

Running Briefs

Official Newsletter of

Running Club North

Volume VI, Issue IV

Editor, [Scott McCrea](#)

Aug/Sep 1999

INDEX

[Galloway to Fairbanks in 2000](#)

[Ladies and Gents,
the Winner Is....](#)

[It's Equinox Time!](#)

[UAF Cross Country -
New Coach, Outlook](#)

[RRCA Western Director
to Run Equinox](#)

[Track Officials Clinic
in October](#)

[USATF Report:
Runnin' in the Big Apple](#)

[Inspirational Running
Stories Needed](#)

Galloway Comes to Fairbanks in 2000

Former Olympian to Lead Seminar for Sun Run

Jeff Galloway, a former Olympic marathoner and author of one of the best-selling running books in North America will be coming to the Golden Heart City next summer.

Galloway, who now devotes his time as an inspirational speaker to over 200 running and fitness sessions each year, will be making his first visit to Alaska. He will be conducting a seminar the weekend of the Midnight Sun Run and will be a participant in the race as well.

Galloway is known in the running community for his innovative low-mileage marathon training programs. The program, which has had a 98% success rate, uses a three-day walk-run plan, and has inspired rookie runners across the country to enter marathons.

"Galloway's Book on Running" has become the standard among running books and the reference guide for runners of all abilities. He also writes a monthly column for *Runner's World*

magazine.

Stay tuned to "Running Briefs" for more information on Galloway's millenium visit to Fairbanks!

Ladies and Gents, the Winner Is....

New Awards Offered at RCN Banquet

Running Club North members have an opportunity to cast their votes in three new award categories. The winners will be honored at the RCN Banquet on Oct. 16th.

The purpose of the new categories is to honor some of the "unheralded" participants of the running community.

The three new categories are:

- 1) MOST INSPIRATIONAL RUNNER OF THE YEAR:** This award will go to a runner who is a source of inspiration to all unners. This can be an individual who has overcome adversity to become a better runner or someone whose words and actions inspires us to improve.
- 2) CHEERLEADER OF THE YEAR:** This award will go to a runner or non-runner who is always encouraging and supporting other runners before, during and after races.
- 3) RACE DIRECTOR OF THE YEAR:** This award will go to a race director who has put 100% effort into his/her race to make it an enjoyable event. Other factors to look at include pre-race instructions, course markings, post-race prizes/refreshments and water stops/course assistance.

Voting is open to all RCN members and is limited to one vote per member per category. Be sure to include the person's name and a short explanation supporting your choice. Votes may be submitted to SCOTT MCCREA as follows:

[By e-mail:](#)

or by Regular Mail: PO Box 82445

Fairbanks, AK 99708

All votes must be submitted by **OCTOBER 4TH**. An RCN voting committee will make the final determination on the recipients. For more information, contact Scott. And be sure to attend the awards

ceremony on Oct. 16th at 6p.m. at the Dog Musers Hall!

It's Equinox Time!

One of America's Toughest Marathons Held Sep. 18th

The Equinox Marathon course has been described as being planned by a "wicked man...a man who dislikes his fellow man." Those who came up with the idea for the race some 37 years ago might take offense to such a quote, but they have to take pride in the fact that the race has survived so long.

When the starting cannon (yes, there will be a cannon this year) goes off at 8a.m. on Sep. 18th, some 300 runners and hikers will begin the 37th Annual Equinox Marathon. About three hours later the top finishers will cross the finish line. Four to five hours after that, the last of the hikers will come across. Whether they are a ribbon breaker or a back of the pack finisher, those who complete the Equinox know they have done something special. It is as spiritual as it is physical, rewarding as it is punishing, exhilarating as it is exhausting.

The following is a "Q & A" guide to the marathon that traces some of the race's unique history. Special thanks to local runner Lynn Hoffman, who captured much of the race's history in her paper "A History of the Equinox Marathon."

Who is the founder of the Equinox?

That title goes to the man whose name appears on the sign marking the halfway point of the course. Nat Goodhue, a former UAF student/skiier/runner got together in 1963 with other skiiers and proposed the idea of the race to basketball coach Bill Ordway and ski coach Jim Mahaffey. A core group including Goodhue, Gail Bakken, Tim Middleton, and Kathy Love Fine spent the summer clearing brush along the trail, and marking the course with #10 can lids painted with orange spray paint. Many of the original lids remain on the trail today.

How many runners participated in the first Equinox?

The 1963 Equinox saw 143 runners, or rather, participants. In the race's early years, it was more common for people to hike the course as opposed to running it.

What is the record number of participants?

Although the number of marathon participants across the country has more than doubled the past decade, the Equinox actually saw its highest number of entrants in 1969---a whopping 1,630! Any

accountants who are trying to figure out how much money the race made that year can put their calculators away---there was no entry fee until 1970.

Why was the race so popular back then?

As mentioned above, the hiking category was by far the most popular in the race's early years. Families would strap on their backpacks, grab the kids, and go and make a day of it. Former race director David Bloom says that the race's popularity was also due to the fact that back then "people didn't know any better." There was no information regarding training methods, footwear, and injuries. He believed that as technology increased and more information about marathon training became available, people began to shy away from taking on such a feat. Going into the 70s, UAF officials promoted race participation more heavily, and the number of hikers/walkers dwindled significantly. Runners outnumbered hikers for the first time in 1979.

Who are the record holders of the Equinox?

The women's record of 3:21:21 is held by Tina Devine, who, in 1998, shaved four minutes off the 1989 record held by Nancy Felix. The long-standing men's record of 2:41:30 is held by Stan Justice, who set it in 1984.

Any chance the men's record will fall sometime soon?

No. Wait, let me think about that...no.

Who is the youngest person to have ever won the Equinox?

That record belongs to Mara Rabinowitz, an outstanding high school swimmer/skiier, who won the race at age 12 in 1978 with an incredible time of 3:48:40.

Who has run the most Equinox Marathons?

Corky Hebard, who will be running his 29th marathon this year. Hebard is also a valuable Equinox volunteer who puts in countless hours marking the course each year. When those orange lids help you find your way, you can thank Corky for them!

What is the Spirit of the Equinox Award?

This award was established in 1986 in memory of George Bloom, an 18-year veteran of the Equinox. The award is given annually to the person or persons who best display the attitude, enthusiasm, and spirit embodied in those who compete in the Equinox.

Last question---who's gonna win this year?

I'm gonna go with Tina Devine, who will break her own record by running a low 3:20, and Kevin Brinegar, who will run the fastest time for this decade with a 2:53:17. OK, maybe a 2:53:39.

WEATHER PERMITTING!

Running Briefs editor Scott McCrea will be competing in his fourth Equinox this year. His goal is to not get passed by Rocky Reifentuhl.

UAF Cross Country Running Season Begins With New Coach, Outlook

A new era for UAF running begins as new coach Bill McDonnell's cross country team hits the trails in Seattle on four separate occasions this season. The Seattle events, in addition to a schedule that includes the UAF Invitational (September 9th) and intrastate rival UAA (October 10th), afford the Nanooks a tough schedule in McDonnell's first season.

McDonnell, a former captain of the 1994 NCAA champion University of Vermont Ski Team, accepted the position as head coach in June. He took over for Paul Beberg who resigned in April. McDonnell previously was the ski coach at Saint Michael's College in Colchester, Vermont from 1995 to 1997.

Heading into his first campaign, McDonnell offered this assessment of the upcoming season: "We will face very stiff competition in our Seattle meets, and UAA, from all accounts, is also very strong."

The UAF running program has typically been a training ground for the members of the Nanook ski team. That is something, however, that McDonnell is about to change. "The mentality of the running program among the athletes has been to use running as a training camp for skiing. I will make clear in my initial meetings that the running team will gain its own identity. We have some very talented athletes and I will find a way to translate that talent into running results. UAF has a very proud and decorated history in the sports of skiing and running and I look to return the team to a level where we can again achieve a high level of national prominence. My goal is to have the team arrive at the PacWest Championships (10/30/99) ready to compete well. "

The UAF Invitational will be an open meet. Any local runners interested in competing in the event should contact McDonnell at 474-6802.

RRCA Western Director to Run in Equinox

Po Adams, the Western Director for the Road Runners Club of America, will be one of about 300 or so runners in the 37th Annual Equinox Marathon on Sep. 18th.

Adams, 75, started running at age 55 and ran her first marathon at age 60. Since then she has completed 38 marathons plus many ultras. Her most recent marathon was Grandma's Marathon in Duluth, which she considered to be way too "flat"—so she should enjoy the challenge of Ester Dome!

Adams has also qualified for the National Senior Olympics and received medals four times. She will be competing in this year's Olympics in Orlando in all the track events. She serves on the California Governor's Council of Sports and Fitness, the California International Marathon Board, and says that she will "volunteer to do anything with running and fitness." She has been the Northern California RRCA rep for the last three years and was nominated as the RRCA Western Director at this year's annual meeting in Spokane. Adams can now add a new title to her resume—Equinox Race Director Steve Bainbridge has made her an honorary lifetime member of the Equinox.

Welcome to Fairbanks Po!

Track Officials Clinic to be Held in October

Ron Althoff, one of the top track officials in the country will be in Fairbanks Oct. 15-17 to conduct a training clinic for RCN members and any other interested participants.

The purpose of the clinic will be to get more people qualified to officiate the Region VI Track Meets, which RCN has been in charge of the past few years. Having more trained officials can also help increase the chance of Fairbanks' hosting the state championships in 2001.

The seminar will be held all day Saturday, the 16th and a half-day on Sunday, the 17th. Anyone who is interested in participating should contact Steve Bainbridge [by e-mail](#) or by phone at 452-8351. There will be a seminar cost of \$15 for RCN members and \$40 for non-members; all people who complete the course will get a jacket. Non-members will also get a one-year membership to RCN. The seminar will be held at the UAF Patty Center; exact location and time TBA.

Althoff has officiated for the Olympics in 1984 and 1996, served a term as vice-president for rules for the USATF Officials Committee, and has been on the selection committee for numerous major meets, including the Olympics. He has worked most of the major meets in the country and about a 100 high

school meets a year.

This is a tremendous opportunity for local runners to learn the ins and outs on the complex world of track officiating. Anyone who has worked track meets in the past or is interested in working meets in the future is highly encouraged to attend.

USATF Report: Runnin' With The Big Dogs in the Big Apple

By Michelle Mitchell

As some of you may have heard, I was selected to represent Alaska at USATF Women's 5k Nationals in NY in June. Ok, so big deal, and just what is USATF and the AADP? This is precisely what I want to make all of you aware of especially if anyone is interested in qualifying for this unique opportunity. USATF is the governing body of track and field, cross-country running, road racing, and racewalking.

The goal of the organization is to promote these sports on a national level. Each state has its own branch or association, and some like Texas and New York have more than one due to the population base. The Association Athlete Development Program (AADP) is designed to expose developing athletes and emerging elites to the highest level of competition in hopes it will further their development.

Each association has a qualifying race and usually selects the winner of that race who must also meet qualifying standards to represent the association at nationals while participating in the AADP. This is also geared primarily for women distance runners.

On the day before the race, we all attended a press conference broadcast on NBC. Additionally, there was a special clinic that the Elites put on for the AADP athletes where we got to meet them and ask questions. I found this to be most informative and very interesting.

The race itself was held on June 5th. It was the Freihofer's Run For Women, which had about 3,000 women running. Before the race, they had a spot for all the elites set up next to the start. Golly gee, the porta potties even flushed! Needless to say, it was quite nice! I'm not going to dwell on how I did since I'm sure most of you already saw it. I will say that when I left here it was 38F and when I got out to New York it was 85F and HUMID and not a cloud in the sky. No amount of running in sweats on 60 degree days here was going to prepare me for a crash course in heat and humidity and my time was not my best. However, just having the opportunity to do this meant a lot.

In the evening following the race there was a huge party for all the invited runners. Libbie Hickman is quite the party animal as is Ruth Wysocki -who boldly admits she doesn't wear underwear and mooned the crowd to prove it! . I ran into Libbie on several occasions and she is very nice.

I first qualified for this program three years ago at the 1/2 marathon. Well, the day I submitted my times to USATF was the same day I was offered a job here .HMMMMM....run nationals or go to Fairbanks and teach Russian.... At the time, it was like being stuck between a rock and a hard place since both Russian and running are my passions! Hence, I missed nationals in '96, '97, and '98 despite posting the needed times each year to run in the elite field. I'm not going to lie---it has been very frustrating because I was now "geographically challenged" when it came to getting to those races. To add insult to injury, the year I was going to go to 1/2 marathon nationals it was held in a Chicago suburb 10 minutes from my parents' place so getting there was to be hassle free (or so I thought).

So the hope I'd have another chance someday is what got my butt out the door at -50F. This year I was bound and determined to go! I highly recommend this program to anyone who is interested. Never say never either! Just four years ago if someone would have mentioned nationals to me I would have said "Yeah right, perhaps when it is 90 degrees here in January!" With enough dedication and determination, I think that there are other women in the community that can do this.

For more information on how to get involved in USATF, contact Michelle [by e-mail](#)

Inspirational Running Stories Needed For Upcoming Book

Claudia Piepenburg, a writer for Road Runner Sports in San Diego in the Peak Running Performance Division, is working on a book on motivation. Piepenburg is interested in getting stories from runners that will be motivational and inspirational, and wants to include a nice balance of stories, including humorous ones. Runners can respond to her with stories either about themselves or someone they know by e-mail to her [office address](#) or to her [home address](#). Anyone whose story is used in the book will be credited and mention will be given to the name of the club they belong to as well.

Return to:[Top](#)

[RCN News Page](#) ; [RCN DIRECTORY PAGE](#)

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