



## March newsletter

Greetings riders. Online Registration is open and on the second day, we were  $\frac{3}{4}$  full! If you know of others who are thinking about entering the race, let them know that this event fills up quickly. The Early Bird registration is available until Wednesday March 22. Be sure to read the entire registration page before signing up.

## Tips and updates

- Making changes: All details for making changes (including ordering shirts until April 7) are available on our website at: <https://kcibr.org/content/registration> .
- The Alaska Marine Highway summer schedule is now available. Visit <https://dot.alaska.gov/amhs/schedules.shtml> to book your sailing.
- If you are flying here, Air North, Yukon's Airline is a sponsor partner and offers a 15% discount. Contact us for the promo code - [race.coord@kcibr.org](mailto:race.coord@kcibr.org)
- Nutrition tips - Food for fuel is so important. While you are training, be kind to your body and give it what it needs to keep you going. Check out these sites for some good advice.  
<https://www.trainingpeaks.com/blog/a-complete-guide-to-proper-marathon-nutrition/>  
Cycling nutrition: <http://bit.ly/3y1st4b>

**Trivia:** Win a free KCIBR bamboo t shirt! Send your answers to [race.coord@kcibr.org](mailto:race.coord@kcibr.org)

1. In 2017, why was the KCIBR cancelled?
2. What is the total distance from Haines Junction, Yukon to Haines, Alaska?
3. Name two of the founding members of the KCIBR.
4. Where was the first year Finish Line in Haines?

## March Spotlight: Mike Kramer

Race Coordinator and Assistant Race Coordinator

There are a lot of moving parts to hosting the Kluane to Chilkat International Bike Relay, from planning and permitting, to coordinating a diverse group of volunteers. Pulling it all together requires great organizational skill and effort. Nobody has been more central to the success of "Team Kluane" than Mike Kramer.

Mike began serving as Race Coordinator back in 2008. From 2008 to 2013 he jointly served with Mike Gladish to stay on top of the many tasks needed to stage the event. We called them "The Mikes".



**KLUANE CHILKAT**  
INTERNATIONAL BIKE RELAY

From 2014 to 2019 Mike Kramer took sole responsibility as Race Coordinator. Since that time he has served as Assistant Race Coordinator, helping the board and our current Race Coordinator, Mia Lee.

You may have seen Mike at the Captain's Meetings, Race Package Pickup, the Start Line, or in the Driving Force truck travelling between checkpoints. Always safety conscious, he makes sure everyone on the race course is fully trained, and wearing bright safety vests. His daughters Anika and Mikayla have been helping their dad on Race Day for many years, impressing everyone with a strong work ethic and a cheerful, "can-do" approach.

Mike is quite simply the most organized person I've ever known! Along with the other volunteers and board members, he has been the secret sauce behind our event's success over the years.

If you see Mike or his daughters on the race course this June, please take a minute to thank them for all their efforts at putting on a safe, fun event!

The Itinerary, Relay Information, Race Rules, and Registration are now updated and posted. Visit

[www.kcibr.org](http://www.kcibr.org)

Questions? Please email [info@kcibr.org](mailto:info@kcibr.org)

Mikayla, Anika and Mike Kramer



*Thank you! Happy training*