

Running Briefs
c/o Tracey Martinson
1716 Reed Circle, Fairbanks,
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10 Years of RCN
1993-2003

February 2003

INSIDE THIS ISSUE:

Running Counts	2
RCN Celebrating 10 Official Years	2
Reports from Russia, Tucson, and Charlotte	3
Running Away from Home	3
Runner's World Cover Guys???	4
Blast from the Past	4

**The 2003 Williams
Cup Series**

Williams

**Proud supporters of
running in the Fairbanks
community**

Thank you, Williams!

Running Briefs

It's about the kids...A message from the President

2003 is shaping up to be a good year for the running community of Fairbanks. The 2003 Running Club North calendar is filled with training runs, snowshoe runs, and fun runs! And the Williams Cup Series is back again this year, featuring seven races covering distances from 1 mile to the marathon.

The calendar has something for everybody...well, almost. What I would like to see develop this year is an emphasis on the kids in our community. I have always been a big supporter of the service project that RCN does each year, which is to provide officiating for the high school track meets. RCN has over a dozen USA Track & Field certified officials that serve with other volunteers to oversee the 6 high school track meets held during April and May. This year, we will be bringing a top USA Track & Field official to Fairbanks during the weekend of April 11th & 12th to recertify our volunteers and kick-off the

high school track season. Hopefully, we won't see as much snow on the track as we did last year, when 2 of the 6 meets were cancelled due to snow!

Going beyond the high school track season, I would like to see more done to encourage the younger folks in our community to get involved in running. I am working with the Midnight Sun Run directors to help put together a kids run to be held in conjunction with the annual 10K running event. In addition, I am working with some folks on the Equinox Marathon organizing committee to come up with a Kids Marathon that could work in with the Equinox Marathon. This would be something similar to what marathons such as the Seattle Marathon and the St. Louis Marathon feature for kids. Kids in grades K-8 undertake a program where they run/walk 1 mile a day, 5 days per week, during the 4-5 weeks leading up to the marathon. Then,

on race day (September 20th this year), everyone who has completed the first 25 miles of their "marathon" shows up to complete the final 1.2 miles. The idea behind programs such as this is to promote fitness among our youth, and to foster a sense of accomplishment by completing a goal. Competition, if it is to come at all, can come later.

These ideas for kids events are still in the formative stages, but if you have any suggestions or feedback, or if you would care to help out with these events, please send me an e-mail at runner49@alaska.net or give me a call at 460-7208. Also, if you are interested in volunteering to help with officiating the high school track meets, please use the above e-mail address or phone number to get in touch with me.

See you on the track and out on the trails!

Steve

**Running Club North
Executive Council****President**

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Running Briefs is published bi-monthly. Unlike two former editors, who write entertaining columns for real newspapers, Tracey writes marginal material for obscure scientific journals. So, please, if you have any exciting news that you would like to see here, please write it up and send it to Tracey at 1716 Reed Circle, Fairbanks AK 99709, or email at fnfam@uaf.edu.

Advertising

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1/2 page: \$50/issue

Full page: Let's talk.

Running Counts

By Tim Doran

For what it is worth, I thought I would share an experience I have had over the last several months. In November, I was informed that I should consider having open heart surgery to repair a leaky valve. At first I figured "Sure, someday". I was feeling good. I was running well. How bad could it be? Subsequent testing confirmed that I was a likely candidate for surgery. My cardiologist said that I was an anomaly since the echocardiogram numbers indicated I should be having clear symptoms. His conclusion for why I wasn't was that my running and thus general fitness enabled me to draw more efficiently from my heart's performance than would be normally expected. My situation stemmed not from a lifestyle issue (I exercise regularly and eat well), but instead was something I was simply born with and which over 50+ years just got worse. I was told that there is a window of time for a repair, versus something more extensive or even heart failure. They also

assured me that my overall fitness was a definite benefit for minimal risk in surgery and recovery.

We scheduled surgery for January 3rd. Until then I was free to do my regular runs but was advised not to race—a small compromise. January 2nd, they did a cauterization procedure to check my arteries, which were "very clean and of a nice size" in the words of the cardiologist. The next morning I went in for surgery and woke up 12 hours later in the ICU with a repaired heart. I sat in a chair for breakfast Saturday morning, walked that night, and was discharged from the hospital on Monday. Upon returning home I knew I faced 6-8 weeks of healing, including daily walks and upper body muscle recuperation. My walking has gotten steadily longer and faster, and shows really good progress.

Throughout this whole experience, though, has been a steady commentary about "how good my numbers are" on the monitoring equipment, the rapid

increase in my walking distances, and the "fast track" to discharge. What surprised me was the added comment by doctors, nurses, and technicians when they expressed some of their own surprise at my recovery in the ICU and afterwards. The general refrain was: "Oh, but you are a runner! I saw that in your medical notes." This conversation happened too often to be coincidental. Running made a difference in my health and in my recovery, physically as well as mentally, I think.

I was a late bloomer in terms of running, but I have grown to really enjoy it. I look forward to being back at it in a couple of months. I have also learned that indeed "running counts" when you might least expect it. I share my experience in appreciation to all those who have encouraged me to keep running and as an encouragement for those new to this activity. I look forward to running with you all in the various running events ahead of us this year.

DID YOU KNOW? Running Club North is celebrating its 10th Anniversary in 2003. Although the club has been in existence for over 35 years, it wasn't until 1993 that it was formally incorporated. This event coincided with the assumption of management responsibilities for the Equinox Marathon. Since the club was formally incorporated in 1993, we have grown to a membership of 421, including about 70 lifetime members.

Russia, Tucson, and Charlotte: Local Runners Share Stories

By Michelle Mitchell

I HAD planned to run 50K in Kaluga (Moscow region) on December 28th, but it was cancelled because there weren't any funds. Next, I hoped to run a 10K on the 29th of December, but that was

cancelled because it was "too cold". The 37K race on January 12th was also cancelled because it was "too cold". Over here, "cold" seems to be 10-below to 20-below. I thought that "race run regardless of temperature"

would happen over here too!

I still got in a lot of excellent training with a coach in the indoor stadium. It was my first time on an indoor track since college, and I'm faster than I was in June!

By Pat Kalen

Pat ran his last race on old worn out hip joints on March 16, 2002. Three days later, his right hip joint (socket and all) was removed and replaced with new titanium and Teflon parts. One week later, on March 26, 2002 his left hip joint was removed and replaced, also with titanium and Teflon. He had mailed an entry application for the 2002 Tucson Marathon on March 5, 2002 vowing to beat his time of 4:38 set in the 2001 Tucson Marathon, a Personal

Worst—both hip joints gave out at 13 miles in the 2001 event, and Pat limped to the finish at a rather slow pace. Getting back in shape was a bit more tedious than anticipated. Due to work conflicts, he did not manage to get to a single RCN event all fall. On December 8, 2002, Pat ran the Tucson Marathon in 4:23, beating his 2001 time by 15 minutes.

However, Pat forgot to tie a little chip on his shoe. He left it at the Tucson Hilton. So his time was not recorded by the race com-

puter. People cannot look up his time on the Internet. He did pay the entry fee and run the race, and got an official photo taken when he passed the official race camera. His time comes from a computer file created by his Polar heart monitor worn during the race.

Pat finally showed up for an RCN event on January 4, 2003 (the UAF Campus Hill Run). He expects to be back for more events, however, as the new hip joints seem to work pretty well.

By Matias Saari

I was in the Midwest over the holidays and given the lack of winter marathons there, drove 20 hours from Upper Michigan to Charlotte, NC to run the Charlotte Marathon in an attempt to qualify for Boston 2003. The weather was a fluky 14 degrees at the start of the race, and Charlotte set a record low 10F for Jan. 18. But at least the sun shone and it

warmed up to the mid-20s. My expectations were modest considering I'd mostly built base mileage leading up to the race. The course is a point-to-point, less than scenic, relatively flat, pavement-pounder. I finished in 3:06:53, good for 32nd of about 600 and even got my picture in the Charlotte Observer the next day with an Alaskan-esque frosty beard. As I crossed the finish line, the

announcer first butchered my name, then said I was from Fairbanks, Arkansas (I hastily corrected her). The race served the purpose of qualifying for Boston but I can't say I'd recommend it. Or if you go, pack your own food because Gu at Mile 18 and bananas at Mile 24 doesn't quite cut it.

Running Away from Home

Charlotte Marathon, January 18, 2003

Matias Saari

3:06:53 29 MOV 10 AG

San Diego Marathon, January 19, 2003

Susan Faulkner

3:00:01 3rd FOV

Las Vegas International Marathon, February 2, 2003

Bob Wheeler

4:33:04 1167 MOV 110 AG

Heini Maisala-McDonnell

4:54:20 489 FOV 110 AG

MOV: overall male; FOV: overall female



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Is your membership ready to **EXPIRE?**

Don't let the unthinkable happen to you!

Don't ignore your renewal notice when it comes in the mail!

BLAST FROM THE PAST

The first newsletter editors, Monte Jordan and Bobbi Fyten, had a contest to determine the name of this newsletter. Jane Parrish came up with "Running Briefs", and was rewarded for her efforts with some of those famous Monte Jordan cookies and something called "Rushin' Tea".

Rushin' Tea

(a hot drink for cold runners)

2 c. Tang

1/2 c. instant tea

1 c. sugar

1 tsp. cinnamon

1 tsp. ground cloves

Dashes of nutmeg

Mix thoroughly. Fill mug with boiling water. Add two or more teaspoons of the tea mix. Get cookies. Find chair, sit down. Eat, drink, and ice external injuries.



Jim Brader and Steve Bainbridge start the new year off right. January 1, 2003 dawned bright and cold, but that didn't stop Brader, Bainbridge, and Fahrenheit-Be-Darned co-organizer Tracey Martinson (who braved taking her mittens off long enough to get this shot) from taking a brisk 3.6 mile jaunt around the UAF campus. It should be noted that Keith Pollock also showed up—wearing jeans and bunny boots. He just wanted to see who would show up for the run, but wasn't going to run because he had, uh, hurt his ankle while jumping off a ladder. Yep. 'Tis the truth.