

SPECIAL SLEEP DEPRIVED NEW FATHER EQUINOX ISSUE!

Running Briefs



Official Newsletter of Running Club North

Volume VII, Issue IV

Aug/Sep, 2000

38th Annual Equinox Marathon to be Held Sep. 16th

Will Kevin Brinegar and Jane LeBlond be repeat champions? Will there be snow on the ground? Who's coming up from Anchorage? These questions and many more are on the minds of the Fairbanks running community as the grand finale of the Williams Series, the Equinox Marathon, looms ahead on the race calendar.

IN THE BEGINNING...

The way Nat Goodhue saw it, at least they would have a really long ski trail.

Goodhue is the man credited with pioneering the first race in 1963, an era when marathons were a bit of an oddity across the country, let alone in Fairbanks, Alaska.

In a 1997 interview with the Fairbanks Daily News-Miner, Goodhue recalled how the idea for the marathon came about. After returning from a ski workout, Goodhue, then a 22-year-old senior on the UAF ski team, was called into the coach's office. Waiting in the office were athletic director Bill Ordway and ski coach Jim Mahaffey. The administrators asked the skiers what they thought of holding a marathon to celebrate the equinox.

"I kind of rolled my eyes," recalled Goodhue in



1999 Equinox Winners Kevin Brinegar and Jane LeBlond

the interview. "I didn't think we could get it to fly at all. We were lucky if we could get 30 people out for a 10K. But Goodhue agreed to the plan, mostly because as skier, he thought it would be a great way to get "a good 42-kilometer cross country ski trail out of the deal."

This was in the spring of 1963, and the idea was forgotten until August rolled around. With a month left until the marathon, Goodhue said "there was a whole lot to do."

Goodhue, who will be running the Equinox this year, assembled a team consisting of his girlfriend

and future wife Gail Bakken, Tim Middleton, and Kathy Love (now Kathy Seim). They spent countless hours clearing brush and marking and measuring the trail.

"We kind of dropped everything and made it happen," he said.

And happen it did, with 143 participants entering the first year. Goodhue won the male division with a time of 3:53:22, which would have earned him 37th place in the 1999 race. Bakken won the women's division with a time of 6:08, which would have placed her 90th in last year's race!

An interesting sidenote to the laying out of the race is that originally, Goodhue was going to have the course drop down the south side of Ester Dome and connect back into the marathon trail at the bottom of the infamous chute. But as Goodhue told the News-Miner, it didn't quite work out that way.

"We ran into a bear," said Goodhue. "We ran and left our tools and packs and never got back to finish the trail before the marathon. That's why it is an out and back on the top of Ester Dome."

(See EQUINOX on page four)

Equinox Course is No Cakewalk

By Ned Rozell

Originally published in the Fairbanks Daily News-Miner, 9/21/95

When plotted out in graphic form on the Equinox Marathon t-shirt, the course looks like a volcano set to erupt in the minds, legs, and lungs of runners and hikers at 8 a.m., Saturday, Sep. 16th.

The unique terrain in the Equinox, which includes ski trails, bike paths, muddy roads and pavement, helps divert racers' attention from the pain its inflicting.

It's the course that sets the Equinox apart from other marathons. The difference is noticeable from the start.

THE START: A mass start on the soccer field at UAF. Runners and hikers get an immediate taste of what's to follow in the next 26 miles as the trail goes straight up the UAF ski hill, about a 200-ft. climb to wake up sleepy bodies.

BALLAINE LAKE, MILE 1.5: After connecting to the UAF ski trail system, runners pop briefly out on the bike path by Ballaine Lake before disappearing back into the woods to parallel Ballaine Road.

BALLAINE HILL, MILE 2: Runners tackle the second good hill of the race, a ski trail that

inclines up to Dalton Trail. About 200 feet elevation gain in a mile. Where many runner's overheating engines make them decide to drop a windbreaker or gloves.

MUSK OX FARM, MILE 5: A good place for spectators to see runners while they're still fresh. Runners cross at the parking lot and connect back onto the UAF ski trail across the road. After popping out of the woods on the Yankovich Road extension minutes later, runners get their first glimpse of Ester Dome.

ANN'S GREENHOUSES AIRSTRIP, ABOUT MILE 8-9: Relay runners make the first tag here. For those on Relay Leg 2 and other runners, the party's over. The climb up 2,400-foot Ester Dome begins.

UP ESTER DOME, MILE 9-12: Some say walking the section is just as efficient as running, but the contenders will run. A hump.

ESTER DOME SUMMIT, MILE 12: Good place to watch because runners pass twice. Beautiful views if the weather's nice, but a cruel section ahead.

THE OUT AND BACK, MILES 12-17.5: A roller coaster of a trail from the top of Ester Dome over two hills that John Estle once named "Stan's

(See CAKEWALK on page three)

Equinox Milepost Contest Announced

Many of you have been training hard on the Equinox trails, and by now you probably have all the names on the mile markers memorized. So here is your chance to put all that knowledge to work to win some really cool prizes. Just write down the names as they appear on each of the mile markers, the half-marathon marker, and at least ten of the trail direction indicator signs.

Send these to Steve Bainbridge, Race Director, Equinox Marathon, c/o Running Club North, PO Box 84237, Fairbanks, AK 99708.

Also include your guess as to the total number of entrants in the year 2000 Equinox Marathon & Relay.

The one having the most correct names wins. In the case of a tie, the contestant that comes closest to guessing the total number of entrants [as certified by John Estle at 8 AM on race day, September 16th] will win a Year 2000 Equinox Sweatshirt, and a paid entry fee for the year 2001 Equinox Marathon. Decision of the Race Director as to the winner of the contest is final.

Life is a marathon Keep on running !!!

Running Club North 2000 Executive Council

President

Steve Bainbridge, 452-8351

Secretary

Currently Vacant

Treasurer

Jane Lanford, 479-7230

Calendar and Events Liaison

Gary Pohl, 452-4225

MAPCO Cup/Insurance Liaison

• Paulette Goodwin, 488-4509

Spirit of the Equinox Liaison

Jane Parrish, 451-1195

Media Liaison

Scott McCrea, 455-4356

UAF Athletic Dept. Liaison

Ken Larimore, 479-0969

RCN Web Page

www.runningclubnorth.org

Dave Cowee, Webmaster

E-Mail

running@touralaska.org

Running Briefs

Official Newsletter of Running Club North

EDITOR

SCOTT MCCREA

Running Briefs is printed bi-monthly or every two months, whichever comes first. It is probably printed on recycled paper. I really don't know. If you have something that you feel is worthy of being published in a high profile publication with a large circulation, then for the love of God, don't send it here! But if you've got a story that a bunch of nice people should read, send it to Running Briefs at Box 82445, Fairbanks, AK, 99708 or email at fnsjm@uaf.edu. Deadline for the next issue subject to change. For more information contact Scott and buy him a beer.

ADVERTISING

Business Card: \$15/issue

1/4 Page: \$25

1/2 Page: \$50

You Mean People Run OUTSIDE of Fairbanks?

Yes, they do, and run well, I might add! Our list of local runners competing Outside starts of with KEVIN BRINEGAR, who ran the Mt. Fuji Top of the Mountain 1/2 marathon as an invited runner. Brinegar placed 10th in the race, out of more than 1,800 competitors. Brinegar's expenses were all paid for by M.O. Tourist. The race, which starts at 3,000 feet and ends at over 12,000 feet (!!) had to be cut short this year because of stormy conditions near the top. We will try to get the "softspoken" Brinegar to reveal more in the next newsletter.

Brinegar also took 6th place in the Anchorage Classic 10K with a time of 33:25. BILL MCDONNELL was 9th in 34:40.

Meanwhile, JOE TRUBACZ competed in not one, but three races during a family vacation back east. They included the CIGNA Corporate 5K, (17:03, 60th overall out of 5000+ runners, 10th in age group out of 336); the Belmont Ten Miler (1:01:56, 9th overall out of 124, 1st in age group out of 32); and the Brooklin Twilight 5 Miler, 28:34, 7th overall out of 186, 3rd in age group out of 54).

A handful of runners competed in the Hump's Marathon down in Anchorage in mid-August. ANDY HOLLAND led the way, finishing in fourth

place with a time of 2:51:45, while MICHELLE MITCHELL was the top woman and finished 10th overall with a time of 3:09:32. Other finishers included Moon Stone (3:20:55), Darlene Schulz (3:26:59), Kathy Young (4:37:35), Bob Hildebrandt (5:06:48), Sarha LeFebvre (8:15:45), and Cindy Branley (8:15:45). Kathy Hudson competed in the half-marathon division with a time of 2:07:11.

JANE LANFORD competed in a 10K while in Minnesota, the "Run Baby Run" 10K in White Bear Lake. She took first in the women's 40-49 division, 4th female overall, 25th of 107 finishers, in 43:22. "It was at least 74 degrees F with humidity to match, but fortunately most of the course, paved and mostly flat around Bald Eagle Lake, was shady." Lanford said of the race.

Local runners fared well in another popular Anchorage race, the 24-mile rugged Crow Pass Crossing. KRISTEN BARTECCHI finished 5th out of 32 women with a time of 4:22:05. UAF runner JOHN HEIMERL finished 4th out of 83 men with a time of 3:22:00, while NED ROZELL finished in 39th place with a time of 4:19:37.

Loftus Takes Second in National Track Meet

This one warrants its own headline! The man you hate to see show up at the All-Comers Track Meet, Jim Loftus, recently took second place in the 50-54 Masters 800 meter outdoor national championship.

The winning time was 2:09:26, and Loftus was

just a hair behind in 2:09:66. Third place was 2:11:17.

More times and names are available at http://www.flashresults.com/2000_Meets/outdoor/Masters/results/812/m800.html

Way to go Jim!

Williams Awards Ceremony Moved to Oct. 14

The end of the season RCN Social/Awards Ceremony has been moved from Oct. 21 to Oct. 14. The ceremony will still be held at 6p.m. at the Dog Musers Hall on Farmers Loop.

The top five men and women will be awarded prizes at the ceremony, as will the top three in each age category. Runners who competed in all seven events will receive a t-shirt. In addition, RCN's new awards, Race Director of the Year, Volunteer of the Year, and Most Inspirational Runner, will be given out as well.

The social is a potluck. Last names A-J should bring a main dish, K-R bring salads, and S-Z bring desserts.

In the Williams Series Standings, Jane LeBlond leads the women with 445 points, followed by Kristen Bartecchi with 425, Susan Faulkner with 385, Kim Simpson with 342, and Dorli McWayne with 304.

Signs that the apocalypse is upon us is evident by the fact the Running Briefs editor Scott McCrea is leading the men's series with 381 points, followed by Joe Trubacz with 201, Wayne Leder with 288, Kevin Brinegar with 285, and Ken Leary with 235.

For more information on the ceremony contact Paulette Goodwin at 488-4509.

Phone: (907) 451-7746

Fax: (907) 457-7746

DOW FINANCIAL SERVICES

Cordell "Corky" Dow LUTCF, RFC, CFS, BCM

Securities through Quest Capital Strategies, Inc.
25231 Paseo De Alicia, #110, La Guana Hills, CA 92653
Corkyd@compuserve.com/www.dowfinancial.net



Sports Performance

Help increase game stamina, workout intensity and enhance muscle recovery. Try **IMPACT** and **SPORT** glyconutritional. Call:

QUINLEE COMPANY

JoAnna Martin
(907) 455-4505

Heartache on the Trail: Remembering Our Runners

Editor's Note: The following was taken from "A History of the Equinox Marathon", a history paper written by Lynn Hoffman.

Generally when people talk about the pain and heartache of the Equinox, they are referring to their sore muscles, blisters, "hitting the wall", or missing first place or breaking a record. There is another kind of pain and heartache associated with the marathon, and that is the loss of several Equinox participants who have met with untimely deaths. Various memorial activities, which include the awarding of plaques, planting of trees, and observing a moment of silence have been established to honor these Equinox participants.

The first memorial activity occurred in 1983 in honor of Stan Caufield, a former newspaper reporter and sports editor who died of cancer in the 1970s. Caufield did a great deal to promote the race during its early years. Nat and Gail Goodhue and Tim and Joyce Middleton presented a plaque, complete with the names of former race winners and the Equinox logo, to the race director. This plaque continues to be on display at the UAF Patty Gym.

The Spirit of the Equinox award was established in 1986 in memory of George Bloom, an 18-year veteran of the Equinox, who was well known by the local running community for always en-

couraging others to take up running. Bloom died in 1986 of a heart attack. For a number of years following his death, friend and runner Bobbi Fyten carried flowers while she ran, and placed them at the top of the out-and-back section, known to locals as "Riunite Rocks" in memory of Bloom.

Stan Justice and Bob Murphy were the first to be honored with the award, which is presented annually to the person or persons who best display the attitude, enthusiasm, and spirit embodied in those who compete in the Equinox. Each year a committee comprised of various runners reviews a list of nominees and select a recipient.

Added to the list of tragedies is the recipient of the 1987 Spirit of the Equinox award, Mike Faverty, an avid runner and handball player, who was killed while working as a surveyor. In 1994 a new award was given, the "Red Lantern Award." This was given to Joe Anderson's widow at the awards ceremony, in honor of Anderson who had died earlier that year of a heart attack.

The 1995 Equinox Marathon proved to be an especially emotional race. That year's race was dedicated to Anchorage runners Marcie Trent, Larry Waldron, and Bob Spurr. Three-time winner Trent and her son Waldron were killed in a bear mauling earlier that summer, and Spurr died in a plane crash. During the pre race instructions, runners observed

Spirit of the Equinox Winners, 1986-1999

1986	Stan Justice/Bob Murphy
1987	Mike Faverty
1988	Dorothy Sue Barclay
1989	Jack Townshend
1990	Corky Hebard
1991	David and Joy Bloom
1992	Allen Doyle
1993	Debbie (Bloom) Ganley
1994	Bobbi Fyten/Guy Williams
1995	Dan Callahan
1996	Pat Kling
1997	Colleen Gordon/Ron Johnson
1998	Jane Parrish
1999	Bob and Sharon Baker

a moment of silence in their memory. Spur's wife Betsy ran on a relay team named "Team InSPURRational," and former women's champ Helen Desinger carried Trent's bib in the race that would have marked Trent's 20th anniversary of her first hike around the Equinox trail.

CAKEWALK

(Continued from page one)

Summit" and "Bob's Knob" after Stan Justice and Bob Murphy. Runners descend off the last bump down a steep incline where volunteers stand at "the turnaround." After making a U-turn, runners suddenly get to check who's hot on their heels. Relay leg 3 begins after the out and back at about mile 17.

THE CHUTE, MILE 17.5: Runners bid their knees farewell in the steepest downhill section of the course that begins the descent of Ester Dome.

THE ASPEN TRAIL, MILES 18-20: A pleasant downhill on a golden leaf-covered road. Some runners make up time by blasting through here.

HENDERSON ROAD, MILE 21: Hello pave-

ment. Many runners think the race is just beginning here.

GOLDHILL ROAD, MILES 22-25: Pave-ment a brief rest along a powerline path, then more pavement as UAF draws near. Midway down Goldhill Road, runners spot what former Fairbanks runner Colleen Gordon called "the pot of gold," the satellite dish on top of the Geophysical Institute. The end is near. For a lot of runners, so is the dreaded "wall."

UAF SKI TRAIL, ASCENT, MILE 25: A cruel twist for tired bodies. Over 100 feet of elevation gain in taking the back door to the UAF campus.

THE FINISH, MILE 26.2: Patty Center soccer field. The best feeling in the world.

Cook & Haugeberg

CERTIFIED PUBLIC ACCOUNTANTS

Jane Lanford

*Certified Public Accountant
Master of Business Administration*

Phone: (907) 456-7762

Fax: (907) 452-6184

e-mail: jane@ch-cpa.com

119 North Cushman Street., Suite 300 Fairbanks, AK 99701

Cast Your Votes Now!

As we mentioned in the last newsletter, RCN members have the opportunity for the second year in a row to cast their votes in three new award categories. The winners will be honored at the RCN banquet on Oct. 14th. The purpose of the awards is to honor some of the "unheralded" participants of the running community.

The three categories (once again) are:

MOST INSPIRATIONAL RUNNER OF THE YEAR: This award will go to a runner who is a source of inspiration to all runners. This can be an individual who has overcome adversity to become a better runner or someone whose words and actions inspires us to improve.

RACE DIRECTOR OF THE YEAR: This award will go to a race director who has put 100% effort into his or 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.

VOLUNTEER OF THE YEAR (formerly **CHEERLEADER OF THE YEAR**): This award will go to someone who has been a consistent volunteer at RCN events, helping out at races, directing races, assisting with trail maintenance, etc.

All votes must be submitted by SEPTEMBER 29th to Scott McCrea at fnsjm@uaf.edu, or by mail to RUNNING CLUB NORTH, P.O. 84237, Fairbanks, Alaska, 99708.

EQUINOX

(Continued from page one)

WALK, NOT RUN

In the early years, most of the participants in the Equinox were walkers, not runners. In fact, it wasn't until 1979 that runners outnumbered hikers for the first time. The race featured an all-time high number of participants in 1969 with 1,630!

In the late 60's and early 70's, there were also a large number of children who entered the race. On race day children and families would pack their lunches in their backpacks and start the race. The strategy for those who were interested in racing was to start off running for about a mile, and then stop to rest and walk a little, run another mile, stop to rest, then continue walking for the next 22 miles or so! Not all children employed this strategy, however. In 1979 12-year-old Mara Rabinowitz (a member of last year's winning relay team) set the course record for women with a time of 3:48:40!

One of the most exciting eras for the Equinox was the 80s, which featured some of the best times in the race's history. Equinox legends Stan Justice and Bob Murphy traded victories several times during the decade, with Justice leading the way with six victories over Murphy's three. However, "Murph" also recorded victories in '78' and '79', as well as one final one in 1994, so both are even when it comes to total victories.

Murphy and Justice weren't the only men run-

ning fast during the 80s. Twice in that decade---1980 and 1982---the top five men were all under three hours!

THE 2000 RACE

The 1999 Equinox featured 486 runners. Kevin Brinegar won the men's division with a time of 2:47:29, one of the fastest winning times since Stan Justice's 2:45:12 set back in 1986. Justice remains the men's record holder, with his eye-popping time of 2:41:30 set back in 1984.

Jane LeBlond won the women's division in 1999 with a time of 3:27:12. The women's record belongs to Tina Devine, who set it in 1998 with a time of 3:21:21.

Both LeBlond and Brinegar will be competing in this year's race. Brinegar's main competition will most likely come from training partner and UAF ski/running coach Bill McDonnell and Anchorage runner Harlow Robinson. However, most runners would agree that Brinegar is in a class of his own and has shown no signs of being slower than last year, so should be able to easily repeat.

LeBlond may have a little more competition to worry about. Devine has been absent from the racing scene this year but is expected to compete in the Equinox, and, if her form is the same as it was when she won three consecutive races from 1996-1998, will be a contender.

Also expected to be up in the top for the women will be Kristen Bartecchi, Susan Faulkner, and Kim

Simpson.

Some new features to this year's race include Equinox sweatshirts, which will be available at bib pickups for the incredibly cheap price of \$1. And if someone breaks the men's or women's record, there will be a cash prize of \$200. Finally, if you are biting your fingernails in anticipation of who is entering this year's race, you can get an updated list of all entrants at the Equinox website, at www.equinoxmarathon.org.

See you at the starting line!

38th Annual Equinox Marathon Sep. 16, 2000

Sep. 5th

Bib pickup and spaghetti feed at the Pump House Restaurant, 5-8p.m.

Last day to pay \$20 (\$15 for RCN members)

Sep. 15th

Bib pickup and spaghetti feed at the Pump House Restaurant, 5-8p.m.

\$40 registration fee.

Sep. 16th

Race day! Race starts at 8a.m. at the UAF Patty Center.

\$50 reg. fee, individual only (no relay).
Patty Center opens at 6a.m. for bib pickup.

Sep. 16th

Equinox Awards Ceremony, 7p.m., at the UAF Wood Center.

Be Sure to Buy Your New RCN Apparel

The key to running a successful Equinox has nothing to do with training. It all has to do with what you wear! This is a well-known fact confirmed by some of the biggest names in running, none of whom I can think of at this time.

Well, a cool looking singlet might not guarantee you a ribbon-breaking finish, but you will look cool! RCN has a great new line of clothing with a snazzy logo available. They include CoolMax singlet and shorts, \$35 a pair, or \$20 each. Singlets are white w/blue, black and red logo; shorts are

indigo blue w/white, black, and red logo, or black w/white, blue, or red logo. There is also a Polartec 100 Zip-neck top for \$40 and the RCN CoolMax Mesh Cap for \$20.

Susan Faulkner has done an outstanding job ordering the apparel and being the contact person for sales. You can reach her at 455-6234 or by email at shf@alaska.net.

Remember, it's not how well you do, it's how well you look!

Running Briefs

P.O. Box 84237
Fairbanks, AK 99708



Is your membership ready to expire? Check the date on your mailing label!

PRSR STD
U.S. POSTAGE PAID
FAIRBANKS, AK
PERMIT NO. 8