

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

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Running Briefs

Running with the bears: May 28, 2003

By Steve Bainbridge

During a recent trip to Anchorage, my good friend Craig Harpel invited me along on an "adventure run" somewhere south of Potters' Marsh along the Seward Highway. Knowing Craig as the race director of Humpy's Marathon, and a regular participant in the Equinox Marathon, I expected that we would be running a trail that included lots of roots and rocks and ruts. I was right. What Craig had in mind was the Turnagain Arm Trail Run, which follows a course through the woods from Potter to McHugh Creek to Rainbow, approximately 8 miles long, with over 1000 feet of elevation gain. Much of the course is very similar to terrain along the Equinox Marathon course. It sounded like a great training run!

As things turned out, on this night, there were over 100 runners taking part in the run, a fund raiser for the UAA ski team. Craig and I started off from the trailhead at Potter and begin the first of many uphill climbs. I knew that this course would take us past the site on the McHugh Creek Trail where well known Equinox Marathoner Marcie Trent and her son, Larry Waldron were attacked and killed by a brown bear in May of 1995. I was curious as to exactly where this happened, so I asked Craig to point out the spot as we came upon it. As we passed by that

part of the McHugh Creek Trail, an eerie feeling came over me... I had come to know Marcie and Larry as regulars in the running scene, and the 1995 Equinox Marathon was dedicated to the memory of Marcie and Larry, with Marcie's husband, John Trent, starting that year's marathon with one of his trademark "yodels".

As we continued on down the trail, I was totally preoccupied looking down at the roots and rocks along the single-track trail. Not more than a half mile past the spot where Marcie and Larry met their untimely death, I heard Craig [ahead of me] yelling repeatedly "Get off the trail!" Looking ahead, I saw that Craig was yelling at a brown bear on the trail. Fortunately, the bear moved off the trail, and we moved on. I spent more time looking up, rather than down at the trail, thinking, if I had been alone, I would have probably not seen the bear until I was right on top of it.

The pace of our run picked up a bit, fueled by a charge of adrenalin. This fast pace didn't last long, as Craig and I ran into a pack of about 20 runners stopped on the trail. I looked ahead, and saw another bear, with her two cubs, on the trail. The folks at the front of the pack were yelling at the bear, and we started to walk toward the bear, thinking that she would just amble off into the woods

with her cubs. It would not be that easy. Mother bear started walking down the trail toward us, and the pack of runners started to beat a hasty retreat. This happened more than once. We would start yelling and moving toward the bear, only to have her come toward us, and send us backwards on the trail... quite a sight to see twenty runners start scrambling backwards down the trail! Much discussion took place as to how to get a bear off the trail. One person picked up rocks and started throwing them at the bear... this approach was quickly vetoed by the group. Eventually [after 10 to 15 minutes], the bear moved off the trail, uphill. Unfortunately, the cubs had gone in a downhill direction, and everyone agreed that it would not be good to run in between a mother bear and her cubs, so we waited until mom finally decided to head downhill and join her cubs. We slowly made our way past the area of the bear encounter, and then ran the remaining three miles at an all-out race-pace.

It was a beautiful sunny evening, with some spectacular views of the Turnagain Arm, but this evening just didn't lend itself to a leisurely scenic tour of the course. Running with the bears demanded that we pay total attention the trail ahead. It is a run I will never forget, and

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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 fmtam@uaf.edu.

Advertising

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Full page: Let's talk.

Running with the Bears

(Continued from page 1)

I would recommend it to anyone, as long as they took along a cell phone and a large caliber handgun ... the bear

that killed Marcie Trent and Larry Waldron was never found by the Dept. of Fish and Game, and there have been quite a few reports this past spring of bears stalking hikers and runners in this area

just north of McHugh Creek. If you ever get to Anchorage and take off on this trail, I would recommend taking along a few running companions, and keep your head up!

THANK YOU GOLD DISCOVERY RUN VOLUNTEERS!

The organizers of the Gold Discovery Run and Running Club North would like to thank the volunteers who helped put on a great event on July 20th ... a very hot and sunny Sunday in July.

Water stops were staffed by: David and Ginny McDowell, and Denise Hiatt. In addition, three "ad hoc" water stops were provided by Deb Wilkinson, an unknown lady, and two little girls. Thanks to **Crossing guards** Chris Lease, Melinda Harris, Guy Williams, Monte Jordan, and Kathi Stevens, for keeping us safe. The awesome group at the **Finish Line** included Susie Kramer, Kat Betters, Jennifer Schmidt, Bob Koslick, and Jim Madonna.

Buses to the starting line were provided by Rick Winther and the Alaska Salmon Bake. PowerAde and Dasani water were provided by Shirley Winther and Tom Bartels of the Odom Company.

Our apologies to anyone that we inadvertently forgot to mention ... Volunteers are the backbone of any running event, and we couldn't put on these events without your help. Thanks to all those who helped out ...

Steve Bainbridge, Gary Pohl, and Mike Kramer

The GDR self-managed team of race directors

On the marathon trail

By Bob Hildebrandt

In May, my wife Patsy and I traveled to Vermont. She was there to cheer me on as I ran the Vermont City Marathon, in Burlington on May 25th. The weather was cool and it was raining prior to the start. "Boom!" went the starting gun, and the rain stopped. It turned into a wonderful day to run a marathon. It was a great course, starting with a running tour of downtown Burlington. This was followed by some rolling hills through parks, on bike paths, and alongside Lake Champlain. The many varieties of Vermont apple trees were in full bloom. The white apple blossoms looked

like snow, and helped make this marathon quite enjoyable. The race was full, having reached its limit of 5,000 marathoners and 1,200 relay runners. The finish was in Battery Park, and as always I was super happy and finished with a big smile in a good time (for me) of 5:35:21. Patsy was waiting for me as I floated in and enjoyed another great finish. The Vermont City Marathon was my 34th state and 64th marathon overall.

Next up was the Mayor's Marathon in Anchorage, on June 21st. Dietrich, my 19 year old son, ran with me. Running marathons with my son is an extra treat for me—

even if he does outrun me. I ran the Mayor's before in 1997, and it was almost the same course. This time, however, the marathon just seemed better. I was quite pleased with the decorated "theme" water stops, which were well-stocked. The marathon runs up "Insult Hill" just past Westchester Lagoon to finish on the track at West High School. I finished in 5:29. Dietrich felt good and ran a 3:47, good for 2nd in the 19-and-under age group. This made his dad quite happy and proud. After the marathon, we drove back to Fairbanks and ran the Mid-night Sun Run. It was a great way to finish a great day.

Races-n-stuff

By Michelle Mitchell,

I ran Zeloengrad Half-marathon on June 1 in 1:26:04, finishing 8th overall and first in the 20-34 age group. I ran this race two days after flying straight through to Moscow for two days. The time difference is 12 hrs. The secret was the 13 hour catnap the first night in Moscow so I could race the following day. I do not recommend this sort of schedule for the faint of heart. I hadn't done this race since 1998 so in order to not miss it again, I flew out right after finishing work in May.

On the 8th of June, I ran the Lukinskii Half-Marathon in 1:24:25 and placed first for the second year in a row, and set a new PR by a minute. I'm not sure how I managed a PR because it's a 3 hour commute from Moscow plus a 3K hike to the start from the train once you get there. The course is extremely flat and fast, so I guess that offsets the commute/walk. It was a nice 60 degree day, with off-and-on rain. I got more goodies including a warm wool blankie and \$. The post race "rehydration" makes the commute worth it.

On the 12th of June, I ran the Kremlin Mile in 5:28, just missing a PR by 1 sec-

ond. It was good enough for 4th overall and 2nd in 20-34 division, though, so I netted some \$ and lots of goodies. Since it was a national holiday there was plenty of time for partying (and more rehydration) after the run.

On June 22nd, I ran the All Russia Olympic 8K in Moscow, finishing 7th among women in 30:33. It was a PR by over a minute despite feeling a bit tired for this one.

On June 28th, I went to be in my best friend's wedding in Zelenograd. The weather in Moscow was unusually cool all the time (40-60s) and we got the rain we didn't get last year. It even SNOWED on June 3rd!

On July 6th, I did the Adirondack Distance Run in Lake George, NY. I had just gotten in from Moscow, and was not even remotely ready for 80-90 degree weather. It was the New York USATF 10 Mile championships. I finished 3rd on this hilly mountain course. Everything in upstate NY and Vermont is hilly. The shirt has one of those rolling course profiles—I wonder if they stole the idea from Steve? My time was 1:06:15, and the whole time I was thinking "send me back to Russia, or Alaska. Anywhere where it's not this bloody hot!" At the finish, there was a nice lake

and a beach for swimming, which felt great. The temperature was in the 80s, even at the 7:30 a.m. start.

On the 9th of July, I ran the Middlebury 5K Cross-country run, right here on the hilly cross-country trail on campus, behind the golf course. I am sure that John Estle, and Andy Sterns, and other Middlebury grads know this one. I barely finished under 23 minutes in 2001, but managed to win this year in 20:25. My goal was just to do it as a speed workout, but I had someone to run with the first 2/3 of the race. I later found out she was the New England Division I 10,000 meter champion, with a time of just over 37 min. this past May. She runs for UVM. Too bad she lives an hour away because we are both looking for a running buddy and mine is in Moscow.

I still give coach Sergei Osipov the credit for my recent progress the past 2 summers. He was on the USSR national team in mid-late 70s and early 80s and now trains the distance runners on the Russian team. He rocks.

This weekend it's the Stowe 8 Miler, and if I see Nat Goodhue or Bobbi Smith I'll give ya a shout. I heard it snowed there. Please send it this way to cool us off.

Running Away from Home

Vermont City Marathon,
Burlington, VT, May 25, 2003

Bob Hildebrandt 5:35:28

Mayor's Midnight Sun Marathon,
Anchorage, AK,

June 21, 2003

Mike Kramer 2:40:19

Dietrich Hildebrandt 3:47:34

Paulette Goodwin 3:54:31

Sandy Stahl 4:07:02

Krista Hughes 4:39:51

Roxane Rigo 4:54:39

Bob Hildebrandt 5:30:31

Grandma's Marathon, Duluth,
MN, June 21, 2003

Jane LeBlond 2:57:26

Susan Faulkner 2:59:40

REGISTRATION for the 2003 Alaska International Senior Games

Seniors 50 years and older are invited to participate in the games. If you have not received an entry form, and would like to register, please call the Games Office at 456-2569. Early registration must be received by August 9, 2003. Late registrations must be received by August 18th.

2003 Alaska International Senior Games: Event commissioners need volunteers

If you would like to volunteer, please call the commissioner of the event you are interested in helping with.

Archery: Del Demeritt (479-2514). **Bowling:** Charlotte Perotti (457-1332). **Fly Casting:** Shann Jones (456-2569). **Leisure Games:** Charlotte Berdahl (488-2701). **Novelty Games:** Lorie Hoskins (488-7579). **Racquetball:** John Berdahl (488-2701). **Road Races:** Gary Pohl (479-8290). **Softball:** Tracy Moore (378-5607). **Swimming:** Kat Betters (457-2936). **Trap Shooting:** Greg Yocum (457-2434). **Track and Field:** Jim Loftus (479-8161).

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2003 EQUINOX KID'S MARATHON

Held in conjunction with the Equinox Marathon, the Equinox Kid's Marathon allows kids in grades K-6 to run a marathon—1 mile at a time. The goal is for kids to improve their fitness and have lots of fun at the same time.

Participants run or walk 25 miles in the 5-6 weeks leading up to the day of the Equinox Marathon. On that day, they run the last 1.2 miles of their "marathon". There will be no times recorded, as this is a non-competitive event—everyone who completes the Kid's Marathon is a winner! Kids receive colorful "toe tokens" every 5 miles, and eleven

elementary schools have offered to help with the program.

The Kid's Marathon will start at 9 a.m. on September 20th at UAF Patty Center. Kids will run up the sledding hill (just like in the real marathon!), turn left at the top of the hill, and head West along Yukon Drive. At the end of Yukon Drive, runners turn left and continue on down Tanana Drive, following the Equinox Marathon route to the finish line at Patty Center. At the finish line, kids receive a special Equinox Kid's Marathon Finisher's T-shirt, in one of three extraordinarily bright colors: Caribbean blue, Tropical pink, or

Mandarin orange.

Entry forms are available at Beaver Sports, Equinox Physical Therapy, The Alaska Club, and the UAF Student Recreation Center.

The Equinox Kid's Marathon is sponsored by Beaver Sports, Mt. McKinley Bank, Fairbanks Memorial Hospital, Dr. Steven Suttley, Sunrider's Rotary, and Goldpanner Chevron. In addition, the Girl Scouts are providing cookies at the finish line.

If you have questions or want to help herd hundreds of little kids on event day, call Tracey Martinson at 474-8353, or Steve Bainbridge at 452-8351.