

Running Briefs

Running Briefs
The Official Newsletter of
Running Club North

Volume IX, Issue IV

December 2002
The Calendar Issue

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(besides your handy
dandy 2003 RCN Event
Calendar)

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Official Replenishment
Drinks of the 2003 Williams
Cup Series

*A big thank you to Shirley
Winther and Tom Bartels of
the ODOM Company!!!!*

2003 RCN Events Calendar updated

By Gary Pohl, RCN Calendar
Liaison

At the Running Club North annual membership meeting on October 23rd, those members and race directors present collaborated to shake up the calendar a wee bit, with the 2003 RCN Events Calendar offering two new races, and with several existing races being shuffled to new dates. Unlike last year, when the Chena River Run, Gold Discovery Run and GCI/PTA run were all redesigned, there are no changes in distance or course to existing race events planned for 2003.

March 1, 2003 will mark the inaugural running of the new Jamestown 5K Run, which was announced by race director Kat Betters. This event, which will start from the pull out on the north side

of Ballaine Road, promises to be a fun one.

Those of you who were used to the Wednesday night routine of Steve's Equinox Training Runs will need to get retooled, as this series has been moved to Thursday nights. This will eliminate a conflict with another dedicated training group.

The Spruce Tree Classic will no longer be a Thursday night run, and will now be a feature race on Saturday, June 28. New race director Karin Franzen plans on keeping the course at approximately 8 miles, and continue the tradition of a trail run starting from the Patty Center.

The Santa Claus Half Marathon has been moved to August 2 to get it away from the 4th of July weekend. Hur-

rah! Consequently, the Granite Tors run was moved up to an earlier July 13 date.

The domino effect of moving the Santa Claus Half Marathon also dictated that the GCI/PTA 8K Run be moved out to August 16.

Another new race was announced by race director Larry Hallstrom, which is the Army Aviation Association of America 5K at Ft. Wainwright on August 23.

It is amazing how full the 2003 RCN calendar has become, with a slate of events that goes year round, regardless of temperature. The calendar now includes 61 race events, plus an additional 50 days of various weekly training runs, which together represent about 30 percent of the calendar year. Awesome.

Interior Trails Preservation Coalition formed

By Rocky Reifenstuhl

The Interior Trails Preservation Coalition (ITPC) is a newly incorporated organization in Fairbanks. Their mission statement is: "To preserve public access to recreational trails in the Fairbanks area". The Equinox Marathon Trail is the first trail that

the coalition will attempt to preserve. This annual trail marathon just completed its 40th running. However, this trail, and other trails face increasing possibilities of being blocked due to property interests. The ITPC seeks trail easements for recreational use on historically used

trails in the Fairbanks area. The coalition has the support of the Fairbanks Cycle Club, Running Club North, and the Nordic Ski Club of Fairbanks.

For more information, contact Mike Kramer at 458-7968 or Eric Troyer at 455-6641.

Remember: RCN Dues are increasing after December 31, 2002!!! In 2003, dues will be \$20 individual, \$30 family, and \$200 lifetime. No need to wait for your membership to expire—renew now at the old rates! Get your forms at www.runningclubnorth.org, and send your payment to P.O. Box 84237, Fairbanks, AK, 99708 (postmarked by December 31, 2002).

**Running Club North
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Running Briefs is published bi-monthly. Unlike two former editors, who write entertaining columns for real newspapers, Tracey writes marginal material for obscure scientific journals. So, please, if you have any exciting news that you would like to see here, please write it up and send it to Tracey at 1716 Reed Circle, Fairbanks AK 99709, or email at fntam@uaf.edu.

Advertising

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1/2 page: \$50/issue

Full page: Hello?

“Whatever shall I wear?!”**Local runners share tips on winter running gear****By Tracey Martinson**

Tired of pulling your hair out trying to decide what to wear when you run outside during a Fairbanks winter? Those articles in *Runner’s World* on cold-weather running might help a little, but their definition of “extreme cold” seems to be about 0°F. Somebody should point them in our direction (well, maybe not this year).

Head: You lose most of your body heat through your noggin. So keep it covered. Wool or fleece hats and headbands work well. If it’s really cold, I’ll wear a fleece balaclava with a wool hat on top of it.

Neck: Fleece neck gaiters are very handy here. You can pull them up to cover your mouth and nose, too, which is an excellent idea when you don’t want your face to freeze. Mike Kramer and Caroline Brown recommend carrying an extra gaiter to put on after the first one turns to a block of ice.

Tops: Light-, mid-, and expedition-weight synthetic tops wick moisture away from your skin and keep you from getting cold. When it’s really cold, I like to layer a lightweight top with an expedition weight top. That’s a two-level system of wicking, with the lightweight top wicking moisture from me, and the heavyweight top wicking from the lightweight top... Wicking is good, so more wicking must be better, right? Bruce Miller recommends Terramar long under-

wear (available from Sierra Trading Post or REI), which he says is “cheap and warm, kind of like me”. Unlike Bruce, Terramar comes in three models: light, medium, and heavyweight. The zip T-neck style shirt is a favorite among local runners because it allows for a little ventilation if necessary.

Jackets: Something constructed of breathable material is a good bet. Otherwise, all that moisture that is coming off your shirts will just accumulate in your jacket. Gail Koepf warns against waterproof gear because the pores just ice over and before you know it, you are running inside your own personal freezer. Rocky Reifentuhl recommends a jacket with a windproof front, which allows protection in the front while allowing moisture to vent out the back.

Bottoms: Lightweight to expedition weight synthetic bottoms work well, as do some of the heavier weight tights with Lycra (if you are like Bruce Miller, you can keep your legs warm and be highly visible at the same time). Top those with fleece pants or wind pants. As with jackets, you want your pants to be breathable—otherwise, all that moisture that has been wicked off your skin by your base layer will not be able to escape and will just turn into ice on the inside of your pants. Rocky Reifentuhl likes to wear tights that are windproof in the front.

Hands: Mittens work better than gloves for keeping your fingers warm. I have an old pair of leather alpine ski mitts that keep my hands too warm most of the time. But, as Kat Betters notes, “you can always take them off, but if you don’t have them, well, you are [in trouble]”. Many people wear two pairs of gloves. If it’s really cold, it’s not a bad idea to carry along some chemical hand warmers just in case.

Feet: If you have taken care of the rest of your body, your feet should stay warm. For long runs in the cold, chemical toe warmers do an excellent job of increasing one’s comfort. They are good for about 5 hours, but you can get about a week’s worth of runs out of them if you wrap each one in Saran Wrap and then put them inside another baggie.

Other stuff: Wear a reflective vest and/or reflective clothing. Tote along some food in case you bonk on a long run in the cold. Caroline Brown suggests wearing your water bottle in front, and under your clothes to keep it from freezing. Finally, according to former Fairbanksan Fred Pratt (http://www.runningclubnorth.org/lcld_prs.htm#Fred), “If your outfit looks good, you should be suspicious. It should not accentuate a thin waist, define curves or show bulging muscles. You should not look good at all when you head out the door to run in the cold.”

New RCN Executive Council elected

By Tracey Martinson

At the RCN Annual Meeting held on October 23, 2002, members voted to expand the Executive Council (RCNEC) by three At-Large seats. The newly-elected Members-at-Large are Keith Pollock, Mara Bacsujlaky, and Larry Hallstrom. Members-at-Large do not have any specified duties other than attending the monthly meetings of the RCNEC. The purpose of adding these seats

was to increase the number of voting members on the council.

There were some additional changes to the board following the annual meeting. Steve Bainbridge was elected for another stint as President, while Jane Lanford was elected as Membership Liaison. Susan Kramer stepped in as Secretary, replacing yours truly, who was elected Media Liaison (don't be misled, it's just a fancy name for

newsletter editor). Bev Weis was re-elected Treasurer and Gary Pohl was reelected as The Calendar Man. Jim Brader was elected Williams Cup/Insurance liaison, and Ken Larimore returns as UAF Liaison by virtue of the fact that it is part of his UAF job responsibilities. Thanks, Ken!

Board members took office on November 1, 2002, and were elected for a 1-year term.

RCN Special Awards given for 2002

By Bev Weis, RCN Awards Coordinator

The response of nominations for RCN special awards was wonderful this year! The input of RCN members was appreciated immensely as it greatly reduced the burden on the Awards Coordinator (who tends to crack under pressure)! The honors we award each year include Race Director of the Year, Most Inspirational Runner of the Year, and Volunteer of the Year. The large variety of names nominated for Volunteer of the Year speaks greatly to the generosity and willingness of our membership to come together in a coordinated effort to accomplish our club goals. Fortunately for the sanity of the Awards Coordinator the nominations received did clearly favor particular individuals. The awards are given

out to the individual(s) who receive the most nominations.

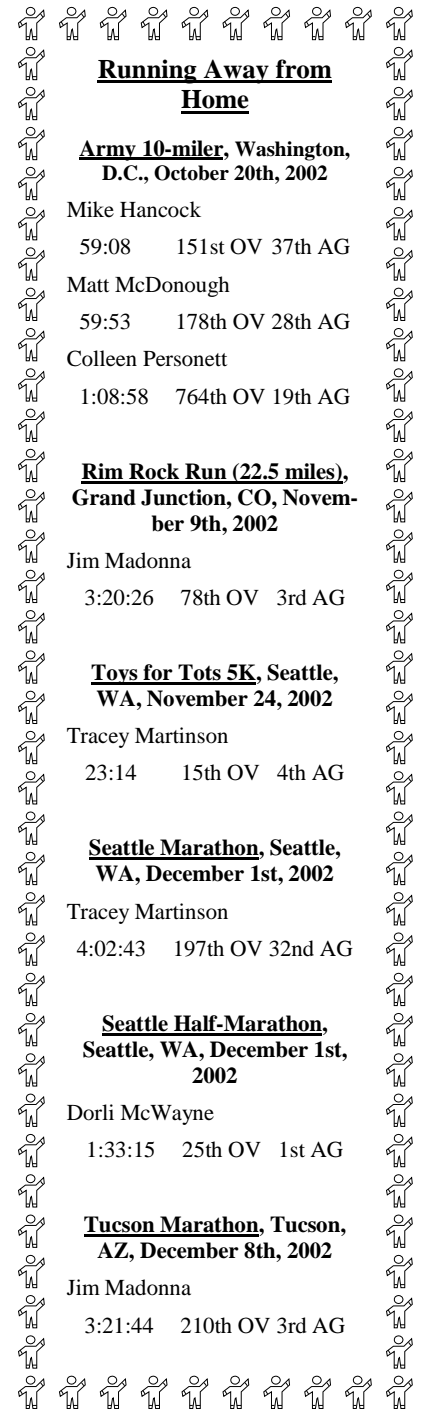
It was a great pleasure to award the Most Inspirational Runner of 2002 to Jim Madonna. I would like to use quotes from a nomination for Jim: "Anyone who runs the Marathon in Anchorage, then flies up to Fairbanks to do the Midnight Sun Run on the same day is awesome, especially someone in the 60-69 age group." "Plus he's an all around great guy." I guess this says it all, and the same sentiments were reiterated by many people.

The Volunteer of the Year for 2002 was awarded to Corky Hebard, who is a staple in our running community and does so many things to help us throughout the year! Another quote from a nomination: "whoever it is that spray paints the roots day-glo orange [is] my

hero!!!" I don't think Corky considered himself to be "hero" status but evidently some of the runners do!

Finally the Race Director(s) of the Year for 2002 went to an awesome trio who had the difficult task of developing a new Gold Discovery course. Gary Pohl, Mike Kramer and Steve Bainbridge made a huge coordinated effort to make the new race course an outstanding success! The race included a scenic course, great volunteers, a barbecue, and beer at the end. What could be better? As one nomination pointed out, "anybody who adds beer to a running event has my vote!!"

As the 2003 running season comes upon us, please keep your eyes and ears open for fellow runners you would like to nominate next year!



Running Away from Home

Army 10-miler, Washington, D.C., October 20th, 2002

Mike Hancock
59:08 151st OV 37th AG

Matt McDonough
59:53 178th OV 28th AG

Colleen Personett
1:08:58 764th OV 19th AG

Rim Rock Run (22.5 miles), Grand Junction, CO, November 9th, 2002

Jim Madonna
3:20:26 78th OV 3rd AG

Tovs for Tots 5K, Seattle, WA, November 24, 2002

Tracey Martinson
23:14 15th OV 4th AG

Seattle Marathon, Seattle, WA, December 1st, 2002

Tracey Martinson
4:02:43 197th OV 32nd AG

Seattle Half-Marathon, Seattle, WA, December 1st, 2002

Dorli McWayne
1:33:15 25th OV 1st AG

Tucson Marathon, Tucson, AZ, December 8th, 2002

Jim Madonna
3:21:44 210th OV 3rd AG



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Is your membership ready to **EXPIRE?**

Don't let the unthinkable happen to you!

Don't ignore your renewal notice when it comes in the mail! You have until December 31st to renew at the old (cheap) rates!

Classifieds



WANTED: double baby jogger.
Contact Maria Billings at 479-2479.

DID YOU KNOW...?

If you would like to be on the RCN Email List, send an email to Jane Lanford at jane@chcpa.com. Jane periodically sends out notices regarding race changes, volunteer opportunities, and other useful stuff.

On the Marathon Trail

By Bob Hildebrandt

Bob Hildebrandt continues to share news of his quest to run a marathon in every state. Here's Bob's latest report.

My son Dietrich is joining me on the marathon trail. We traveled to the big island of Hawaii in July, and both of us ran the Kilauea Volcano Marathon on the 27th of July. It is a good wilderness run, down across the Ka'u Desert, back up through the hot and humid jungle to the Kilauea crater, and then along the rim of the crater to finish where we started. Once again, Dietrich was first in his age group. Several other Fairbanks runners also ran the marathon. It was my 55th marathon and Dietrich's 3rd.

On the 17th of August I once again ran Humpy's Marathon in Anchorage. It was my 10th time to run Humpy's.

On Labor Day, the 2nd of September, I traveled to Roswell, New Mexico and ran the Turtle Marathon. To beat some of the heat, the marathon starts at 5:30am. It does really warm up once the sun comes up. The heat almost did me in. It was in the 90s by the time I finished. Friendly aliens helped me make it. It was my 30th state, and my 57th marathon overall.

The 40th Annual Equinox Marathon was next, for marathon #58.

Next up was the Wineglass Marathon in Corning, New

York. Back in October, 1998, I had started this marathon. Around mile 3, I suffered a stress fracture in my left ankle. I DNF'ed. On October 6th, 2002, I was game to try it again. Weather was foggy, cool, and then warm. I was confident that I could finish this time. Crossing the bridge at mile 26 I could see the finish line in the Corning Glass parking lot. Once again, there were tears of joy in my eyes. Sometimes I get quite emotional. The race director and his wife were at the finish line to congratulate me on finishing without breaking anything. I was quite happy. New York was my 31st state, and 59th marathon.

2002 was a good year. No injuries. I am ready for 2003.