

Running Briefs

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Running Club North

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Editor, [Scott McCrea](#)

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Alaskan Marathoners Qualify for Olympic Time Trials

Former Chugiak Runner Sets American Record in Chicago

By Scott McCrea
Running Briefs Editor

Move over Tommy Moe. Because a couple more residents from the Last Frontier have their eyes set on Olympic glory.

Anchorage runner Chris Clark took third in the Twin Cities Marathon in October with a time of 2:40:38, which was good enough to make her Alaska's fastest female marathoner. The impressive third place finish stunned the field of elite female runners, as Clark's name wasn't even mentioned in the pre-race media coverage. The time earned her a free trip to next year's U.S. Olympic trials as well as \$7,000 in prize money.

Winning races isn't anything new to the 36-year-old paleontologist, who has dominated the Anchorage racing season and (fortunately) hasn't ventured north to try any Interior Alaska races. Clark might have her hands full at the trials, however. She is currently ranked 22nd out of the 206 women qualifiers for the time trials, an impressive feat by any means. However, the top three times (Clark would have to finish in the top three at the trials to go to the Olympics) are 2:28 (Libbie Hickman), 2:32 (Kristy Johnston), and 2:33 (Gwyn Coogan).

David Morris' chances are a little better. In fact, the former Chugiak runner could very well be America's best shot.

The virtually unknown 29-year old took fourth overall at the 1999 Chicago Marathon with a side-splitting time of 2:09:37. And while he no longer resides in Alaska (he lives and trains in Japan), we're still going to claim him as one of ours.

Morris was a good cross-country runner in high school, finishing as high as second in the state meet his senior year. In track, he ran the state's best times for the 1,600 and 3,200 meters.

"He's a guy, I guess, if I were to describe him, someone who was good in high school...but not great," said Don Clary in the Nov. 7th. Anchorage Daily News. Clary knows a thing or two about great runners. The 42-year-old Anchorage banker ran the 5,000 meter event at the 1984 Summer Games in L.A. and came in second to Morris in the 1992 Alaska 10K Classic.

After high school, Morris went on to run at the University of Montana. He won a national collegiate indoor title at 3,000 meters in 1993 and posted a half-marathon in 1995, then disappeared into the competitive running world of Japan, where he has been training with the Honda training group. One of his most successful runs (prior to Chicago) was a half-marathon earlier this year in Japan, where he posted a time of 1:02.

Morris' previous marathon PR was 2:15:25, set in Pittsburgh in 1998. The 2:09:32 he ran in Chicago makes him, depending who you talk to, the holder of the U.S. marathon record, even though it was not the fastest marathon ever run by an American. That honor goes to Minnesotan Bob Kempaninen, who ran a 2:08:47 in Boston in 1994. However, the USATF exempts the Boston Marathon from record consideration because the course is considered downhill. Alberto Salazar ran a 2:08:13 in the New York City Marathon, which USATF also doesn't recognize because the course that year turned out to be 148 meters long. The official American record previously belonged to Jerry Lawson, who ran a 2:09:35 in Chicago in 1997.

Morris beat that by three seconds.

Good enough for the new U.S. record. Good enough for a grand total of \$53,500 in prize money. Good enough to make him a favorite to make the 2000 U.S. Olympic Team. And good enough that Morris proved that the boy who couldn't win a state cross country meet in high

school could still turn out to be a pretty damn good runner.

Join the Fahrenheit-be-Damned Training Runs

Cut-off for Nordic Ski Club of Fairbanks races? **15 below.**

Cut-off for Moose Mountain and Birch Hill ski area? **20 below.**

Cut-off for Alaska Dog Musers Association races? **25 below.**

Cut-off for Fahrenheit-Be-Damned Winter Training Runs?

Oh please, girlfriend!

Back by popular demand, the Fahrenheit-Be-Damned Winter Training Runs will be held every Wednesday night, starting at 6p.m., at the UAF Patty Center. The runs will be held (as the title suggests) regardless of what Mother Nature is doing.

Distances will range from 6-8 miles, and will cover the neighborhoods surrounding the university, where inversion often makes the temperatures a little bit warmer. Runners are advised to dress warmly (duh!) and to wear a reflective vest or some item of clothing that will allow motorists to see you. This is important, because your average motorist isn't expecting to see a runner when it is 40 below, and because they may mistake you for an insane person, and try to run you down.

Cookies will be provided for all runners. For more information contact Scott at 474-6848.

See you on the roads...no matter what those big time and temperature signs say!

Go Running Into the Next Century!

Just make sure your stopwatch is Y2K compliant.

The New Year's Eve Run will be held Dec. 31, 1999 at 11:30 p.m. The three mile race will start at Bob Hildebrandt's house at 4586 Woodriver Drive (off of Geist and Loftus). Billed as a "fun run", the family-race is free. It will be held on well-marked/lighted bike paths, and will go over

the Chena River to the Dept. of Natural Resources bldg. and back.

Bob encourages people to show up early to socialize before bundling up and running the last race of 1999. Bring your own snacks, drinks, and fireworks. Coffee, punch and cookies will be provided.

I Hate Marathons!

By Scott McCrea
Running Briefs Editor

The headline speaks for itself.

I hate marathons.

I really, really, really do. Many runners in the Fairbanks community love to talk about marathons, and how they can't wait to run their next one, what a great high it is, blahh, blahhh, blahhh. If you are new to the local running community, and have yet to run into these people, you should try to avoid them as much as possible. They are psychotic and most likely to be extremely dangerous.

I did three marathons this year. The first one, the Golden Gate Marathon, was actually fairly "successful", and by "successful" I mean that I did not "throw-up" on myself. It was a hilly course similar to the Equinox, and for being a mid-April race, I can't really complain about my results. I took second out of the 35 total runners who ran it (there's no need to mention the time), which was good enough to give me the optimistic boost I needed going into the rest of the season.

The rest of the summer running in Fairbanks went smoothly, as I managed to sneak in a PR every now and then. My training felt great, and I was confident that I would be invincible once the Equinox rolled around.

Invincible turned out to be a little strong of a descriptor. As it had been the three previous times I ran it, the Equinox was a big disappointment. Despite my attempts to pace myself early on, I hit that oh-so-painful wall at Mile 21. As he had the three previous times I ran it, Rocky Reifenstuhl passed me at Mile 22. With the Mile 26 sign looming ahead, I got knocked from 15th to 19th when the trio of Dave Covey, Jim Brader, and Jim Decur ran on by me. I could have cared less. However, with the finish line in my sights, I managed to kick it in, simply because the woman's winner, Jane LeBlond, was right at my heels. Call me a male chauvinistic pig, but I didn't really care for a repeat of last year's race, where the woman's

winner Tina Devine beat me by more than four minutes. Frustrated with myself and in a lot of pain, I collected my patch, and headed home.

Some famous runner once said "When you run a really crappy marathon, the thing to do is go run another marathon in two weeks." I don't know who said that exactly, but someone did. Why else would I have gone and done the Twin Cities Marathon on October 3rd, exactly two weeks after my ill-fated Equinox? Mostly because I had never done a flat marathon before, and I was sure that I would be able to do one under three hours. So on a morning so chilly that the Kenyan runners admitted to being "very nervous" at the press conference the day before, I joined 8,000 other runners at the starting line in downtown Minneapolis. I set a casual pace for the first half, enjoying the sights, sounds, and support of a big-city marathon. Hitting the half-marathon mark at almost exactly 1:30, I was ready to "make my move." As it turns out, "make my move" meant "run much slower."

From Mile 20 to the finish line in St. Paul, I shuffled, scuffed, and slothed my way down Summit Drive, the rich neighborhood of the city where I went right by Jesse Ventura's house. Feeling like I was physically unable to move, I stopped at every possible water stop and even walked at several points along the way. I kept looking around for a military runner who had obviously been with me since the start, because from time to time someone in the crowd would yell "Go Air Force!" At the finish it occurred to me that people thought that my UAF singlet stood for U.S. Air Force. The Nanooks never do get any respect on the road!

While I was able to hold off the top female finisher in the Equinox, that wasn't the case in the Twin Cities Marathon, where the top female finisher beat me by close to 40 minutes. There were hundreds of other female finishers who beat me in that race as well, and they weren't limited to the sub-30 age group either. Some of them weren't limited to the sub-50 age group for that matter. To put it gently, they gave me a good, solid spankin'. Finishing time: 3:18:24. At least it was faster than my Equinox time.

I just don't know what it is about the marathon distance that causes me to crumble. I'd like to think that I do fairly well in all of the other distances I race, but when that distance is 26 miles, 200 yards, well...it just ain't happenin' for me. Is it my training? My mental attitude? Government conspiracy? (Jim Brader does work for the government, you know!).

Ahhh, it doesn't matter.

I hate marathons.

I can't wait until the next one though.

New Awards Presented at Banquet

In addition to recognizing the winners of the MAPCO Cup Series, Running Club North presented three new awards at the annual banquet in October.

Receiving the **Race Director of the Year** was **Steve Bainbridge**. Besides holding down his duties as RCN president, Bainbridge has been the race director of the Equinox Marathon for the last five years. The logistically-challenging race always receives rave accolades each year from local and outside runners alike, thanks in part to the hard work of Steve.

The **Cheerleader of the Year Award** went to **Jo Ellen Cowee**. Jo is a constant presence at almost every local race, and provides inspiration and support along the course as the official photographer of the nationally-recognized RCN website.

The **Most Inspirational Runner of the Year** went to **Glenn Hackney**. Glenn is always quick to provide a smile or kind word to every runner at the end of every race he competes in. His dedication to running is solid proof that there is no such thing as being "too old" to run!

Congratulations to all award recipients!

Local Runners Fare Well Outside

A quick roundup of Outside races that I've been made aware of:

Santa Clarita Marathon, Nov. 6th:

In the half-marathon, **Kevin Brinegar** had a six-minute lead at the 12-mile mark when he was misdirected off the course and did not finish the race.

Bill McDonnell, 2:48:39, 5th overall; **Joe Trubacz**, 2:59:16, 14th male overall; **Jane Lanford**, 3:40:15, 20th woman overall; **Carol Kleckner**, 3:49:26, 28th woman overall.

Silicon Valley Marathon, Oct. 31st:

Paulette Goodwin, 3:56:47, 101st woman overall; **Sharon Young**, 3:56:59, 103rd woman overall.

Helen Klein 50-Mile Ultra Classic, Nov. 13th (Rancho Cordova, CA):

Mike Daku, 9:16:48, 63rd overall.

Tucson Marathon, Dec. 5th:

Steve Bainbridge, 3:37:55, 464th overall.

Honolulu Marathon, Dec. 11th:

Patrick Kalen, 3:39:26, 745th male overall; **Tyler Straub**, 3:44:42, 889 male overall; **Corky Dow**, 5:43:04, 7,622 male overall.

Want to see your name here? Next time you or someone you know runs an Outside race, let us know! We like to keep up on how you're doing over the winter months.

(Almost) fartleks -- *bits & pieces from the running community*

Pohl Elected to RCN Board - Gary Pohl was elected to the Running Club North Board of Directors at the annual meeting in October. Pohl will take over the position of Calendar Liaison, previously held by Bob Vitale. Steve Bainbridge was reelected as president, along with Bobbi Fyten (secretary), Jane Lanford (treasurer), Scott McCrea (media liaison), and Paulette Goodwin (Williams Cup/Insurance Liaison).

In other board news, the 2000 running calendar was established and changes were voted on and made to the RCN By-laws.

RCN Members Get Certified By USATF - Ten members of Running Club North attended a two-day clinic in October to become officially certified by USATF (U.S.A. Track and Field). Those who attended the clinic were Sharon Young, Bill Young, Darrell Eversman, Michelle Mitchell, Jim Loftus, Tracey Martinson, Rich Boone, Kevin Brinegar, Dan Callahan, and Steve Bainbridge.

The course was taught by Ron Althoff, USATF Master Official, from Columbus, Ohio. Ron has officiated at every level of track competition imaginable, including the 1994 and 1996 Olympics. Accompanying him to Fairbanks was Tom Light, president of the Alaska USATF, from Anchorage. Tom is also with the Team Alaska Track Club and is the head official for the Region IV track meet in Anchorage as well as the state track meet in Palmer.

Congratulations to all newly "trained" officials! We look forward to learning from you at future track meets.

Equinox Shirts For Sale - You've run the race, now wear the sweatshirt! Steve the Equinox Guy has some great Equinox sweatshirts available for sale. They're great for winter running or to give for Christmas presents. Available now at the low, low price of \$15. Sizes available in medium, large and x-large. For more information call Steve at 452-8351 or by email at runner49@ptialaska.net

THANK YOU!!!!!! (times 2) - Running Club North would like to give a big thanks to Williams Alaska Petroleum for their support of the Fairbanks running community and sponsorship of the Williams Alaska Cup, and to United Way for sponsoring Jeff Galloway's appearance at the first Midnight Sun Run of the new millenium!

UAF Starts Endurance Sports Club for Runners, Skiers

By Bill McDonnell
UAF Ski & X-Country Coach

The University of Alaska Fairbanks Athletic Department is pleased to announce the creation of a booster club designed to support the growth of both their Nordic skiing and Cross-Country running teams. The club will be called the "Nanook Endurance Sports Club." Becoming a member is easy and comes with some excellent benefits designed to help you feel like part of the team.

The mission of the club is to raise money to support the student athletes who choose to compete in the two of collegiate athletics most difficult sports. The Nanook Endurance Sports Club will ideally be a club of individuals that are getting together to support a group of Student athletes with whom they share a common bond. The club will be formed of people who (among other things):

- ...understand what it means to earn a "PR."
- ...understand the satisfaction that comes from going further and faster than you thought you could.
- ...understand that the process is just as much fun as the result.
- ...understand that sometimes your biggest accomplishments come when only the squirrels may be watching.

The club will be formed of people who:

- ...know what it means to be totally dedicated to something and win.
- ...know what it means to be totally dedicated to something and lose.
- ...know what it means to "Bonk, " and have some epic stories to tell about it.
- ...know that sometimes the best training, is no training, and that it is the hardest lesson to learn.

Lastly, the club will be formed of people who:

- ...want to learn what some of their club mates already know, and share in the camaraderie that such a situation will create.

The sports of skiing and running attract special people. The Nanook Endurance Sports Club is an attempt to get those people together in support of a special goal. The goal is to have the University of Alaska Fairbanks to be recognized as a leader in endurance sports. Having only been here a short time, I have come to realize that this is not only possible, it is the way it should be. Very few areas of the country are more conducive to the production of high quality endurance athletes than Fairbanks. We have to get together and see that we reach our goal.

FOR INFORMATION ON HOW TO BECOME A MEMBER OF THE UAF ENDURANCE CLUB CONTACT BILL MCDONNELL AT 474-6802.

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