

Special five-page issue! But still not very interesting to read!

Running Briefs



Official Newsletter of Running Club North

Volume VIII, Issue III

August 2001

Davies Proposes Yankovich Path

What? No more car-dodging for Miller Hill runs?

By Tim Mowry

Fairbanks Daily News-Miner

Yankovich Road is a runner's—not to mention a cyclist's, a Rollerblader's or a rollerskier's—dream.

The rolling hills, country character and close proximity to the University of Alaska Fairbanks make it a popular route for many Fairbanks recreationalists.

But the same things that appeal to those users also make Yankovich Road one of the most dangerous spots in Fairbanks.

"They need a bike path; Yankovich is way too narrow," said local runner Jane Lanford, who regularly runs the 6.4-mile loop from UAF, down Sheep Creek Road to 4 Miller Hill Road to Yankovich Road to Farmers Loop and back to UAF.

Which is why Lanford was happy to hear that the idea of a bike path along Yankovich Road is being resurrected by Rep. John Davies.

"That sounds great," she said. "It's a great place to run."

Davies, D-Fairbanks, is lobbying the state Department of Transportation and the University of Alaska Fairbanks to build a bike path along Yankovich Road. Supporters of the idea are proposing that bike paths also be built along Miller Hill and Sheep Creek roads to complete a circle around the entire UAF campus.

"A lot of people use the Miller Hill-Yankovich-Sheep Creek loop for biking, running, rollerblading and rollerskiing," said Davies, who also lives off Yankovich Road. "There's very limited sight distances and there's no shoulder on that road. A lot of people are concerned we're just waiting for an accident to happen."

A bike path along Yankovich Road, however, would require approval and funding from the DOT and the blessing of UAF, which would have

(See BIKE PATH on back page)

Rozell to Take Over Running Briefs

Published author and gifted writer Ned Rozell will be taking over the helm as editor of Running Briefs, the official newsletter of Running Club North.

"Ned brings a lot of important qualities to the position that Scott lacked, the first one being is that Ned actually knows how to write," said a spokesperson for outgoing editor Scott McCrea.

Rozell will resume control of the newsletter after the October issues.

Now in its' eighth year, the circulation of Running Briefs is similar to that of Runner's World in that both publications are mailed to people.

McCrea will use the extra free time to pursue his newest hobby, ballet dancing.



Faulkner Holds Dominating Lead in Williams Series

That quiet guy with the ponytail is doing OK also (yawn)

You go girl!

Susan Faulkner is kicking butts and taking names while en route to claiming her first ever Williams Cup.

Faulkner, 42, has taken first place in five of the six Williams series races, her only loss of the season being a third-place finish in the Chena River Run. Faulkner was modest about her outstanding season in a recent conversation with the Running Briefs editor, and downplayed her role in the Equinox, giving props in that race to the hill-climbing terror known as Jane LeBlond.

No matter what her performance is in the Equinox, Faulkner will be placing a shiny Williams Cup on her mantle come October. Faulkner holds a 200 point lead over Dorli McWayne, who is having an equally impressive season.

Meanwhile, on the men's side, Kevin Brinegar holds a good lead over Wayne Leder. Brinegar has 425 points with Leder right behind with 361 points. Brinegar, an Equinox stud, will most

2001 Williams Series: Top 10 Overall

MEN		MEN	
1. Kevin Brinegar	425	1. Susan Faulkner	575
2. Wayne Leder	361	2. Dorli McWayne	374
3. Joe Trubacz	343	3. Kristen Bartecchi	310
4. Chad Carroll	315	4. Davya Baker	296
5. Bruce Gard	250	5. Colleen Personett	267
6. Devin McDowell	235	6. Kim Johnson	252
7. Ken Leary	209	7. Gail Koepf	252
8. Rick Wilhelm	185	8. Beverly Weis	220
9. Keith Kimbrell	173	9. Darlene Schultz	211
10. Andy Holland	166	10. Jane LeBlond	200

Complete results available online at www.sportalaska.com/williamscup/2001/

likely have no problem keeping his lead in the series and thus going on to claim his 10,234th Williams Series.

Leder has had a season that only be described as incredulous. Having only taken up running about three years ago, Leder has become one of the dominant runners in Fairbanks, staking sec-

ond place victories in both the Gold Discovery Run and the GCI 5K. He recently beat Mike Kramer in the Run and Soak race on August 18th.

Overall winners and class winners will be awarded at the RCN banquet on October 20th at the Dog Musers Hall.

Running Club North 2001 Executive Council

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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

Business Card: \$15/issue

1/4 Page: \$25

1/2 Page: \$50

RCN Looking for New President

After years of faithful service and dedication beyond the call of duty, Steve Bainbridge will be stepping down as president of Running Club North at the RCN annual meeting in October.

The RCN Executive Council is looking for an individual who would like to fill Steve's shoes—a daunting task, but one we are sure SOMEONE out there in our great running community can fill. The presidency seat is a one-year term, however, barring any recall or removal from office, presidents can stay on board for as long as they wish.



The duties of the president, per the RCN guidelines, are to be "responsible for general oversight and chairing meetings." Meetings are generally held on the first Thursday of every month, February through October.

For more information or if you are interested, contact the RCN nominations coordinator Sharon Young at billsharon@pci.net. Elections will be held at the RCN annual meeting on October 24th. Other RCN executive council positions (listed to the left) are up for re-election as well.

The Marathon Trail Continues....

By Robert Hildebrandt

Running Briefs Correspondent

As was reported in the last issue of RUNNING BRIEFS, I had gone to Oklahoma City and ran the marathon on the 29th of April. I met up with my good buddy, Corky Dow. Corky recently obtained an "Exit visa" and migrated to the Lower 48. Was a well organized inaugural marathon. Weather was HOT, very MUGGY and windy enough to blow a person to Texas. A perfect place to leave. My time was slow. But I made it. I wasn't last place.

Cause I really enjoy it. Next up was Lincoln, Nebraska where Corky and I ran the marathon on May 6th. Weather was better. The marathon started and finished on the University of Nebraska campus, which was interesting. Before the marathon, there was a special luncheon for runners over 50...was a lot of us.

The marathon was also the National Guard showdown. Brian Schaefer was there representing the Alaska team from Anchorage.

My time was 10 minutes faster than Oklahoma, still nothing to write home about. What is wrong? Am I ready for "whine on Wednesday"? Do I want cheese with my whine?

Not wanting to give up, when I probably should, I next went to Steamboat Springs, Colorado, and ran another marathon on the 3rd of June. My family went along. Always great to

have my family waiting, and waiting and waiting for me at the finish.

This quite scenic marathon, filled full of hills, was ran at altitudes of 7,000 - 6,000 feet. Even some cold rain and hail. At times my sea-level body was gasping for air. The lactic acid build-up in your legs fools a person into thinking that he is really smoking.

I hobbled in at 5:40. My family was waiting. Was my 25th different state on my quest of 50. Was my 46th marathon overall. NOW "whine on Wednesday"? After much thought, I came to the conclusion. It is not my age. Nor my banged up body. The main reason that I am a turtle is that I am not training enough. I have gotten lazy. I do just the minimum to get by. I am skipping the long training runs. Is my business becoming too time demanding? Do I need a year off?

NOPE...I decided not to give up. I will find a new and improved dedication. I will find the time and put more miles. So hold that cheese for my whine. I am feeling better about myself. I am already doing those extra miles. A good mental attitude is a key factor in distance running. I just have to keep telling myself that.

Next marathon is Hump's in Anchorage on the 19th of August. Hope to see you on the trails.

Editor's Note: Bob successfully complete Humpys with a time of 5:13:04. To the best of our knowledge, he has done no whining about his time.

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Pratt Dominates Age Group in Outside Run

No, this is not a typo. Please read on!

By Fred Pratt

Running Briefs Correspondent

Editor's Note: Long time Fairbanks runner and famed Alaska journalist Fred Pratt, who is now out cruising to places Outside, recently filed this story to Running Briefs.

Fred Pratt won his 50-54 age group in the All American 8k Run in Chicago's Lincoln Park on July 4.

He credits the win to the incredibly weak competition in his age group. Fred won with a time of 42:06, at a speed that would not have put him into the top 20 of his age class in the Midnight Sun Run. He still beat the second-place man in his age group by more than a minute.

"I'm going to love racing in the Midwest this summer," he predicted.

He was 209th overall out of 512 finishers. The female winner in his age group beat him by almost two minutes. The winner in the next-older

men's age class (55-59) finished in 29:49.

"It's been a long time since I earned a first-place medal, so I'll take it," Fred concluded. "I felt so slow during the race that I might not have returned to the park for the awards ceremony if it hadn't been for the post-race barbecue."

"I thought I'd disgraced the Running Club North hat I wore, with people passing me all through the last three miles, but I'd noticed very few grey or balding heads and thought I might at least get a third place."

Fred and Janice Reynolds are staying in a friend's lakeside cottage near Michigan City, MI, this summer. They're taking long bike rides through southwest Michigan and northern Indiana, and working out at the Harbor Country Gold's Gym. Fred has entered a number of races in the Midwest, including the Chicago Marathon and the Bobby Crim 10-miler.

Results at: <http://chicagoaa.com/results/Allamerican01.html>

Anchorage Roundup

MAYORS HALF MARATHON: Jane Lanford finish 9th overall for women, 1st in her age group with a time of 1:37:38.

Bruce Miller finished 19th overall with a time of 1:29:37, and Andy Blossy finished 34th overall with a time of 1:35:37.

Miller and Lanford both participated in the Midnight Sun Run later that evening.

HUMPY'S MARATHON: Michelle Mitchell won the women's division with a time of 3:09:56.

Steve Bainbridge came in 28th overall for men with a time of 3:36:49. Bob Hildebrandt complete the race in a time of 5:13:04.

SIDENOTE--Former Fairbanksan and frequent Equinox competitor Harlow Robinson finally got a win in at the CROW PASS CROSSING run back in June. If he comes up for the Equinox this year...watch out Kevin!

Mitchell Enjoys Summer of Racing in Russia

Despite frequent visits, she and Cowee are not Communists...or are they?

Editor's Note: Like Dave Cowee, Michelle Mitchell is well known for her love of the big country to the west of Alaska (Not Canada. The OTHER west!). Following is a report filed by Michelle.

Moscow-Luzhniki International Half Marathon: Okkkkk this one was harsh-1:33 and I kid you not...1000% humidity temp, hi 70s but the humidity was deadly....my number soaked and fell off. I had to do a Kevin B and stuff it in my shorts! (*Editor's Note: I had always suspected this.*)

Winning times were slower than usual-1:06 for guys 1:15 for women. in the past, men have run 1:03 and women between 1:09 and 1:12. This year we had to run through some nasty -burn your lungs from the fumes road construction. Other than that we still got the riverside view down to the Kremlin and back. We ran the same two-loop course as last year, but we had to go through this icky construction 4 times- a bummer.

I finished 11th of about 100 women. Here's a funny...it's always easy to find little ol me on the list and in the results ..just look for country right???Well they got me as from Moscow, Russia....

Now being the Russian teacher I am- here's the geography lesson of the day. Magadan, founded in the 30s as a city of exile where the GULAG labor camps were, is

straight across from Anchorage (about 3 hr flight) and Moscow is clear the heck on the other side of the country (a good 8 hr flight from Magadan). Since I had to be in Middlebury by mid summer, I had to fly out the east coast to Moscow again.

Russian running experience in a nutshell. Do I plan to come back???????? ABSOLUTELY!!!

Kremlin Mile: I ran this 2 days after a 1/2 marathon as for the Kremlin Mile.....what a SKANDAL!!! You are not going to believe this one.....My still tired but not too terribly dead legs ran a 5:44. Temps were nice this yr-rain and about +15C. Well just like last yr the Russian nationals were in my heat(20-34 and 35-39 age gps). Sooo just like last yr, they herded us all out to the start. We were the 4th of 9 heats divided by age/sex. I'm thinkin...here we go again these 4 min milers are gonna kick my sweet popka!

Well yeah, the winning time was 4:39(a woman from Perm) but little ol me came in 10th overall and 3rd in my 20-34 division. There was some other woman right on my tail, but I decided to kick like hell when I saw I could make top 10.

When I finished and they handed me the ticket saying I was 3rd, I thought they had messed up! The awards were broadcasted

on NTV. (that's like our ABC, CBS, or NBC) One of the things I really like about running here and places other than Alaska is that I get to compete against different people and no one(well except my running buddies maybe) knows who I am (and the press doesn't corner me at every race).

Well I guess that wasn't gonna happen- NTV interviewed me live and so did 2 other newspapers!! I have to get this week's issue of Moskovskii Sport. Lots of them wanted to know if I came in just for the race (what a haul). They asked me pretty basic stuff- how many years running seriously, training in AK, distances I specialize in, and where did I learn Russian.

Oh yeah...I got a tshirt, running cap, and another medal for the collection. All finishers got ice cream too!!!! So perhaps it's time to take up dual citizenship ...I can make the national team faster here I think than I can in the States!



RUNNING BRIEFS obtained this exclusive photo of the women's winner in the Kremlin Mile.

THE GRANDDADDY OF FAIRBANKS RUNNING IS HERE!

The 39th Annual Equinox Marathon & 12th Annual Marathon Relay

Saturday, September 22nd

Race Start Time: 8a.m. at the UAF Patty Center

Information: www.equinoxmarathon.org



The Equinox Marathon is considered one of the most challenging and difficult marathons in North America! The course starts at the UAF Patty Center athletic field and immediately climbs the university ski hill. The course then follows a scenic loop north of the university along heavily wooded trails to the bottom of Ester Dome. From there runners climb nearly 1800' over the next four miles to the top of Ester Dome, where they begin an out and back route along hilltops and valleys. The final nine miles of the course descend along dirt trails and paved roads.

- **DIVISIONS FOR HIKERS AND RELAY RUNNERS**
- **ONE OF THE OLDEST MARATHONS IN THE COUNTRY**
- **THE FINAL RACE IN THE WILLIAMS SERIES**

2000 EQUINOX MARATHON TOP 10—MEN

1. Kevin Brinegar	2:56:52
2. Eric Walker	2:57:22
3. Andy Holland	3:14:25
4. Rocky Reifentuhl	3:19:08
5. Matias Saari	3:21:03
6. Richard Kasteler	3:21:33
7. Wayde Leder	3:22:40
8. Joe Trubacz	3:23:31
9. John Carlson	3:24:16
10. Jim Brader	3:25:55

2000 EQUINOX MARATHON TOP 10—WOMEN

1. Jane LeBlond	3:21:43
2. Kristen Bartecchi	3:30:34
3. Susan Faulkner	3:36:21
4. Michelle Mitchell	3:42:24
5. Tina Devine	3:43:01
6. Laura McDonough	3:47:40
7. Colleen Personett	3:48:47
8. Kim Simpson	3:49:09
9. Moon Sun Stone	3:53:25
10. Kristin Jossi	3:56:21

Important Dates and Fees

Tuesday, September 11th

Bib pickup and spaghetti feed at the Pump House Restaurant, 5-8p.m. Registration fee: \$20, \$15 for RCN members.

Friday, September 21st

Bib pickup and spaghetti feed at the Pump House Restaurant, 5-8p.m. Registration fee: \$40, \$35 for RCN members.

Saturday, September 22nd

Bib pickup at the UAF Patty Center: 6-7a.m.

Marathon Relay Pre-Race Instructions: 7a.m.

Marathon Pre-Race Instructions: 7:30a.m.

Marathon/Relay Start: 8a.m.

Awards Ceremony at the UAF Wood Center: 7p.m.

Race day registration fee: \$50, \$45 for RCN members.

KRT Seeks MR for RUN in SEP

Tom Wickwire is looking for 2 masters women for a mixed masters Klondike team. Contact Tom at TWickwire@compuserve.com or 474-0068.

Ron Smith, aka "Ronnie Smith", is looking for a Klondike team to run on. They can call him at 452-7510.

Female seeking training partner for an Ocotber marathon. I jog about 1/2 of the distance, for an average of 5 mph, this rate is steadily increasing over time. Present milage is 19 miles/week, divided into 4 days: 3 miles-Mon, 5 miles-Tues, 3 miles-Thurs, 8 miles-Sat. The mileage increases weekly. Please call **Colleen Meyn** at 474-7018 wk or 479-6967hm.

Cowee Runs in City that Starts With a 'Z'

Could letter 'X' cities be far behind?

RCN webmaster DAVE COWEE recently ran a half-marathon in Zelograd and sent in this race report to RUNNING BRIEFS:

Z'grad is a scientific city, pop 200,000+, that was closed to both foreigners and other Russian citizens during soviet days. It's north of Moscow on the road to St Petersburg. There's very little place to accommodate visitors nearby, hence the 10 AM start time to allow people to arrive from Moscow proper (despite that putting the race into the heat of the day! However, the weather gods shone on us, starting with an afternoon t-storm on Saturday, which left the skies still cloudy this morning, the air much fresher, and the temperatures cooler; and there was a merciful breeze!

After we'd registered for the race that afternoon, our hosts (the race director and committee) took us across the street to a Russian Hotel - normally closed to foreigners, but they took the 3 of us in specially for the race. Then it was back to the registration center, for our runners meal - outside in the blazing sunshine we ate plates of hot Russian griechka (like buckwheat sprouts - some call it Russian porridge, but it's dry like dry rice), sausages (like hot dogs, but more tasty), tomatoes and cucumbers and softdrink or fruit tea (compot). That was followed 3 hours later by a women's run - short one, 2K - which Jo participated in. Each partici-

pant received a beautiful red rose and a t-shirt.

The entertainment program for the evening had to be cancelled because of the untimely death of the vice-mayor of Z'grad; however, the race was allowed to go on. Instead, in the evening, the race director Boris Prokopiev hosted a number of the foreign runners (perhaps 6 of us) and some of his volunteers, at a very nice dinner at a local restaurant.

Sunday dawned cloudy and mercifully cooler; and with a nice fresh breeze! There was a short 6K race in addition to the 21K half-marathon - so the starting line was rather crowded. There were over 600 half-marathoners, and more 6K-er's. The course is a 2 circuit, figure 8 - which wasn't the least bit boring. It was run mostly on city streets, but included some running through a city park. Z'grad is very green - lots of forest areas within the city; lakes, ponds. Traffic was held back everywhere by dozens of Russian police (militia). There were 4 aid stations with water, and wet sponges at all of them - a great help.

Despite the slight heat (it was about 75 or so, but humidity not at 100%) I ran an OK race, running about the same time as in North Pole - 1:36:27. I was about 338 overall, out of 609, or something like that. Russian runners are fast.



This is a basket of potatoes, a food item that is quite popular in the country of Russia.

Cook & Haugeberg

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THANKS!

To the 2001
Region VI
Track Meet
Volunteers...



RCN would like to thank the following individuals who gave up their Friday or Saturday (or both) ever weekend from April 13th to May 17th to help with the Region VI Track Meets. WAY TO GO VOLUNTEERS! We could not do these meets with your...

Steve Bainbridge
Sharon and Bob Baker and Danny and Davya

Ken Larimore
Darrel Eversman
Gail Koepf
Tracey Martinson
Matt McDonough
Sharon and Bill Young and Megan Bill Strauss
Rich Boone
Shannon Hutchison
Ann and Owen Hanley
Carol and Ron Johnson
Pat McDonald
Dan Callahan
Jim Loftus
Mike and Susan Kramer
Sandy and Jon Stahl
Jane and Jamo Parrish
Kristin Kline
Gail Davidson and Jody
John Eichelberger
Michelle Mitchell
Scott Diseth
Kat Betters
Paul Ewers
Matt Mapes
Rikke Mery
Linda Babcock
Deb Nelson
Dave Hamilton
Gina Carolan
Paulette Goodwin
Beth Nava
Jim Brader
Mary Lindahl
Donna Hawkins
Carol and Dave DeVoe
Lynn Hoffman
Sue Faulkner and kids
Donna DiFolco
Ginny McDowell
Bobbie Ritchie

Bike Path

(Continued from page one)

to dedicate easements and/or rights of way for the project.

A bike path along Yankovich Road "makes sense to me," said Paul Prusak, chief planner for the DOT. "Clearly that area is a very popular area for jogging and biking."

The university owns property along both sides of Yankovich Road and the east side of Miller Hill Road, Prusak said.

"If UAF was willing to dedicate either the easements or rights of way for the improvements that could advance the project substantially," Prusak said. "To bring it back to life is going to take some real involvement with the university."

UAF Chancellor Marshall Lind said the university is willing to examine UAF's role in a possible bike path along Yankovich Road, as well as Miller Hill and Sheep Creek roads.

"We're interested in the idea and willing to talk about it," he said. "We know there's an interest and a need there."

"You always come back to the question of how much potential cost it would be and who would be responsible for maintenance," Lind said. "It all costs money."

University planner Susan Todd, who composed UAF's comprehensive trail plan three years ago, said bike paths along Yankovich Road, Miller Hill Road and along Sheep Creek Road were included in the UAF trail plan. It makes sense from both a recreational and safety standpoint, she said.

"You can't walk along Yankovich (Road) with kids in tow," Todd said. "Both Miller Hill (Road) and Yankovich (Road) are narrow and people go really fast."

Likewise, the turn on Sheep Creek Road that bends around the Experimental Farm poses a threat to the multitude of runners, rollerskiers, cyclists and Rollerbladers who use it.

The new bike paths would also add to the atmosphere surrounding the university. "That would complete the circuit so you could go completely around campus," Todd said. "That would be cool."

Davies said he is merely trying to see how much interest there is in a bike path along Yankovich Road, both as a politician and a resident of the area.

Most of the people he's talked to support the idea of a bike path, though in different flavors, Davies said. Personally, he favors wider shoulders for serious cyclists, rollerskiers and Rollerbladers and an unpaved bike path for mountain bikers, runners and walkers.

"More experienced bike riders don't want to ride on bike paths, they want to ride on shoulders," Davies said. "Bike paths are more hazardous than riding on the road for serious bikers."

Bill Strauss, who lives on Dalton Trail, would

rather see a bike path built along Yankovich Road than have the road widened substantially to accommodate users.

"I'd hate to see the rural character of Yankovich Road lost to make it real wide," Strauss said, using Farmer's Loop as an example.

With a speed limit of 40 mph, Strauss acknowledges something

should be done in the name of safety to accommodate the number of runners, walkers and cyclists on Yankovich Road.

"When you're between Dalton Trail and Ballaine Road you can't see very far ahead because of the rises in the road," Strauss said. "You often come up over one of those humps and see two or three bikes riding abreast and a car coming in the other direction. Forty miles an hour is way too fast."

The idea of a bike path or wider shoulders on Yankovich Road is not new, said Prusak.

"People have been asking for that project for 15 years," he said.

While the Yankovich Road project is listed on the DOT's transportation needs list, a sort of wish list of projects proposed by the public, it is not on the DOT's six-year spending plan.

"I'm hoping we can move it up a few years at least," Davies said.

SHOW YOUR SUPPORT!

If the idea of a Yankovich Road bike path sounds good to you, let Rep. Davies know. Send him an email to [Representative John.Davies@legis.state.ak.us](mailto:Representative.John.Davies@legis.state.ak.us) or write a letter to him at 119 N. Cushman St., Suite 207, Fbks, Ak, 99701, or call his office at 456-8172.

Running Briefs

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