

Running Briefs

Official Newsletter of Running Club North

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RCN Sets Calendar for 2001

Santa Half Marathon Needs Director, Mile Stays on Track

Running Club North set its' calendar for 2001 and elected in its' executive council for the year at an energetic annual meeting, held Oct. 25th at the home of Keith Pollock.

Some new faces will be joining the usual "OK, but just one more year" individuals that make up the RCN Executive Council. Steve Bainbridge returns for his fourth term as president, while Jane Lanford will continue to lend her accounting expertise to the treasurer position. Gary Pohl (Calendar Liaison), Ken Larimore (UAF Athletics Liaison), and Scott McCrea (Media Liaison) also return as Calendar.

Long time RCN member Bobbi Fyten vacated her post as Secretary (and her last name!) earlier this summer when she got married and moved out of Fairbanks. Alison Carter replaced her back in September.

Andy Holland learned the hard way what happens when you are late for the RCN Annual Meeting, as he was elected as Williams/Insurance Liaison, even though he had yet to arrive at the meeting. Holland still graciously accepted the nomination.

Brinegar, LeBlond, Win Williams Series

McCrea Demands Recount, Seeks Court Action

Kevin Brinegar and Jane LeBlond won the overall divisions for the 2000 Williams Series.

LeBlond won with 545 points, 35 more than second place finisher Kristen Bartecchi.

Brinegar's win of 385 points was a mere four points over runner-up Scott McCrea, who finished with 381. McCrea's demand of a recount to Williams Series tabulator John Estle was denied, so the disgruntled runner is taking the matter to the U.S. Supreme Court.

"We should not declare a winner in the men's category of the Williams Series until each and every Williams point has been manually recounted," said David Boies, McCrea's attorney.

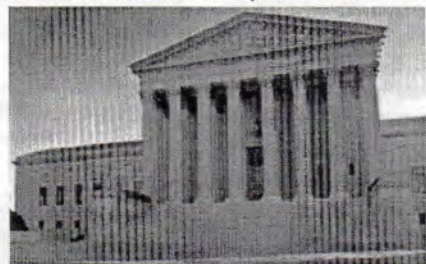
Boies pointed out that McCrea did win the 30-39 age group division, of which Brinegar took

Sharon Young replaces Jane Parrish as the Spirit of the Equinox Liaison.

Expertly led by Gary Pohl, RCN set its calendar for 2001. Highlights of the 2001 calendar include:

- After spirited debate, it was decided to keep the Williams Mile on the West Valley Track, rather than move it to downtown as one RCN member proposed.
- The Williams Santa-Claus Half Marathon needs a race director! If you are interested, please contact Steve Bainbridge at 452-8351 or runner49@alaska.net
- Two new races will grace the calendar next year, including the Bradway 6-Miler Classic (Mar. 24) and the "No Sun, No Fun" 5K Fun Run (Aug. 4).
- And finally, after a controversial name change this year that led to a certain UAF coach getting his tires slashed, the Two Way Torture Test is back with its original name.

The calendar is enclosed with this newsletter.



The Supreme Court (above) will be the battle ground for (below) McCrea vs. Brinegar



there was tampering, because I firmly believe that Estle is Brinegar's long-lost father," said McCrea.

Coming right behind the bitter McCrea in third

(See RECOUNT on page four)

fartleks

bits and pieces from the running community

FAHRENHEIT BE DARNED TRAINING

RUNS: They're back for a third consecutive season, only with a much better looking coordinator. RCN newcomer Colleen Personett is leading the radically rebellious Wed. night group, starting at 6p.m. at the UAF Patty Center. As the title suggests, these runs are done regardless of temperature. Reports from those who have been in attendance say that attendance has been at an all time high. Former winter training coordinators are not offended by that...much!

FROM THE HOME OFFICE IN MISSOURI: Former winter training run participant Corky Dow, now living in Missouri, sends us this humorous list: TOP 10 THINGS SAID WHILE ROAD-RUNNING IN MISSOURI-1. Man, it's hot! 2. Eeeyooo, is that a possum? 3. Man, it's really hot! 4. Now that is one flat rabbit! 5. I never thought I could sweat so much. 6. I think I can tell from the tail that must have been a raccoon. 7. Man, it's hot, and I wish I would have brought those TWO band-aids if you catch my drift. 8. Yuk! Poor turtle! 9. Oh brother, I can't even tell you what that was! 10. You haven't lived until you've been passed up by an 18-wheeler hauling chickens (If the feathers don't get you, the smell will!)

UAF SKI TRAILS GET A FACELIFT: Stan Justice, Susan Todd, and scores of volunteers (most of them skiers) deserve a standing ovation for the extensive work they did renovating the West Ridge Ski Trails. New lights, new trail maps, and barriers against those pesky snowmachiners are just some of the improvements that have been made to the ski trails around the UAF campus. Even if you don't ski, stop by the trailhead on West Ridge to see the new map on display. Their renovations benefit runners and walkers as well. Thanks to Stan and Susan and all others who helped out! Don't let any negative messages on the UAF Trails Listserv get you down!

BETTER LATE NEWS THAN NEVER:

The Les Femmes De Tundra once again won the Master's Women's division of the 2000 Klondike Relay Race, held back in September. Other Fairbanks teams included the Tatonduk Flyers (4th place, Master's Mixed), Dumpster Juice (6th place, Mixed), Dorte's Danish Pastries (17th place, Mixed), Beat Feet (24th, Mixed), and Mixed Nuts 2000 (10th, Open). The race was held Sep. 8-9 from Skagway to Whitehorse.

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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

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Marine Corps Marathon: The People's Race!

By Steve Bainbridge

The 25th Anniversary of the Marine Corps Marathon was held in Washington DC under beautiful sunny skies. A record number of runners [almost 25,000] participated in this year's silver anniversary event. While the weather [in the 70's] was a bit warm for most runners, and certainly for this Alaskan, the sunshine and the warmth was perfect for spectators, and it felt as though there was a record number of folks cheering along the marathon route as well.

The marathon started at 8:30 AM, so only the fastest runners avoided the heat of the noon day sun. The route began [and ended] at the Iwo Jima Marine Corps War Memorial Monument. It followed the road around Pentagon City, past the Arlington Cemetery, and over the Key Bridge. From there the runners went past the Lincoln Memorial and down Constitution Avenue and Madison Drive to the United States Capitol. Circling around the Capitol at mile 13, it was down the home stretch, past the Washington Monument, the Reflection Pond, Lincoln Memorial, and the Jefferson Memorial. At mile 23 the runners crossed the 14th Street Bridges, and one more time past the Pentagon to the finish line.

There is no prize money offered for running the Marine Corps Marathon, so the winning times are not as fast as some of the other marathons. The winning time for the men was 2:25:50, run by 27 year old Lt. Richard Cochrane. This is may be contrasted to the Chicago Marathon, which was held the same day, with the winning male runner, Khalid Khannouchi crossing the finish line with a time of 2 hours 7 minutes and 1 second, and taking home a tidy sum of \$150,000 in prize money for the win, plus \$30,000 for turning in a sub-2:08 performance. On the women's side, the winning time in the Marine Corps Marathon was posted by 33 year old Elizabeth Ruel, who ran a 2:47:52. Only two other women ran sub-three hours, with 33 year old Liz Speagle running a 2:52:04, and 32 year old Connie

Davis running a 2:58:05. I think there could have been a few of the Fairbanks women marathon runners in the top ten of the Marine Corps !

Having run marathons in 14 states, and now adding "DC" to my list, I would have to say that the Marine Corps Marathon is

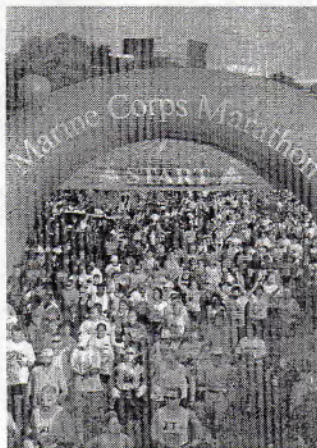
one of the best ! I thought the crowds were better [read that "louder"] than those lining the course of the 100th Boston Marathon. Of course, I have to admit that I really lucked out with the great weather.

Let me sum this story up by saying that I would definitely run the Marine Corps Marathon again. Of course, you have to be quick to register. This year, over 20,000 people registered [mostly on-line, I believe] in a 4 day period!!! I missed the registration period, but again I lucked out this summer when Jeff Galloway was in Fairbanks putting on a running clinic. I mentioned

to Jeff that I had missed the "open period" for the Marine Corps Marathon for two years in a row, and sensing my great disappointment, Jeff was gracious enough to offer one of his "pacing group slots" to me. So not only was I able to run the Marine Corps Marathon, I was also able to run with the Galloway 3:40 pacing group!!! I am here to tell you that the Galloway "run-walk-run" method really works ! Give me a call if you want to talk about it, or you can read all about it in Galloway's book titled "Marathon" {no, I was not paid to say this !}

So if you enjoy running marathons, put the Marine Corps Marathon on your schedule, and if you want to be part of one of Galloway's pacing group, let me know and I can give you the web address to get you pointed in the right direction !!!

Life is a marathon keep on running !!!



BONUS FARTLEKS!

OTHER RACE RESULTS: Displaced Fairbanksan **CORKY DOW** ran the Missouri Bib Run Marathon in Kansas City, posting a time of 4:48, and the Gobbler Grind Marathon in Overland Park, Kansas, with a time of 4:35. **JOE TRUBACZ** ran the CHICAGO MARATHON back in October with a time of 3:03:41, finishing 122 out of 2650 in the 40-44 age group. Joe was the 741st male to cross the finish line, and 785th overall. **JOHN CLARK**, husband of Anchorage Olympic marathoner Christine Clark, won the 40-44 age group with a time of 2:34:32.

NEW YEARS EVE RUN: Bob Hildebrandt is once again hosting the New Years Even Run at his house on 4586 Woodriver Drive, starting at 11:30p.m. THE RACE WILL BE RUN REGARDLESS OF TEMPERATURE! Get 2001 off to the right start by joining in on this run. Unlike last year, you don't have to stay at home waiting for the Y2K crash. For directions, info., call Bob at 479-4529.

Phone: (907) 451-7746

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Local Runners Speak Out on Favorite Races

Editors Note: Call it a chance to give RCN members a chance to voice their opinions in this newsletter, or simply call it a desperate attempt to fill space. A couple of weeks ago I posed the following question to runners: "What Is Your Favorite Race, and Why?" We start off with the lengthiest reply, from high reeking, I mean ranking, government official, Master Jim Brader.

JIM BRADER: The Equinox Marathon In today's modern existence that many of us call life, traditions are continually broken and discarded. That's not necessarily bad, since I don't really miss going to church the 100 or so times per year required by my mother church. But still, it is nice to have some foundation in life in the form of tradition. As strange as it may seem, the Equinox has become a real tradition for me. I may have to work on Christmas, Thanksgiving, and every other holiday during the year, but I make sure I can get Equinox day off. I have now done

the Equinox 12 times, one of which was the unofficial snowed out race in 1992, and always look forward to the next one.

What is it that makes this race so special that I always do it? Partly it's the course, which is so challenging and beautiful. The challenge comes from the numerous ups and downs and all the rooted, ankle twisting trails in between. Oh, and the big uncertainty of what the weather will be (It's no surprise that I don't have any advantage here either). There are countless strategies that can be employed on such a course, and even still, the outcome is never certain. The beauty comes from the fall time of year when the aspens are golden, the cranberries red, the sky blue, and McKinley looming tall (not that I ever notice during the race, but I sometimes do when training on the Dome).

Another part of what is special is the camaraderie of the race. I realized several years ago on the Out and Back, that I know almost half of the people in this damn race, even the ones from Anchorage. And, it seems like everyone of them is saying "hi" or "looking good", or "go Master" for the ones who know me better. There is always someone around who knows just what to say to cheer me on, from the ski patrollers at the top, to Bill Fuller at Cloudberry Rd, to John Holland saying "the guy ahead is dying fast" at 24 miles, shortly after he said the same thing to the guy just ahead. Hearing the different stories of the race from the points of view of numerous race participants and spectators after the finish tops this off.

"I just love having one day in the year when lots of people get outside to celebrate their innate ability to move and to take on a personal challenge."

Jim Brader

Another thing that is special about the race is, well, this may weird to some, its fun to be a part of something so special. I just love just having one day in the year when lots of people get outside to celebrate their innate ability to move and to take on a personal challenge. From Ted Fathauer crawling up the snowy dome on his first race because his Hush Puppies were too slippery to walk in, to seeing Kevin Brinegar whip by me on the Out and Back on his way to a sub 2:50 race, I love seeing the variety of people who come together to do the race, and accomplish their individual goals.

Finally, it is the accumulation of all my Equinox experiences that makes it special, that make it a tradition. There have been the pasta, ice cream and beer feeds the night before, to the whirlpool race wrap ups afterwards. There was the canceled race in 1992, when Jack Townsend lead a group of us on the most fun race I have ever done, with party stops every 3 miles or so. There was the thanks I felt when a runner stopped to help me up when I tripped, and how good I felt to be able to do the same another time. There are all the friends I have made at this race over the years. And of course there was the time I passed a much better runner, the gazelle like Scott McCrea, at the 25 1/2 mile mark, and patted my protruding gut telling the now bonked Scott, "you should have had beer and ice cream like I did last night". What a great race.

CHRISTINE SHIELDS: So far my favorite race to run is the Back of the Pack. My weekly summer schedule for running includes a 7 to 8 mile distance sometime, so to have a 10K with all of the amenities, camaraderie, timers and not even

Further Adventures on the Marathon Trail

By Bob Hildebrandt

Wow! Fantastic! Life is great! On the 29th of July I ran the Volcano Marathon on the big island of Hawaii. Was run in Hawaii Volcanoes National Park, across around and thru Kialuea Volcano. According to the entry form, this marathon is the "world's toughest measured marathon", this race challenges the most advanced and hardy endurance runners. Very beautiful, unique and quite interesting. A mule was used to haul water to one of the water stops on the Ka'u desert trail.

So what was a fool like me doing there? I was having the time of my life running the tuffest marathon I had ever encountered. It was difficult and quite challenging for me. It was fun.

My ultimate goal is to run a marathon in all 50 states. Hawaii was my 20th state. So I was

able to join the 50 state club, which you can't join until you reach 20. Along the way I will continue to pick the fun, scenic and interesting marathons.

I was not last, even with an unbelievable time of 7 hours, 8 minutes.

To keep the fun going, I ran Humpy's Classic in Anchorage on the 20th of August. A good group of Fairbanks runners did also.

For me it was another good fun run. I enjoy being alive and being able to run. Along with the two-legged spectators, a cow moose and two calves were out cheering at Mile 21 1/2. Included in the entry fee was 10 miles of rain.

My time of 5:06, while no second, was my best time this year. I keep trying, I enjoy running, and I finish with a smile on my face. No excuses, no complaints. Having a good time is what it is all about. Humpy's was my 39th marathon overall.

Cook & Haugeberg

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(See FAVORITE RACES on page four)

Favorite Races

(Continued from page one)

an entry fee . . . wow, it's just great! I really pushed myself and had one of my best times all year. Many thanks to Running Club North and Bob Hildebrandt and his Toy Quest for this opportunity.

BILL MCDONNELL: (Note: This was sent to Bill from a unanimous source who would only go by the name of "KB" We could speculate for hours on who this "KB" is, but rather than do that, I thought we would just run with what the young man/woman had to say.

Deer Mr RCN,

I like runned lot. Mi faverit rase is the Chena Ridge Sally invitational. Sally is so inspeerationialistic and maks me runned gooder. I also like the rase organeesers. Thay mak the rase the mostest funnerest rase. I gotted orangz an cookees afta the rase. I kant wate to rase with Sally nex year. yurz trooly, KB

TOM WICKWIRE: My favorite race if conditions are right, is stage 4 or 5 of the klondike on a full moon night with northern lights dancing overhead and frost sparkling off the trees. It also helps if I'm passing people every 10 minutes or so, but that is optional, as long as I'm doing about what my team expects of me — not completely falling apart.

Another run, not race, that is coming up is the full moon evening run up Ester Dome. With a little publicity it could grow into a real hoot — a bonza run. It is important to have a warmed-up

van waiting at the top, carrying your dry clothes. Without that it would be as much fun as finishing the Equinox only to find you were a day late so then had to walk home alone.

KARA TAYLOR-WELCH: The Equinox is, hands down, my favorite race. I don't know whether its because I love running on the trails, or that I enjoy the colors and smells of fall, or because the race conjures up memories of childhood hikes with my father and brother, but if I was forced to pick one race a year, it would be our Equinox.

CORKY HEBARD: I am a little confused with your question asking about favorite races! I was not aware that there were any races other than the EQUINOX MARATHON. Where else can you find 26 miles of scenic trail with roots, rocks, hills, snow, ice, mud, sun and beautiful fall colors, with a mountain in the middle, just designed for your racing pleasure? I thought the lengthy RCN schedule was just a list of training runs for the Equinox Marathon! Sincerely, Corky Hebard.

Williams

(Continued from page one)

place was Joe Trubacz with 348 points, Wayde Leder with 339, and Ken Leary with 271.

After Bartecchi, Susan Faulkner was third with 460 points, Kim Simpson was fourth with 389, and Dorli McWayne was fifth with 344 points.

Runners were given their awards at the RCN Williams Awards Ceremony on Oct. 14th. Also awarded at the ceremony were the recipients for Race Director of the Year, Paulette Goodwin; Volunteer of the Year, Bob Hildebrandt; and Most Inspirational Runner, Andy Sterns.

Running Club North would like to thank Jeri Wigdahl and Williams for their continued support of the Williams Series, and their gracious donations and commitment to Running Club North.

Williams

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