

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

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Running Briefs

High school track season begins April 16

By Tracey Martinson

Are you tired of spending your Saturdays sitting at home doing nothing? Do you feel like everyone else is having lots of fun while you are left out of all the action? Well, if you aren't helping out at the high school track meets on Saturdays, you might be right!

High school track and field season is upon us, with the first meet slated for Saturday April 16th at the North Pole High School track. RCN has officiated these track meets for a number of years, and is gearing up to host the 2005 State Championships May 20-21. This is an exciting time for track in Fairbanks.

Volunteers are needed to help with all kinds of things, from the starting line to the finish line. Jobs include helping with timing, escorting runners to the starting line, watching the exchange zones during relay races, and much, much more! No experience is necessary. Having nightmares about being left all alone holding the Pyro gun? Don't know what the FAT system is (much less how to operate it)? Don't worry! we will make sure you get a job that you are comfortable doing.

So come on out and give it a try. The track events are held every Saturday (with the exception of the 3200 m run, held on

Friday afternoons), beginning at 11 a.m. (12:00 p.m. on May 7th, to accommodate those who are running the Chena River Run. The meet schedule is as follows:

April 16: North Pole

April 23: Lathrop

April 30: North Pole

May 7: West Valley

May 12/14: West Valley (regionals)

May 20/21: West Valley (state championships)

So come on out and join us. It's a fun social event, and you get to see a lot of awesome running. And, in case you need a little more convincing, lunch and plenty of snacks are provided. Call Steve Bainbridge at 452-8351.

Change: Chena River Run to be held May 7th

This year's Chena River Run will be held on Saturday, May 7th, at 9:00 a.m. This is a change from the original date of May 14th.

Bib pickup will be on Thursday, April 28th, from 4:00 p.m. until 8:00

p.m. at Pioneer Park Civic Center.

The race date was changed due to a conflict with the start of the tourist season. The buses used to transport participants to and from the various parking areas are going to be

full of tourists instead.

Registration is available online at <http://www.active.com>, and entry forms will be available around town shortly.

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Running Briefs is published bi-monthly. Unlike two former editors, who write entertaining columns for real newspapers, Tracey writes technical jargon for musty scientific journals. So, puhleeze, if you have any exciting news that you would like to see here, write it up and send it to Tracey at 1716 Reed Circle, Fairbanks AK 99709, or email at fntam@uaf.edu. Your fellow RCNers will thank you.

Advertising

Business Card: \$15/issue

1/4 page: \$25/issue

1/2 page: \$50/issue

Full page: Why don't you write an article?

ChiRunning® is All About Form

By Mary Lindahl

Until last summer, I never thought about my running form. Even though I've had chronic knee pain for over 25 years, I never wondered if it was related to my form.

My awakening happened during a balance class taught by Jean Couch at the Fairbanks Summer Arts Festival. Jean was slightly horrified to find out I was a marathoner after observing my knock knees, how I stood, and how I walked. She nodded knowingly when I mentioned my ITB syndrome and advised that I stop running until I improved my alignment. Seeing my reaction, she then suggested Danny Dreyer's book, ChiRunning: A Revolutionary Approach to Effortless, Injury-free Running.

I was hooked immediately. Danny begins by

emphasizing how crucial posture is – aligning the shoulders, hips, and ankles so that your structure supports your body weight rather than your muscles. Once your body is in a column, you lean that column forward from the ankles to engage gravity to pull you forward. Your legs then become temporary support in a controlled forward fall. By picking up your feet rather than pushing off, your lower legs, ankles and feet can relax which significantly reduces the risk of Plantar fasciitis, shin splints and Achilles tendon problems. The key is to keep your column straight using lower abdominal muscles while relaxing just about everything else – neck, shoulders, arms, hands, hips, glutes, lower legs, ankles.... The idea of using your core muscles more and peripherals less is consistent with T'ai Chi

(hence ChiRunning), yoga, and Pilates. You could also call this method "How to run like a Kenyan." Moses Waweru was quoted in an article last summer saying "You need to be able to relax your body and get a good feeling for your muscles." That's what ChiRunning is all about.

Leaning with gravity also has the advantage of landing mid-foot rather than the heel strike of so many runners, a common cause of injury. Landing heel first breaks your forward momentum and increases impact on your body which can injure your knees, hips and lower back.

My major "ahhh haaa" moment with the ChiRunning form came while running on the treadmill to avoid last summer's smoke. I was matchin

(Continued on page 3)

Run more easily with ChiRunning®

(Continued from page 2)

my cadence to the recommended 90 strides (or 180 steps) per minute. After warming up, I increased the treadmill pace by a minute per mile, while still matching my steps to the sound of the 90 beat metronome. It was an odd sensation – the feeling of slowing down to run faster. Like most runners, I normally increase my cadence to increase speed.

But ChiRunning teaches that 90 strides per minute is optimal regardless of speed. Like riding a bicycle, you change gears rather than cadence to go faster. In ChiRunning,

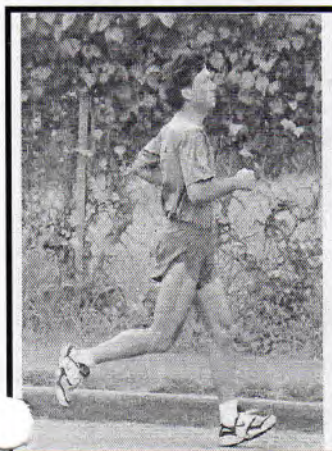
your lean is your gas pedal and your extra speed comes from a more relaxed and longer stride. So I was running faster by relaxing more rather than by increasing my effort. And, my knee didn't hurt.

In ChiRunning, your upper body is as important as your lower body and your arms do their fair share of the work. By swinging your elbows back while letting your hips rotate along your centerline, a gentle twist is created in your spine. Picture doing the Twist to some Chubby Checker music. Your ligaments and tendons act like large

rubber bands returning your spine to its neutral position. The stretching and recoiling action of your ligaments and tendons helps you move down the road, again subtracting effort from your muscles.

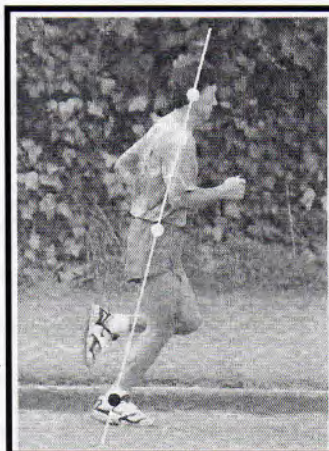
ChiRunning offers many different focuses to practice. Any one of them alone can improve a runner's form. When they all come together, you may feel like you've discovered perpetual motion and you won't want to stop.

Learn more at www.chirunning.com or email me at marylin-dahl@yahoo.com.



< Runner exhibiting incorrect form

Runner exhibiting correct form >



Running Away from Home

B&A Trail Marathon,
Severna Park, MD, March 6, 2005

Bob Hildebrandt 5:52:28

Valley of the Sun Marathon,
Mesa, AZ, March 13, 2005

Paulette Goodwin 3:54:49

Summer Running Groups

Now that May is nearly here, it's time to start thinking about summer running groups.

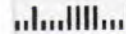
The Men's and Women's track groups begin the first Tuesday in May. The Women's group, coached by the incomparable Bruce Miller, will run at 6:00 p.m. The Men's group, coached by UAF Cross-country/Ski coach Scott Jerome, will run at 6:30 p.m. Both groups meet at West Valley track, unless otherwise specified (e.g. Coach Bruce likes to do once-a-month forays into the hills).

New for this year is the North Pole Running Group, which will meet on Sundays at 6 p.m. at the Chena Lakes bike path parking lot. Contact Joe Trubacz for more information (488-9888).

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RCN List-serve now operational

RCN has a new email system for sending out messages concerning races, training events, and volunteer opportunities. The list is moderated (and the subscriber list is only available to the moderator) so you don't need to worry about being inundated with spam and billions of messages. Anyone who was on the old email list managed by Jane Lanford has been subscribed to the new system. If you have not been subscribed and would like to be, please visit the RCN webpage for more information and a link to the subscription page (<https://lists.uaf.edu:8025/mailman/listinfo/running-club-north-l>). You may also unsubscribe yourself at any time from the same link.

WANTED: Back issues of Running Briefs

Dave Cowee (RCN Webmaster) is looking for back issues of Running Briefs to post on the website. If you have any of the following issues of Running Briefs lying around your house, Dave would like to borrow them ever so briefly for some non-destructive copying:

1997: Spring, July/August, and September/October

2001: any issues after May

2002: issues I, II, and III

Please email Dave at cowedd@hotmail.com if you have any of these. Thanks!