

Running Club North 2002 calendar inside!

With just one boo-boo, see below

Running Briefs



Official Newsletter of Running Club North

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January, 2002

The dry-shoe loop and other UAF trail news

By Keith Pollock

The annual meeting of the UAF Trails Club was held on Oct. 12th, 2001. The agenda included a review of the projects of this past summer, proposed future projects, fund raising, Treasurer's report, and election of officers. In addition there were discussions regarding the types of use the trail system supports—such as, hiking, skiing, running, snowshoeing, and biking—and the compatibility of such diverse uses.

Stan Justice, vice-president of the club, has provided a short history of how the organization came to be. For a number of years there have been various versions of a trails committee at the University of Alaska Fairbanks. As the latest permutation was lapsing, UAF professor Susan Todd had the idea of forming a club of trail users, giving trail users a voice without the chancellor having to assign committee members.

The purpose of the club is to promote use of the trail system, provide input to the University Draft Master Plan, and improve the trail system. More specifically, its draft mission statement reads: "The UAF Trails Club is dedicated to the maintenance and development of trails and trail related facilities at UAF and surrounding lands for non-motorized recreation, nature observation, envi-

ronmental education, and commuting use."

The Trails Club is affiliated with the university as a club. It is open to all in the community concerned with the trail system. With that in mind, members are considering changing its name to the Skarland Trail Club.

One of the most challenging activities of the Trails Club has been fund raising. The Trails Club is a non-profit organization and has received several grants and donations.

Trail status report for 2001

Probably the most noticeable projects this year were the improvements to the 6-Mile trail, including the laying of chips on the wet portions, removal of trees, grinding of stumps, and 250 yards of fill dirt.

Other projects included the addition of water bars and spreading of fertilizer and grass seed on the Midnight Express, the lighting upgrade in the T-Field and Smith Lake areas, new trail name signs, vehicle barriers, and sign repair. Trail workers brushed parts of several trails, but plans to mow some of the trails were never realized.

A partial list of future projects includes: Continued flattening of trails; T-Field road improvement—though a road, it is a connecting corridor and is the most heavily used trail at UAF; Ski Stadium/Practice Area—this is a

proposal for an area similar to the stadium at Birch Hill but on a smaller scale. It would be located north of the warming hut on West Ridge between the International Arctic Research Center parking lot and T-Field Rd.; Phase II of trail chipping; acquisition of summer maintenance equipment such as an ATV capable of hauling and pulling a brush cutter; and barbed wire removal. Several of the projects require interaction with UAF as they are items in the University Draft Master Plan. They are conceptual at this point. Detailed plans would be prepared once there is an indication that a project will be approved.

As the Skarland Trails or portions of the trail system are used by runners for training and numerous organized runs, including the Equinox Marathon, the RCN Executive Council felt that it would benefit both organizations to be represented in the Trails Club.

For more information contact: Stan Justice at 479-5017. Club membership forms are available at www.uaf.edu/trails.

Correct those calendars!
There's a wee mistake in this year's running calendar. The Klondike Relay is September 13, 2002, rather than September 6.

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Running Briefs is printed bi-monthly. If you've just won Leadville or have other running news you'd like to share, send it to Ned Rozell at Box 84598, Fairbanks, AK, 99708 or email at nedr@gci.net.

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A word from your president . . .

The only constant is change

CRR now a 5K; GCI an 8K; Gold Discovery off the pavement?

By Jane Lanford

President, Running Club North

Change is good! I hope you buy into that, because Running Club North is headed down a path of change in 2002.

After a lot of discussion at the annual meeting in late October, RCN members agreed to:

- pursue course changes in three of the seven Williams Cup Series races
- possibly add a downtown mile
- switch the all-comers track meets to Thursday nights instead of Wednesdays
- find out if the military bases will still let us hold races there
- look for a larger location for the end-of-season social event
- have an RCN representative work with the UAF Trails Club (Keith Pollock).

Certainly, we've all had suggestions for improvement in the race calendar, or for a particular race course, or to change races in the Williams Cup. Our collective choices will never satisfy everybody (me included!), but we are trying to change for the better. This is a good year for change in that several races have new directors who want to make changes – and changes are ultimately up to the individual race directors, not RCN, even though we may suggest and help with making those changes.

Here are the big items, the three Williams Cup race changes in the works: The Chena River Run is being shortened to a 5K, while the GCI is probably going to become an 8K. The Gold Discovery Run will likely become a trail run in gold mining country.

This ball got rolling with new leadership in the Chena River Run wanting to shorten the race to increase participation (and hence, raise more money for Rotary projects). RCN figured that, since it's an early season race, a shorter race makes sense for runners, too. And it eliminates the problem of having two 10Ks in the Williams Cup (for those of us who think it's preferable to have a different distance for every race). But we don't want two 5Ks in the Williams Cup!

So, the idea was floated to introduce an 8K (which is a few meters short of a 5-miler). The GCI race-directing folks are willing to lengthen their course to an 8K. Being in town, it should still be a flat and fast course. So you'll have a new distance to go for a personal record!

Then there's the Gold Discovery Run. Year after year the complaints roll in about how the paved, mostly downhill course pounds one's legs. Why not make it a trail run? (I was the lone dissenter in favor of tradition when a straw poll was taken

at the annual meeting.)

The 2002 Williams Mile will remain at the West Valley High School track, but inception of an additional 1-mile road race downtown was discussed. One idea is that it could take place immediately ahead of the Golden Days Parade, when the streets are blocked to traffic and lined with crowds. A lot of work needs to be done if this new mile event is to become a reality in 2002.

Runner-friendly courses are being worked on for all these changes – that's where RCN comes in. We have leaders for each project, and if you'd like to help out, or at least put in your two cents' worth, here are the folks to contact:

- Chena River Run – Mike Kramer or Tracey Martinson
- GCI – Kevin Brinegar
- Gold Discovery Run – Gary Pohl or Mike Kramer
- Downtown Mile – Jim Brader or Andy Holland.

(If you want to contact any of these folks but don't know how, e-mail me at jane@ch-cpa.com and I'll give you the info. I didn't get permission from all of them to publish their contact info in this newsletter.)

All of these changes are still evolving. The changes have changed since the annual meeting. If you previously heard something about these changes, there likely have been changes to that. And I wouldn't be surprised if something I wrote in this column has changed by the time you read it. So stay tuned! We'll do our best to keep you informed.

Moving the track meets to Thursdays instead of Wednesdays hopefully will boost participation for a couple of reasons. Those of us who do the Tuesday night track workouts but who wouldn't consider doing another track run the next day may well decide to show up on Thursday (especially to train for and/or race the Williams Mile!). And it leaves Wednesdays clear for other group runs that may be scheduled then. Jim Loftus is in charge of the track meets.

Races on Fort Wainwright and Eielson Air Force Base could be cancelled or face other restrictions due to security concerns. Ronnie Smith, our *de facto* RCN/military liaison, is doing his best to convince the powers-that-be on post that our races should be allowed to go on. We've included the usual Fort Wainwright and Eielson races in the 2002 calendar, but if you plan to run any of them, be alert for last-minute changes. We'll try to get specifics for each race in the News-Miner, on the RCN website (www.runningclubnorth.org), and maybe to you via e-mail a few days ahead of each military-site race.

If you have comments or other suggestions for improvement, please let us know. My e-mail is always available. (It's at the office, and I'm supposed to do my paying job, too – but I always make time for running business! Just don't tell my boss ...)

And even though I've been elected president, I'm still the one keeping the memberships rolls updated. So here's a reminder: if you change any of your information – name, address, phone, e-mail — tell me! Or your newsletter and friendly little RCN e-mails will disappear!

See you on the run!

Jane

Cook & Haugeberg

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Harvey Wing beats three hours in Seattle

Fairbanks runner Harvey Wing ran the latest Seattle Marathon on November 25, 2001, finishing under three hours for the first time in his life. Harvey, 45, ran a 2:59:47, finishing 33rd overall and second out of 136 runners in his age group.

Gunning for fifty marathons in fifty states

Corky Dow runs Iowa and Arkansas marathons

Corky Dow, a former Fairbanks runner now living in California, recently ran the "On the Road to Education Marathon" in Mason City Iowa, a run in its third year that is a fundraiser for a local Catholic school. Here's his account of that run, and another in the home of the Razorbacks and Bill Clinton:

The course was half on long, straight roads, but the second half features a nice trail system in a park along the Winnebago River. It was very nice, reminds me of the trails near UAF. Lots of trophies were awarded, along with a T-shirt and finisher's medal. Spectators were rare, but there were lots of water stops. We ran in nice fall weather. To check out the marathon, go to marathonguide.com or call Steve Arment at 641-421-3451.

The Arkansas Marathon was state number eight for me, and this one has been around for about 20 years, with the same race director for the duration. You take a school bus from the finish line in Malvern, Arkansas to the starting line in Benton at about 5:30 a.m. There was lots of music and a local school was open so we could change into our running gear. The race features a lot of small hills, so I was never able to "get up on step." There was a nice finish area, with flags from everywhere, music, and more trophies

than I'd ever seen in one place! Local gals cook up spaghetti that is very very good.

Bob "the Toy Guy" Hilderbrandt will be doing Louisiana and Alabama in February, and I plan to be at his side to get my tenth state and enter the 50-states club. This will probably be number 100 or something for Bob!!

Bob runs Chicago; passes Fred at Mile 25

Bob Hilderbrandt recently completed the Chicago Marathon. Illinois is the 26th state in which he has run a marathon. Here's the dirt:

Running another Equinox was great. Was made even better by the fact that my son, Dietrich, was running the Equinox with me.

On Oct. 7th, I ran the Chicago Marathon with 31,000-plus runners. It was a large, but well-organized marathon.

I signed up to run with the five-hour pacing group. A great way to try and meet your projected time. All runners wore the Champion Chip, which starts your time when you cross the starting line. It took my group 18 minutes to get across.

I dropped behind my pacing group because of the jet lag; it took me 14 miles to wake up and start serious running. One of the marathon sponsors was Nextel

and whenever you crossed a timing mat (there were five) an e-mail was sent off to a list of your friends.

For me, the second half of the marathon went a lot better. Lots of cheering, screaming, flag-waving spectators along the route. My wife was among them. There was a big crowd in the Latin section of Chicago. I was not prepared for Chinatown. The crowd was HUGE. Very impressive, and a definite ego boost.

Around mile 25, I ran past expatriate Fred Pratt.

Finally, mile 26! Lots and lots of spectators. I felt good. Nothing broke. No deadman shuffle for me. My extra training miles definitely helped. No whine on Wednesday for this runner. I am a believer in long slow distance as the best training method for me.

As in all marathons, finishing is an emotional experience for me. I was all smiles as I crossed the finish line. My time: 5 hours, 11 minutes, 29 seconds. It was super-great to have my wife waiting at the finish for me.

Chicago was my 49th marathon overall and my 26th different state. I have run big, small and in-between marathons. I would rate Chicago near the top in big city marathons. If you are on a quest for all 50 states, like I am, Chicago is an excellent choice for the Land of Lincoln.

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