

❖ SPOKE'N'WORD ❖

The official newsletter of the Fairbanks Cycle Club
P.O. Box 83424, Fairbanks, Alaska 99708

Volume 3 Issue 5

July 1997

RAMBLINGS FROM THE PRESIDENT

FCC Club jackets are on order!!!! For those members and sponsors who have been patiently awaiting the arrival of club jackets, the jacket design team has finalized the artwork and placed the order for 50 jackets. So if you're interested in purchasing one of these jackets, stop by Beaver Sports and let Mark Knowles know your size. The jacket design is really nice and should be very popular. Expected receipt of the jackets should be around the second to third week in August, but I'm going to hound the jacket printer and see if I can't speed this process up.

The club has been receiving great sponsorship this year: **MAPCO** and **TOTE** for general club funding; **All Weather Sports** and **Beaver Sports** for merchandise sponsorship; **Fairbanks Gold, Flowline Alaska, and Dr. Dennis Sergeant** for support of the Mountain Bike Stage Race; **GEICO, Fairbanks Chiropractic Clinic, and Hot Licks** for support of the Youth OffRoad Series at Birch Hill; **Auto Service Company / Subaru** will be allowing the Fairbanks Cycle Club to utilize a new **Subaru Outback Wagon** for race and event support. So expect to see this vehicle at several of the FCC onroad and offroad events during the rest of the season. Many thanks to all these great people and businesses.

The results of the club survey which I sent out in the last newsletter are in. Based upon the overwhelming number of surveys I received back, and the unanimous approval from all the club members which sent their surveys in to me, I will be departing Alaska on August 13 bound for Tahiti to spend the next

three months improving my French language skills and learning how to utilize sun tan oil as a bike lubricant. I would like to thank all of the club members who submitted their surveys approving of my utilizing club funding for my airfare, lodging, food, and entertainment expenses.....But really, I'm just kidding. I actually received three (3) surveys back which essentially stated that we need to start the rides and races promptly, and that generally the club is doing a good job. If I receive additional surveys back I will proceed to analyze the survey data in a more statistical fashion.

The season point tallies for the 1997 FCC Road Point Series and 1997 Mountain Bike Point Series through July 10 are printed in this newsletter. Again, the points leaders are those who have showed

COMING SOON!

**STATE CHAMPIONSHIPS
DELTA HEADWIND RIDE
TOUR OF MINING CTRY**

RACE FLYERS INSIDE

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Gail Koepf (455-6837)

Articles or items for the Spoke'n'Word are welcome. We hope to go to press 7 times a year with issues in March, April, May, June, July, August and October. Editor will pay \$5 for short pieces published and \$15 for feature articles published.

HOTLINE

459-8008

(call Shawn @ 479-6966 to update)

RAMBLINGS cont.

at events as well as directed events. These points tallies do not include the Two Rivers Youth Circuit Race (I wasn't able to obtain the results but I'm working on it), or the results from racers who have raced out of town (If I don't have them I can't include them in the points standings).

Anyway, have fun biking and look out for the State Championship Road Race, the Tour of The Mining Country Mountain Bike Race, the Delta Century, and the Ann's Greenhouse Road Race all coming up soon.

Shawn Stratton

BIKE BYTES

For all you who read this column, the editor apologizes for an error last issue. Wenger Swiss Army Knives offers the knife with bike tools, not Wenger Swill Army Knives, of course.

President Clinton is accompanied on his jogs by a secret service agent on a bike with bulletproof Hed disk wheels and a bulletproof front triangle. (Rear wheel weighs 4 pounds!) A similar bike is in the works to market to police departments.

An average of 1300 bikes are reported stolen daily in the United States.

A bicyclist can cover 930 miles on the food-energy equivalent of one gallon of gasoline.

of adventure and exploration, without the adult cares of holding a job and family together. But I see even my 15-year-old daughter beginning to face questions that haunt us all. Questions that appear on the test, such as: "How do I negotiate the exhausting terrain of the daily routine and retain my personal identity and enthusiasm?" "How can I give up the impetuous, carefree dreams that nourish and energize my youth?" Ninety-some entrants of this race might just answer that last one with: "Why give them up?"

Iditasport mood-states, when comparing pre-race to post-race values, show what seem like some predictable changes. Fatigue changes from low to high. Confusion/bewilderment remains the same. Tension/anxiety goes down (really!). And anger remains unchanged. Does this seem moot? Well, mood-state is only part of an integrated study. They're also trying to understand the effects of prolonged exercise on certain neurotransmitters and on blood levels of muscle nutrients, both of which strongly influence fatigue.

Other results show that Iditasport participants score high in boldness, emotional stability, dominance, enthusiasm, and intelligence when compared to the norm (you know, like normal people). This high intelligence rating is a good thing because toward the end of this race many a brain cell is being burned.

According to the tests, Iditasporters are: likely to experiment, very self sufficient, very creative and imaginative, and able to tolerate a great deal of inconvenience (duh!) There are no score differences based on sex.

The final conclusion is that the official Iditasport personality profile is "highly creative, and an independent introvert." As far as avocations go, it turns out we score between stunt pilots and rodeo cowboys. That sounds about right. Who else would do Iditabike buy an endorphin junkie looking for a wild ride?

Published in the July issue of "BIKE"

**WHAT KIND OF PERSON RACES IDITABIKE?
Tests show how sick these puppies really are**
by Rocky Reifenhstuh

"Carefree." The word stops me cold. I'm doing my duty as an ultra-endurance athlete, and in the name of science, baring my feelings for the personality profile statisticians. Pre-race tests are a regular part of Alaska's Iditasport mountain bike race, for scientists have a deep hunger to see what makes people want to ride their bikes great distances in cold weather and extreme conditions.

I have entered Iditasport 1997 with my brother, Steve. We're willing guinea pigs for the tests because, as competitive athletes, we want to know the physiology and psychological profiles of fellow racers. And as people, we are intensely curious about what makes us and others tick. Blood tests and urine tests are standard, as are pre- and post-race dietary reports (where you might reveal you stoked with Twinkies, not Stoker bars). There are also psychological tests, mood-state tests, and sometimes, weight and body fat measurements. Drs. Sam Case (Human Performance Laboratory, Western Maryland College) and Steve Bailey

(Medical University of South Carolina) have compiled five years of personality trait data, but not before both completed the race to get the inside line.

For our tests today the hot topic is mood-state analyses and how they are affected by intense and prolonged effort. The 80 questions in this pre- and post-race test fall into six categories during analyses: 1) Fatigue, 2) Confusion-Bewilderment, 3) Tension-Anxiety, 4) Depression, 5) Vigor, and 6) Anger.

I plow through a lengthy list of words and check off how often I have "felt" them this week. "Carefree" is the ringer, because it is hilariously inappropriate in the midst of this mandatory, pre-race meeting with the last minute instructions, the warnings on frostbite, hypothermia, open water, overflow, and the chaos that ensues when scores of racers pull mandatory gear out of various bags and packs to be checked and weighed. What's more, I can barely remember a time when "carefree" did apply. As a child, I remember awakening with the excitement of beginning a new day

Road Points Series:Junior Women Age 9 & under

Claire Wool	1st place	3 points
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Junior Women

Evanka Harwood	1st place	12 points
Hollie Wynne	2nd place	7 points
Portia Collette	3rd place	5 points

Junior Men Age 9 & under

David Norris	1st place	3 points
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Junior Men Age 10 - 11

Steven Norris	1st place	16 points
Kim Shearer	2nd place	3 points

Junior Men Age 12 - 14

Brian Norris	1st place	8 points
Kelsey Hough	2nd place	9 points

Senior 'B' Women

Jana Dandova	1st place	30 points
Kay Kindt	2nd place	26 points
Jan Pessel	3rd place	11 points
Christine Matson	4th place	10 points
Nancy Lewis	5th place	3 points
Nina Tartakoff	5th place	3 points

Senior 'A' Women

Sue Thompson	1st place	22 points
Gail Koepf	2nd place	16 points
Joanna Roth	3rd place	8 points

Junior 'A' Men

Tom Harwood	1st place	51 points
Scott Wynne	2nd place	45 points
Garrison Collette	3rd place	27 points
Jesse Carlstrom Jr.	4th place	19 points

Master 'B' Men

Don Norris	1st place	13 points
Jerry Fillingim	2nd place	10 points
Myron Chernushin	3rd place	4 points
Bjarne Holm	3rd place	4 points
David Tiemessen	3rd place	4 points
Ed Buoncore	6th place	3 points
Dave Kramer	6th place	3 points
Keith Woodworth	6th place	3 points

Master 'A' Men

Royal Davis	1st place	84 points
John Murphy	2nd place	71 points
Doug Burnside	3rd place	45 points
Steve Clautice	4th place	39 points

Peter May	4th place	39 points
Robert Schlentner	6th place	30 points
Paul Gregory	7th place	14 points
Malcolm McEwen	8th place	12 points
Shawn Marsh	9th place	8 points
Simon Rakower	10th place	6 points
John Arambarri	11th place	4 points
Fred Raymond	12th place	3 points

Senior 'B' Men

Mike Engles	1st place	21 points
Paul Gregory	2nd place	17 points
Dave Kelly	3rd place	16 points
Jeff Patten	4th place	13 points
Tony Werner	5th place	7 points
Ben Barton	6th place	6 points
Dave Lokken	7th place	4 points
Craig Culver	8th place	3 points

Senior 'A' Men

Mark Knowles	1st place	91 points
Shawn Stratton	2nd place	72 points
Rick Denicke	3rd place	54 points
Rocky Reifensstuhl	4th place	36 points
Jonn Stroebele	5th place	35 points
Bruce Gard	6th place	23 points
Marc Rowden	7th place	18 points
Malcolm McEwen	6th place	15 points

Mountain Bike Points Series:Junior Women Age 5 & under

Brandy Swanson	1st place	3 points
Claire Wool	1st place	3 points

Junior Women Age 9 - 11

Elizabeth Vaughan	1st place	8 points
Jessy Bone	2nd place	5 points
Johanna Bone	3rd place	3 points
Zanna Furness	3rd place	3 points

Junior Women Age 12 - 14

Hollie Wynne	1st place	7 points
Emily Vaughan	2nd place	6 points

Senior 'B' Women

Shelly Hamilton	1st place	23 points
Paulette Hoffman	2nd place	10 points
Sue Nactegal	3rd place	4 points
Jana Dandova	4th place	3 points
Paige Olson	4th place	3 points
Kathy Young	4th place	3 points

Mountain Bike Points Series (continued):Senior 'A' Women

Julie Bush	1st place	34 points
Gail Koepf	1st place	34 points
Linda Heck	3rd place	4 points
Christine Matson	3rd place	4 points
Joanna Roth	3rd place	4 points
Sue Thompson	6th place	2 points

Junior Men Age 5 & under

Cameron Nutter	1st place	10 points
Chris Harwood	2nd place	6 points
Larry Swanson	3rd place	5 points
Keegan Severns	4th place	4 points

Junior Men Age 6 - 8

David Norris	1st place	11 points
Tim Goettinger	2nd place	4 points
Josh Branhan	3rd place	3 points

Junior Men Age 9 - 11

Steven Norris	1st place	27 points
Tommy Lokken	2nd place	8 points
Caleb Stevens	2nd place	8 points
Clint Severns	4th place	6 points
Ben Murphy	5th place	4 points
Andrew Branhan	6th place	3 points

Junior Men Age 12 - 14

Brian Norris	1st place	26 points
Paul Schauer	2nd place	5 points
John Wing III	2nd place	5 points
Nick Boyd	4th place	4 points
Zachery Furness	5th place	3 points
Matt Rouleau	5th place	3 points
Aram Wool	5th place	3 points

Junior 'A' Men

Tom Harwood	1st place	64 points
Scott Wynne	1st place	64 points
Jesse Carlstrom	3rd place	32 points
Paul Hemming	5th place	18 points
Garrison Collette	6th place	17 points
Silas Hoffman	7th place	6 points

Master Men

Doug Burnside	1st place	37 points
Steve Clautice	2nd place	27 points
Doug Yates	3rd place	21 points
Don Norris	4th place	12 points
Hank Billings	5th place	11 points
John Wing Jr.	6th place	10 points
Myron Chernushin	7th place	7 points
Jerry Fillingham	8th place	5 points
David Tiemessen	9th place	4 points

Bruce Bates	10th place	3 points
Simon Rakower	11th place	2 points

Veteran 'A' Men

George Carroll	1st place	22 points
Dave Leonard	2nd place	21 points
Brian Wynne	3rd place	17 points
Bruce Gard	4th place	9 points
Craig Culver	5th place	8 points
Marc Rowden	6th place	3 points

Senior 'C' Men

Shane Malone	1st place	11 points
John Carnahan	2nd place	10 points
Loren Burnham	3rd place	9 points
Eric Ensign	4th place	8 points
James Fisher	5th place	7 points
Lance Nutter	6th place	6 points
Desmond Moore	7th place	5 points
Eric Nace	8th place	4 points
William Peacock	8th place	4 points
Eric Troyer	8th place	4 points
Eric Hollands	11th place	3 points
Glenn Miller	11th place	3 points
Kenny Miller	11th place	3 points

Senior 'B' Men

David Delcourt	1st place	72 points
Mike Engles	2nd place	52 points
Jason Doxey	3rd place	49 points
Brian Martin	4th place	21 points
Andrew McCarthy	5th place	20 points
Andy Sterns	5th place	20 points
Stacy Moon	7th place	18 points
Malcolm McEwen	8th place	17 points
Mark Haas	9th place	13 points
Dan Reichardt	9th place	13 points
Bill Courtemanche	11th place	8 points
Michael Jones	12th place	6 points
Nate Mohatt	12th place	6 points
John Arambarri	14th place	3 points

Senior 'A' Men

Rocky Reifentuhl	1st place	63 points
Shawn Stratton	2nd place	57 points
Rick Denicke	3rd place	20 points
George Carroll	4th place	12 points
Jonn Stroebale	4th place	12 points
Bruce Gard	6th place	10 points
Clint Ragan	7th place	8 points
Martin Babcock	8th place	6 points
David Kelly	8th place	6 points
Chris Kowalsky	10th place	4 points
Troy Tucker	10th place	4 points

RACE SNEWS

The 24 Hour Race at Birch Hill was a good race and party time for mountain biking Fairbanks funhogs. Four teams and 7 semi-masochistic single riders participated. No DNF's, but one team and one individual rider went home to their own beds for the wee hours!

The Birch Hill course was 9.2 miles long with about 1000 ft. of climbing per lap. The top team of Dave Delcourt, George Carrol, Tom Harwood and Paul Hemming completed 24 laps! Rocky Reifensuhl was the top solo rider with 19 laps including a 2:00 AM nap and sitting out the last lap. Doug Burnside said the event was lots of fun and that competing on a 4-person team was easier than most would think. His team included Linda Heck, Joanna Roth and Craig Culver. They each rode 2 hours on and 6 hours off. Junior Jesse Carlstrom proved you don't have to be old to do endurance events and completed the event and 12 laps.

The course was not particularly technical but became increasingly so after some 12 hours of riding. The weather was perfect, the bugs bearable and solo riders saw new stars, constellations and other visions that night (but where were the dancing girls?). The warm-up hut provided a place to throw a sleeping bag for team riders and there were lots of goodies to keep everyone fueled.

Post-race consensus was to do it all over again in '98. The unique event combined mtn biking, friends, food, and sunny trails - and you can't beat that!

52 riders came out to prove they could take whatever Doug Burnside could dish out in this year's **Death Ride**. Riders from 13 to 52 years waded the swamp and participated in the annual challenge. All had a great time despite one switched sign which led a few (including the leader) down a wrong trail. Despite the wrong turn, Jonn Stroebele managed to finish second to Shawn Stratton who completed the course in 1 hour, 29 minutes.

The **Mountain Groadies beat the Road Weanies** again this year despite moving the race start a mile down the hill on the Elliot Hwy. to lengthen the course for the mtn bikers. Guess the weanies will have to wait for a year with a good soaking rain to even the odds.

The **Midnight Sun 600** is attracting national attention. The Anchorage to Fairbanks bike race was winding up just as the Midnight Sun 10 K was off and running. A team with professional riders covered the course first followed by a tandem team from Anchorage. The solo man and woman champion were also from out of state. Dave Kelley and Sue Thompson, the lone Fairbanks team finished in 4th place in the mixed team competition in 19 hrs. 46 min. despite being just a 2-person team (5-person teams are the norm). They took 1 and 2 hour pulls the whole way and maybe caught a cat nap in between. Sue is down south racing now and just completed the Longsjo Classic in Massachusetts. She came in 17th out of 33 in her first Cat 3 race and discovered that her training needed some high end work!

Scott and Brian Wynne's vacation must have consisted of little besides racing, race prep, and recovery (and race support on Brian's part). Scott managed to fit in 9 races in a 3-week time span in the Portland area. Most were criteriums and, considering our dearth of such events in Fairbanks, he did very well. Highlights included beating out the state champion in a prime and coming in 4th overall in the Mt. Tabor Criterium #2 and coming in 3rd out of 44 in a Cat 4 race on the Portland International Raceway.

Scott and Brian both participated

in the Picketts Charge Mtn Bike Race which was a 30 mile loop on fire roads and singletrack. Scott came in 1st in the 18 and under category and Brian was 10th out of 13 in the Sport Vet class.

Scott also had the guts to climb on a track bike and do a "Kilo" on one of the steepest banked tracks in the country. Brian sat that one out!

The 1st ever **Joe Finkel Memorial Time Trial** at Moose Creek was a great success with 21 racers participating in the 20 K event and enjoying perfect weather. Joe was a longtime supporter of the club through TOTE besides racing with us. He was a vet racer and particularly liked the Moose Creek TT course. Race participants, family and friends enjoyed a post event barbecue put on by Nancy Lewis and friends that included chicken, pasta salad and enough homemade cake to feed the whole bunch! Thank you Nancy - Joe would have loved it!

Still awaiting entries for the "**REASONS NOT TO TRAIN**" contest. I know bikers are creative, and we all use excuses from time to time about why we aren't in shape. So, if you're cheating on your training schedule, or like most of us don't even have a schedule, let other club members in on your good excuses.

My 15 year old daughter's favorite is, "I just took a shower ." This works pretty well because she takes a couple of showers a day.

Reasons not to train vary with the season, of course.

Summer:

- Too many mosquitoes!
- My bike's in the shop.
- It's too hot! (reality check - this is Fairbanks)
- It's too late to get in shape.

Winter:

- Haven't glued my tires on yet.
- It's too dark!
- My glasses will fog up.
- It's too cold, my lungs will freeze!
- It's too early to get in shape.

ANNOUNCEMENTS

FCC BOARD MEETINGS

FCC monthly meetings are held the first Wednesday of the month. Call the **HOTLINE** for location and time. All club members are welcome to attend and bring their interests to the attention of the board members.

FCC JERSEYS AVAILABLE

\$25.00 for short sleeves
\$35.00 for long sleeves
Available at All Weather Sports.

THE WEDNESDAY NIGHT

WOMEN'S RIDE led by Kay Kindt will continue through July and into August if there is enough interest. They meet at 6:30 at the Patty Gym at UAF. Former pro rider Sally Zach is a regular and can provide useful tips to improve form, fit and comfort! This ride is for all women interested in riding with a group regardless of experience. **Be bold and fight the female tendency to worry about holding up faster riders (men are not limited by such thinking, why should we be?)** Faster riders loop back to join slower riders and don't mind doing so. There will be a final fun ride August 27th which will involve stops at various eateries to fortify us for the coming cold weather!

CLASSIFIEDS

WANTED: Your add here! This service free to all FCC members.

FOR SALE:

- ◆ **KHS 24" aero tube road bike**, Shimano RX100, Araya wheels, Vittoria clincher tires, \$850 new. \$550 or best offer. 457-2767
- ◆ **Titanium Kona road frame**, 53 cm, Grafton cranks, Ti BB, excellent condition, \$1,100 OBO; **Litespeed Mtn bike, Ocoee**, polished titanium 17" frame, Judy SL rock shox, never ridden. \$1,700 OBO. 455-6837.
- ◆ **Klein Quantum road bike**, 53cm, campy parts, black, excellent condition, \$1,000; **Ibis Mtn bike**, Deore XT, 18" frame, excellent condition, \$1,000; **J-Disk** with 13-21 cassette, \$250. Nancy at 479-8984.
- ◆ **Klein Mtn Bike**, small frame, 7 speed, thumb shifters, Deore XT, Simon wheels with bullseye hubs, \$450. Jan or Gar at 455-6066.

This value of a newsletter is measured by the information it communicates. Please help us make this a great newsletter by submitting articles, classified ads, cartoons, art, notes, or whatever others in the bicycling community might enjoy. Or let me know what you would like to see covered!

SPOKE'N'WORD

FAIRBANKS CYCLE CLUB

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Inside This Issue

POINT SERIES TOTALS TO DATE

RACE FLYERS

RACE REPORTS