



Freewheelin'



Juneau Freewheelers Bicycle Club Newsletter

September 2002

Freewheelers 2003 Event Meeting – September 18!

The Juneau Freewheelers Bicycle Club will hold a meeting to plan events for next year on Wednesday, September 18, 7:00 p.m. at El Sombrero. There will be NO POLITICAL DISCUSSIONS SCHEDULED OR ALLOWED!

We need to discuss race events for next year, including mountain and road bike races, a time trial series, and the Tour of Juneau. If you have been avoiding meetings because you are bored to tears by political rants and raves, then this is the meeting for you to attend! The entire meeting will be devoted to planning events, so this is your chance to let your voice be heard regarding races – what did you like and dislike about events over the past season? What do you want to see added, dropped, changed, improved? Club event participation has increased and we have increased our schedule. Over 40 people volunteered this year to make our club successful. We need you to step forward and continue the success. Come help us plan a fun season for next year!

A Year in Retrospect

Dave Ringle, President

New members, new events, new energy in the Freewheelers marked this summer. Young members showed tremendous improvement, especially Julian Deiss and Tara Jeans. Julie Graves rode in Kluane again. Traditional club powerhouses Tony Jacobsen and John McConnochie still demonstrated their skills as riders. Betsy Fischer continued her weekly women's rides.

The informal time trial series was enthusiastically supported by those who participated. I expect to see this event improve next year—there is talk of imitating Whitehorse's 40km distance. Most road races this year were held in wet conditions, yet participation increased from last year. More people were practicing paceline riding during their training rides and overall paceline behavior showed improvement. Kluane had wonderful weather and tailwinds again. Ten Juneau riders raced in the first Tour de Whitehorse at the end of July. John McConnochie and Tara Jeans finished second in the men's and women's categories and all Freewheeler riders finished in the top half of the event standings.

More than participation and success were stories of riders enjoying cycling and becoming involved. A couple examples stick in my mind:

- Karl Twelker raced the July 13th End of the Road Race in miserable weather, getting dropped almost immediately from the paceline. I think he greatly appreciated Dave Bartlett's offer to end riding alone in steady rain with 5 miles left before the finish. Instead of being discouraged, Karl trained for the next four weeks. Despite starting the Tour of Juneau road race with a flat tire, Karl managed to put in a solid performance over three days and establish himself as a respected road bike racer.
- Sheila Good entered the Tour of Juneau as her first ever Freewheeler event, primarily because she wanted to support cycling and keep bike lanes on the Douglas Bridge. Talking to her before Blueberry Hill, she was wondering if she'd make it. Sheila not only made it, but she completed the entire 3 day event and said members' comments encouraged her throughout the weekend.

On dismal, rainy, windy days, I wonder why cycling and Juneau coexist. Then a sunny day comes and I get to ride with scenery equal to anywhere in the world. Where else could someone legitimately claim that their time trial rhythm was disrupted by an eagle eating on the side of the road? I see the people at our events and enjoy riding with them. It's those events, those people, and those sunny days that keep us riding.

Ending my pull at the front

Dave Ringle, President

I offered to be Freewheeler club president two years ago, after my classroom was interrupted by a phone call from the Juneau Empire informing me of Julie Graves' para-sailing accident. It was unsettling to me, both as news and as a realization that, although I was not an "official officer", club leadership had fallen on the "most active member unable to say no." Our club was in a "status quo" holding pattern.

Taking over leadership did not come without problems, but I'd like to focus on positive results: new Freewheeler jerseys finally came last summer, new sponsors: El Sombrero, Foggy Mountain Shop, and Dr. John Bursell supported the club, new members increased ridership and events. The Department of Transportation has invited Freewheeler members to sit on planning committees and sought club opinion on several issues. Road races in good weather now have over 20 racers in attendance. Even in poor weather, 26 riders completed all three races of the Tour of Juneau. Non-competitive events such as the Tour de Cure/Bike N Hike and the USPS Tour de France Kickoff Ride were well attended this year.

Such work was the result of many people's efforts. Despite suffering a terrible bicycle collision at the beginning of July, Dave Bartlett has been an active volunteer in club races this year, filling in wherever needed. Betsy Fischer has brought new women riders into the club and helped them feel comfortable in pacelines. Rob Welton has kept our finances in line through the development of club jerseys and DOT's requirement to update our safety signs. Rob also forged a working relationship with DOT's permit process that required great tact and diplomacy—and resulted in smooth events. Dennis Travis helped lay-out most mountain bike courses, did USFS permits for Dredge Lake, kept the high school mountain bike group going, and opened a new bike shop in town. Lou Edwards, John McConnochie, Scott Fischer, Betsy Fischer, Obie Davis, Kristine Harder, Doug Woodby, Jessica Menendez, and Joe Sorenson all helped direct club races and events this year. Almost 40 people volunteered to help with various events over this year. Their willingness to volunteer and their efforts made this year a success.

As I look at some potential problem areas, they are mostly related to the growth of a healthy club. Race safety, especially in end of race sprints, needs to be looked at. With over 20 riders in an end of race sprint, we need to set up clear guidelines for yellow line violations, figuring places, and maintaining safety. Education of the community as whole, as well as DOT, can help all motorists and cyclists understand and practice safe behavior. We need to streamline additions to e-mail group lists and web page publicity. Efforts to reach out to non-competitive cyclists and commuters are needed as well. All these are signs of growth and the need to continue improving our club.

A paceline is only effective if everyone is working together and each person pulls his or her turn. Our club will be as effective as our members decide, each in their own way, to take a turn pulling for cycling in Juneau.

Women's Training Rides

Betsy Fischer

How do you measure success? From one perspective, the Women's Training Rides were not as successful as last year. The numbers were down on our weekly rides, but the enthusiasm among women riders this year was higher than I've ever seen it. We had more women in the local races, I saw more women out riding and training, and the level of competition among women reached a peak as several of us trained to race faster and faster against each other at every time trial and road race. Juneau women won both the eight and four person team categories at the Kluane Relay for the first time ever, and Juneau women finished 2-3 at the Tour of Whitehorse. Many riders have now turned their attention to the Klondike running race, but some of us are still trying to get out there each week. I may restructure the women's rides for next year in order to accommodate different training schedules and paces, but I will continue to attempt to get Juneau's women cyclists out on the road together and riding strong.

Get Well, Dave!

Juneau Freewheeler Dave Bartlett had a high-impact encounter with a car while bicycling into Douglas at the beginning of July. He managed to thoroughly destroy his rotator cuff, along with collapsing a lung and numerous other injuries, and his bike was also mangled. Thanks to several generous donations from his fellow Freewheelers, Dave has already replaced his frame and is now in the process of getting his rotator cuff surgically repaired and rehabilitated – a lengthy, months-long project. Good luck, Dave, and we'll see you out on the roads next spring.

Mountain Bike Race Results

Cope Park Mountain Bike Race 4/26/02

3 laps – under 10

1. Robin Woodby 7:43

6 laps – 11-16

1. Ryan Siverly 13:09

2. Dave Coleman 13:20

3. Drew Gruening 16:06

4. Tim Travis 16:15

10. Terry Ward (40-49) 54.09

11. Dave Ringle (40-49) 54.29

12. Ryan Siverly (-19) 57.06

13. Dennis Travis (40-49) 58.38

14. Michael Heuman (-19) 59.19

15. Tim Travis (-19) 59.25

16. Jonathan Anderson (50+) 65.17

17. Bernie Sorenson 66.36 1st F

Dimond Park Mountain Bike "Short Course" 5/19/02

4 laps

1. Dale McFarlin (30-40) 42:30

2. Chris Scholes (30-40) 45:26

3. Dave Coleman (16-30) 47:59

4. Ryan Siverly (under 16) 50:45

5. Mike Heumann (16-30) 56:51

6. Philip Moser (under 16) 56:52

7. Tom Josephson (under 16) 65:41 (mech)

Fritz Moser -- flat

2 laps – under 15

1. Phillip Moser 30.05

2. Micheal Pollard 33.01

Historic Treadwell Trails Mountain Bike Race 6/22/02

1. Troy Heithecker (20-29) 32.06

2. Steve Box (30-39) 32.14

3. Stefan Ricci (20-29) 33.34

4. Julian Deiss (20-29) 34.52

5. Dan Gaston (20-29) 35.33

6. Matt Seguin (20-29) 35.35

7. John Bursell (30-39) 36.07

8. Dave Ringle (40-49) 36.26

9. Terry Ward (40-49) 37.09

10. Jonathon Pollard (40-49) 37.16

11. Tim Travis (under 19) 38.01

12. Ryan Siverly (under 19) 38.02

13. Jerry Scott (40-49) 40.46

14. Dennis Travis (40-49) 41.07

15. Michael Heumann (< 19) 43.16

16. Bernie Sorenson 47.48 1st F

Hans Moser – flat, Jamie Bursell – mech

Dredge Lake Mountain Bike Race 6/8/02

5 laps – men

1. Dale McFarlin (30-39) 46.40

2. Troy Heithecker (20-29) 48.30

3. Fritz Moser (40-49) 49.38

4. Jeff Donaldson (20-29) 49.39

5. Matt Seguin (20-29) 50.39

6. Joe Sorenson (40-49) 50.40

7. Dan Gaston (20-29) 51.28

8. Tom Meyer (40-49) 51.58

9. Darren Snyder (30-39) 52.17

Informal Time Trial Series

False Outer Point "New" Course – 10.14 miles

#1 -- 5/3/02

1. Scott Fischer 27:55

2. Joe Sorenson 28:00

3. Doug Woodby 28:11

4. Terry Ward 28:29

5. Rob Welton 29:17

6. Steve Box 29:26

7. Tara Jeans 32:36 1st F

#4 – 7/5/02

1. Chris Chiles 26:17

2. Dave Harju 26:32

3. Scott Fischer 26:42

4. Joe Sorenson 26:43

5. Steve Box 26:44

6. Hans Moser 27:12

7. Troy Heithecker 27:41

8. Julian Deiss 28:08

9. Terry Ward 28:20

10. Betsy Fischer 29:10 1st F

11. Gunter Math 29:27

12. Tara Jeans 29:41 2nd F

13. Cheryl Levitt 31:22 3rd F

14. Bernie Sorenson 32:10 4th F

15. Tonya Moser 32:16 5th F

16. Molly Box 33:14 6th F

#5 – 7/20/02

1. Julian Deiss 25:58

2. Troy Heithecker 25:59

3. Bryan Bollinger 27:31

4. Rob Welton 27:31

5. Dave Ringle 27:37

6. Rob Waldman 29:17

7. Greg Pease 29:41

8. Richie Sonner 30:07 1st F

9. Robert Mackey 32:27

Hans Moser DNF-mech

#2 -- 5/17/02

1. Scott Fischer 26:53

2. Doug Woodby 27:11

3. Rob Welton 27:18

4. Dave Ringle 27:54

5. Betsy Fischer 29:16 1st F

#6 – 8/2/02

1. Scott Fischer 25:55

2. Joe Sorenson 26:24

3. Dave Ringle 26:58

4. Steve Box 27:00

5. Julian Deiss 27:05

6. Terry Ward 28:09

7. Betsy Fischer 28:24 1st F

8. Greg Pease 29:05

#3 -- 6/20/02

1. Doug Woodby 26:20

2. Rob Welton 26:29

3. Joe Sorenson 26:40

4. Dave Ringle 38:22

5. Richie Sonner 30:18 1st F

6. Jamie Bursell 37:43 2nd F

Juneau Road Race Results

Tee Harbor Short Course 5/10/02

1. Steve Box	56.44
2. Chris Chiles	56.44
3. Terry Ward	56.44
4. Scott Fischer	56.44
5. Joe Sorenson	56.45
6. Tracy Rivera	56.46
7. Dave Ringle	61.58
8. Betsy Fischer	68.04 1 st F
9. Rob Welton	68.04
10. Nathan Peimann	81.03
11. Kate Goodchild	81.03 2 nd F
12. Zelda Swain	85.51 3 rd F

Auke Rec Short Course 6/2/02

1. Tony Jacobsen	50.27
2. Doug Woodby	50.27
3. Chris Scholes	50.27
4. John McConnochie	50.27
5. Steve Box	50.35
6. Jan Kriegel	56.08
7. Dave Ringle	57.44
8. Chris Chiles	58.27

Nick Frangos Memorial Race 6/30/02

1. Chris Scholes M 33	1:00:18
2. Terry Ward M 45	1:00:18
3. Joe Sorenson M 40	1:00:18
4. Scott Fischer M 50	1:00:18
5. Tracy Rivera M 36	1:00:18
6. Dave Pusich M 37	1:00:18
7. John McConnochie M 48	1:00:18
8. Obie Davis M 37	1:00:18
9. Troy Heitecker M 26	1:00:18
10. Doug Woodby M 48	1:00:18
11. Julian Deiss M 24	1:00:26
12. Dave Ringle M 40	1:00:51
13. Kevin Stell M 25	1:04:42
14. Jerry Buckley M 59	1:04:49
15. Tom Meyer M 45	1:04:58
16. Rob Tasso M 34	1:06:00
17. David Walker M 44	1:06:42
18. Betsy Fischer F 50	1:11:59 1 st F
19. Ritchie Sonner F 46	1:14:32 2 nd F
20. Jeff White M 38	1:14:32
21. Tim Travis M 17	1:16:23
22. Dennis Travis M 41	1:16:26
23. Jana Linfield F 41	1:16:48 3 rd F
24. Susan Bell F 38	1:17:34 4 th F
25. Ryan Siverly M 15	1:29:06

Nick Frangos Memorial Group Ride 6/30/02

Greg Pease, Morgan Davis

End of Road Race 7/13/02

1. Troy Heitecker (20-29)	1.27.45
2. John McConnochie (40-49)	1.27.45
3. Heath Jabs (20-29)	1.27.45
4. Tracy Rivera (30-39)	1.27.46
5. Dave Harju (30-39)	1.27.49
6. Terry Ward (40-49)	1.32.48
7. Hans Moser (40-49)	1.32.49
8. Julian Deiss (20-29)	1.32.52
9. Dave Ringle (40-49)	1.40.33
DNF Karl Twelker (under 20)	

Tour de Whitehorse (Juneau riders only)

Prologue – 2k Hill Climb 7/26/02

5. John McConnochie	4:35
6. Julian Deiss	4:37
9. Chris Chiles	4:39
10. Troy Heitecker	4:42
12. Doug Woodby	4:51
13. David Harju	5:04
16. Dave Ringle	5:14
17. Terry Ward	5:16
20. Tara Jeans	5:31 1 st F
28. Betsy Fischer	6:23 3 rd F

Time Trial – 40k 7/27/02

3. John McConnochie	1:00:11
5. Chris Chiles	1:02:00
7. Julian Deiss	1:02:31
8. Troy Heitecker	1:02:39
10. David Harju	1:02:53
13. Doug Woodby	1:04:29
15. Terry Ward	1:05:36
16. Dave Ringle	1:05:36
21. Tara Jeans	1:09:55 1 st F
22. Betsy Fischer	1:10:37 2 nd F

Road Race – 71k 7/28/02

3. Julian Deiss	2:01:05
5. John McConnochie	2:01:12
6. Chris Chiles	2:01:12
7. Troy Heitecker	2:01:12
9. David Harju	2:01:40
14. Doug Woodby	2:07:27
16. Terry Ward	2:07:35
18. Dave Ringle	2:08:34
22. Tara Jeans	2:22:13 2 nd F
23. Betsy Fischer	2:22:18 3 rd F

Overall Standings – Total Time

2. John McConnochie	3:05:58	1 st M 40-49
4. Chris Chiles	3:07:51	1 st M 30-39
6. Julian Deiss	3:08:13	4 th M 20-29
9. David Harju	3:09:37	2 nd M 30-39
13. Doug Woodby	3:16:47	5 th M 40-49
15. Terry Ward	3:18:27	6 th M 40-49
16. Dave Ringle	3:19:24	7 th M 40-49
21. Tara Jeans	3:37:39	2 nd F Overall, 2 nd F 30-39
22. Betsy Fischer	3:39:18	3 rd F Overall, 1 st F 50+

Tour of Juneau

Blueberry Hill Climb 8/9/02

1. Scott Stevens	5.26
2. Brent Peters	5.40
3. Julian Deiss	5.42
4 Daniel Sessford	5.49
5. Chris Chiles	6.06
6. Chris Scholes	6.13
7. Jerome McIntyre	6.15
8. Dale McFarlin	6.18
9. Steve Box	6.20
10. Hans Moser	6.29
11. Mike McCann	6.30
12. Dave Harju	6.31
13. Joe Sorenson	6.33
14. Rob Welton	6.34
15. Bryan Bollinger	6.40
16. Dave Ringle	6.48
17. Tara Jeans	7.11 1 st F
18. Bill Curtis	7.14
19. Jan Kriegal	7.15
20. Evan Twelker	7.18
21. Terry Ward	7.27
22. Karl Twelker	7.28
23. Frank Rue	7.30
24. Ryan Siverly	7.56
25. Jeff Donaldson	8.30
26. Sheila Good	8.44 2 nd F

False Outer Point TT 8/10/02

1. Scott Stevens	23:22
2. Mike McCann	24:40
3. Brent Peters	25:20
4. Heath Jabs	25:32
5. Julian Deiss	25:57
6. Dave Harju	26:33
7. Daniel Sessford	26:33
8. Joe Sorenson	26:34
9. Chris Scholes	26:37
10. Bryan Bollinger	26:42
11. Dave Ringle	27:05
12. Fritz Moser	27:08
13. Jerome McIntyre	27:13
14. Chris Chiles	27:13
15. Steve Box	27:23
16. Terry Ward	27:33
17. Hans Moser	27:49
18. Rob Welton	27:59
19. Tara Jeans	28:17 1 st F
20. Frank Rue	28:20
21. Bill Curtis	29:11
22. Evan Twelker	29:18
23. Jeff Donaldson	29:29
24. Jan Kriegal	29:47
25. Greg Pease	29:48
26. Ryan Siverly	29:56
27. Ritchie Sonner	30:27 2 nd F
28. Cheryl Levitt	30:51 3 rd F
29. Karl Twelker	30:56
30. Sheila Good	32:53 4 th F

Auke Rec Long Course Road

Race 8/11/02

37.5 miles

1. Scott Stevens	1:38:58
2. Julian Deiss	1:40:45
3. Terry Ward	st.
4. Joe Sorenson	st
5. Hans Moser	st
6. Daniel Sessford	st
7. Brent Peters	st
8. Dave Ringle	st
9. Evan Twelker	st
10. Bill Curtis	st
11. Rob Welton	st
12. Frank Rue	st
13. Dave Pusich	st
14. Jerome McIntyre	st
15. Dave Harju	st
16. Mike McCann	st
17. Steve Box	st
18. Bryan Bollinger	st
19. Tara Jeans	1:41:31 1 st F
20. Ryan Siverly	1:48:58
21. Chris Scholes	1:49:09
22. Jan Kriegal	1:51:11
23. Jeff Donaldson	1:55:41
24. Karl Twelker	1:56:05
25. Greg Pease	1:59:18
26. Cheryl Levitt	2:01:47 2 nd F
27. Ritchie Sonner	2:01:47 3 rd F
28. Sheila Good	2:11:32 4 th F
29. Dennis Travis	2:48 (3 flats)

1st Sprint:

1. Julian Deiss
2. Scott Stevens
3. Steve Box

2nd Sprint

1. Scott Stevens
2. Brent Peters
3. Julian Deiss

3rd Sprint

1. Brent Peters
2. Julian Deiss
3. Scott Stevens

OVERALL STANDINGS

MEN

1. Scott Stevens	189
2. Julian Deiss	160
3. Brent Peters	158
4. Mike McCann	138
5. Daniel Sessford	138
6. Joe Sorenson	130
7. Dave Harju	127
8. Chris Scholes	127
9. Jerome McIntyre	124
10. Steve Box	124
11. Hans Moser	123
12. Bryan Bollinger	121
13. Dave Ringle	119
14. Terry Ward	119
15. Rob Welton	115
16. Bill Curtis	109
17. Evan Twelker	106
18. Frank Rue	105
19. Jan Kriegal	102
20. Ryan Siverly	97
21. Jeff Donaldson	96
22. Karl Twelker	92
23. Chris Chiles	85
24. Greg Pease	65
25. Heath Jabs	48
26. Dale McFarlin	43
27. Fritz Moser	40
28. Dennis Travis	36

*Point tie positions determined by overall time

WOMEN

1. Tara Jeans	180
2. Sheila Good	161
3. Ritchie Sonner	106
4. Cheryl Levitt	103

Juneau Freewheelers Board of Directors

President	Dave Ringle	dvringle@ptialaska.net	790-7249 hm
Membership	Doug Woodby	dougnmary@gci.net	463-3095 hm
Advocacy	Vacant		
Treasurer	Rob Welton	robrose@ptialaska.net	364-2779 hm
Newsletter	Betsy Fischer	foggymtn@alaska.net	789-2033 hm 586-6780 wk
Race Coordinator	Vacant		

Look in the mirror, what do you see? Looks like a bike volunteer to me!

O.k., we lied at the beginning of the newsletter. There will be a brief political moment at the September xx meeting. We need to elect new club officers. Several members were nominated to fill positions at the last meeting, and their names are listed next to the position. Some positions still need nominations. Please read the descriptions below to see how you can help the Juneau Freewheelers Bicycle Club continue to develop and grow. Don't let the fun stop!!!

Nominations:

President – Dave Bartlett, your name here?

Develops race schedule as well as other events, spokesperson for club, coordinates efforts of various members. Shares above responsibilities with several other club leaders. Contributes to newsletter.

Vice President – Racing (new position) – Chris Chiles, your name here?

Works with race volunteers, race supplies door prizes, course details to promote race safety and participation, compiles results, assists with race permits. Contributes to newsletter.

Vice President – Advocacy – Dave Ringle, Dennis Harris, your name here? (need to elect one)

Coordinates club efforts in areas of safety, promoting cycling on all levels-especially touring, commuting and recreation-in Juneau, liason with government policies regarding cycling and development of user friendly facilities. Contributes to newsletter.

Vice President – Membership – your name here?

Updates club membership list and e-mail group, coordinates membership development and recreational cycling events. Contributes to newsletter.

Treasurer – Rob Welton, your name here?

Keeps the books, makes sure sponsors fees are paid, helps with paperwork on permit process.

USCF Representative – Doug Woodby, your name here?

Assures our permits and insurance are current and sufficient, assists in helping club follow USCF rules and safety procedures.

Seattle to Portland

Cheryl Levitt

Ten Juneau cyclists were among the nearly 8,000 who participated in the 2002 Seattle to Portland Bicycle Classic on July 13. Bob Wysocki, Jessica Menendez, Joe Sorenson, Bernie Sorenson, Dani Jo Sorenson, Cheryl Levitt, Michele Schindler, Chris Chiles, Drew McDougal and Rob Welton made the trip for the 200 mile ride, with all but Welton attempting to complete the trip in one day. Seven of the riders were able to meet their goal.

It was a great day for our group. We all stuck together and drafted the entire 200 miles. Chris Chiles and Joe Sorenson did most of the pulling which allowed the pack to stick together and finish in good time. Actual riding time was 12 hours and 11 minutes. Of course, our overall time out there was longer as we took stretching and water breaks, repaired a flat and stopped for food a few times.

Joe and Bernie rode the STP last year and Chris Chiles rode it ten years ago, but all other one day riders were out there for the first time. It was a huge accomplishment to bicycle 200 miles in one day. We're looking forward to next year!

That was then, this is now

Dave Ringle

The following list was taken from the May 1993 Freewheelers newsletter. Action taken since the list was made is noted in bold after each item. Obviously some time and thought went into the club's compilation of needs and requests. Many of these improvements are some of the best cycling in town. As ISTEAs have been replaced by TEA-21, as a club we should re-examine where cyclists' needs are most pressing.

Juneau Freewheelers 1993 ISTEAs Proposals (May 1993)

1. Juneau Douglas High School to Atlin Drive
 - a. High School to Channel Vista Drive—put in bike lanes **(Done)**
 - b. Channel Vista Drive to Hospital Drive—10 foot well marked paved path
 - c. Hospital Drive to Vanderbilt Hill—put in bike lanes **(Done)**
 - d. Vanderbilt Hill to Sunny Point—sidewalk on east side of highway
 - e. Fred Meyer to Atlin—widen bridge, straighten entrance
(Since then serious dips and bumps as well as flooding are now problems in this area)
2. Glacier Highway—McNugget Intersection to Loop Road Egan Drive intersection **(Done)**
3. Treadwell Ditch trail improvements
4. Thane Road improvements
5. Downtown bike lockers
6. Glacier Highway Improvements: Auke Rec Area **(Done, without shoulders through Auke Rec)**
7. West Mendenhall—Montana Creek Trail Improvements **(Done)**
8. Douglas Bridge to Main Street Improvements—4 foot shoulders
9. North Douglas improvements—5 foot shoulders from boat launch to end of road
(Not done, but neither has the expected development out this road occurred)
10. Glacier Spur Road Path Construction **(Done)**

Looking through Freewheeler newsletters from 1991 to 1994, I noticed a continual update of meetings, plans, and club concerns regarding the development of Juneau's transportation facilities. The improvements around Twin Lakes were met with resistance from people who claimed the bike lanes would increase danger in the area, make steeper, more dangerous driveways, etc. It's amazing to look at the current facility now and the controversies over developing it then.

USPS Tour de France Kick-Off Ride in Juneau

On Saturday, July 6, a group of about 50 bicyclists rode from the Federal Building post office in town to the Mendenhall Valley post office. We carried the banner of the USPS Pro Cycling Team and then watched as it was raised at the valley post office.

Each cyclist received a special commemorative "yellow jersey" pin, compliments of the USPS. At the conclusion of the ride, two banners were awarded in a raffle-style drawing. The first banner, signed by every member of the USPS Pro Cycling Team, including Tour de France champion Lance Armstrong, was awarded to Jonathan Pollard, who rode with his son, Michael, a promising young mountain bike racer. The winner of the unsigned USPS team banner was Brad Thompson, who rode with his wife, Justine, and his two daughters, Erin and Lauren.

An official USPS team jersey was awarded to long-time Juneau cycling volunteers, Rob and Rose Welton. Thank you Rob and Rose for all that you have given to Juneau cyclists. We hope that you each take a turn proudly wearing the jersey of the USPS Pro Cycling Team.

Remembering Wes Coyner

On Sunday, July 14, 74 year old Juneau athlete Wes Coyner died while competing in the 2002 Duathlon National Championship and Team USA World Duathlon Qualifier in Carlsbad, California. Wes Coyner was a good friend and a highly regarded cyclist and runner. He will be greatly missed by everyone in the cycling community and the Juneau community at large. A well-attended Run/Walk/Ride event was held on Wednesday, July 24 on the North Douglas Highway, Wes' favorite route for his training rides and runs, to honor the memory of a wonderful man and dedicated athlete. Wes rode last rode with us on July 6 during the USPS Tour de France Kick-Off Ride.

Thanks to our sponsors for supporting bicycling in
Juneau!

(please support the businesses who support us)



THE ALASKA CLUB



Juneau Freewheelers Bicycle Club
P.O. Box 21816
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Address Correction Requested