

ALASKA

Anchorage is fortunate enough to have a wide variety of paved paths for "human" powered activities. Like the paved roads, they require extensive maintenance. The popular Chester Creek green belt and the Coastal Tour of Anchorage; a unique urban setting. Many paved roads have wide shoulders, but the gravel from the driveway entrances can ruin your whole day. I enjoy hitting the paths in the mornings, by afternoon they begin to fill up. Don't be surprised if you see bald eagles, porcupines, lots of waterfowl, and a moose or two. *Matthew Pauli V.P. Nordic Skiing Association of Anchorage*

Bird Point to Girwood: [In the fall of 1999], the Anchorage area got a great new roller skiing route. There is now a paved bike trail from Bird Point to Girdwood that follows the old route of the Seward Highway. You can park on either side and do out back workouts. The hills are descendable, but the inexperienced should take extra care on them. The nice feature about this trail is that it is away from the highway, so it's quiet. The pavement is brand new, no roads or driveways are crossed, there are toilet facilities along the route and the views are great. There is some unique artwork, such as beluga whales breaching the ground, at some of the trail turnoffs. Not many people have discovered this trail yet, so get out there and ski before the rest of Anchorage figures out how nice this trail is. Con about the trail, keep an eye out for bears, I encountered one last fall. *Tim Kelley, Anchorage*

In **Fairbanks** the best place to ski is Murphy Dome Road. Drive on the road, and about 1/10 mile before the road becomes dirt there is a pull off on the right. Park there and ski back on the pavement. There is no bike path or shoulder, but there is relatively little traffic and people are used to seeing skiers, and generally pull way over to give skiers plenty of room. Never- the- less use extreme caution. The road has varying slopes and turns, mostly long gradual up and down hills, a few shorter and steeper hills, and very few turns. *Nathan Adams*

Fairbanks: Besides Murphy Dome, try Gold Hill Road or Sheep Creek Road for gradual terrain. And for the monsters out there, a great three- hour ski leaves UAF and travels out Goldhill Road to Ester. You then have your choice of going up the Old Nenana Hwy. or straight up the Parks Hwy (a six -mile uphill). I recommend coming down the parks as it is straight and gentle enough that your skis don't run away on you. *Brian Charlton, West Valley Ski Team Coach*

Another good spot in **Fairbanks**... Isberg and Cripple Creek Roads have new asphalt and great terrain for roller skiing. Moderate traffic and the 4th notch on the V2 Aero Speed Reducer will give you control on the down hills. Good place for a 20K workout with varied terrain. *J.J.*