Cycle Club Group Rides

The Fairbanks Cycle Club has Group Ride for all abilities and disciplines. Pick a ride that suits your interests and take the plunge this week. You'll love it!!

=>**CoEd Group Ride** – A more leisurely group out to enjoy two wheels on Sunday mornings

=>**Larry's Ride** – A great Sunday afternoon road ride. A great way to stretch the legs on a nice summer day

=>**Dirt Divas** – These ladies enjoy the local mountain bike trails. Rides are a bit more moderate but still enjoyment is the name of the game. They meet on Mondays.

=>**Dougless Ride** – Hard core Mountain riders of all abilities. Enjoy the local trails on Tuesday

=>**Women on Wheels** – These ladies are true roadies and enjoy the wind in their hair. They meet on Wednesdays.

=>**Ladies of Leisure** – A ride for all abilities. Enjoy the local cycling scene with these ladies every Thursday.

=>**Saturday Morning Group Ride** – A very fast pace, hair on fire, paceline and lactate acid type ride. These roadies leave early Saturday morning.

Banner Health's Chena Hot Springs Bike Classic

The Chena Hot Springs Ride is back! Scheduled for June 26, this classic ride will be more comfortable than ever. With last years paving of Chena Hot Springs Road it is now silky smooth and, as always, a beautiful ride through our Chena State Recreation Area. With ride lengths to appease all types of cyclists this is a ride for the whole family. Choose between riding from town (60 miles), Valley Center (30 miles), or Angel Rocks pullout (7 miles for kids). And be sure to enjoy a great feast and a relaxing soak after the ride. All the while keeping your eyes open for wildlife and the beautiful scenery Chena Hot Springs is known for. Plus a wonderful THANK YOU to Banner Health for their sponsorship of this event.



Bikes AND Cars Belong!

Ten years ago, after a meeting of the Fairbanks Cycle Club, I was tasked with having a bumper sticker made that read, "Share the road — bikes belong!" As an avid cyclist, as well as something of a safety geek, I got right on it. Upon receiving the stickers, I immediately placed one on the bumper of my truck, making mine the first vehicle in Fairbanks to be thus emblazoned.

In the intervening years, I've been glad to see these stickers on countless cars and trucks. In my experience, most drivers in Fairbanks share its sentiment. But I've also seen letters to the editor and online comments from drivers who cite those stickers while criticizing cyclists. And as the person who had them made, I'd like to tell these critics that I share many of their concerns.

Alaska law states "Every person operating a bicycle upon a roadway has all the rights and is subpart to all of the duties applicable to the driver of any other vehicle." Consequently, drivers have a responsibility to treat bicycles with the same respect they show other cars and trucks. Some drivers might not like this, but the law is on the cyclists' side. We have the right to be on the road, and we aren't going away.

Unfortunately, there is no shortage of cyclists who understand their rights but not their responsibilities. As a driver, I see plenty of examples, ranging from riding against the flow of

traffic, to disobeying traffic signs and signals, to riding after dark without proper lighting, and much more.

All of these actions are illegal and put the cyclist at risk. But what some cyclists fail to grasp is they also put the occupants of motorized vehicles at risk. Drivers who have to take unexpected evasive action to avoid a cyclist could find themselves colliding with another vehicle, a stationary object, or — in a worst case scenario — a pedestrian as a result. The fact that this doesn't happen often doesn't mean it can't; it just means we're lucky.

The problem isn't the presence of cyclists; it's that cycling laws aren't sufficiently followed or enforced. I realize Alaska's police have no shortage of work, but as a cyclist, I would like to see some of my fellow riders ticketed for illegal behavior. Once in my teens, I was pulled over on my bike for running a stop sign. I was let off with a warning, but the embarrassment prompted me to shape up. It was a much-needed lesson and one other cyclists could benefit from.

Another thing needed is for cyclists to speak out when they see illegal or irresponsible riding. Those of us who ride need to do more than just proclaim our right to do so. We need to accept that, like it or not, many people judge all cyclists by the poor habits a few demonstrate. This might be unfair to the majority who obey the laws — after all, no one

demonizes all drivers because of the reckless behavior of a few — but it's an unfortunate reality we live with.

With this in mind, I've more than once chastised fellow riders for creating hazards for themselves and others. They don't like hearing it, but I say it anyway. Last year, after nearly colliding in my truck with a group barreling up the wrong side of the road, dispersed across the oncoming lane on a blind corner, I posted an exceedingly angry comment on the cycle club's listserv. It was one of the most dangerous examples of illegal riding I've ever seen, and since the perpetrators looked like serious riders and likely club members, I suspect my posting ended up in their e-mail boxes.

Bicycling is one of my favorite activities. I started before I entered kindergarten, and I'll continue to do it for as long as I'm physically capable. I have a legal right to use the road, and drivers have a legal obligation to respect my rights and my safety. As a cyclist, I've seen my share of bad drivers who don't do this. But as a driver, I've also seen my share of bad cyclists. So 10 years after I had those stickers made, I'd probably word them somewhat differently. They should read, "Share the road — bikes and cars both belong." If we all adhered to this principle, our roads would be safer for everyone.

David A. James is a long-time member of the Fairbanks Cycle Club.

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"Another thing needed is for cyclists to speak out when they see illegal or irresponsible riding."

Group Riding Etiquette

Does and Don'ts on the Trail and the Road

Don't Be That Guy or Gal...

"Go online right now and buy the Cyclist's Training Bible by Joe Friel."



...who ignores pointing out debris and potholes on the road. There is all manner of danger out there, and those behind you can't necessarily see it.

» Instead, honor the golden rule

Ride like the person you like riding behind. Assume anyone riding on your wheel is blind to anything in front of you, and err on the side of caution when it comes to anything that could cause a crash or puncture.

...who takes a King-Kong pull at the front and then gets dropped. If your aim is to impress your fellow group riders, then not dropping yourself is a better option.

» Instead, take a seamless pull

Gauge your effort on the front and then drop back into the draft while you still have something in the tank.

...who waits until the morning of the race to fill out their registration.

» Instead, take care of everything possible prior to race morning

Online registration saves time and eases stress, allowing more time for warming up and porta-potty lines.

...who half-wheels his training partners. If you want to continue to have training buddies, don't continually do things that are likely to annoy them. People have only so much patience for a half-wheeler. Unless the plan is for a competitive group ride, don't make it one.

» Instead, stick to the plan. If it's a recovery ride, relax and take it easy, and let your buddies do the same. If it's a long ride, do longer pulls if you want more. If it's an intensity ride, do your intervals full out, and do your rest periods fully as well; base your speed on what your body is up for, not what your buddy's is.

...who overcooks himself with mega-miles too early in the season. Great racing form is great—during the racing season. Going too hard, and doing too much intensity too soon could mean you're fried to a crisp by the time July rolls around.

» Instead, follow the tried-and-true rules of periodization

It's easy to let our legs replace our brains during those early spring days, when the motivation to shed the winter cobwebs is at its highest. But many others before us have already learned the lesson—gradually build into your

season with adequate time for base miles. Don't know the word periodization? Go online right now and buy the Cyclist's Training Bible by Joe Friel before you do another ride.

...who rides through red lights.

Not only is it dangerous, but it's also against the law.

Maybe you can get away with it when you're riding alone, but nothing angers motorists more than watching a group of cyclists jump past them at the lights when they are patiently waiting for them to change green.

» Instead, stop and wait. Even if the group goes ahead, you'll get in some extra training as you work to catch back on.

...who takes care of ill-timed business at the front of the group.

Don't wait until you are at the front of the paceline to blow your nose, remove your arm warmers, fuss with your shift cable tension, dig food out of your rear pocket...You get the idea.

» Instead, act like the captain of the good ship Peloton. Keep the pace steady and the line smooth. Warn us of sand, glass and other nastiness. Take care of that other stuff when you are at the back.

"It's easy to let our legs replace our brains during these early spring days."

FCC Out and About in the World

Best nabs relay gold in triathlon

by Bob Eley /
beley@newsminer.com

FAIRBANKS - Heather Best wasn't overly happy with her individual performance at the Winter Triathlon World Championships, but she was overjoyed with a relay gold medal in Norway.

The United States women's team dominated the relay race to claim the world title.

Emma Garrard got the team off to a good start, trailing a Russian woman after the run, but Best took the lead on the biking portion of the race and the American trio of Garrard, Best and individual champion Rebecca Dussault never trailed again.

"We knocked off the home team (Norway) as well as defeating the Russians and Austrians", Best wrote in an e-mail. "It was a beautiful day — 30 degrees and

sunny, with no wind.

The bicycle course was a mess which was great for us," she continued. "I even had to dismount for a few short sections (climbs). No mechanicals today to ruin the fun.

"So now I can forget about yesterday and enjoy a good performance by all today," she concluded.

In the prior day's individual competition, things didn't go quite as well for Best, as she finished 13th out of a field of 17 finishers.

Dussault won the race in 1 hour, 19 minutes and 47 seconds, almost two minutes ahead of Russian Taliana Charochkina. Garrard was seventh in 1:24:47 and Best posted a time of 1:28:47.

"When we checked the course out yesterday (Friday), the bike was pretty sloppy and getting worse as

people practiced on it. I thought this was a great thing for the U.S. gals because we're used to riding on soft conditions. But they groomed and the course firmed up significantly overnight resulting in a speed course today (Saturday)," Best wrote

"I had a good transition to the bike and was hoping to gain some ground, but the course was surprisingly firm," Best wrote. "We were not able to test the course on race morning, so I had my tire pressure very low based on the previous day's condition. I ended up being passed by four gals on the bike — not my hoped for outcome — with no real advantage on the snowcats."

Best was 13th heading into the ski portion of the race, but couldn't gain any ground even though she had a solid performance.



Fairbanks own Heather Best at the end of a ski leg.

24th Annual FCC Bike Expo and Swap is here!

The FCC Bike Expo is on!

We have moved the location to the Fairgrounds to accommodate more events and activities this year. The 24th Annual FCC Bike Swap portion of the event will start with equipment drop off from 8:30am until 10am. Sales will start at 10:30am. As a fundraiser, FCC will take 20% of any item sale up to \$100. This is the major

yearly fundraiser for the year and allows for the Club to provide the events and services at no or very little charge. So dig through the closet, sort through your garage, and look under that snow bank and bring it all down to the Fairgrounds!

The FCC Bike Expo will begin with a Bike Rodeo for kids, which starts at 10am, repair clinics

starting at 11am and another at noon, many vendor and local organization booths, and information about different activities within FCC. In addition it will be the annual kick off to the Bike to Work Week in Fairbanks.

So, grab the kids, your new, used, unneeded, or simply money making items and head to the Fairgrounds on May 15.

Help support your Fairbanks Cycle Club at the Bike Expo at the Fairgrounds on May 15th. With plenty of activities a great time will be had by all.

Fairbanks Cycle Club
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We're on the Web!

See us at:
www.fairbankscycleclub.org

**FAIRBANKS CYCLE
CLUB**
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2010 Tour of Fairbanks

=> PARKS HWY UPHILL
PROLOGUE (INDIVIDUAL
TIME TRIAL)

Stage 1 June 10, 2010

Open to all riders, GC and
day riders

Start at the Ester Fire Station
with the finish about 5 miles
out the Parks at the
Monument turnout.

=>CHENA HOTSPRINGS
ROAD RACE

Stage 2 Friday June 11,
2010

Open to all riders, GC and
day riders

Starting on Nordale Road out
to Chena Hot Springs Resort
and back to Valley Center.

This is a new stage for the
TOF and will clock out
around 85 miles. The race
climbs through some hills
and comes screaming out
into the newly paved "flats."

All fields ride out to a turn
around point near the hot
springs itself then back
across the flats finishing at
Valley Center.

About us..

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.

=>CHATANIKA INDIVIDUAL
TIME TRIAL 20k

Stage 3 Saturday June 12,
2010 in the morning.

Open to all riders, GC and
day riders

This stage starts and finishes
for all fields at the Chatanika
lodge. All riders will race on a
20k out and back course on
a flat road with decent
pavement.

=>CHATANIKA ROAD
RACE

Stage 4 Saturday June 12,
2010 in the afternoon.

Race open to GS Riders
ONLY in all fields

The Chatanika Road race
has two lengths. The start
and finish for all riders is at
the Chatanika Lodge.

Open riders will go out
approximately 35 miles to a
turn around and come back.
Women/Sport/Masters will go
out about 20 miles and turn
around. Sprints for the Open
and Womens fields will be
located at the same spot on

FCC has been around for
more than a decade, 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,

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the way out and the way
back approximately 15 miles
out from the start line.

=>GLOBE CREEK ROAD
RACE

Stage 5 Sunday June 13,
2010

Race Open for GC Riders
ONLY in all fields

Billed as the finest stage in
Alaska the Globe Creek
Road Race could be a one
day classic stand alone. This
mother of all stages starts
and finishes at the Silver
Gulch Brewery and rides out
the Elliot Hwy to one of two
turn around points. The open
field climbs past Wickersham
dome and descends to the
turn around at Globe Creek.
The Womens/Sport/Masters
turn around is at mile 28
(White Mt Pull Out) and
return to the finish. Sprints
for the Open and Womens
will be on the way out and on
the return, at the same point
on the flats in the Chatanika
river valley.

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!!

**COMPANY NAME
STREET ADDRESS
CITY, ST 22134**

