

RUNNING CLUB NORTH'S

RUNNING BRIEFS

Summer Edition 1996 Vol. 3, Number 2

LETTER FROM THE PRESIDENT

This year's Midnight Sun Run was a great success due to the participation and help from our running community. Although the weather was hot and my time was slow, I still came away from the race with a sense of accomplishment and pride. Our running community really shines in an event like this, especially this year with high participation and good sportsmanship toward the out-of-town runners. We need to pat ourselves on the back for putting on such a good show and by helping to keep our biggest running event alive and well.

Colleen Gordon, President, RCN Executive Council

"A race is one of life's most rewarding experiences-a drama, a challenge that stretches me and teaches me about myself and others." George Sheehan

RCN NEEDS VOLUNTEERS

We want to thank all of the people who have given their valuable support over the past years. As you check out this year's race schedule, remember, these events don't happen without VOLUNTEERS! Some of us old-timers are getting worn out by the pace and we need assistance to get to the finish line. (Hey, Bobbi, I heard Saucony has a new line of orthopedic shoes for runners like you!) RCN is seeking runners, ex-runners, non-runners, spouses, ex-spouses, children, pets, ANYONE, to help. If you follow Coach Estle's advice, you know it is NOT prudent to participate in every event on the calendar.

Helping can be as much fun as racing (Better, Bobbi, much better). We don't expect you to organize a major race as your first experience, but you might help by serving water along the course, working the finish line, cutting up fruit for the runners or other such stuff. (Gee, Monte, I bet helping is the only time

you get to see the front runners!)

So, look through the running schedule and choose an event that you can commit some time to as a non-running participant and give one of the race directors a call. SEE YA AT THE RACES!!

NEW AND RENEWING MEMBERS

Don Lokken, Jill Stahlnecker, Rich Boone, Tina Devine,

Carl Hemming, Klaus Wuttig, Lisa Hay, Meade & Heidi Roberts,

John Klingel, Dinah Lynch, Karla Taylor-Welch, Johnnie & Dora Powell,

Charlie Titus, Susan Todd, Harvey Wing, Hirofumi Nagoka,

Charlotte & John Berdahl, Mary Louden, Mike Sweeney, Courtney Johnson,

Norris Family, Ron, Mary, David, Sarah, and Sherry Woods

Please check the newsletter mailing label--if your membership expiration date is highlighted in yellow, please renew your membership. Otherwise, this is your last newsletter, and we know you wouldn't want to miss future editions of *Running Briefs*.

Editors - Bobbi Fyten - 479-4710 and Monte Jordan - 451-8696

Newsletter Deadline: September 15, 1996

EQUINOX MARATHON UPDATE EE

The bib pick-up for the Equinox Marathon will be held Friday, September 13, 5:30 - 8:00 pm at the Pump House Restaurant, 1.3 Mile Chena Pump Road. In conjunction with the bib pickup, there will be an all-you-can-eat spaghetti feed--adults \$7; children (14 and under) \$5. This will be a fund-raiser for the Running Club North Equinox Marathon.

Entry forms are available at the UAF Athletic/Campus Recreation counter in the Patty Center lobby, or enter in person at the Cookie Jar's Garden Cafe in Washington Plaza (Monday through Saturday from 8 am to 7 pm) or mail in entries to: Steve Bainbridge, Race Director, Running Club North, PO Box 84237, Fairbanks, AK 99708 (All mail-in entries must be postmarked by September 2nd.) Thanks to the following sponsors:

PUMP HOUSE RESTAURANT & SALOON

EQUINOX PHYSICAL THERAPY

FAIRBANKS CHIROPRACTIC CLINIC

THE COOKIE JAR'S GARDEN CAFE

THE TOY QUEST

F O O T N O T E S

ANNIHILATOR Despite cancellation of the official race, Sid and Karen Swerman nevertheless graciously hosted a group of hard core runners who just couldn't resist running the Annihilator course for old time's sake. Sid and Karen noted that previously their duties as organizers had prevented them from participating in the event so this year they enjoyed running as official unofficial runner and walker, respectively. Other official unofficial runners were Frolicking Fairbanksans Ken Leary, Bob Vitale, Dave Cowee, Allen Doyle (accompanied by Freddy the dog), Bobbi Fyten (accompanied by Sandy the Murray who was in the dog house); Nenanans Sid Swerman and Liller & Bill Cotter (both of whom have gone to the dogs); as well as Los Anchoragans John Wilson, Chris Silva and Kristy Powell (we're impressed--all the way from Anchorage for this event). Beaufort, Camden and Zin Kittridge of Fairbanks walked the course accompanied by Karen Swerman of Nenana. Ron Johnson and Wally Carlo showed up just in time to witness the official unofficial finish, having missed the official unofficial start.

None of the official unofficial runners was as heavily armed as the official pistol-packing Pinkertons who staked out the railroad bridge to prevent unofficial use of same. Therefore, the official unofficial group elected to run an alternate route and ran to the bottom of the official hill via the Parks Highway Bridge, which thereby made the official unofficial course approximately .3 mile longer than the official 6.2 mile course.

Following the official unofficial event, several of the official unofficial finishers took advantage of the sparse crowd and immediately located seats at the Monderosa. After eating, drinking, and making merry, they toasted the health of the Pinkertons who were still guarding the railroad bridge. CHEERS!

1996 BOSTON MARATHON

Congratulations to all the Fairbanks area runners who ran the 100th Boston Marathon on Monday, April 15th. The day was sunny, windy, and somewhat cool at the finish. Although some of the runners had a

lengthy wait before they could collect their gear after the race, the BAA did an otherwise outstanding job organizing the event.

Steve Bainbridge Candy Bartos Jim Brader

Kevin Brinegar Dave Cowee Bobbi Fyten

Bill Gardner Dave Hamilton Eugene Houde

Pat Kalen Mary Lindahl Brian Miles

Sandy Murray Ron Smith Bob Spencer

Joe Trubacz

BIG SUR MARATHON Dave Hoffman reports that a Fairbanks contingent successfully completed the Big Sur Marathon held April 28th.

OVERALL SEX DIV

PLACE__ NAME TIME PLACE DIV PLACE PACE

1 Valery Fedotov, Reddick 2:23:34 1 M 25-29 1 5:28

12 Svetlana Vasilyeva, Reddick 2:41:34 1 F 25-29 1 6:09

1218 David Hoffman, Fairbanks 4:25:38 953 M 50-54 78 10:08

1317 Marge Heath, Fairbanks 4:30:33 298 F 45-49 21 10:19

2008 Jenny Naylor, Talkeetna 5:18:05 565 F 25-29 117 12:08

Dave sez, "Okay, so Valery runs twice as fast as me...big deal. If ya can't stand the heat, get off the road early!" (Monte, I guess we won't tell him that Svetlana ran faster as well.....)

It's on the WEB: http://www.runningnetwork.com/rn/cal_schedule/news/4.html

ADDENDUM TO THE MAPCO FLYER - The Running Club North/MAPCO Awards potluck social will be held at a new site this year: DOG MUSHERS' HALL on Farmers Loop Road. The festivities will begin at 6:00 pm, Saturday, October 12, so mark your calendar now and plan to be there!

As the summer race season progresses, we will be compiling MAPCO Cup Series points using information we receive from directors of MAPCO Cup races. We'd like to be accurate, so please notify Jane Lanford at 479-7230 if you notice any errors in results reported for any MAPCO Cup race. We'll make the necessary changes to correct your MAPCO point score. For other races, call the race director.

THANKS: Pat Kalen for putting together a computer program to do the MAPCO Cup scoring; Donna Hawkins for her expertise in producing the 1996 MAPCO Club flyer; Jane Parrish for volunteering to help proofread the MAPCO results. Your help is much appreciated!

Unofficial, non-accumulated (you'll have to add up your own points) results are being put on the RCN website by our web team (Dave Cowee, Bob Vitale, and Sandy Muray) while we await official tabulations. Please let them know if you find any errors.

DENIAL OF FLAT CHEEKS AN INSIDIOUS FOE - (Submitted by Allen Doyle) About a year ago *Running Briefs* ran a personal ad for Buttless Runners Anonymous (BRA), yet there were no responses. This group seeks to counsel endurance athletes (and plumbers) who have a hard time keeping their pants up, a condition especially affecting male runners. Apparently denial of this problem and fear of public mockery suppressed healthy confrontation of our masculine yet diminutive behinds.

This affliction has nearly crippled one of our most energetic club members--Dave Bloom. He has endured many muscle and joint injuries over several years, and now he suffers from atrophied gluteus muscles. He can't run despite rigorous therapy after the fact. If only he had joined BRA, this tragedy might have been averted.

Ten years ago I purchased roller blades for the price of a couple of doctor's visits, and healed an ankle injury while getting in better shape. I've suggested this to Dave a few times over the years. He politely dismissed me as a lunatic, so I took matters into my own hands. I wanted to give him a boost physically and to thank him for all the years of his organizing the Equinox Marathon, the Midnight Sun Run, countless Miller Hill runs and many other events. Although he rarely makes it to the starting line, I think he deserves an award for all the years of pool running before breakfast and submitting to high-tech physical terrorists. I started a campaign called "Blades for Bloom's Butt." I called around for contributions and got comments like "sure, he really needs a butt blaster," or, "we all knew he had no butt, but we didn't know it was a diagnosable condition." I picked up blades, wrist guards and knee pads and gave them to Dave last week. He is now a charter and first public member of Buttless Runners Anonymous.

If you know someone sidelined due to injury, take up a collection for a gift that acknowledges their frustrating saga and will cheer them up. Six years ago Jack Hebert and a bunch of folks bought Bunnie and me a racing stroller for our new daughter. Unlike an injury, Shelley has been a joy in our lives, and the jogger added to that joy over 700-1000 miles of Ski Boot Hill ascents, river crossings, bulldozer

dodgings, naps and silly conversations, sometimes at 20 below. We are grateful to those folks who pitched in and now we have passed the jogger on to Rick Johnson, Laura Jacobs and their son Cory.

Gone to the Dogs

(Liller Cotter, one of our runners, who also runs Cotter Kennels in Nenana with husband Bill, a former Yukon Quest winner, has supplied the following update on the litter of Cotter puppies born in late June, 1995, and named after Fairbanks runners Mari Shirazi, Allen Doyle, Rob Tangen, Brian Shaffer, Bob Murphy, and Bill Gardner.)

Last October, the four-month old pups were all together in a pen just getting ready to receive their very own chain, food bowl and dog house. At that time Tangen was always picking on Shaffer, and Murphy and Mari were constantly fighting and arguing! So in November they went on the chain. They all handled that fine. I think Doyle's feelings were hurt but he soon realized it was just fine to have his own house and his own food bowl.

The lack of snow this past winter put off the harness breaking until after Christmas. Doyle, Tangen, Shaffer, and Gardner did great right at the get-go. Murphy and Mari said "This is **NOT** fun!" so I gave them an extra month to be little puppies and do little puppy things like look cute and run around loose once in a while. Then, when they were seven months old, I tried them again and they said, "Yes, this **is** fun!"

Mari did not like running the "wheel" position, right in front of the sled. She kept looking back thinking the sled was going to hit her, and running like heck in an attempt to outrun it, not an easy task. So I put her mind at ease and moved her forward to the "swing" position right behind the leader, and she like that much better.

Since the Iditarod is over and Bill and I are back from Nome I've been doing a lot of leader training and putting each dog up in lead to see how they like it. Gardner, Tangen, Murphy, Mari, Shaffer, AND Doyle all do very well in lead. That's six for six! That's amazing! Doyle is definitely comfortable and very gifted up there. He really gets into it. Shaffer really threw himself into it one day and set a blistering pace around the course. But the next time he was VERY interested in the little girl dog behind him, so I had to move him to the back of the line and let him give chase. He is also very gifted and definitely has leader potential. By the way, when I run him next to Tangen he always bites him as we are leaving the yard. He's paying Tangen back for always picking on him when they were little guys.

Murphy runs down the trail like a maniac, barking and yipping as he goes, giving 110%, clawing and

scratching his way along. He really likes it up front! He tears down the trail like Carl Lewis in the 100 meter dash. Gardner has been giving 100% since the day he first ran in harness. He, too, thinks leading is great. Tangen looks super up there as well, really taking authority and setting a wicked pace. Even little Mari (who is very small) likes leading. This is all very exciting for a dog musher to see these young pups running lead like this.

Doyle shows the most maturity in lead dog position. He's always been a thoughtful fella and at ten months of age with that leader potential, good fur, good feet, beautiful gait, perfect size, superstar parents, good eating habits, and a very friendly personality, we promoted him to stud dog and he's already sired a litter that was born in June. LUCKY DOG!!

By the way, Murphy and Mari have made up and they run next to each other just fine. Now it's Shaffer that has heated arguments with Murphy. Strong personalities. . . maybe strong leaders??

After I've finished a sled run with the pups, I let them all loose and they run around visiting other dogs, then they come when I call them (USUALLY) to tie them up at their houses. Gardner always runs to his own house without having to be called (Hear that, Karen???). Smart dog.

The pups are a pleasure to work with. They were all very healthy this past winter and had a great first season!

NEWS FLASH! ESTER DOME SHRINKS! As much as it pains me to record this discovery, I must report that the Equinox Marathon course does not climb "over 4,500 feet" as has been long stated. After many years of wondering, I tallied up all the rises on 1:25,000 contour maps and came far short of this figure. I realize I may be driven from the fold of the RCN family for stating such heresy and tarnishing the arduous reputation of our ancestral, flagship event, but I must call 'em as I sees 'em: the total elevation gain only adds up to 3,500 feet. Just look at it this way, you don't have to train as hard! In case there are any hard feelings, I have left town as the newsletter goes to press, and will return when things simmer down. For penance, I have sentenced myself to run Pike's Peak Marathon in August. I'll investigate their course and see if I can't knock it down a notch or two. (Allen Doyle and his sidekick John Estle were last seen running south, and to our knowledge neither one expects to be back in town real soon.....)

WANTED-KLONDIKE RELAY TEAM Summer is here and Rob Solomon is already anticipating the Klondike Relay to be held in September. If a team needs a masters runner, give Rob a call at 479-4160.

CLOSE ENCOUNTERS OF THE WILDLIFE KIND! - (Submitted by Monte Jordan) One of the joys of running outdoors on trails is the exciting opportunity to view Alaska's feathered and furred wildlife. Of course, these often unexpected meetings can be disconcerting and should be approached carefully. Mother Moose with calves in tow or Brother Bear can be quite ferocious when surprised in their natural habitat. And, of course, there is the ever present danger of attack by the fierce Spruce Hen! Only a few week ago I was trotting mindlessly (my usual mental state) along the UAF ski trails in the morning sunshine. I rounded the fenced corner of the Musk Ox farm, carefully stepping to avoid the ample deposits left earlier by some four legged, hooped trail users. As I continued trotting toward Dalton Trail a familiar rustle in the brush caused me to look to the right for a glimpse of rabbit fur. Instead I spied a grouse fluttering upward, scattering her young as she rose. A few moments later I was startled from my inspection of the footing ahead by **THE ATTACK!** Rustling wings brushed my right elbow and back as I waited to be pecked while visions of Alfred Hitchcock's rotund silhouette passed before my eyes! But it was only a warning as Mama Hen fluttered back to check her flock. (Bobbi, quit rolling around on the floor...remember how often you clean house!) Spruce hen victims and others, please come forward, speak up and tell us of your near death escapes, unexpected or frightening encounters with moose, bear, winged creatures and other wilderness folk. Seriously, we humans are only guests in the magnificent Alaskan outdoors. The original inhabitants should be treated with respect, appreciation and caution.

You're not alone, Monte. Dave Cowee reports a bear encounter on July 18th in the Rosie Creek Burn area while running with Emily, his dog. Dave was within 25' of a black bear when he saw it rushing away in a panic. He said it was his first-ever bear encounter. Fright caught up with him after he lost sight of the bear in the brush and the uneasiness persisted as he realized his trail would circle back above the bear's path. (Maybe Dave should change his last name to "Cower."---JUST KIDDING, DAVE!)

EAT AND RUN

WOW! We were surprised to learn that at least one other RCN member actually reads this rag. **GUY WILLIAMS** responded to our challenge and provided the following recipe.

PEANUT BUTTER PIE WITH FUDGE TOPPING

CRUST: 1 cup graham cracker crumbs 1/4 cup (1/2 stick) unsalted butter, cut into pieces,
1/4 cup sugar room temperature

Generously butter 9-inch-diameter pie plate. Mix all ingredients in medium bowl. Press mixture evenly in prepared pan. Refrigerate one hour.

FILLING: 8 oz. Cream cheese, room temperature 2 T. (1/4 stick) unsalted butter, room temperature
1 cup creamy peanut butter (do not use 1/2 cup chilled whipping cream
old-fashioned style or freshly ground) 1 T. vanilla extract
1 cup plus 2 T. Powdered sugar

Using electric mixer, beat cream cheese and peanut butter in large bowl until well blended. Add 1 cup powdered sugar and butter and beat until fluffy. Beat cream in medium bowl until soft peaks form. Gradually add remaining 2 tablespoons sugar and vanilla and beat to stiff peaks. Fold 1/3 of cream into peanut butter mixture to lighten. Gently fold in remaining cream. Spoon into crust. Refrigerate until firm, about 3 hours.

TOPPING: 1/2 cup whipping cream 6 oz. semisweet chocolate, chopped

Bring cream to simmer in small heavy saucepan over low heat. Add chocolate and stir until smooth. Cool to lukewarm. Spread topping over pie. Refrigerate until firm, about three hours. (Can be prepared 1 day ahead, cover.)

Cut into wedges and serve. ("Uh-oh, Monte, what does he mean, wedges???? I thought it was a single serving and I ate the whole thing!!!!") Serves: Eight normal humans or one runner. (Has a caloric equivalent of running the Equinox course at 3,500' or 4,500' daily for a week)

ARE YOU PAYING ATTENTION???? Our next challenge goes out to none other than **JOHN ESTLE**, who has been selected to provide the recipe of his choice for publication in the autumn edition of *RUNNING BRIEFS*. He can ski, he can run, he can coach, he can write, but can he COOK??? (Okay, John, what can you **really** do for us??? HINT: Something with chocolate is always a winner!)

PREDICTIONS FOR 1996 (submitted by Allen Doyle)

****Corky Hebard gives his golf cap to Bill Gardner, who gives his bandanna to Ron Johnson, who gives his balaclava to Corky.*

****Following John Estle's advice to "race as you train," Maria Billings runs the Portland Marathon in her street clothes while carrying a shopping bag.*

****(Submitted by Anonymous: Editor Bobbi will continue to outrun, outdistance, and out-talk (although that's debatable) but not out carbo-load her co-editor, Monte.)*

QUESTIONNAIRE -- Thanks again to everyone who responded to our recent questionnaire (even though closer inspection revealed that much of the handwriting looks suspiciously the same). Your editors appreciate the positive feedback on *Running Briefs*. Our goal is to provide a forum for ALL RCN members, their long-suffering spouses, supportive volunteers, and anyone with a pair of running shoes, to boast, opine, philosophize, wax poetic, or whine. We are hopeful and appreciative of any contribution. Not only does it make our job easier, but it gives everyone a greater variety of news, attitude and style.

EDITORS' NOTE: Many thanks to those who offered to raise money to fund our desperate need of counseling. We know a quiet but comfortable sanitorium near Baja, just off the coast. Salt air, sun, sea breezes, mai tais. In a few years we could be mentally strong, healthy, tan and even-tempered!

RCN WEB PAGE - Dave Cowee, Sandy Murray and Bob Vitale continue to do a terrific job on the Running Club North Web Page. The RCN site is closing in on the 1000 hit mark and we've had e-mail from runners from California to New York (and one site in between). The site caters not only to local runners but visitors, who can access it from around the world by linking from various prominent running websites. There's not only a calendar, but also results for many of the races. Runners planning a visit to Fairbanks will also find links to the FCVB, UAF, etc., so they can plan where to stay and what to do. Local runners planning trips outside are able to research what running events there are at their destinations. The site also has MAPCO point totals though the site masters think their sources have been error-ridden and they would appreciate corrections. :

RUNNING BRIEFS

c/o Running Club North

P. O. Box 84237

Fairbanks, AK 99708

http://www.fairnet.org/agencies/rcn/rcn_dir.htm

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