

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

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Runners Poll

Where is the
most unique
place you've
ever run?

Send responses to
fntam@uaf.edu

or snail mail to Running
Briefs at 1716 Reed
Circle, Fairbanks, AK
99709

Deadline: March 31,
2004

Results will be pub-
lished in the April issue
of Running Briefs.

Running Briefs

State track meets to be held in Fairbanks 2005-2007

By Steve Bainbridge

Fairbanks has been offered the invitation to serve as the host for the Alaska State high school track meet in 2005. This is a three-year offer, extending through 2007. Running Club North is communicating with the Alaska School Activities Association to determine what role we will play in helping out with the officiating of the track and field events. Some of you are aware that, in the past, RCN has provided certified officials and other volunteers to officiate at the high school track meets. One year (in the not-too-distant past), RCN provided officials for not only the track events, but also the field events (discus, shot put, high jump, triple jump, and long jump). But the fact that the field events are held at 3:30 p.m. on Fridays make it difficult for RCN volunteers to show up-- too many folks work on Friday afternoons (imagine that...). So, for the past few years, RCN has focused on providing volunteers to help out with just the track events.

If RCN is to help with the officiating of the State track meet in 2005, we need to make a concerted effort to recruit more volunteers, especially to help with the field events on Friday afternoon. In addition, we will have to increase the number of volunteers that are "certified" by USA Track & Field (USAT&F). RCN will plan on hosting a USAT&F certification clinic in the spring of 2005. In addition to officiating at the State meet (probably held the 4th weekend in May, 2005), we will also be committed to officiating both track and field events for the invitational and regional meets earlier in the season. This should be a great chance to showcase Fairbanks and RCN, but we will need lots of volunteers to put it all together. As the 2004 high school track and field season is almost upon us, now is the time to start thinking about how we are going to approach the 2005 season. If you think that you would be interested in helping out with officiating at local high school track meets,

please give me a call at 452-8351. You do not need to be a certified official to help out, and no prior experience is required. It's a lot of fun and a chance to see some great running (of the sort most of us don't do anymore, except Jim Loftus).

Those folks that are currently certified by USAT&F will find that their certification expires with this Olympiad {the 2004 summer games in Athens, Greece}, so everyone will need to be recertified in 2005. Stay tuned for details! Also, with the opening of the new track facility at North Pole this year, two of the high school invitational meets will be held there, and two will be held at West Valley. The first track meet of 2004 will be held on April 16th and 17th. The other meets are scheduled for April 23rd/24th, April 30th/May 1st, and May 7th / 8th. The Region VI meet will be held at West Valley on May 13th & 15th.

Thanks, and keep on running...

Steve

***Running Club North
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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 ftam@uaf.edu.

Advertising

Business Card: \$15/issue

1/4 page: \$25/issue

1/2 page: \$50/issue

Full page: Free! I'll do anything for fillers.

MSR/BSA Young American Award Recipients for 2004

By Tracey Martinson

Once again, the Midnight Sun Run Board of Directors elected to award \$1000 grants to five local students for the purpose of furthering their education. The grants were awarded to the five recipients of the Young American Award, given by the Midnight Sun Council of the Boy Scouts of America (BSA). The Midnight Sun Council is currently in charge of directing the Midnight Sun Run, and the grants were funded using proceeds from the Midnight Sun

Run.

This year's recipients are Laura Johnson (West Valley HS), Lindsey Viltrakis (Ben Eielson HS), Erin Cass (West Valley HS), Courtney Doyle (North Pole HS), and Cole Stapp (North Pole HS).

Laura Johnson was selected to compete for one of five National Young American Awards to be presented at the BSA National Council Annual Meeting in May in Washington, D.C. Each of the five National Young

American Award recipients are given a \$5000 unrestricted grant.

Applications are distributed at the beginning of the school year to local high school counseling offices and the UAF Financial Aid office. They can also be obtained at any time by contacting Tasmine Bennett at 452-1976 or tabennet@bsamail.org. Applications are due by November 1st of each year. To be eligible, applicants must be 15-26 years old.

New Year's Eve Run: Thanks Paul!

By Bob Hildebrandt

T'was not a big crowd of runners for the 2003 New Year's Eve run—only ten of us to usher in 2004 with a frosty run. The temperature sign on

the bank was reading -18F as we ran by. Half-way into the run, Jane Lanford pointed out that the race director (Paul Reynolds) had turned on the northern lights for us. It was quite a

brilliant show. After the run, we had hot cocoa and coffee at Paul's warm pad. Thanks to Paul for bringing the New Year's Eve run back to life.

Amazing Feets (they did WHAT?!)

Editors note: This is a new feature dedicated to the amazing feats of local runners. Feel free to send in your amazing "feets" (or those of your running buddies).



Keith Pollock ran 20 miles in the SRC while preparing for the California International Marathon last December.

Yes, that's right. 160 mind-numbing laps, in what surely must be an all-time record. As an indication of how boring, grueling, and awful it really was, it took him longer to run 20 flat miles in the SRC than it did to run the first 20 miles of last year's Equinox. His effort was not in vain, however, as

his time in California was good enough to qualify him for Boston.

Keith's latest endeavor: preparing for the Boston Marathon. He can still be found running circles in the SRC, but it is doubtful he will ever crank out 160 of them at once again.

Arizona Rock'n'Roll Marathon

By Steve Bainbridge

Phoenix, Arizona was the host for the inaugural P.F. Chang's Rock'n'Roll Arizona Marathon. Over 24,000 runners took part in the largest ever first-time annual running event, held under mostly sunny skies. Approximately 14,000 marathoners and 16,000 half marathoners registered to run, with just under 10,000 finishing the full marathon, and 13,900 finishing the half marathon. The marathon course was mostly flat, starting next to the Arizona State Capitol in Phoenix, winding its way through downtown Phoenix, Scottsdale, and Tempe, and finishing at Arizona State's Sun Devil Stadium. The only "hill" to speak of was a 280 foot elevation gain stretched out over the 4 miles from Mile 15 to Mile 19. The start was well organized, with runners placed in corals based on predicted finish times ... very similar to the start of the Boston Marathon. The only problem arose when runners couldn't make it to the starting line in time for

the 7:45 AM start due to the many road closures. The start was delayed a half hour, which made for a lot of anxious runners hoping that the Arizona sun wouldn't shine too bright and cause the thermometer to rise too fast. There was an elite field of runners in each of the marathon and the half marathon events, with the half marathon serving as a training run for many hoping to qualify in the Olympic trials being held in Birmingham, Alabama on February 7th and in St. Louis in April. Winning times were not particularly fast, with winds along the course being cited as the reason.... For me, the winds kept the heat of the day manageable, and by drinking two cups of fluids at every water stop, and pouring one over my head, I was able to stay fairly cool.

A runner from Kenya posted winning marathon time of 2:10:33 in the men's event, while a runner from Ethiopia posted the winning women's marathon time of 2:31:33. Each marathon winner

earned \$20,000. The winning men's half marathon time was 1:04:35, while an "unknown" (at least unknown to the elite field at the front of the race start) female athlete from Los Alamos, New Mexico posted the winning women's half marathon time of 1:17:51.

More than 40 rock'n'roll bands along the marathon and half marathon courses helped ease the pain, which was considerable, as I went into this marathon severely under-trained. More than once I heard my hamstrings telling me what an fool I was to try to run a 26 mile marathon with only a 13 mile run to show for my "long training run". All-in-all, this was a great marathon. In keeping with the latest "Atkins" and "South Beach" diet crazes, they even provided "low-carbohydrate beer" to the finishers.



WHO IS...

The Running Briefs

February Mystery Athlete?

Answer at right



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Running Away from Home

Seattle Marathon.

Seattle, WA, Nov. 30, 2003

Pat Kalen 3:38:54

Arizona Rock'n'Roll Marathon

Phoenix, AZ, Jan. 11, 2004

Steve Bainbridge 3:44:15

Las Vegas International Marathon

Las Vegas, NV, Jan. 25, 2004

Jim Madonna 3:58:12

Death Valley Trail Marathon

Death Valley, CA, Feb. 7, 2004

Gary Pohl 4:48:55



Official Replenishment Drinks of the 2004 Running Club North Series

A big thank you to Shirley Winther and Tom Bartels of the ODOM Company!!!!

Answer: Karen Taylor, RCN Archivist, and participant in the Tri-Archthon held on February 6, 2004. You're having way too much fun, Karen!

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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!

Reifenstuhl Dusts the Competition at the Winterfest Snowshoe Run

Fairbanks athlete extraordinaire Rocky Reifenstuhl snowshoed his way to victory in the Winterfest Snowshoe 10K run, held at Alyeska on January 31st. Rocky covered the hilly 10K course in 53:56.

Former Fairbanksan Michelle Mitchell finished 2nd in the women's 10K with a time of 1:00:48. Michelle qualified to compete in the U.S. Snowshoe Association National

Snowshoe Championships, which will be held on March 7th in Squaw Creek, near Lake Tahoe, California.

The 2005 USSSA National Championships will be held in Anchorage, so you've got a whole year to get ready. What are you waiting for? Don't let Rocky have all the fun!



Here's Rocky at a recent RCN snowshoe event. Photo by the intrepid RCN photographer, Jo Cowee.