

RUNNING CLUB NORTH'S

RUNNING BRIEFS

WINTER EDITION - 1997

VOLUME 4, NUMBER 1

Letter from the President

The Running Club North Executive Council has been working on some new ideas for the upcoming season. We have revamped the MAPCO point system and hope to implement a new computer system that will make race directors' jobs easier and we have made plans to take on the timing for the six high school track meets. RCN Executive Council meetings are generally held the first Thursday of each month. We take pride in our running club and encourage our members to let us know your thoughts and views on club issues.

Colleen Gordon, Running Club North President

"Everyone is an athlete. The only difference is that some of us

are in training and some are not." -- George Sheehan

New and Renewing Members

Andy Blossy Paul Beberg Robert Boyer Ruth Nicholas

Jim Decur Colleen Gordon Barb Lando Jim Marcotte

Diane & Mark Herman Carol & Ron Johnson Bob Perkins Jack Tounshend

Dorli McWayne Ken & Kelly Larimore Sheila Romero Eugene West

Dave Cowee Don Pendergrast Dana Brown Tom Early

Keith Kurber Michelle Mitchell Steve Siranides Dave Covey

Kay & Tony Davies Frank Williams Sharon Alden Candy Bartos

Susan Sugai Corky, Gale & Janelle Dow Lyn Gilbert & Bruce Gard

Terry & Cindy Matthews Rich, Chris, Melissa, Monica and Mike Found

Please check your newsletter mailing label. If your membership expiration date is highlighted, please renew your membership. Otherwise, this is your last newsletter, and we know you wouldn't want to miss future editions of *Running Briefs*. Also, if you have a new address or a name change, please let us know.

RUNNERS' HI-LIGHTS

HONOLULU MARATHON - Our thanks to Sharon Young who submitted the following report of her participation in the Honolulu Marathon held December 8, 1996. Sharon raised \$3,000.00 for the Leukemia Society of America. She ran in honor of Kathryn Petros, a 10 year old who lives in Anchorage. Although the money raised does not go directly to Kathryn it does benefit her through the Society.

If anyone has ever considered joining Team in Training, I would definitely recommend it. I did not receive the training referred to in the ads since I was running with the Washington State Chapter out of Seattle and, well, I just couldn't get to the weekend long runs!! All 45 runners/walkers from the Washington State Chapter finished the marathon!!!! The whole experience was great. Raising the money was difficult at times but I was truly amazed at the generosity of people. I flew to Seattle to meet the team (44 runners/walkers) at the airport. It was nice to finally meet Darcy Valentine, the coordinator and a leukemia survivor, and the rest of the folks I had read about in weekly newsletters. The Leukemia Society sponsored a spaghetti feed for all the Teams in Training from around the country.

In one year Team in Training members raised over \$4,000,000 for Leukemia--awesome!!!! Our chapter alone raised \$190,000. The marathon started at 5:00 a.m. with fireworks. There were 27,000 entrants, this is the first time I've ever had a bib with a five digit number on it! I couldn't believe how many people there were, I took a picture of the crowd before I jumped into the sea of runners!! It took five minutes to get to the start so I was farther up in the crowd than I probably should have been but once I was there, I was in. The whole marathon was well organized, tons of people on the sidelines cheering us on. The Leukemia Society had volunteers along the course that would watch for us (easy to spot in our purple singlets) and yell for us as if we were in first place! The beautiful scenery made the run go by fast and the weather for the most part was perfect. The humidity wasn't too bad but we had a pretty strong head wind for awhile. We were also treated to a rain shower and double rainbow near the finish. The course winds around Diamond Head and ends on Waikiki Beach. I finished in 4:35:18, placing 5,605th out of 24,335 finishers. I was pretty happy with my finish time since Fairbanks' running conditions at this time of year are WAY different than the running conditions in Hawaii. My legs took a pretty good pounding too since the entire marathon was run on pavement....no trails to give my legs a break. After the marathon, Leukemia Society volunteers directed Team members to the T-shirt pickup and FOOD!!!! After a bus ride back to the Sheraton for a post race reception we were greeted, told what a wonderful job we did (even though we were walking funny since our legs had stiffened up on the bus ride), offered trays-full of food, directed to the massage tables and offered bags of ice!

Even if you don't join Team in Training, the Honolulu Marathon is one race to aim for. It was great walking along the beach or downtown with my finishers T-shirt on; the community is very supportive of the marathon and you're treated like an Olympian! The Mayors Midnight Sun Marathon in Anchorage is also a Team in Training event so if anyone is interested in supporting a worthwhile cause while putting a whole new angle on running let me know. I'm not a coordinator but Darcy Valentine is organizing an Anchorage team so I can get in touch with her. Give me a call at 372-1249.

I would like to thank the RCN members who sponsored me, I really couldn't have done this without them! Thanks to DIANE RUCKSTUHL, NANCY HOWE, MOON SUN STONE, LEO WOOSTER & BILL for being my running buddies and supporting me all the way!!! Thanks also, Moon, for helping me raise money!!! Mostly thank you BILL & MEGAN for putting up with me during the fund raising (especially when I was sure I could never raise that kind of money) and all the Sundays I was on the treadmill for hours in sweats to simulate the heat. I really hope we can get some runners to join Team in Training to go to Anchorage to help the Leukemia Society in the race for a cure by the year 2000.

FOOTNOTES

1997 RCN EVENT CALENDAR Thanks to the following individuals who volunteered to organize races that were doomed to disappear into the black hole of old running socks:

March 8 Sourdough River Run 4 miles Pike's Landing **Dave Hamilton**

March 22 Spring Fling 5K and 10K Patty Center **Carol Kleckner**

May 10 Geist Road Run 4 & 8 Miles BLM Parking Lot **Tina Devine & John Carlson**

June 28 Men's' 10K 10K Pike's Landing **Paulette Kosinski**

June 28 Women's 10K 10K Pike's Landing **Klaus Wuttig**

July 10 Back of the Pack 10K 10K Carlson Center **Bob Hildebrandt**

BARE BUNS outhouse DASH - In honor of our club president who was elected to serve for another moon...er, term, your editors propose that one other race be added to next year's schedule-The 50-meter Bare Buns Outhouse Dash. We came up with this idea after Monte's daughter Lisa sent her an announcement for the "Bare Buns Fun Run" sponsored by Fraternity Snoqualmie which bills itself as the "Northwest's Largest Family Nudist Park" in Issaquah, Washington. Their motto is "BE BRAVE, BE TOUGH...BEAT THE MOUNTAIN IN THE BUFF." Their race is held in July, but to demonstrate that Fairbanks runners are really brave, really tough and have beat more than a mountain in the buff (ever make a pit-stop at -40??), we propose that our competition be held in conjunction with the winter solstice. Clothing optional, ear-muffs recommended, walkers welcome. ("Monte, I know what you want to say, but this newsletter is already too long.....")

ATTENTION COLD WEATHER RUNNERS - Your WEBMASTER needs YOU! No, it's not whips and chains this time....but I'd like your brief written thoughts on running at -20, -30, -40, -50, or whatever your running cutoff temperature is. Specifically: 1) How do you dress; what do you wear/add as it gets progressively colder? 2) Do you run shorter? 3) Do you change locations/seek out inversions, run closer to home? 4) What happens to your bod at different temps - can you tell the difference between -20, -30, -40? 5) When do your nose hairs first freeze? 6) At what temp does your already frozen mustache crystallize? ("I've been meaning to ask you that, Bobbi...") 7) At what temp do you stop running? 8) Why do you keep running in the extreme cold? 9) Anything else I haven't thought of.

Responses will be posted on the Internet on RCN's Cold Weather Running Page-there is interest out there in how we cope with winter running this far north. Thank you in advance for your terrific response!
(Submitted by your WEBMASTER - a/k/a Dave Cowee-479-2852)

MAPCO UPDATE - If you ran all seven MAPCO races and still don't have your commemorative Tshirt, call Colleen Gordon (488-8742).

TALENT CORNER

Proving that the pen is mightier than the snowmobile, **Glenn Hackney** composed this response to a discourteous snowmachiner:

Dear Eds, (MS. Eds, please)

I was out on an early evening jaunt recently when a snowmachine whizzed by at warp speed rather closer than I find comfortable, which occasioned the following bit of venom:

OWED TO THE SNOW MACHINE

I am often moved to wonder,

From what part of hell they hail,

Gray exhaust stink spreading,

For miles along the trail.

Raw engine voices snarling,

Racket fit to wake the dead,

*Shattering winter stillness,
Wherever the trail has led.
Why must those iron doggies,
Always be run at topmost speed?
Any chance collision,
Would make a runner bleed.
We cringe to quit the straight-away,
Dread any tight-angle curve,
A one-eyed hurtling monster,
Will break any runner's nerve.
We try hard to be generous,
Render credit where credit's due,
It's nice to run on packed trail,
Wide enough for a runner or two.
We're pleased to share the outdoors,
Keep away from bickering and strife,
But it's tough to concentrate on sharing,
When you're running for your life!*

Apparently the long, dark winter days and nights inspire creativity in Running Club North members!
("Bobbi, I wish those conditions inspired you, especially at press time!")

Another talented runner in our midst is **Carolyn Kremers** who recently published her book *Place of the Pretend People*, a memoir of her two years spent teaching in Tununak, Alaska. To quote the book review

in the November 3, 1996, edition of the News-Miner's *Heartland*, The "book is less an exploration of traditional Yup'ik life than a journey of self-discovery.....(Carolyn) is at her best when creating a scene, giving us a picture of days and nights in modern day Yup'ik society, not paying artificial reverence to the past but rather showing us what exists today-the food, music, games and conversation of a village in which old and new are constantly blending." Good work, Carolyn!!

RUNNING, ETC.

YOGURT REVIEW- ("That's YOGA, Bobbi, YOGA!! I keep telling you that there's more to life than just eating!!") Dave Hamilton and Tina Devine have discovered yoga as a more refined way to prevent or recover from running injuries. Dave asserts that this alternative exercise is great and would like others to share the benefits. On Saturday, February 15th, Interior Yoga will offer a runners workshop at the Arctic Bowl Building; the cost is \$25.00. For information and location call Kay Hackney at 4571481, or Shelly Carlson at 4574069. Kay and Shelly offer a variety of yoga sessions from "gentle" for beginners, to "Level III" for more experienced students. Tuition rates and session dates vary, so if you can't make the 2/15 date you have other options. Here's what Tina Devine has to say about her yoga experience:

I crave yoga like some people crave chocolate. Or running. With the help of a teacher I am able to see how my body has many ingrained imbalances. One night a week at class I know I will stretch, lengthen, flex and then finally rest. When I am finished with yoga I am limber and relaxed.

The word "yoga" means union, an attempt to integrate the physical, mental and spiritual. Yoga has taught me effective stretching, balance, mental alertness (though debatable) and has helped prevent injuries. My one running related injury was last summer when I was on the road and unable to do yoga. The lack of a yoga routine, combined with the cramped confines of a little rental car, reversed much of the gains I had made in flexibility over the winter.

I started yoga about two years ago when I noticed how stiff I was from running. I had read that yoga improves health and stamina and increases flexibility. I signed up for a class, did some of the quiet but active poses, and quickly felt its benefits. Yoga is particularly important for runners because the constant repetitive movement of running can throw the body off balance and increase the likelihood of injuries. Through slow, quiet stretching an athlete can find out where s/he is tight, strong or weak. Yoga requires that one pays close attention to her body and observe changes. I find that it is very helpful to first take a class and then practice at home. With the guidance of a teacher you can learn how to do the poses or "asanas" correctly and not be tempted to rush through yoga or strain your body.

SHALL WE DANCE??? Others of us have discovered that contradancing to live music is a fun way to warm up on cold evenings. Even if you are as uncoordinated as your editors you can benefit from this exercise. ("I beg your pardon, Bobbi, if I could lead sometimes, you'd find out who is clumsy!") The dances are usually held on Fridays at 8:00 p.m. or thereabouts. Beginners are welcome, no partner is needed; invite your friends and neighbors. Tell them if they can smile and count to eight they can contradance ("Gee, Monte, these people are so nice, they let me contrary dance even though I only count to three!" "That's why they smile, Bobbi!!") Admission is \$5 (\$4 for members, \$2 student members).

Rates for special events are higher. Check the schedule in "This Week in Fairbanks" in the Sunday edition of the News-Miner's *Heartland* or call 456-3635 for information.

EDITOR EDITORIALIZES

(Submitted by Monte Jordan)

Protecting and helping children and young adults is a concern in both my work and personal life. As some of you know, I work for the Alaska Department of Labor and enforcing state child labor laws is one of my responsibilities. Recently, there has been much in the news about child labor abuses in the workplaces of foreign manufacturers who make their products for large American companies, including those in sports and recreation industries.

Therefore, I would like to make you all aware as consumers and sports enthusiasts of information in the "Child Labor Monitor" which is a National Consumers League Publication for the Child Labor Coalition. Joining such movements as RUGMARK, RUGMARK-USA and ABRINQ (Foundation for the Rights of Children-Brazil) is the **FoulBall Campaign**. FoulBall's goal is to replace child labor with adult labor in the making of soccer balls and other sports equipment. Perhaps you already know that soccer is our nation's fastest growing sport. This organization, working in conjunction with international trade unions have pushed FIFA (the international governing body of soccer) to decree that their seal of approval on a ball will guarantee the ball was made by "adults only." Although this apparently outraged the sporting goods industry, FIFA is continuing to work with unions and other groups to create a child labor inspection/verification system wherever balls are stitched.

After uncovering other child-made sporting goods used in the Olympics, FoulBall is aiming their next campaign at the goal of a child labor-free Sydney Olympics 2000. The World Federation of Sporting Goods Industry was scheduled to meet this past December in London to discuss the FIFA code and child labor. Additionally, Nike and Reebok announced plans for child labor-free guarantees on their soccer balls this spring.

As consumers you can make a difference. If you want to know how, contact: **FoulBall Campaign**, c/o International Labor Rights Fund, 110 Maryland Ave., NE, #74, Washington, D. C. 20002; phone (202) 544-7198; FAX (202) 544-7767; e-mail: laborrights@igc.apc.org.

EAT AND RUN

CONGRATULATIONS **BILL GARDNER** for qualifying for the Western States 100!!! Bill always has the three recommended food groups on his training table--beans, rice and beer. Thanks, Bill, for taking time out of your busy training schedule to read the autumn edition of *Running Briefs* and provide the following recipe:

RED BEANS AND RICE WITH HOT LINKS

INGREDIENTS:

1 lb. red beans Rice (brown or white)

4 cloves garlic 1/2 yellow onion, chopped

1 T garlic powder 1 T onion powder

Salt to taste 1/2 lb. hot links

1 tsp. cumin 8 oz. beer (Bill prefers the dark variety)

1 tsp. cayenne pepper Tobasco sauce to taste

PREPARATIONS:

- Soak beans over night in water with water level about three inches above the beans
- Cover and boil beans for 45 minutes with fresh garlic
- Add beer, onion, salt, garlic powder, onion powder, cayenne pepper, cumin and hot links
- Drink remaining beer
- Cook until beans are swimming in a creamy sauce (30 minutes to an hour)
- Follow package directions to make about four cups of rice
- Serve beans over rice
- For extra zip add 1 fresh jalapeno and more cayenne

Gracias, Bill. Our next edition will feature **CLAIRE MURPHY**. We know she feeds Bob occasionally. If she doesn't deliver by the March 15th deadline, we'll know that she used this edition of *Running Briefs* to insulate her winter running shoes.

HELP WANTED

Your editors need replacing-or at least they need replacement parts. Therefore, this is YOUR chance to join the ranks of famous journalistic greats such as William Randolph Hurts, Orson Wills, Mark Twine, and of course, your co-editors, by dispensing truth, justice and how to find your way. ("No, Monte, that's the "American" way!") To entice you into volunteering your time, and, perhaps, sanity (presuming you had any to begin with), we would like to share our experiences of adulation and fame along with the many as yet unmentioned benefits and pitfalls or, as in our case, pratfalls. We've had so much fun that we don't want to selfishly hoard the excitement of missed deadlines to ourselves. We want to share the joviality and sheer pleasure of creating this quarterly rag with others. In other words: WE QUIT! WE'RE OUTA HERE! GONE TOMORROW, LEFT YESTERDAY!

Listed below are a few brief highlights of our tenure as your editors.

1. Last minute/past deadline calls from readers with rambling, unintelligible articles and running results.
1. Deleting pages 4 and 5 while attempting to high-light running results. ("Bobbi, I never win so I don't give a damn anyway!")
1. Finding space for four pages of information in a five page newsletter after the RCN president's two page letter.
1. Justifying costs to RCN Treasurer when requesting reimbursement for newsletter expenses, e.g.:

A. Calling Computerland for tips on how to remove chocolate chip cookie crumbs imbedded in the keyboard resulting in all UPPER CASE PRINTING.

B. Two first-class, round-trip Fairbanks/Seattle tickets to purchase ream of newsletter paper and to pay dinner costs for "Whine and Dine" review of Ivar's on the Waterfront.

1. Tabulating which edition resulted in more expletives per editor, starting with "Gee Whiz!" and quickly escalating to S- and F-words, followed by "I'm going home now to drink my dinner!"
1. Getting Bobbi unstuck from behind the printer while she kicks and yells, "Turn it OFF! Turn it OFF!"
1. Acquiring tongue rot from stamp licking.
1. Visiting the emergency room to remove staples from thumb acquired while collating latest edition.
1. Explaining to a reader why it's not possible to print on paper the size of a toilet paper roll.
1. There's more, but Bobbi is still stuck behind the printer.....("TURN IT OFF!!!!")

We have immensely enjoyed the past three plus years as editors of *Running Briefs*. Thanks to all of you for your encouragement, support, suggestions and submissions (money would have been nice though). But it's time to hang up our torches and pass the shoes to someone else ("No, Monte! It's the other way around!") If you're interested, have your head examined. If you are still game, call Monte or Bobbi so you can be broken in, broken up, or just broke (like us). One final note of encouragement--the new editor(s) will have the benefit of useful information from the critiques we received after submitting editions of

Brian Shaffer MAPCO Liaison 488-2652

Steve Bainbridge Sanction/Insurance Liaison 479-6908

Allen Doyle Spirit of the Equinox Liaison 479-0128

Ken Larimore UAF Athletic Dept. Liaison 474-7205

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Newsletter Deadline: March 15, 1997

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