

Running Briefs

Official Newsletter of Running Club North

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May 2001



2001 Williams Series Off and Running *Former Malemute, Mitchell, Win Chena River Run*

Rick Wilhelm knows how to make a homecoming.

The former Lathrop star ruined Kevin Brinegar's chance of winning his first Chena River Run by beating Interior Alaska's top runner with a time of 33:01.

Brinegar finished second with a time of 34:05, followed by Chad Carroll in 34:54, John Heimerl in 35:36, and Matthew McDonough in 35:59.

Michelle Mitchell took first in the women's division with a time of 39:29.6, which equals her personal best for the 10K. She was followed by Kristen Bartecchi, last years winner, who came in second with a time of 39:58.2. Rounding out the top five for women were Susan Faulkner in

40:29.9, Dorli McWayne in 41:06, and Davya Baker in 42:26.

The remainder of the Williams Cup Series events are: the June 23 Midnight Sun Run (10 kilometers); the June 27 Williams Mile (1 mile); the July 7 Santa Claus Half Marathon (13.2 miles); the July 22 Gold Discovery Run (16.2 miles); the Aug. 11 GCI/PTA 5K (5 kilometers); and the Sept. 22 Equinox Marathon (26.2 miles).



Would you like cheese with your whine? *John F. laments the pain of slowing down*

By John Fridrich

Running Briefs Correspondent

Not even winning a door prize at the 2001 Frost Giant in Estes Park could soothe the angst of having finished the 10-kilometer race nearly three minutes slower than last year.

TWO MINUTES AND FORTY-SIX SECONDS!!!!!!!!!!!!!! One, one thousand; two, one thousand I've waited in the dentist's office for shorter periods of time than 166 seconds. On a fabulously sunny, run-in-shorts-and-sunglasses during the middle of winter type of day, no less!!!!!!!!!!!!!! On my home court, on terrain I cover frequently and at an altitude I run nearly every day!!!!!!!!!!!!!! Ten, one thousand; eleven, one thousand. Two minutes and forty-six seconds.

If I'd hopped on one leg or stopped to talk to volunteers or pet the elk or climbed Batman and Robin along the way, such a disparity would be understandable. If I hadn't done anything more strenuous than wash the dishes for a couple months, such a millennium-like span of time MIGHT be understandable. If I'd run the 5-K beforehand, such a depressing in time would be understandable. If there'd been a discernible difference in training, a term I employ loosely since most of what I do in the winter falls under the category of conditioning, then, yes, it would be understandable, but that wasn't the case either.

Adding to the aggravation is the fact that last year I'd subjected my legs to a 5 1/2-hour hike up 13,200-foot Lady Mt. Washington the week before and had skied on the St. Vrain Mountain trail for a couple hours the day prior to the Frost Giant. This year, the only possible suspects for blame were two games of rec league basketball during the week and an hour run in the park on the previous Sunday. Sixty, one thousand; sixty-one, one thousand.

Didn't eat a greasy breakfast, didn't race to the front of the pack so I'd get my picture in the paper, didn't stress out at work more than I normally do, didn't get five years older instead of one, didn't do anything different than I do most race days—except run inexplicably slower than I would have liked.

Tried to rationalize/justify the slower time with the ole "Just one of those days" philosophy but.....TWO MINUTES and 46 SECONDS.....was impossible to rationalize. Thrill of winning a couple passes to the local golf course as a door prize served as momentary distraction. Did express thanks for being healthy but even sunny thoughts quickly clouded over.

Headed downhill to the finish, I realized I wouldn't match or surpass last year's time of

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Local Runners Fare Well Outside

While some of us spent the winter being lazier than Homer Simpson on his day off, others were busy putting in hundreds of miles in preparation for Outside races. Not only do these die-hards get a chance to enjoy competing in a different environment, but they also get to build a base to carry them into the local racing season. Here are some of the reports that *RUNNING BRIEFS* has gotten:

GATOR BOWL 5K, JACKSONVILLE, FLORIDA (Dorli McWayne): I did the gator bowl 5 K in Jacksonville, FL at New Year's. It's held right in downtown Jax and has more inclines than any race in that flat state has a right to. Draw bridges over shipping lanes are quite steep. I thought I might have an advantage after doing Ester Dome a few times, but those Floridians are tougher than you'd expect for flatlanders.

The cold weather didn't give me much of an edge either; 38 at high noon with a stiff ocean breeze is no picnic. After a grueling 20 minutes and change, I had finished — 1st in age group and 6th overall. There was an awards ceremony amidst all the Gator Bowl revelries and the announcer even made a remark about someone coming all the way from Alaska. Cool.

The next day the Jax paper had a list of the top 8 finishers — and there I was listed as being from Fairbanks, Ark. Arrrrgh! Some editor took it upon himself to add the "r" to my 2 letter abbreviation, even though they made all the other states SC, FL, and GA. Maybe Floridians can't conceive of anything to the north or west of Arkansas. (*Editors Note: Considering how well Floridians run their elections, this is not a surprise!*)

RUN FOR THE ZOO 10K, Albuquerque, NM (Jane and Steve Lanford):—I can report that Steve and I ran the Run for the Zoo 10K in Albuquerque on May 6 at 7 a.m. Thankfully it was unseasonably cool. (I don't know the temp, maybe 60.) Elevation: 5,200 feet. About 900 finishers. I ran 44:13, not great but better than I expected, and good enough for 1st among 45-

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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.

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Missing in Action?

By Scott McCrea
Running Briefs Editor

I didn't run the Chena River Run last week. First Chena River Run I've missed since 1995, the year I started running. Instead of joining the masses at the starting line of the Fairbanks Princess Hotel, I was at home playing with Forrest and watching the NBA playoffs.

Welcome to Scott's Non-Running Summer of 2001, and please, don't make fun of my gut.

It didn't start off this way at the beginning of the year. On January 1st, I laced up my running shoes and went out for a five mile run, the first run I had done since the Equinox. I was jazzed and excited and ready to put in hours and hours of training to build the base that I would need to become a fierce competitor in the 2001 Williams Series. Look out Brinegar! Move over McDonnell! I am a gazelle, a cheetah---a man with a running plan that is to be reckoned with. Hear my roar!

My second run of the year was in mid-February. Sometime in March, I did another run to prepare for the Chatanika Outhouse Race. Then there was the race itself, which was wonderful because our team won (the team consisted of Rob Solomon, Wayde Leder, Brucie Miller, and a guy named Peter who was German), but awful because I lost my lungs on the course. If someone found them, please return them to me. I need them.

There were two more runs after that, I believe. Since then, I have finally gotten real with myself and admitted that I should chalk this year up as a sabbatical from running. I like the term sabbatical. It has a much better ring to it than being lazy or unmotivated.

The fact of the matter is, I have better things to do this summer.

I'm enjoying this parenting thing a lot more than I ever imagined I would. When the end of the workday comes, my first thought is to get home (which takes a little longer than it used to since we now live in North Pole) and be with the family. Sure, I could go running once I got home. I get home around 6p.m. so I could do my run then. I could run for an hour or so, and get back home around 7:30. Then a quick shower, dinner, and

put Forrest to bed.

Not exactly what you would call quality time, is it?

There are mornings, of course. But I am not am morning person, at least the type of morning person that it would take to get up at 5:30 a.m. and go running. Lunchtime runs are out, because I don't have a place to shower afterwards, and as a result, my coworkers would hate me. More than they already do.

Every now and then this all causes me great grief. "Oh woe is me and my lack of running!" I sob from time to time. Then I say to myself, big deal. So I don't go running for a year. I'm only 32, and have many, many years of quality running ahead of me. A summer off is not going to kill me.

When the day comes that I reach my expiration date, it would be nice to have people at my funeral say "He was a great runner." But you know what? It would be even better for them to say "He was a great father and husband."

See you at the starting line...but not this year.

OTHER NOTES FROM THE EDITOR:

CERTIFICATION CLINIC: Our esteemed president Steve Bainbridge reports that the certification clinic put on by Tom Light back in April was a great success. Congrats to the following attendees who participated in the clinic: Matthew Mapes, Sharon Baker, Gail Koepf, Tracey Martinson, Darrell Eversman, Mike Kramer, Dan Callahan, Jim Loftus, Bill Strauss, Michelle Mitchell, Rich Boone, Ken Larimore, and Steve Bainbridge. Thanks to all for participating!

THANKS FROM DAVYA: Davya Baker sends the following: I would like to give a BIG THANK YOU to everyone who made a donation and participated in the Run for Davya event. It was a great success. I appreciate Running Club North for their generosity in advertising my fundraiser.

AND FINALLY: I might not be running in races, but I am running races. Specifically the *SECOND ANNUAL ESTER DOME ASS KICKER* on June 2, 2001. Only nine runners were brave enough to enter last year, and I hope to see a better turn out this time!

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So Many Trails, So Little Time....

RCN members share favorite places to run

Whether it be the rolling trails of Birch Hill or the oh-so-painful climb of Ester Dome, local runners have their picks when it comes to great places to run. And while Fairbanks might never be featured in *Runners World* as a destination spotlight, those of us who live and run here would agree that we can match and top any other place. Some local runners recently shared with *Running Briefs* their favorite places to run:

JIM BRADER: My "rave run" is the short 2 mile nature trail at Creamer's field. It is a bit short, but when I don't have a lot of time it's a great one. It is the best wildlife viewing trail around. Sometimes I have seen two or three moose on the trail, and there are always lots of birds. Even in winter there are owls. The thick forest canopy with its odd looking trees, the numerous sinkholes, and the bouncy boardwalk, makes it seem out of "Alice in Wonderland". Plus the mosquitoes keep me from loafing.

BOB HILDEBRANDT: My favorite place to run in Fairbanks is the Equinox trails... In particular "Sleepy Hollow", aka the aspen trail.

STAN JUSTICE: My favorite running place... humm - there have been so many. Not exactly in Fairbanks but I love the Alascom tower roads. There is one on the road to Tok and one near Paxon Lake. No traffic, hills!!! And great views. Ignore the thumping diesel engine at the top.

KAT BETTERS: Favorite place to run? That's an easy one, the Skarland Trail system. I can hop on them w/ just a short mile and a half up Ballaine from my cabin. In the spring the air is fresh and the trails are quiet. In the summer the wind whips through the leaves and keeps you nice and cool.

Fall is perhaps my favorite time to be on them, love the musky smell of the highbush cranberries. All the bushes turn either red or

yellow, the air is crisp and thankfully the mosquitoes are DEAD! Plus there is the added advantage of all the loose dogs that provide a perfect environment for random intervals.

Granted, that trying to avoid falling and not cracking your patella on the many roots that protrude from almost all sections of the Skarland trail system is a full time job, it's still awfully nice to be on the trails after a winter of road running.

DAVID AND CAROL DEVOE: We like to run in the Lincoln Ck Subdivision and environs. A favorite loop includes Abraham Rd, Emancipation, and Reconstruction at 5.5 miles. It has a variety of grades on dirt or gravel surface. There are connections to the Firewood Road and Murphy Dome Road for longer runs.

SHARON BAKER: Fortunately, for me, my favorite place to run is right in my neighborhood. I live on Moose Mountain Road. If you like running in the hills on dirt roads with very little to no traffic, you would like to run here, too. On days when I'm short on time &/or energy, I'll run close to home. There are several options, as my house is within a half mile of several other roads. When the ski buses are running in the winter, or when it is really hot in the summer, I will often opt to do a trail run on the powerlines &/or on the many other trails in the area. It is not uncommon at all to go for a run, even over an hour long, and not see a car or even another person.

My absolute favorite is when I feel more en-

ergetic and have the time to be out for at least an hour. Then my route usually takes me all the way up and over the top (where the bus turnaround is for the Moose Mountain skiers) and onto the powerline that leads to Old Murphy Dome Rd. The powerline leading to Old Murphy Dome Rd. goes over several hills that vary in length and steepness, nothing like Ester Dome though.

I'm guessing it is a good 4 miles from my house to Old M.D. Rd., making that approximately an 8-mile out and back run. Usually, I turn around before I even get that far. The view from these hilltops is beautiful on a clear day: the Alaska Range to the south, Birch Hill and on out Chena Hot Springs Rd. direction to the east, with downtown Fairbanks in the foreground in-between. To the north is the White Mtn. Range and to the west is Murphy Dome. Ester Dome

blocks the western end of the Alaska Range from view.

However, if a peak at Mt. Denali/Mt. McKinley is too tempting to ignore, you can just take a left when you hit Old Murphy Dome Rd. If you follow that road a few miles, a view of "The Great One" can be seen just over the hilltop after passing McCall Rd, probably around Darling. If you go that far, then you may just want to keep on following Old M.D. Rd. until it meets the top of Spinach Creek Rd., and go on around the loop. Somewhere right where there is a good view of Denali (on a clear day) is the halfway point of a beautiful, yet quite hilly, 18-mile loop from my house.

The more popular way to make this loop is to start by going down Moose Mtn. Rd., up Spinach Creek Rd., then hang a right at the top where you meet Old Murphy Dome Rd. Just remember, if you go that direction, you'll have to remember to turn around to get a view of Denali! This is the more popular direction because most runners say they prefer to end an 18-mile run with a 2-mile downhill, rather than a 1 1/2- uphill. I like both ways.



Runners take part in the Murphy Dome Roam on May 19th. The roads are a favorite for Sharon Baker.

Cook & Haugeberg

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Whine

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46:44. Still.....One hundred and forty, one thousand; one hundred and forty-one, one thousand.....In an effort to salvage some hope from the experience, I considered performance—how well I felt I'd run, the TWO MINUTES and 46 SECONDS aside. That was deceptive, too, since I'd felt reasonably strong and smooth with the exception of the top half of the hill through MacGregor Ranch. Not fast, certainly, but a consistent pace, given the two climbs and the uneven footing through the field. Didn't labor, didn't struggle. Legs and lungs okay, stomach slightly uneasy for maybe a mile or so.

So....harmonic disconvergence....a case study for Ripley's Believe It or Not.....inexplicable conspiracy.....One hundred and twenty-six, one thousand; one hundred and twenty-seven, one thousand.....I suppose, in running like life, not everything has a satisfactory explanation, though, TWO MINUTES and 46 SECONDS, by God, deserves an explanation.

But I'm at a loss to come up with one. So, instead of dwelling on why I didn't run faster

when I think of that race, I'll remember the horses, the two beautiful horses that came thundering around a corner on the Black Canyon trail. I heard their hooves pounding the hard dirt before they came into view, and since they obviously weren't giving up the trail, I stepped aside and watched in awe as

they galloped gracefully by, runners unencumbered by clocks and courses and similar considerations.

Outside Races

(Continued from page one)

49-year-old women. Steve ran 55:37 (not as good as he expected, but he just ran out of steam).

OKLAHOMA CITY MARATHON, MO (Bob Hildebrandt and Corky Dow)-- Last Sunday we ran the Oklahoma city Memorial marathon. Was HOT & quite WINDY. But both of us finished. The finishers medals are the size of man-hole covers---neither of us set any records. It was marathon #44 for me, I think? Next up is Lincoln, Nebraska on Sunday---Yep a week apart. (Editor's note--Bob did the Lincoln Marathon the next week with a time of 5:42:07. Way to go Bob!)

BOSTON MARATHON (A bunch of runners!)-- Kevin Brinegar and Andy Holland both cracked the top 150 in the Boston Marathon on April 16, 2001. Brinegar ran a time of 2:39:17, good enough for 125th place overall, 110th among male runners, and 96th out of his age group.

Holland ran an impressive 2:40:49, which placed him at 143rd overall, 127 out of male runners, and an incredible 16th place in his age bracket.

Other Fairbanks runners included Matias Saari, who ran a time of 3:13:19, which was 1,985th overall, 1,875th out of male runners, and 1,286th out of his age group. Sharon Young ran a time of 3:51:04, which was 7,231 overall, 1,744 out of women, and 1,407 for her age group.

Former Fairbanksan Ken Zaklukiewicz ran a time of 2:56:24, placing him at 612th overall, 575 out of men, and 439 for his age group.

MAUI MARATHON (Joe Trubacz)--Joe came in 24th out of 2,135 runners in the Maui Marathon on March 18 with a time of 2:59:29.

ANCHORAGE DAILY NEWS HEART RUN (Mike Kramer)--Kramer headed south to take on the big guys of Anchorage in the Heart Run on April 28th. He finished in a tie for second with Jerome Ross with a time of 15:56, five seconds short of the winning time of 15:51.



BLOOMSDAY RUN, SPOKANE, WA (Susan Kramer)--If you like stats, you gotta love the Bloomsday Run website at www.bloomsdayrun.com. Susan Kramer ran 7.4 mile the race (along with 47,000 other runners!) on May 6 with a time of 1:07:20, which was first among runners from Fairbanks, 73rd among people of the same age, faster than the average time of 2:10:18 for 32-year-olds, 836th among female runners, first among people born on her birthday, third among people with the same last name, and 3,961 overall!

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