

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

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Running Briefs

Running Down the Rich

By Mike Kramer

Most Fairbanks runners will travel down the Richardson Highway at least once during the summer. Usually the destination is Valdez, Chitina, or where I go most weekends, the Gulkana River. As you plan your next road trip, why not plan a run along the way? All you need is an understanding travel companion, your bag of running gear, and an extra hour or two.

Here are some of my favorite Alaska Range runs. I'll rate them on a scale of 1 to 5, with 1 being the easiest. A 5 can be made easier—whenever you feel like you have gone about half as far as you want to go for the day, just turn around and go back the way you came.

Donnelly Dome (3): This is a classic loop. To get there, turn off the highway at approximately Milepost 247.1, drive back a couple hundred

yards, and park. The trail up the south side of the dome is visible up the dome. It's quite a climb. Bring a water bottle and enjoy the view from the top. Keep on the trail and make a loop back on the highway, or follow the pipeline road south, which kicks you back on the Rich about a mile south of the start. Or, just turn around and go back the way you came.

Glacier Run (5): I just found this one on Memorial Day. A mining company punched a road up to the glacier, which, good or bad, made access for day trips much easier. Turn left onto a dirt road at approximately milepost 213.8 (about 1.5 miles past Miller Creek). Drive back in to a steep canyon and park. The road heads up a beautiful valley and onto the lateral moraine. About 2 miles up I turned left and headed up a side road that led me to a cirque lake at the base of a glaciated canyon. I scrambled up the ridge to

my right and ran the ridge until I saw the parking area below me, slid down a snow field, bush-whacked a bit, and made the loop in about an hour and a half. This run offers fantastic views and varied extreme terrain. It is still highly runnable, though.

Radio Tower Road (2): Just past McCallum Creek (milepost 202), there is a road that leads to an Alascom tower way up on a ridge. Park off the highway and start running or drive to the gate about a mile up, and park there. It's a steep ascent on a well-maintained road all the way to the tower. Enjoy the view and head back down. I'm guessing it's about 4-5 miles round trip. I have gotten above treeline, and turned off the road to run up some of the nearby peaks.

Arcticman (3): Just past the Richardson Monument at milepost 197.8, take the road back to where the trail starts near the toe of

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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.

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Richardson runs

(Continued from page 1)

the glacier and start running until you feel like turning back, or until the crevasses start appearing. Always use extreme caution around glaciers. Here, as in most of the runs described, expect to get your feet wet.

Fielding Lake (1): This is one for the whole family. Park your car off the Rich at milepost 200.5 and run back to the lake or around the south shore. This one is flat, safe, and scenic.

Paxson Pipeline Road (3):

The pipeline road is great to run on in many places. Alyeska wants you to have a permit, which can be obtained easily enough. If you don't have a permit, remember that the pipeline always has a right of way for the public to cross. So if you see security, start running back and forth across the road. If they don't buy your story that you are simply crossing the line, remain silent, ask to call your lawyer, and bum a drink of water.

My second favorite stretch of pipeline road is at milepost 179.2. There is a sign on the road marked

"31 apl MP 623.5" (that is, of the pipeline). This is a beautiful climb of about 3-4 miles up to another Alacom tower. About a half mile below the tower, there is a side road that cuts off to the right. If you take this to the end and scramble up a rock pile you are on a four wheeler trail that runs the ridge paralleling the road. The trail turns right and rejoins the road about a mile down from where you left it, making a nice little alpine loop. Watch for bears and caribou in this alpine tundra area.

Delta River (2): Just before the highway hits Rainbow Ridge, a pipeline road crosses the Delta River and connects to the pipeline road that runs along a ridge parallel to Rainbow Ridge. Get dropped off here, and run to where the pipeline crosses the highway again on the other side of Rainbow Ridge. There are lots of pretty alpine lakes, rolling hills, and a steep descent to the highway. I think I remember this being about 6 miles, but that is a guess. Bring water and bear repellant.

Fish Lake (3): This is my favorite run while traveling to or from the Gulkana River. Just across from the salmon spawning viewing area at the end of Summit Lake is the road to Fish Lake. It's more like a rough four-wheeler trail—in other words, wet and muddy at times, but an otherwise pleasant slog to a beautiful alpine lake. Stay on the trail all the way to the Gakona River on the other side, or turn back whenever you desire. But do stop and smell the roses along the way. Your feet and knees will get wet on this one. It's no use avoiding the puddles early on as you will be crossing Fish Creek in a few places.

So, the next time you head down the highway, take some extra time and enjoy one of the runs I've described, or seek your own mountain trail. It's a great way to break up a long drive and see some new country. Always pack food, water, a jacket and a lighter. And remember to stay within the limits of your fitness and backcountry and navigation skills.

Thank you track volunteers!

Another season of high school track and field has come to an end. The success of the season is due in no small measure to the large cadre of volunteers who donated their time and energy to officiating and helping out. Thanks to the following folks for volunteering:

John Alich, Kay Alich, Michelle Ambrose, Bob Anderl, Steve Bainbridge, Bad Bob Baker, Danny Baker, Davya Baker, Gina Baker, Sharon Baker, Scott Berg, Rich Boone, Jim Brader, Dan

Callahan, Bob Carlson, Cam Carlson, Gina Carolan, Dave Covey, Dee Daniels, Gail Davidson, Dave DeVoe, Carol DeVoe, Joe Dick, Kelly Egger, Chris Eversman, Darryl Eversman, Susan Faulkner, Trent Fieldson, Tyson Flaherty, Greg Finstad, Krynne Finstad, Karin Gillis, Kevin Ginley, Dave Hamilton, Donna Hawkins, Chris Henry, Sam Hornbeck, Jerome Jackson, Scott Jerome, Carol Johnson, Connie Johnson, Laura Johnson, Ron Johnson, Monte Jordan, Gail Koepf, Mike Kramer,

Eve Lamborn, Ken Larimore, Jane Leblond, Jim Loftus, Jenny Mahlen, Jenny March, Tracey Martinson, Roy Mass, David McDowell, Ginny McDowell, Susan Nachtigal, Nick Nugent, Sue Nugent, Ingrid Olson, Jane Parrish, Gin Parrish, Pat Pitney, Keith Pollock, Dennis Quinn, Bobbie Ritchie, Darren Rorabaugh, Marisa Rorabaugh, Roger Sayre, Rob Solomon, Karen Stark, Barbara Stockwell, James Taylor, Warren Taylor, Bev Weis, Kevin Welsh, Greg Whisenant, and Ted Wilson.

Speak out in support of trails in Fairbanks

By Jane LeBlond

The FNSB planning commission has put together a regional comprehensive development plan for the borough to guide future growth of our community through 2025. Bernardo Hernandez, director of the FNSB planning department and fellow RCN member, has helped to craft a plan that promotes ideals important to runners and bikers. These include:

- Expanding and maintaining bike routes to encourage non-motorized transportation
- Creating bike routes that connect communities within

the borough

- Building walking paths to make the borough more pedestrian friendly
- Ensuring circulation patterns that are pedestrian friendly
- Addressing safety considerations
- Providing urban right-of-ways to rural trails
- Maintaining a recreational trail plan that addresses easements, maintenance, and cooperative uses

Unfortunately, since most of these provisions cost money and aren't

deemed "necessary" by many of the assembly members, they are at risk for being deleted when the Assembly reviews the plan for adoption. (As soon as a review date is set, we'll send it out on the RCN listserve.) If you think these are good ideas, come to the assembly meeting when they take public comments and tell them so! Not in to public speaking? Run, ride, or wear your favorite race T-shirt and come anyways. The more people that show their support, the better our chances of having our interests included in future development of Fairbanks. Stop grumbling and start acting!

Running Away from Home

New Jersey Marathon, Long Branch, NJ, April 17, 2005

Dietrich Hildebrandt 5:02:46
Bob Hildebrandt 5:59:27

Big Sur International Marathon, Carmel, CA, April 24, 2005

Mary Lindahl 4:07:57
Karoline Davis 4:21:05
Chris Davis 5:03:07

Avenue of the Giants Mar- athon, Eureka, CA, May 1, 2005

Bob Hildebrandt 6:11:55

Lincoln Marathon, Lincoln, NE, May 1, 2005

Paulette Goodwin 3:54:53

Running the Dome?

Parking, water, and restrooms are available at Goldstream Sports

Joel Buth, owner of Goldstream Sports, has graciously offered his store/parking lot for use by runners training on Ester Dome. Joel invites you to park your car, fill up your water bottles, use the bathroom, change your clothes, and hang out on the patio. Goldstream Sports is located on the corner of Ester Dome Rd. and Sheep Creek Rd.—just across the street from the pullout.

Thank you Joel!

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On the marathon trail...

By Bob Hildebrandt

March 6th found me running the B&A Trail Marathon in Saverna Park, Maryland. The course followed the right-of-way of the now-defunct Baltimore and Annapolis Railroad, which has been converted to a bike path. It was still winter in Maryland, with snow on the side of the trail—I even had some kids throw snowballs at me! Maryland was my 41st state, and my 80th marathon overall. I even survived the Washington, D.C. traffic without getting lost!

On April 17th, my son Dietrich and I ran the New Jersey Marathon. For some reason, neither one of us was feeling in tip-top shape, but we both still made it to the finish. The race starts out on Sandy Hook peninsula, which juts out into the Atlantic Ocean with a view of NYC. The course goes around the Sandy Hook lighthouse, through an old Army fort, and back into Long Branch, NJ. We ran past some very fancy houses to finish on the boardwalk. New Jersey was my 42nd state, and my 81st marathon. New Jersey

was Dietrich's 9th state.

In May my wonderfully supportive wife, Patsy, flew to Northern California with me, where I ran the Avenue of the Giants Marathon on May 1st. This one is awesome, with plenty of magnificent redwood trees. I highly recommend it. This was my 10th marathon in California, and my 82nd overall. It was especially nice to have my wife cheering me on. Since she was at the finish line with the camera, I made sure to have a smile on my face—even with an uphill finish!