

Running Briefs
c/o Tracey Martinson
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Running Briefs

2004 EVENT CALENDAR

By Gary Pohl

RCN members will undoubtedly notice that the 2004 Running Club North Event Calendar stuffed into this edition of *Running Briefs* lacks photographic inserts, which have been included in the last two editions. It was a simple matter of "too much information" needing to be accommodated in the four-page format. Since the cost of sending out magnifying glasses with the calendar was prohibitive, shrinking the text was not an option and the photos took the big hit. The Fairbanks running community has an amazing agenda that seems to grow and evolve every year. Michelle Mitchell, Fairbanks runner extraordinaire, now relocated to Wasilla (when she's not in Russia), reports that the Anchorage area winter running event schedule is indeed sparse, compared to the extensive slate of winter events we hardy souls of the north undertake. Counting race events and training runs, a person can run 110 days of

the year up here.

A few highlights of the 2004 calendar:

- Paul Reynolds has taken over the New Year's Eve Run, now starting at the Diner on Illinois Street.
- Every Saturday in January (yes, January) has an event.
- Leo Woster is bringing the 30th Annual Snow Run back on February 21st after a year's hiatus.
- High school training runs will now be featured twice weekly in June and July, courtesy of Kevin Brinegar.
- The Santa Claus Half Marathon has moved back into July, and it's not on the 4th of July weekend!
- The Alaska International Senior Games, after a successful inaugural year, have moved up a week on the calendar, and will feature both

track and field, and road race events.

- The Terminator, offspring of the Annihilator, kicks off September in Nenana, hosted by Gary and Christine Shields.

With the imminent sale of Williams Petroleum, and no certainty of continued sponsorship by the purchasers, the Executive Council of Running Club North has decided to rename the former Williams Cup series as the "Running Club North Series" for the year 2004. The seven events will be the same, and it is anticipated that a new sponsor will step forward, so stand by. Meanwhile, RCN members will no doubt join the Executive Council in extending a sincere thanks to Jeri Wigdahl and the folks at Williams Petroleum for their steadfast and truly appreciated support over the years!

So check out the 2004 calendar, soon to be available on line!

Williams

Thank you, Williams,
for your generous
support of the
running community

Fahrenheit-Be-Darned Holiday Lights Tour

Once again it's time for the Fahrenheit-Be-Darned holiday lights tour. This year, the run is planned for Wednesday, December 17th, regardless of temperature. As usual, we will meet at Patty Center at 6 p.m. From there we will embark on a sight-seeing run over to the Riverview neighborhood, where we can ooh and ahhh at all the lights. And, as usual, there will be cookies and hot drinks after the run.

So be there, or be a Scrooge!

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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.

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2003 RCN Award Recipients

By Tracey Martinson

Another summer running season has come to a close... At the RCN/Williams Cup Awards Social on October 18, 2003, this year's RCN Special Award recipients were announced by Awards Coordinator, Bev Weis. Each year, RCN members are asked to nominate their choices for Race Director of the Year, Most Inspirational Runner of the Year, and Volunteer of the Year. Once again, Bev did an awesome job of soliciting nominations from RCN members, and keeping the recipients a secret until the very end.

For those of you who missed the Awards Social and have been wondering... here they are.

Race Director of the Year went to Bill Young, for his direction of the Santa Claus Half-Marathon. Bill is a "behind-the-scenes" sort of race director, and the Santa Claus is always well-organized. Bill makes sure there are plenty of water stops and volunteers—an essential part of a race where the temperatures have been known to soar into the 70s. This year, heavy rains caused

the Army Corps of Engineers to divert water from the Chena River into the Flood Control Project just days before the race. Bill went out regularly to check it, and kept everyone posted as to the condition of the course (which, for those of you who don't know, goes on for quite a ways out there in the flood plain...). Ironically, this year the course was as dry as I've ever seen it, which leads me to believe that Bill was out there with some sort of giant mop... Great job, Bill!

This year's Most Inspirational Runner was Tim Doran. Back in January, Tim had heart surgery to repair a leaky valve. He surprised doctors with his rapid recovery, which they attributed to his being a runner. It took some time, but Tim progressed from walking in the SRC to running once again. Tim worked very hard all spring and summer to get back to running at his pre-surgery level. Less than ten months after surgery, he ran the Equinox Marathon in 5:22, an astonishing 21-minute PR. Now, as his running "coach", I would love to take credit for this amazing feat. But I can't, because

Tim didn't do a darn thing I told him to do all summer. More than once I invited him on a 20-mile jaunt up and down Ester Dome, but he just laughed and said the only 20-mile run he was going to do was on September 20th. Now our joke is that he had heart surgery just so he could run faster. So I caution all you men in the 50-59 age group. If this guy could run a 24:00 5K with one heart valve working at only 55% efficiency, what's he gonna do now that it's at 100%?

And lastly, I have to put in that I was the recipient of this year's Volunteer of the Year award. I was quite surprised, and am very honored. I enjoy helping with RCN activities, including track officiating, the Fahrenheit-Be-Darned runs, the Equinox Marathon and the Equinox Kid's Marathon, and of course, editing Running Briefs (what else would I do on Saturday nights?). I have met so many great people through RCN, and can't think of a better place to volunteer my time. As Red Green might put it, "If people don't find me speedy, they can at least find me handy." Thanks.

2004 RCN Executive Council Elected

By Tracey Martinson

The members of the eleventh RCN Executive Council were elected unanimously at the Annual Meeting on October 22, 2003. Returning for yet another year in office are: Steve Bainbridge, President; Susan

Kramer, Secretary; Bev Weis, Treasurer; Gary Pohl, Event Calendar; Jane Lanford, Membership Coordinator; Tracey Martinson, Media Liaison; Keith Pollock, Mara Bacsujlaky, and Larry Hallstrom, Members-at-Large.

New to the board is Jennifer Mahlen, who replaces

Jim Brader as Insurance Liaison.

The board has one non-elected member, who is appointed by UAF. Ken Larimore will continue on as UAF Liaison until he retires or can convince UAF to relieve him of his duties.

Alaska girls kick (something) in Boise

By Tracey Martinson

With a little bit of arm-twisting, I was able to convince my running buddy, Karoline Davis, to run the City of Trees Marathon in Boise, Idaho with me on Nov. 2nd. This would be my 7th marathon, Karoline's 10th, and the 4th state for each of us. Not that we're counting.

The week before we went to Boise, it was in the 70s there. I was thrilled at the prospect of running a speedy race in shorts. Then, a few days before we left, a cold front moved in and knocked the temperatures down into the 20s. There was even a prediction of snow! Well, at any rate, we figured we would have a huge advantage over those Idahoans, should the white stuff appear.

At the airport, I realized that we really should get some sort of Alaska flag or sticker or something to put on the backs of our jackets during the race. After all, no one ever looks at the front of your shirt during a race. Well, the only thing available in the Twigs gift shop were some "Alaska Girls® Kick Ass" bumper stickers. So... that's what we got. As Karoline astutely pointed out to me, "You realize this means we can't walk, don't you?"

The night before the race we went to the pasta dinner (very tasty) and listened to Joe Henderson speak. Bob and Lenore Dolphin were there—Bob for his 325th marathon, and Lenore to cheer him on. We chatted with them for awhile, as they know quite a few Fairbanksians (including "that crazy guy with the Teflon hips",

a.k.a. Pat Kalen). John Bozung, the race director for the Squaw Peak 50-miler, was also there. While we were trying to talk him into running the Equinox, he was trying really hard to talk us into doing Squaw Peak...

The race was great, starting and finishing right in front of the hotel (although by the time we finished, Karoline thought we were somewhere else—such are the mental tolls of 26.2...). The white stuff didn't appear, but the temperatures were in the 30s at the start. At the starting line, we met up with former Fairbanksians Dave and Kim Fluetsch, who now live in Hailey, Idaho. And, our Alaska Girls® stickers served their purpose well. It didn't take long before we had other the support crews of other runners shouting words of encouragement to us: Hey! You Alaska girls kick ass!

The race was well-organized, mostly flat (one sizeable hill somewhere around Mile 18), with plenty of drinks and Gu. The course had several different bands and cheering groups, which were a lot of fun. The Boise Hash House Harriers even had small cups of beer available. They were quite serious, but I opted to wait until later—after all, I'd never tried that one in training. One volunteer joked that it was going to cost me five bucks to use the port-a-potty. And, as I ran the last few miles, the notion of doing that Squaw Peak 50-miler any time soon was completely obliterated from my pea brain.

After the race, we headed inside the hotel for the post-race food and awards ceremony. As I looked over the results, I saw that Karoline had won 1st place in the Athena division. This was awesome! At least one Alaska girl did the State proud! On the other hand, there appeared to be something wrong with my own results, as I was listed as being 2nd in my division. I figured this must be a booboo of the sort that our timing guru Estle would never let happen. So I went back to hanging out with Kim, Dave, and Karoline and having some good post-marathon laughs. And, I was right, the 35-39 age group awards came and went, with nary a mention of anyone from Alaska. Eventually the race director got to the awards for the Athena division, and called Karoline up to get her 1st place trophy amidst lots of cheering and shouts of "Alaska girls!". Then, the race director announced that the second place Athena winner was also from Fairbanks, Alaska, and called my name! At this point, Karoline, Dave, and Kim were practically rolling on the floor. It was all I could do to go up and get my 2nd place trophy, even though I wasn't in that division! I have since written to the race director and cleared up the confusion, but I confess I still have the trophy, which rightfully belongs to two women from Juneau who tied for 2nd in that division. I can't take a trophy away from two fellow Alaskans! I promise I'll get it in the mail as soon as I get an address. Really.

Running Away from Home

Bismarck Marathon,

Bismarck, ND, Sept. 6, 2003

Dietrich Hildebrandt 4:45:08

Bob Hildebrandt 5:18:00

Detroit Free Press Marathon,

Detroit, MI, Oct. 5, 2003

Dietrich Hildebrandt 3:59:29

Bob Hildebrandt 5:39:20

Chicago Marathon,

Chicago, IL, Oct. 12, 2003

Bill McDonnell 2:45:12

Joe Trubacz 2:51:47

Michelle Mitchell 3:03:27

John Mayer 4:15:45

City of Trees Marathon,

Boise, ID, Nov. 2, 2003

Karoline Davis 3:58:55

Tracey Martinson 4:05:12

Seattle Marathon,

Seattle, WA, Nov. 30, 2003

Shelly Martin 5:38:54

California International Marathon, Sacramento, CA,

Dec. 7, 2003

Keith Pollock 3:31:43



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Bob continues on down the Marathon Trail

By Bob Hildebrandt

So many marathons, so little time...

On the 17th of August, I was once again in Anchorage for Humpy's Classic Marathon, along with my son Dietrich. I plan on running this every year until somebody takes my running shoes away from me. This year we had good weather and a fair crowd. Once again, there was a moose on the section by the airport. I am beginning to think that he is a stuffed moose and that the race director just rolls him out each year.

On the 6th of September, Dietrich and I flew to North Dakota and ran the marathon in Bismark. A lot of other "50-

Staters" flew in for this one. It was a flat course along the Missouri River. The weather was nice at the start, but by the time I finished, the temperature had inched into the 90s. As always, I enjoyed talking with the other runners and running another marathon with my son. This time, I opted for an early start and actually beat Dietrich to the finish line! Bismark was my 67th marathon and my 35th state.

The next marathon on the list was the 41st annual Equinox Marathon. What can I say? Very little hill training and the hills really got to me. I finished. Next year, I will do better. Like Humpy's, I plan on running the

Equinox for at least another 25 years.

Next up was the Detroit Marathon on October 5th. Dietrich and I flew to Detroit just for the joy of running the marathon. Dietrich had never experienced the crowds of a big city marathon. This was also my birthday gift to my son—he was turning 20.

I won't mention my birthday except to say that I am now in another age group.

There was a good crowd for the marathon, and the temperature was in the 30s with clear skies. The Mayor started the race in front of Tiger Stadium. After a few miles, we ran up onto the Am-

bassador Bridge, over the Detroit River, and into Windsor, Ontario. After a few miles over there, we went down into a mile-long tunnel back to Detroit. The rest of the course was flat and winding, finishing in Ford Field (football stadium). Our last few yards of running were displayed on the Jumbotron. My son was waiting for me at the finish. The first thing he said was "What took you so long?" I felt good at the finish. It was a fun marathon for me. I had consumed 7 packs of GU/Clifshot, which is a record for me. I was buzzing from the caffeine in the Clifshot. Detroit was my 69th marathon, and my 36th state.