

Running Briefs



Official Newsletter of Running Club North

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Brinegar, buds boffo in Beantown

By MATIAS SAARI

Running Briefs exclusive report

Local runners couldn't have asked for much more from the 106th Boston Marathon.

Kevin Brinegar achieved his coveted Top-100 finish. Four men placed in the first 250, with two high-ranking masters and stellar team results. And they filled the first six slots among 35 Alaskans.

In his seventh Boston running, Brinegar placed 89th overall and 81st among the men to lead a local eight-runner contingent April 15 at the world's oldest and most prestigious marathon.

Fairbanks Brinegar, the three-time defending Equinox Marathon champion, finished in 2:33.36. Brinegar ran a blistering first 10k of 34:30, crossed halfway at 1:13.57 and held on for a PR time that was nearly six minutes faster than 2001, when he placed 124th. The difference this year?

I think it was mainly staying better hydrated, Brinegar said. I was bloated for the first half of the race.

Better to be bloated than bonking. A change in training also paid off: Brinegar ran fewer miles than in 2001 but clocked longer intervals at his goal race pace.

Another thrill for Brinegar was running the first three miles (in about 5:30 pace) alongside Catherine Ndereba, the 2001 women's champion from Kenya and runner-up this year.

I was thinking, This is as good as it gets, said Brinegar, 32.

Brinegar, though pleased to have made the Top 100, isn't satisfied yet. He was right where he wanted to be at the halfway mark.

I was hoping to put myself in a position to have a shot at 2:30, he said. His final pace per mile was 5:52.

PR s run rampant

Fairbanks Mike Kramer, Wayde Leder and Bill McDonnell also ran PRs, no easy feat considering Boston's hills, hordes of runners, and hoopla.

Kramer, the former Lathrop High standout, ran 1:17.41 through the halfway mark and crossed in (chip-adjusted) 2:39.59 for 167th place among men.

Leder, 44, was just five seconds behind Kramer for 169th overall and 28th among masters. Leder trailed Kramer early by almost a minute, but caught up near mile 14. The duo ran within seconds of each other the rest of the way.

Kramer, 34, said Leder caught him as he was beginning to drift mentally and physically.

That was a very good thing, for me anyway. It was a boost for me, said Kramer, adding that each took turns leading up hills to ease the burden. Not until the final straightaway did Kramer realize 2:40 was still within grasp. He sped up, and though the finish line clock read 2:40.05, with the chip time adjustment he slipped under the barrier by a single second.

Kramer was impressed by the huge crowds, the race organization, and the pre-race expo.

It was everything you'd expect at the premier marathon in the world, said Kramer, who plans to run Boston again in 2004.

Leder, meanwhile, was overwhelmed by his first Boston experience.

There's hundreds of thousands of people all cheering for you like you're in the lead, he said. And despite training partner Andy Holland's admonitions to stay focused, Leder fed off the crowd, veering to the side of the road to slap hands with an estimated 2,000 kids.

I couldn't help it, said Leder, who's only been running competitively since 1999. The crowd would see that and go even more wild.

On the home stretch, the discomfort of hard road running caught up with Leder and he buckled down to concentrate on reaching his goal of a sub-2:40 race. Though he came up five seconds short, Leder said that provides incentive for next year.

Leder had a simple explanation for Fairbanks' domination among Alaska runners.

That training group. That's absolutely the reason, Leder said, referring to the Fairbanks quintet that sped through long runs together for two months leading up to Boston.

Running home

The race was a homecoming of sorts for McDonnell, who was born at Boston General Hospital and lived in nearby West Newbury until age 11. The UAF ski coach crossed the finish line in 2:43.56, good for 242nd place, and called his first Boston a positive learning experience.

I felt like I had prepared to run a little quicker, said McDonnell, 30, who accomplished his pre-race plan of running six-minute miles for the first 20 miles, but fell off the pace at the end.

I didn't have the go in the last 10k, said McDonnell, adding that cramping quads slowed him down. Still, McDonnell ran a personal best by about five minutes and vows to return to Boston in 2003 and crack 2:40.

McDonnell was hardly able to sa-

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Running Briefs

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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.

ADVERTISING

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A few words from your president

By Jane Lanford

President, Running Club North

The 2002 racing season is upon us! Are you ready? Time to start training, especially if you haven't been!

Officiating at high school track meets

Once again, Running Club North is negotiating a contract with the Region VI Athletic Activities Association to provide volunteer officials for the high school track meets, generally held on Friday afternoons and Saturdays from mid-April until the end of May. Many of you have helped out in the past, and we're counting on your help again this year. We do this as a community service. Although the club receives a fee for the service, for the past few years we've spent more money on track-related expenses than the payment we've received. We're hoping to change that this year.

If you would like to volunteer to help out in any capacity at these meets, please contact Sharon Baker (455-6689 or badbobbaker@gci.net). Sharon asks that, if you use e-mail, please include the subject as HS Track so she doesn't accidentally delete it as an unknown source. Thanks to all of you who've helped in the past, and please consider volunteering again this year (even if your kid has graduated!). We'll need all the help we can get!

Updates on race changes

- ◆ The Chena River Run (bib pick-up May 4, race May 11) will be a 5K, starting at Woodriver Elementary School, winding through University West, and ending at the Princess Hotel. Entry forms will show the map and likely will be available by the time you read this.
- ◆ The Midnight Sun Run (bib pick-up June 15, race June 22), now under the directorship of the Boy Scouts, has changed its bib pick-up hours to be earlier. This year it'll be held from 10 a.m. to 2 p.m., still at the Alaskaland Civic Center. Also, the finish area will be changed a smidgen. The finish chute will lead into Alaskaland, where vendors will be in business and the party can go on in a nicer setting than the parking lot.
- ◆ The Gold Discovery Run (July 21) will be co-directed by Gary Pohl, Mike Kramer and Steve Bainbridge. They're working on the logistics of a new course on trails and unpaved roads through gold mining country, ending at the Silver Gulch Brewery in Fox. Stay tuned for details!
- ◆ The GCI/PTA Run (August 10) is planned to be lengthened to an 8K. Kevin Brinegar is taking the lead (nothing new for Kevin!) in designing the new course. If you have ideas or want to help, contact him.

Help wanted — equipment and sales

Many of you received a club e-mail from me regarding the need for help with our equipment and with ordering and selling RCN merchandise. I'd like to thank Caroline Brown and Kat Betters for becoming our equipment managers, and Jane LeBlond for offering to help with merchandise. Here's what we're doing:

Much of RCN's equipment, kept in the trailer at Bob Hildebrandt's Toy Quest store, is getting old and worn out. We need to decide what to replace — or buy for the first time. Race directors: What would you like to have for your race? Once a wish list is compiled, the RCN board will decide what we can afford to buy and hopefully get it in time for this running season. The trailer itself is getting pretty old and worn out — anybody out there got one to donate to the club?

We'd also like to have more RCN stuff for you to buy

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and display proudly! We'd like some ideas of what RCN-logo items you'd buy. Soon we'll order things and have them available for you to purchase at RCN events.

Please send your responses to me at jane@ch-cpa.com or 479-7230 home or 456-7762 work.

Also, if you have e-mail and would like to be added to the RCN list, or if your address (e- or snail mail) needs to be updated, please let me know.

See you out there on the track, trails, roads, and at the races!

Jane

Women wanted

Fund-raiser for Breast Cancer Detection Center set for UAF trails on June 1

Women who want to run or walk for a good cause have an excellent opportunity at the Fairbanks Run for Women, a 6K held on the beautiful UAF ski trails June 1 at 10 a.m. There is no race fee, but all donations will go directly to the Breast Cancer Detection Center of Fairbanks.

Race organizers Teresa and Jamie Hollingsworth say the race offers prizes and a nice morning outside during the sunniest month of the year in Alaska's interior. For more information, call the Hollingsworths at 322-6945 or fitkn@uaf.edu. Men hankering to race that day can try Scott McCrea's Ester Dome Ass Kicker, starting at 10 a.m. at Mile 3.5 Henderson Road. He dares you to show up.

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Chariots of Fire

Kat Betters braces herself in the Dogsled Saloon flying outhouse as **Bob Baker**, left, and **Bruce Miller** mush on to victory in the Chatanika Days Outhouse Race.

Running Briefs editor **Ned Rozell** and team captain **Rob Solomon** were also on the Dogsled Saloon team, which posted the fastest time overall on the lung-burning, one-mile course.

Rozell recounts the heartache, sacrifice and drama of this year's race in the story that follows.

Carrying the RCN flag (or was that toilet paper?) in the Chatanika Days Outhouse Race

There's no such thing as a sure thing in life, but the outcome of the Chatanika Days Outhouse Race, held March 8 and 9, 2002, was about as close as you can get. Team captain Rob Solomon invited me to join this year's squad of athletes who push an outhouse down a hill and along the snowy shoulder of the Steese Highway to finish in front of the Chatanika Lodge.

Rob called me and explained that last year's RCN team won the championship using a real outhouse on skis two-by-twos, plywood and the like and that this year the Dogsled Saloon had offered their outhouse, made of welded aluminum, fabric walls, and other space-age polymers.

If that wasn't enough, Rob enlisted the waif Kat Betters to ride the outhouse seat. Kat is known to some as the wisecracking timekeeper at the Tuesday night men's track workouts.

To further guarantee our spot on the victor's podium, Rob enlisted some of the

most solid quadriceps in Fairbanks, belonging to Bad Bob Baker and Good Bruce Miller. The two-foot trophies crowned with outhouses were as good as ours.

As fate would have it, the emcee at Chatanika Lodge drew numbers that pitted us against our archrivals, the Bone Crushers. The Bone Crushers are a group of sprinters from Fort Wainwright who show up at Chatanika Lodge every year. Rob knew them well; his team, including AWOL runner Scott McCrea, had defeated the Bone Crushers by just two seconds the year before.

Now we were elbow-to-elbow at the starting line with the Bone Crushers. Bruce and I exchanged a confident glance because none of our team members was smoking a cigarette.

The gun went off, and the Crushers blew us off the starting line. When we all started pushing, our little outhouse veered toward the unpacked snow. We ended up third on the day, 30 seconds behind Bone Crushers and 36 seconds off the pace of the Hot Seat team of Jamie Hollingsworth, Wendy Davis, Chad and Amy Carroll, and

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BOSTON: locals avoid heartbreak, run with Kenyans

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vor his run. Immediately after the race he showered, then jumped in a cab for Logan Airport, catching his return flight to Fairbanks by a half hour.

I wasn't really thinking when I booked the ticket, McDonnell admitted when asked why he rushed home. When making travel plans, he miscalculated the four-hour time difference and had been concerned about missing another day of MBA classes at UAF.

In contrast, Andy Holland's post-race plans involved what has become a nearly annual ritual of flying in the opposite direction, this time to Italy for a multi-week bike trip with his wife Ruth. But first he ran 2:52.05, good for 499th for the men and 108th among masters. Last year Holland, then 44, ran 2:40 after putting in many

more training miles.

Completing the local male six-pack was North Pole's Joe Trubacz, 43, who ran nearly even pacing to finish in 2:57.52 and 867th place.

Interior women Paulette Goodwin of North Pole (3:56.26 for 2,428th among women) and Sharon Young of Fairbanks (3:58.37 for 2,595th) also competed, as did Ken Zaklukiewicz (3:05.46 for 1,536th), a former Fairbanks resident now living in North Carolina.

Running Club North also entered the team event. Brinegar, Kramer and McDonnell comprised a squad in the Open Men's Division and finished 8th of 65 teams (the host Boston Athletic Association was first); Leder, Holland and Trubacz entered in the Mens Masters and also placed 8th of

56 teams (Sojourners Running Club from Utah won).

Anchorage's John Clark the coach of 2000 Olympian Chris Clark, though they aren't related wore the highest starting number among Alaskans, but slowed dramatically near the end and was 1222th in 3:02.22. With the ChampionChip in use, fans could track the race live on the Internet (baa.org) and get split times every 5k. Among them was Mike Kramer's pregnant wife Susan. She attended the race in Boston and used her cell phone to follow his progress.

A total of 9,234 men and 5,338 women completed the Patriots Day spectacle. Race day temperatures were in the mid-50s, about 20 degrees cooler than forecast.

OUTHOUSE: Baker's late modifications push Dogsledders to victory

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Andrew Borner.

Third place. Even Kat was stunned into relative silence.

Bad Bob could stand no more. Upon the ejection of Kat from her seat, Baker tipped the outhouse on its side and made mental modifications. Later that evening, he ripped the two snowboards from the bottom and replaced them with a set of metal-edged backcountry skis. The skis gave the outhouse the ability to track and also lightened it by 10 pounds.

The next day, the Hot Seat team, apparently satisfied with their trophies and Budweiser jackets from the day before, did not show. We had new skis on our outhouse, and a new strategy. Baker and Bruce were hooked to the front like sled dogs; Rob and I pushed from the back.

The gun went off. The Bone Crushers crashed into a snowmachine on the first hill, buoying our spirits. Baker almost pulled the eyebolt off the outhouse as he raged for the finish line. Rob and I chugged

a workmanlike beat from behind, and Bruce showed off his impressive training base in tandem with Baker. Kat fought the urge to use the outhouse.

We crossed the line in 5 minutes, 8 seconds, beating the Bone Crushers by 40 seconds and besting the Hot Seat's record time by four seconds. We posed for pictures, hugged our tall trophies, and went into the lodge for a drink and some smoke. Then Kat hopped on her RMK-500 and won the snowmachine tug of war.

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