

Running Briefs
 c/o Tracey Martinson
 1716 Reed Circle,
 Fairbanks, AK 99709

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1993-2003

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Running Briefs

Runnin' Fun Under the Midnight Sun

By Scott McCrea

More than just a running race, the Fairbanks Daily News-Miner Midnight Sun Run is a uniquely Alaskan event that attracts participants from all over the country. Now in its 21st year, this years race will be held on June 21st at 10 p.m. Despite its late evening start, there's no need to bring flashlights, as the summer solstice sun shines brightly in the skies above, from start to finish and beyond. In recent years the race has attracted over 3,000 participants, from the elite runners who are aiming to break the finish line ribbon to back of the pack strollers simply out to have a good time.

Even those who don't enter the race have opportunities to enjoy the event. The race course, which starts at the UAF Patty Center and ends at Pioneer Park, meanders through a number of Fairbanks neighborhoods, where spectators are often times lined up elbow to elbow to cheer the runners on. Each year a Couch Potato Award is given to the best cheering section.

While most participants prefer to wear shorts and a t-shirt, others choose rather unconventional clothing, such as a cow costume. The costumed division is perhaps one of the most anticipated aspects of the race, and given the fact that folks in Fairbanks have plenty of hours of

daylight to work on costumes, the final products are unique, to say the least.

HISTORY OF THE RACE: YEAR ONE

Ironically, the very first Midnight Sun Run had very little to do with the midnight sun, as it started at 9:05 a.m. the morning of June 25th, 1983. Close to 350 runners participated in the inaugural race, which, like today, started at the UAF Patty Center. The course was slightly different than the one used today, and the finish line was in downtown Fairbanks at the corner of 11th and Turner. The race was sponsored by Dairy Queen and KAYY radio.

"Runners from all over Alaska as well as California and Canada entered the event," said the Fairbanks Daily News-Miner in its coverage of the event. "The race had some fairly fast times considering that the temperatures were in the high 70s at the start. To avoid overheating, many runners were hosed down by residents along the race course."

Kent Karns was the first runner to cross the finish line, with a time of 32:28. Tricia Livingston was the first woman finisher, with a time of 40:29. Karns was followed by Audun Endestad with a time of 32:43 and Rick Solie with a time of 33:58. Lathrop running sensation Ricky

Wilhelm was fourth with a time of 34:20 and Andrew White rounded out the top five with a time of 34:37. Another Lathrop runner—and a young one at that—was Mike Kramer, who finished in 9th place with a time of 35:37. Kramer would go on to win the MSR almost 20 years later in 2000.

On the woman's side, Livingston was closely followed by Pat Kling with a time of 40:59, Marion Johnson with a time of 41:32, Bobbi Fyten with a time of 41:42, and Beth Nava with a time of 43:34.

HISTORY OF THE RACE: YEAR TWO

In 1984 the Midnight Sun Run became an actual midnight sun as the start time was moved to 10 p.m. The 1984 race was a truly memorable one, as it featured the debut of the costumed division, which was won that year by Bob Ritchie and Joe Kiff, who entered the race as a canoe. Race director Mike Styles said the idea of the costumed division, as well as some of the other race day activities, was to create a Fairbanks version of Bay to Breakers, a popular race in San Francisco known for its zany atmosphere. That year's race also featured a spaghetti feed at the Traveler's Inn, where various running films were shown to get runners

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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 fntam@uaf.edu.

Advertising

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History of the MSR*(Continued from page 1)*

pumped up for Saturday's event.

It might have been billed as a fun event, but for Outside elite runners Tom Ratcliffe and Ron Gilooly, it was all about competition. Ratcliffe and Gilooly recorded the first and second fastest times in the race with times of 29:14 and 29:19, respectively. Those records still stand today. Gilooly was followed by Fort Yukon runner Pat Cross with a time of 30:14, Audun Endestad with a time of 31:42, and Pete Bolin with a time of 32:44.

The top woman runner was local standout Mara Rabinowitz, with an eye-popping time of 35:49. Rabinowitz was followed by Trish Livingston with a time of 38:50, Bobbi Fyten with a time of 39:12, Marion Jones with a time of 39:19, and Nancy Felix with a time of 39:23.

**HISTORY OF THE RACE:
1985 - TODAY****1985**

Participation was up to 800 people. 1984 runner-up Ron Gilooly finished with a time of 29:48. Outside runner Nancy Ditz was the first woman finisher with a time of 34:06. Surprisingly, the News-Miner did not publish any results beyond the Top Three Finishers, an action that spurred a letter to the editor asking to have all results printed. Since then the News-Miner has not only printed the entire results of the Midnight Sun Run, but also the results for every

other running race held in Fairbanks throughout the year, a rarity for a local newspaper.

1986

The race finish switched to the Immaculate Conception Church on Illinois Street, and became an officially certified race that year. Grayline of Alaska came on board as a sponsor to provide shuttles for runners. Outside runner Benji Durden won the men's division with time of 30:16 while Ditz repeated as the woman's champ with a time of 34:23.

1987

Race participation was up to 1,500 runners and walkers, and for the first time since the inaugural run, first place went to a local runner. Fairbanks schoolteacher Bob Murphy, a legend among Fairbanks runners, won the race with a time of 31:10. While happy with his time, Murphy told the News-Miner that he probably would not have gotten the victory had Outside runner Scott Williams not entered in the costumed division with Gary Finelli as the Blues Brothers. The duo of Williams and Finelli tied for second with a time of 32:50. Meanwhile, on the woman's side, the current race record was made, as Outside runner Kellie Cathey smoked the competition with a time of 33:57.

1988

In 1988 the Fairbanks Daily News-Miner Midnight Sun Run was born, as the newspaper came on board as the main sponsor. About 2,200 participants joined the run, which has now earned a reputation as being the pre-

mier race in the state of Alaska. Victories that year, as was so often the case, went to Outside runners, with the men's victory recorded by Jed Hopfensperson in 30:10 and the woman's victory going to Pam Clifford with a time of 35:24.

1989

The Murph is back! This time, Bob beat out an Outside runner who was not adorned in costume. Murphy won his second MSR with a time of 31:20, 19 second faster than runner up Gary Borbon. The woman's race was won by Leslie Lewis with a time of 34:50.

1990

Two former Lathrop runners, both of whom had participated in the inaugural run, went head to head in the men's division. Victory went to the oldest, with Rick Wilhelm (Lathrop class of 1984) won with a time of 31:10 and Mike Kramer (Lathrop class of 1986) came in second with a time of 31:30. "Just like old times," smiled Kramer at the end of the race. Meanwhile, a Valdez runner and member of the U.S. Olympic Nordic Ski Team won the women's division, with Sue Forbes coming in first with a time of 37:07.

1991

The 1991 race was one of the hottest ones to date, with temperatures at start time ranging from the mid to high 80s. Invited runner John Koningh took first with a time of 31:16 while Sarah Gish won the women's division with a time of 38:44. The News-Miner estimated

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that close to 3,700 participants took part in that year's race, despite the high temperatures.

1992

The winners of the 1990 race repeated their victories for the 1992 race, with Sue Forbes winning the women's crown with a time of 38:51 and Rick Wilhelm winning the men's race with a time of 30:20. Wilhelm is the last MSR runner to break the 31:00 mark to date.

1993

Emil Magallanes, a smoke-jumper from Idaho, won the men's division despite the fact that he had just finished smokejumping less than a week before the start of the race. Magallanes' time was 31:51, and Anchorage runner Lisa Keller won the women's race with a time of 37:20.

1994

It was the Midnight Sun Run, but there was no sun. Temperatures were around 50 degrees and winds were up to 15 MPH, leading some to compare the weather to that of the kind found during the Equinox Marathon. The women's crown stayed home this year, as Kelly Larimore won her field with a time of 39:06. Anchorage runner Andy Ferguson beat Bob Murphy by a mere six seconds with a time of 32:20.

A common problem runners have in the Midnight Sun Run is timing meals for the day. Fairbanks runner Ron Johnson told the News-Miner that he had it all figured out. "I go to bed late and sleep in late," he said. "I then eat a big pasta meal around

noon and some pancakes around 5 p.m. and that suits me just fine."

1995

With the race now ending at Alaskaland, Anchorage runners Kirk Fisher (32:41) and Lisa Keller (37:37) beat Fairbanks two top local runners to win the MSR crowns in 1995. Murphy took second to Fisher with a time of 33:02, which was good enough to hold back Andy Ferguson, who beat him the previous year. Second place in the women's division went to Mari Shirazi, a newcomer to the Fairbanks running scene who would go on to make her name known in tougher races such as the Annihilator and the Equinox Marathon.

Why is that Anchorage runners like the MSR so much? It goes beyond the fact that they can usually hold off the best of the bunch in Fairbanks. "I love all of the support here," said Ferguson. "You don't see that in Anchorage."

1996

Kirk Fisher enjoyed his time in the 1995 MSR so much that he invited his best friends to come up for the 1996 race, which led to an Anchorage domination of the race. Anchorage men swept the top five, while a trio of Anchorage women captured the top three in their division. Marcus Dunbar won the men's race with a time of 31:12, while Debbie Mumma won the women's race with a time of 38:05. Tina Devine was the top local woman, coming in fourth with a time of 40:24, while Bob Murphy was the top local man to

cross the finish line, finishing in sixth place with a time of 33:00.

"I've been waiting for years for a good group of guys from Anchorage to come run this," Murphy told the News-Miner after the race. "I only wish they would have done it when I was younger."

1997

For the fourth year in a row, the boys from down south won the men's division. 1995 champ Fisher edged out training partner Paul Ruston to take first with a time of 31:23, while Fisher's girlfriend, Ruth Horton, won the women's division with a time of 38:39. Tina Devine handily beat the 1996 women's champ, Debbie Mumma, with a time of 39:00 flat, good enough for second in her division.

1998

Fairbanks runner Heather Hunt, who trains by playing soccer, clocked one of the fastest woman's time in years with a time of 37:04. She was followed by Tina Devine with a time of 38:35. Anchorage's Joe Alward won the men's division with a time of 31:35, and was followed by Noah Zabrosky with a time of 32:11. Fairbanks runner Tony Davies was the top local runner, finishing fifth with a time of 34:25.

1999

A trio of Fairbanks runners led the women's division. Tina Devine beat out Michelle Mitchell for first place with a time of 39:24. Mitchell finished second with a time of 40:08 while Moon Sun Stone came in third with a

(Continued on page 4)

Running Away from Home

Anchorage Daily News Heart Run (5K), Anchorage, AK, April 26, 2003

Michelle Mitchell 18:58

Big Sur International Marathon, Carmel, CA, April 27, 2003

Karoline Davis 4:09:43

Christopher Davis 4:28:42

Susan Redlin 5:28:23

Avenue of the Giants

Marathon, Eureka, CA, May 4, 2003

Dave Cowee 3:56:51

HELP WANTED

Volunteers are needed to help at the Midnight Sun Run Bib Pickup, scheduled for Saturday, June 14 at Pioneer Park Centennial Center for the Arts (or something to that effect—it used to be called the Civic Center, and you all know where that is). Volunteers are needed from 9:30am-2:00pm to help with registration and hand out bibs, goodie bags, and t-shirts. For your valuable service to the community, you will be given a long-sleeved version of this year's MSR t-shirt. If you are interested, please contact Tasmine Bennett at tabenet@bsamail.org. Even if you can only help for a little while, they can use you.

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TRACK OFFICIATING CLINIC TO BE HELD IN 2004

Ok, ok, so it's a little bit early to talk about this one, but Steve made me do it. You probably can't even mark your calendars yet because you probably don't even HAVE a 2004 calendar. But anyway. A track officiating clinic will be held in 2004—most likely in early April. For all currently certified officials, your certification will be **EXPIRING** in 2004, so don't think you can go skipping this clinic. The next certification will be good until 2008. Anyone who is interested in helping out at track meets is encouraged to get certified (it's free and painless). Look for more information in far-off-in-the-future issues of Running Briefs.

History of the MSR

(Continued from page 3)

time of 40:48. No such luck on the men's side, as Kevin Jacobsen of Anchorage finished first with a time of 31:45, followed by fellow Southcentral runners Will Kimball and Joe Alward. Local running sensation Kevin Brinegar, picking up the hole left behind by Bob Murphy, finished fourth with a time of 33:08.

2000

He ran in the inaugural MSR in 1983, and in 2000 he made a comeback to lead a contingency of five Fairbanks runners in the men's division. Mike Kramer came in first with a time of 33:22 to hold off his local rival, Kevin Brinegar, who finished in 33:34. The future and past of the UAF ski team---

represented by Juraj Brugos and Peter Alden---took the third and fourth slots, respectively, while Bill Rodgers of Fort Wainwright completed the Fairbanks Five with a time of 33:54. On the women's side, 1997 champ Ruth Horton beat Jane Leblond to take first place with a time of 39:32. With a time of 39:45, Leblond finished seconds ahead of Susan Faulkner, who captured third with a time of 39:51.

2001

If the men's winner of the 2001 MSR looked somewhat familiar, that's because he was just recently on the cover of Running Times. One of the top distance runners in the country, LeMay came in second in the 1996 Olympic Time Trails in the 10,000 meter. His PR for the 10K is a 28:00. Fortunately for 1990-

and 1992 winner, Rick Wilhelm, LeMay was not in his best shape for the MSR, although he was in good enough shape to finish with a time of 31:39. Wilhelm took second with a time of 32:23. The women were led by the Susan Faulkner, who finished with a time of 39:49. A good time, but nothing compared to what she would do the next year...

2002

Susan Faulkner cleared close to three minutes off of her 2001 time to easily take first place with a time of 36:57, the first time a woman broke the 37:00 mark in close to 13 years. Meanwhile, on the men's side, Kevin Brinegar got the best of his 2000 MSR rival Mike Kramer by edging him out at the finish line with a personal best of 32:50.

TOP TEN MSR FASTEST FINISHING TIMES

MEN'S DIVISION

1. Tom Ratcliffe	29:14	1984
2. Ron Gilooly	29:19	1984
3. Ron Gilooly	29:48	1985
4. Jed Hopfenserger	30:10	1988
5. Pat Cross	30:14	1984
6. Benji Durden	30:16	1986
7. Peter Pfitzinger	30:20	1986
7. Rick Wilhelm	30:20	1992
8. Andy Ferguson	30:29	1988
9. Kris Mueller	30:47	1988
10. Bob Murphy	30:50	1985
10. Michael Friess	30:50	1988

WOMEN'S DIVISION

1. Kellie Cathey	33:57	1987
2. Nancy Ditz	34:03	1985
3. Nancy Ditz	34:23	1986
4. Leslie Lewis	34:50	1989
5. Pam Clifford	35:24	1988
6. Mara Rabinowitz	35:49	1984
7. Susan Faulkner	36:57	2002
8. Heather Hunt	37:04	1998
9. Lisa Keller	37:20	1993
10. Lisa Keller	37:37	1995

RRCA UPDATE

Running Club North is one of approximately 600 clubs across the country that is affiliated with the Road Runners Club of America (RRCA). RRCA is the national organization representing grass-roots running. The most visible benefits of being a member of RRCA include having nonprofit status and having the liability insurance necessary for conducting running events. At the RRCA National Convention in Arlington, VA in early May, Anchorage Running Club member David Epstein was elected to the national Board of Directors as a Director-At-Large. He joins four other individuals who were voted into office on a

platform of change for the RRCA, which has been embroiled in controversy and financial difficulty for the past year and a half. The most beneficial action at the convention was the passing of a motion redefining a "member". In the past, a family holding a family membership in a club was considered a single "member", regardless of how many people were in the family. Over the winter, the Board had amended "member" to mean an individual age 13 or older, which effectively increased the number of members in many clubs. Because clubs pay dues to RRCA based on the number of members in the

club, this significantly raised dues for many clubs. Needless to say, this caused a lot of trouble for many clubs, some of which dropped their RRCA membership because they couldn't pay their dues. To meet the needs of these clubs, a second body was formed—the American Association of Running Clubs, or AARC. AARC has lured 65 clubs, almost all of which were formerly affiliated with RRCA. This has cost the RRCA approx. \$250,000 in lost membership revenue. The charge for the new RRCA Board is to resolve the membership crisis and "get the old clubs back". The AARC, in formulating its charter, has stated that once

the RRCA gets its business back in order it will be happy to dissolve and merge back into the RRCA.

Since David cannot hold two offices at once, he had to find a replacement as Alaska State Representative. The logical choice was to hand the reins back to Steve Bainbridge, who was the State Representative before David assumed the lofty position two years ago. Steve accepted his old job back and the action was effective May 1, 2003. At about the same time, RRCA gained its ninth club in Alaska: the Prince of Wales Island Running Club.

More Marathon Madness

By Bob Hildebrandt

I continued down the marathon trail with the L.A. Marathon on March 2, 2003. As always, there was a big crowd of spectators and runners. The weather was clear and sunny, with the temperature in the 70s. L.A. is an interesting Big City Marathon, and was my 60th marathon overall.

Next up was the inaugural Eisenhower Marathon on March 29, 2003, in Abilene, Kansas. Abilene was the boyhood home of President Eisenhower. It is a small town marathon, with more volunteers than runners

(about 180 of those). The marathon started in front of the Eisenhower Museum, and was an interesting course with rolling hills, strong Kansas winds, and temperatures in the 30s. One of the water stops was manned by the Future Farmers of America, and had a cow, a calf, and a volunteer dressed in a big cardboard milk carton. I enjoyed running this marathon because of all the friendly people. I am a native of Kansas, so despite the cold wind I finished with a smile. Kansas was my 32nd state in my quest for all 50.

A week later, on April 5th, I ran the Yakima River Can-

yon Marathon for the second time. My son Dietrich also ran, which is always a treat. My nephew "Fast Eddie" Hahn also joined us. The YRCM runs through the scenic canyon alongside the Yakima river, and has rolling hills, some wind, and two "good" hills. The wind wasn't as cold or as strong as in Kansas. There were about 380 runners, with lots of 50-Staters, lots of 100-Plus Marathoners, and LOTS of fast folks in their 60s and 70s. I felt like I was a kid.

The race directors, Bob and Lenora Dolphin, are super-friendly. Bob won his age group (70-75) with a 4-hour

finish. Joe Henderson, from Runner's World, was there to call out your name and hometown as you finished. Pat Kalen was there, running on his new hips. Jose Nebrida, a triple-bypass survivor and fellow "50 State Seeker" was there.

My son, Dietrich, once again outran me, and placed second in his age group. Dietrich keeps getting faster while I keep slowing down. But, I was three minutes faster than I was in 2002, and it was my 62nd marathon overall.

See you at the races!

BACK OF THE PACK 10K COMING JUNE 5TH

This year the Back of the Pack 10K will be held on June 5th, instead of in early August as in past years. Race Director Bob Hildebrandt hopes the weather will be a little drier and warmer that way. Bob describes the race as a "fun, family-oriented race", with an easy and well-marked course.

But before you speedsters out there get too excited, let me remind you that the race is only open to men with a 10K time no faster than 40 minutes and to women with a 10K time no faster than 45 minutes. So if you've always wondered what it felt like to be the leader in a race, this could be your chance. Bob

notes that it is a good tune-up for the Midnight Sun Run, slated for June 21st.

The Back of the Pack starts at the back parking lot of the Carlson Center at 7pm, and follows an out-and-back course along the Chena River bike paths.

Best of all, it's free and

there aren't any t-shirts to commemorate the race (because we all need t-shirts like we need more roots on the Equinox trails). Bob says there will be plenty of refreshments at the finish, however, so come on out and run. This could be your chance at fame and glory!

Volunteers, Athletes, and Donations Needed for Alaska International Senior Games

By Jim Madonna

The first ever Alaska International Senior Games are scheduled in Fairbanks August 22-September 1, 2003. Until this year, Alaska was the only state without Senior Games. The games are open to athletes age 50 and over.

Fourteen enthusiastic sport commissioners are presenting fourteen exciting sporting

events. We hope the games will be appealing to you. The purpose of bringing the games to Fairbanks is two-fold. First, to contribute to the health, fitness, and happiness of seniors 50 and older. Second, to bring the community together in a unified effort. These are the beneficial characteristics of games held in other states, and could serve to strengthen the bonds

within our community as well.

As with any new program, we are working hard to get these inaugural games started. I am reaching out for help. While money is an issue, it isn't everything. At this point, we need volunteers for the various sporting events. And, most importantly, we need athletes.

If you would like to help bring the first quality Senior Games to Fairbanks, please give me a call or drop me a line and I will see that you get a packet of information covering all three areas of support. You can email me at ffjam1@uaf.edu, call me at (907) 456-2569, or write to me at 504 College Road, Fairbanks, AK 99701.

THANK YOU TRACK VOLUNTEERS!!!!!!

Once again, RCN provided volunteer officials and helpers for the Region VI High School Track meets this season. A huge "thank you" goes out to all the folks listed below for helping out this year. Those with an asterisk by their name are USATF Certified Officials.

Steve Bainbridge* (Director and Chief Supplier of Cookies and Juice)

Mike Kramer* (Asst. Director and Chief Escort)

Gail Koepf* (Clerk and Master of Instructions)

Tracey Martinson* (Clerk and Master of Heat Crunching)

Ken Larimore* (Asst. Starter)

Dan Callahan* (Starter)

Jim Loftus* (Starter)

Rich Boone* (Pyro Gun/FAT Whiz)

Sharon Baker* (Volunteer Coordinator Extraordinaire)

Darrell Eversman*

Bad Bob Baker (Pyro Gun/FAT Whiz)

Bev Weis (deliverer of food to hungry volunteers)

Susie Kramer (deliverer of food to hungry volunteers)

Danny Baker (Announcer)

Rob Solomon

Bobbie Ritchie

Gina Carolan

Ginny McDowell

Sue Faulkner

Becca Rorabaugh

Carol Johnson

Gail Davidson

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Pat McDonald

Debbie Miller

Carol Haas

Richard Burton

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Maggie Wade

Monte Jordan

John and Charlotte Berdahl

Michelle Mitchell*

Kat Betters

Barbara Lando

Karla Welch

Gina Baker

Jon Guinn

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Don Lokken

Tim Buckley

Jim Brader

Janna Miller

Jim Decur

Dave Hamilton

On the Way to the Finish Line

By Jim Madonna

You have had at least one, and probably more than one, if you have been running (even fun runs). What are they? They are those strange experiences that suddenly present themselves shortly before, during, or shortly after a race. I would like to share one of mine with you.

It all started out following a disastrous performance at the 2001 Equinox Marathon. I was in great shape, but poor strategy saw my goal of winning the Men's 60-69 age group slip away. It was a great lesson. It was at that moment that I decided to learn how to run a marathon. The first step was to register for a small Outside marathon. I settled on the Valley of Fire Marathon, held in the Valley of Fire State Park, approximately 40 miles north of Las Vegas, Nevada. It was scheduled in November, approxi-

mately a month and a half following the Equinox. As you probably know, the Equinox Marathon is a very difficult course with extremes of uphill, downhill, and flat running. Anyone who as trained for three months on the Equinox trails is probably in excellent condition.

While the Valley of Fire Marathon was a road race with a hard uphill out and (naturally) a downhill back, it had a peculiar aspect. At Mile 7, the route took a detour off the paved road onto a gravelly/dirt road which extended downhill for 1.5 miles before a turnaround to head back up to the paved road. From there, the route led up a steep incline on the paved road to another turnaround at the half-way point. Then, it was back down the hill, back down the gravelly dirt road to the other turnaround, 1.5 miles

back to the pavement, and then 7 miles downhill to the finish line.

The character of the race was small, hometown, and fun. A group of about 20 not-so-serious run/walkers took off an hour before the marathon officially started. At the gun, there were about 25 participants.

All that is background. This is my story:

It happened when I was on the second tour of the gravelly/dirt road. I was headed for the aid station and the turnaround when the front runner went by in the other direction. He was almost a mile ahead of me. When I reached the bottom and began the run back up the hill, I realized that no one was between us and I was in second place. I passed two other fellows as I climbed back up the gravelly/dirt road. They were

about 3/4 of a mile behind me. I was excited. This was the first time ever that there was a possibility for a top three position in a marathon.

I felt good and was running well when it happened. Halfway up the hill at about Mile 18, a young woman was walk/running down. She stopped and said, "Oh my!" And then she ran back and started dancing around in a circle as she looked down at the ground and said, "Have you ever seen a Tarantula? Come over here and look at this Tarantula!" At that moment I wouldn't have cared if she had Tarantulas running all over her body. I wouldn't have stopped. Instead of saying what I was thinking, I very politely said, "Not right now, honey, I'm kinda busy."

Director Needed for Alaska Regional Qualifier Snowshoe Race

Mark Elmore, Sports Director for the U.S. Snowshoe Association (USSSA), is looking for an organization to host the second of two USSSA Regional Qualifier events next season for Alaska. The first qualifier event will be held in Anchorage, and will be directed by Julie Udchachon.

Since RCN already conducts some snowshoe races, it might be possible to make one of them an Alaska Regional Qualifier. This would allow Fairbanks runners the opportunity to qualify for the 2004 National Snowshoe Championships without having to travel to Anchorage to qualify.

A 5K course is need for Juniors (19 and under), and a 10K course for all other age groups.

If you would like more information, check out www.snowshoeracing.com, or contact Steve Bainbridge at 460-7208 or at runner49@alaska.net.

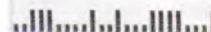


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RCN Trailer Sporting New Paint

On Mother's Day, May 11th, the RCN Equipment Trailer got a much-needed coat of paint. It's still awaiting some final decorative touches (let's just call them that for now), but should be ready for its debut at the Midnight Sun Run, if not before. Be sure to look for it. It just might beat out Corky Hebard's orange-painted roots for this year's "Heads Up Award". Not to mention the fact that the Nordic Ski Club will probably be

insanely jealous of our, er, unique trailer.

Special thanks go out to following people:

Kat Betters and Caroline Brown, for choosing the lovely color (for those of you who just have to have it for yourselves, it's called "Johnny Jump Up Purple").

Rob Solomon for sanding off the old paint.

Keith Pollock for devising a nifty way to keep that pesky little box at-

tached to the front.

Craig McCaa, Ted Wu, and Corrine Eagle for counting sandbags, painting, and moving everything from one pile to another and back again.

In addition, Susan Nachtigal has offered to help paint some new signs for the sides. The old signs are definitely a work of art, and if anyone knows who painted them, please contact me (Tracey).