

RUNNING CLUB NORTH'S

# RUNNING BRIEFS

*AUTUMN EDITION - 1996*

*VOLUME 3, NUMBER 4*

## ***Letter from the President***

*It's hard to believe that another racing season has gone by. It was an event-packed year and 1997 will prove to be another busy one even though a few changes have been made to the upcoming calendar. It was refreshing to see new faces and names competing in the races last season, such as Klaus, Brent, Scott, Troy, Hannibal, Kristin and Michelle, to name a few, and I hope we continue to grow and attract new members every year.*

*Our RCN newsletter gets bigger and better with every publication and we need to thank Bobbi and Monte for all their hard work and dedication to it. Who knows? Our next newsletter may even win the annual contest at the RRCA event this year!*

*We should all be proud of our accomplishments from year to year as a running community and keep it fun and safe for everyone.*

*Colleen Gordon, Running Club North President*

*"Running has given me a glimpse of the greatest freedom a man can ever know, because it results in the simultaneous liberation of the body and the mind." - Roger Bannister*

## **New and Renewing Members**

Mary Bohan Myron Chernushin Larry Coutermarsh David Frey

John Hellen Mark Ross Edward Rouleau Ruckstuhl family

Brian Shaffer Julianne Southwell Jain Tremmel Ronald Webb

Ken Zaklukiewicz

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*.

## Equinox Marathon Update

**CONGRATULATIONS BILL GARDNER** and **TINA DEVINE** for overcoming less than desirable weather conditions and winning their respective divisions on sleet-filled, slippery, blustery day (weather courtesy of our resident meteorologist, Jim Brader!). **THANKS** to **STEVE BAINBRIDGE** (and **MARY LINDAHL**) for successfully organizing the 1996 Equinox Marathon. Steve would not have been successful, however, were it not for the hard work of many volunteers. Also, let's not forget our sponsors:

**PUMP HOUSE RESTAURANT & SALOON**

**EQUINOX PHYSICAL THERAPY**

**FAIRBANKS CHIROPRACTIC CLINIC**

**THE COOKIE JAR'S GARDEN CAFE**

**THE TOY QUEST**

Special thanks to **MOON SUN** and **CLINT STONE** for preparing the post race feast which was enjoyed by all, along with the **COOKIE JAR'S GARDEN CAFE** which prepared the scrumptious desserts.

## *IN MEMORIUM*

*We are dedicating this edition of Running Briefs in memory of Jeanne Tape who died in Fairbanks on 9/11/96 after losing her final, valiant battle with cancer. Too many have fallen victim to this insidious disease. Nevertheless, it was with shock and dismay that we learned that Jeanne crossed the finish line in the biggest race of all. Jeanne, had kept ahead of the Big C in an earlier runs and I thought this meant a final victory - the winner's circle for all time. My acquaintance with Jeanne was only as a fellow runner of past races, several years ago. Both of us were in the same age group at that time and would be either just in front or just behind each other's recorded times. The years and injuries slowed my steps while more formidable forces interrupted hers. A mutual running partner once told me how Jeanne insisted on training runs while recovering from cancer treatment. I silently thought of my minor but considerable complaints over what then seemed negligible aches and pains. Unfortunately, I learned more about Jean from articles describing her and her accomplishments after her death. Yet I can certainly agree with those that described her as friendly, positive and in my memory, always smiling. She will be missed by her family and friends.*

*Unfortunately, everyone did not have a chance to say something at Jeanne's memorial service due to time constraints. Therefore a "Memory Book:" is being assembled for her family. Anyone who wishes to is encouraged to add a story, memory and/or picture of Jeanne. Please send these to:*

*Bobbie Ritchie*

*2671 Black Sheep Rd.*

*Fairbanks, Alaska 99709*

*or call Bobbie at 455-6777 (w)*

## **RUNNERS' HI-LIGHTS**

**RUN, JANE, RUN** And she did, right into the victory circle of the School Board election. Jane Parrish won Seat F and then ran for an Alaska Airlines flight to a final victory as the first place winner of the women's 45-49 age group of the Royal Victoria 8K in Victoria B.C. on Sunday, October 13th. Bobbi chased her across the finish line in second place. ("Bobbi! Bobbi! Don't forget that I was there too, running in celebration of my \_\_\_ birthday. No, I DIDN'T place in my age group. So what's your point???" )

Marcia Martin and Lynn Hoffman also helped celebrate Jane's victory. However, their exuberance continued until they finished the 26.2 miles (42 kilometer) scenic Royal Victoria Marathon.

"Monte, so sorry you missed sharing jugs with us during our pub crawling which included "The Hog in the Pound," a local Victoria watering hole." "Bobbi, you told ME you were going to High Tea at the Empress Hotel, NOT to get high!"

## **FOOTNOTES**

### **RCN ANNUAL MEETING**

Running Club North members met for the annual meeting on October 16th and took the following action:

### **ELECTION OF RCN EXECUTIVE COUNCIL MEMBERS**

At the annual meeting held October 16th, the following people were elected to the RCN Executive Council:

President Colleen Gordon

Secretary Bobbi Fyten

Treasurer Jane Lanford

Calendar & RCN Event Liaison Bob Vitale

Sanction/Insurance Liaison Steve Bainbridge

MAPCO Cup Liaison Brian Shaffer

Spirit of the Equinox Liaison Allen Doyle

**RCN TIMING TRACK MEETS IN THE SPRING** John Fridrich recently approached the RCN Executive Council concerning the possibility of the club organizing three Region VI high school track meets in the spring of 1997 (running events only). This will help ensure that the running meets are held in a professional manner and that race timing will be unbiased. The region plans to host three track meets: the Interior Breakup Classic, an all-schools meet, and Regionals. The timing equipment will be supplied. If you would like to help, contact Colleen Gordon, 488-8742.

**RCN GUIDELINES AND PROCEDURES** The following changes were made to the RCN Guidelines and Procedures, Running Club North Executive Council (RCNEC):

A. ...."The period of appointment for each member of the RCNEC is one year, January 1 - December 31.".....

to:

...."The period of appointment for each member of the RCNEC is one year, November 1 - October 31 of each year.".....

B. ...."The recipients of the "Spirit of the Equinox Awards" living in the Interior Alaska (Fairbanks area) will serve as the Nominations Committee recommending candidates for specific positions of the RCNEC.".....

to:

....."The Spirit of the Equinox Award" Liaison shall serve as chair of the Nominations Committee, which shall consist of three members, including the chair, one additional Spirit of the Equinox award recipient, and one at-large member, to recommend candidates for specific positions of the RCNEC.".....

**1997 RCN Event Calendar** The 1997 event calendar is full of fun and exciting races. Unfortunately, we

don't have enough volunteers to organize the following races. If you are interested in keeping one or more of these events on the schedule, please contact Bob Vitale at 479-3337 or 479-8044, otherwise they will be dropped from the race calendar:

February 15 Back Roads Run 7 miles Ft. Wainwright\*

March 8 Sourdough River Run 4 miles Pike's Landing

March 22 Spring Fling 5K and 10K Patty Center

May 10 Geist Road Run 4 & 8 Miles BLM Parking Lot

May 24 Two Way Torture Test 13 miles Pump House

June 28 Mens' 10K 10K Pike's Landing

June 28 Women's 10K 10K Pike's Landing

July 10 Back of the Pack 10K 10K Carlson Center

\*Please note Ft. Wainwright runners, if one (or more) of you will volunteer to be race director of the Back Trails Run (February) Ron Smith will help "train" you (but not be in charge!!). Call Ron at 456-4628 for more advice about how to do these "downside-of-winter" races.

## **MAPCO UPDATE**

The MAPCO Awards/RCN Potluck was held October 12 at the Dog Musher's Hall. Apparently there are still some computer glitches to work out because some people who ran all seven MAPCO events did not receive a T-shirt. If you ran all seven races and did not get your PRIZE, call Colleen Gordon (488-8742).

Upon leaving the MAPCO Awards/RCN Potluck at Dog Musher's Hall after cleaning up, Jane Lanford discovered she was missing one of her serving spoons. However, she brought home five other utensils that had been left behind: bread knife, cake server, and three other serving spoons. One of the spoons has been spoken for. If you'd like to lay claim to any of the other serving pieces, or would like to exchange Jane's for yours, please call Jane or Steve at 479-7230. (If they don't hear from you, you'll probably see your utensils at the next potluck!)

## **SAVE YOUR SOLES!**

Since last December, RCN has donated 47 pairs of shoes to the Fairbanks Rescue Mission (452-5343) and Women in Crisis-Counseling and Assistance (WICCA 452-2293). Jane Lanford has received

feedback that such comfortable shoes get distributed fast and are always welcome. With the running season over, it's a good time to clear out those used-but-not-dead shoes from your closet and pass them on to someone who'd appreciate them. You can deliver them to the Mission or WICCA yourself; toss them in "THE SHOE BOX" at RCN races; or bring them to Jane (479-7230). She'll wash them and pass them on.

If you have other stuff to get rid of, chances are good that either shelter would be happy to accept it. They can use all kinds of clothing and, to some extent, furniture and household goods. Children's items are especially appreciated. These are the only two shelters that provide food, clothing and shelter to men, women and children in Fairbanks. They keep very busy. You can funnel donations through Jane or deliver them yourself. Thanks for helping out!

## **RUNNING MEMORABILIA**

Running Club North has started archiving club memorabilia. Newspaper articles, photos, and more are being posted in chronological order in scrapbooks. If you have any such items you'd like to see preserved by the club-whether from 1996, 1986, 1976, or whenever-please forward them to Jane Lanford (479-7230).

## **RUNNING WARM**

Some of you may have noticed your lawn furniture has grown stiff and the barbecue is covered with very cold white material, not to mention cement-hard ice on your favorite running route. Humorously referred to as "The Other Season," winter's cold and dark can no longer be avoided. Therefore, the following information is for sane, smart runners ("No, Bobbi, it's none of your friends, or mine, either.") Indoor running can be found:

**UAF Student Recreation Center** - \$7.00 per use (all other facilities available, too)

**Fairbanks Athletic Club (FAC)** - Call 452-6801 for membership fees and information

**FNSB Big Dipper** - Call 459-1070 for walk/run schedule and punch card information\*

\* Ron Smith has provided the following scheduling information - The Dipper is open **Monday through Friday** (except when games or other activities are taking place or concession stand is open) from 5:00 AM and throughout the day until 1 hour before high school or Gold King games. **Saturday** it is closed all day for walking/running and during all hockey tournaments. **Sunday's** running officially opens at noon, but check with Nicole at the skate room (459-1104). She can tell you if the ice is rented and whether the door will be opening earlier in the morning (sometimes as early as 6:00 AM) ("On Sunday!? Give me a break, Ron!")

## **EAT AND RUN**

("Monte!! I am constantly surprised at who else actually reads this rag. Our thanks to JOHN ESTLE for providing the following recipe, but who really came up with the idea of CHOCOLATE SYRUP???)

## LOW-FAT VEGETARIAN CASSEROLE

Those of us who have had the pleasure of preparing our own food for many years have learned to be creative with our food preparation. If you ever cook a lot of anything, you have to eat it for three or four weeks, so it needs to be interesting. Below is a recipe for a light, tasty dish that has served me well over the years.

### INGREDIENTS:

A bunch of pasta Quantity depends on how many meals you can stomach from this one dish

Seasoning Whatever you're into--my tastes are simple, usually confined to overdoses of garlic powder (chopping those cloves is such a bother!) and soy sauce (salt without the shaker!)

Spaghetti Sauce Ragu, or, if you're feeling upscale, Classico; avoid the extra labor of making your own

Salsa Just for a little extra pizzazz

Olive Oil Several tablespoons

Butter 1/4 - 1/2 pound (I thought he said this was LOW-FAT!!)

Onion 1 large onion, sliced or diced

Cheddar Cheese 1 pound pre-shredded

Feta Cheese 1/4 pound, cubed or broken up

Sour Cream 2 cups

Mooseburger 1/2 pound

Polish Sausage 1 pound

Sauerkraut 1/2 pound

Hershey's Chocolate One large container (Does that include whipped cream and nuts, too?)

Sauce

### **INITIAL PREPARATIONS:**

- Start the water boiling and get ready to throw in the pasta.
- Crank up the stove and get an iron skillet good and hot.
- Pour in a bunch of olive oil 'til it's smokin'!
- Sauté onions and peppers in skillet.
- Throw in the mooseburger and brown, making sure to mix in the onions and peppers.
- While it's browning, douse the mooseburger liberally with garlic powder, soy sauce, and any other seasonings you might like. Nutmeg and cinnamon work pretty well.
- When most of the *e coli* in the mooseburger are dead, toss in the Polish sausage, being careful not to spatter yourself with the extra grease floating around the skillet--it really burns!
- Throw pasta into the water--it's been boiling for 5 minutes already.
- Keep the mooseburger-onions-sausage-peppers simmering.
- Call Al Dentay to have him test the pasta.

### **ASSEMBLY:**

- When the pasta is done drain off the water over the sink. If you don't have a colander, be careful not to let the pasta slip past the cover of the pan and go down into the bottom of the sink--especially if you have company and there are dirty dishes in the sink!
- Throw the pasta into a big casserole dish.
- Add the butter (utilized as a lubricant) and stir it in with the pasta--this keeps the pieces of pasta from clinging to one another.
- Now mix in the mooseburger-onions-sausage-peppers mixture. The animal fat and olive oil combine with the butter to make a very satiating flavor!
- When the pasta-mooseburger is well-mixed, add some spaghetti sauce, straight from the jar, mixing thoroughly. Again, be careful not to splatter yourself. You should not be wearing your best sweatshirt or your dress running shoes at this time.
- Add the cheddar cheese and mix again.
- Add the Feta cheese and cover the casserole dish for 5-10 minutes, allowing the cheese to melt a bit.
- After trowling the surface of the mixture smooth, add sour cream on the surface so that it looks just like white frosting!
- If you are on a high-salt diet, add sauerkraut before adding the cheese.
- Put the top on and let it steep in its own magnificent scents and juices for 45-50 minutes.

### **STORAGE AND CONSUMPTION:**

Stick it in the refrigerator so that you can spend some time thinking about how good its going to be. When you are ready to serve it, take it out of the refrigerator, chop off a chunk with a spatula or whatever else might be at hand (a screwdriver or a putty-knife will work in a pinch), place on a plastic plate, and nuke on high for about 3 minutes per pound of casserole on the plate. Enjoy! For an extra treat, put a little Hershey's chocolate sauce on top!

***Low-Fat Version (doesn't taste as good as the high-fat variety)***

1. Substitute low-fat, low cholesterol margarine or spread for butter
- 2 Substitute low-fat mozzarella cheese for cheddar
3. Eliminate Feta cheese
4. Substitute low-fat or non-fat sour cream or non-fat yogurt for sour cream
5. Substitute range-fed moose for grain-fed moose
6. Substitute low-fat kielbasa for Polish sausage (tough to find in Fairbanks)

***Vegetarian Version***

1. Be sure the spaghetti sauce you purchase is **NOT** prepared with meat
2. Substitute Tofu for mooseburger (yecchhh!)
3. Substitute chopped gardenburger for Polish sausage (grrrroooooossss!)

***Low Salt Version***

1. Eliminate spaghetti sauce, salsa, butter, cheddar cheese, Feta cheese, Polish sausage and sauerkraut, and don't use

much seasoning while you are preparing it.

Thanks, John. For our next edition we are picking on **BILL GARDNER**. If he doesn't deliver the goods by December 15th, you'll be treated to Bobbi's Basic Cooking. Lesson I involves learning how to prepare a box of Kraft Macaroni and Cheese without hurting yourself! (The strenuous part is finding someone who will eat it!)

**GOSSIP**



Steve Bainbridge Sanction/Insurance Liaison 479-6908

Allen Doyle Spirit of the Equinox Liaison 479-0128

Ken Larimore UAF Athletic Dept. Liaison 474-7205

Jane Lanford RCN Archivist 479-7230

Editors - *Running Briefs*

Bobbi Fyten - 479-4710

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Newsletter Deadline: December 15, 1996

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***Comments / Messages: [running@polarnet.com](mailto:running@polarnet.com)***

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