

Running Briefs
c/o Matias Saari
5721 Cascade Road
Fairbanks, AK 99709
matiasalaska@hotmail.com

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Tag, I'm it: call me a sucker

As an avid runner and former newspaper reporter, I wonder why it took me seven years to volunteer taking over Running Briefs. Some of you may question why anyone would want the job. At any rate, thanks to Tracey M. for giving me a shot.

This marks my first edition, and I was forced to edit everyone's material, including my own and the prez's, to fit it all in. But even then I had to break out the chopping block.

But what keeps Running Briefs' pages filled are contributions from you all, so please write me (matiasalaska@hotmail.com) or call (474-9420) with your story ideas and running results. I will print what I have room for and what I deem suitable; if you want to write a feature article consult with me about length and topic. Happy holidays, and see you on the trails and roads - the snow, minimal daylight and 40 above/40 below temperatures be damned.
-Matias Saari

Running Briefs



West Valley 15th in nation

The West Valley High School girls cross-country team capped an amazing season by placing 15th at the Nike Team Nationals Dec. 3 in Portland, Ore. It appeared West Valley would be snubbed from the meet before they received an at-large bid just a week before. NTN's 5-k was contested in absurdly muddy conditions and against many of America's top prep cross-country runners. For a recap of West Valley's season, check out Dan Callahan's extensive article at www.runningclubnorth.org. For much more about NTN, including photos, go to www.dyestat.com

Impressions from the girls:

Maggie Callahan, 63rd in 21:49 (101st after 1-k):

Going to the Nike Team Nationals was by far the most exciting sports competition I have ever experienced. To be among the top twenty teams in the United States and represent Alaska in an event of this size was something I had never dreamed would happen to me. Getting stocked with new running gear and being fed and entertained was obviously a great part of the experience. But I most enjoyed meeting other high school runners from around the nation that were so dedicated to running, and being in the intense and exciting atmosphere of a national competition.

Samantha Davis, 123rd in 23:32 (129th after 1-k):

Nike Team Nationals was an amazing

experience. The race was a learning experience with new conditions (intense mud) and high-class competition. The atmosphere at NTN was great because it was all about teamwork, and it was really fun to meet runners from all over the country. I got to meet Paul Tergat, marathon world record holder and talk to him about training runs at negative temperatures.

Lynne Flint, 120th in 23:27 (114th after 1-k):

Just being selected for the top 20 teams in the whole nation was an amazing feeling. NTN was just an unforgettable experience all together! Getting a whole bunch of free Nike stuff, meeting some of the top runners in the country, meeting people from all over the nation, and running in the mud!

Christina Gillis, 88th in 22:24 (107th after 1-k)

State champions, Adidas invite champions, Nike team nationals in Oregon, becoming nationally ranked... no, I don't think there could have been a better way to end my high school XC career. This season has been surreal. NTN was unbelievable. They flew us down, put us up in a nice hotel, fed us, and gave us tons of free gear- unbelievable. Meeting the worlds fastest distance runner, Paul Tergat - unbelievable. The mud up to our shins, the "puddles" over our knees, the extreme pain, the way they actually made running feel like a team sport - unbelievable.

---See "Wolfpack get muddy", page 3

Far Gone in the Far East

By Brandon Newbould

Like many Alaskans, I have known the early stages of hypothermia on several occasions. As an Alaskan runner, I have also had the privilege of traveling around the world, which has provided the opportunity to experience hypothermia's antithesis, hyperthermia. I have run through hot weather in Mexico, Hawaii, the dry desert heat of Western Colorado, and the soggy blanket-humidity of the Susquehanna River Valley in Pennsylvania, but nothing has ever rivaled the merciless heat that I experienced in southern Nepal.

It was the summer of 2003, in the middle of a two-week long heat wave that killed over three hundred people in an area of Nepal known as the Tarai. This is the region where Buddha was born three thousand years ago, and life hasn't changed much for residents since then. It was my second day of running after a post-track season break, so I was only going five miles. My course was out-and-back through some farms, where I could avoid the crowd, though the workers had not yet left the fields. My training log says that the temperature was 44 degrees Celcius that evening, which is just over 111°F, and I felt the brunt of the heat immediately as I began. I fell into a detached analytical mode, monitoring my core temperature and ignoring the near-burning sensation on my arms and head. I noticed when my body ran out of water to secrete, and my arms went bone dry. As I ran back towards the town, I became alarmed as I started experiencing chills, and noticed goose bumps on my exposed skin. Though I knew it was important for me to get out of the sun, my pace remained moderate, my movements metronomic.

I have trouble recalling the exact sensation of heat that I experienced. It was different than the overheating and dehydration that I had been through on other runs in my life, even the ones that left me dizzy and disoriented. When I returned from my Tarai outing, I remember asking my roommate to turn the shower on cold as I began chugging water; all I remember after that is falling into the bathtub, amazed by the feeling of heat emanating from my back. I lay there for at least twenty minutes, and spent the rest of the day nauseous and aching. I guess the notion that extreme cold can prepare one for extreme heat should be taken with a grain of salt; at some point 111° weather is just going to have its way on the human body.

Editor's note: Brandon Newbould, 24, grew up in Kasilof and arrived in Fairbanks this fall to pursue a masters degree in music (trombone performance). He ran for Messiah College in Pennsylvania and in August sped to 1:11.27 finish (5:27 pace) at Humpy's Half Marathon in Anchorage.

RESULTS

The following is a non-comprehensive list of recent marathon results for local runners. The runner's name is followed by the name of the event, date, "chip" or "net" time when available (as opposed to the "gun" time, which would be slower at larger races), overall placing, and for women, place by gender. Notes of interest follow at the bottom. A runner need *not* be an RCN member to be listed.

Bob Hildebrandt	Akron	10/1	5:27.33	714
Tina Devine	Humboldt CA	10/16	3:26.07	22/3
^John Mayer	Humboldt Redwoods	10/16	4:03.02	74
Bob Hildebrandt	Breakers, RI	10/22	5:37.32	205
Dietrich Hildebrandt	Breakers	10/22	3:17.48	8
*B. Hildebrandt	Mystic, E. Lyme, CT	10/23	5:48.57	553
*Dietrich Hildebrandt	Mystic	10/23	5:46.57	552
+Hill Anderson	Marine Corps, DC	11/4	4:47.38	9669
+Donald Aycock	Marine Corps	11/4	4:17.25	5462
Paulette Goodwin	Marine Corps	11/4	4:08.32	4315/1105
Kelly Miller	Marine Corps	11/4	4:42.24	8954/2779
Zachary Miller	Marine Corps	11/4	4:58.41	11336
Cindy Sabo	Marine Corps	11/4	6:08.41	17331/6743
Dietrich Hildebrandt	Boise, ID	11/6	5:29.30	143
Patrick Kalen	New York City	11/6	4:15.55	12738
Lisa Morris	New York City	11/6	4:13.39	12896/2824
Jerry Lipka	New York City	11/6	4:58.16	27099
@Harald Aas (UAF)	New York City	11/6	2:46.08	186
Karen Taylor	Philadelphia	11/20	3:50.13	2121/459
!Bill McDonnell	Las Vegas	12/4	2:51.21	52
Jared Conary	Las Vegas	12/4	4:54.00	4860
Tracy Richardson	Las Vegas	12/4	4:34.44	3849/1139
Caleb Richardson	Las Vegas	12/4	4:34.43	3848
&Paulette Goodwin	Las Vegas	12/4	3:45.10	1143/204
#Roger Sayre	Sacramento	12/4	3:00.01	150
John Eichelberger	Tucson	12/4	4:22.26	752
Timothy Satre	Honolulu	12/11	5:51.05	13428
Larry Jackson	Honolulu	12/11	5:28.19	10896

* - Robert and Dietrich Hildebrandt did back-to-back marathons (a "double") in the same weekend, a first for the father-son duo. "I think my son questioned my sanity," said Bob, adding that the second marathon, in which he finished just two minutes behind Dietrich, was "not really painful, just sore legs and feet." Dietrich, who was 2 hours, 20 minutes faster than Pops in the first marathon, reportedly walked stretches on the second day but resumed running every time his dad got within sight trying to reel him in. Bob and Dietrich also became the first father/son team in the 50-state club. Bob has now run 11 marathons in 2005 and 89 marathons in 45 states overall, while Dietrich has now reached double-digits in states run.

+ - Members of Lancy Cpl. Jeremiah Kinchen's platoon planned to run at Marine Corps; Kinchen, of Salcha, died in Iraq in

———“Wolfpack get muddy,” from page 1

Casey Miller, finished separate “8th runner race” in 23 minutes-plus (exact time unavailable)

At the beginning of this year I would have never imagined running in Nike Team Nationals for the last race of my career. I had never even heard of it. Racing through the mud was pretty difficult. It seemed like the harder I tried the deeper I sunk! Even with all of the mud and rain I would never trade that race for any other one to end my career on. I wish the best of luck to all my teammates for getting invited next year!

Crystal Pitney, 29th in 21:03 (21st after 1-k) – unavailable for comment

Becca Rorabaugh, 47th in 21:32 (90th after 1-k)

It was funny to talk to other runners about training and to see their expressions when we told them how we had been training for months in such adverse conditions.

It was not all social however. A big part of the learning experience was the challenge of figuring out how to deal with a totally new and alien environment. The conditions were pure mud, and in places it was so bad that Nike people had to teach us how to tape our shoes on before the race because people's shoes were going to get sucked off. I actually saw a couple of shoes in some of the muddiest parts of the course.

None of us had ever heard of running races in these conditions before. It was all so new and exciting, that it actually made it seem a bit more intimidating and may have made us a little nervous. It did help us, however, to grow as runners, because now we know how to deal with these kinds of things without psyching ourselves out.

Kayla Teslow, 89th in 22:25 (108th after 1-k)

Nike did such a good job in creating a unique environment that focused not just on us, but on the sport of running itself. From going to the Nike campus, to listening to various speeches, and then racing, it was overwhelming and hard to take in!

The race was less than perfect conditions-extreme. We were sucked down by the mud every step we took. Despite the conditions we all had a blast. To race with the best was more than enough to make my day. It was a very inspiring experience and I hope it's just the beginning of my running career.

RCN salutes Ronny

2005 RCN Special Awards given at October social:

Volunteer of the Year – Keith Pollock

Comment from a nominating member: “He's always doing stuff for the club, for races, mostly behind the scenes, quietly, without trumpeting it at all.”

Inspirational Runner of the Year – Pat Kalen

Comment from a nominating member: “Opting to get two hip replacements with two operations spaced one week apart, Pat began a rigorous recovery schedule which had him on target to complete a marathon within one year of the operation. He then completed the 2005 Equinox Marathon with a time of 4:27.”

Race Director of the Year, Bob Perkins

Comments from nominating members: “The it Ain't Easy Hill Run is a great end of the season wrap up with a great course. Bob always does a great job organizing this race”; another member gave applause to Bob for “spearheading the clean-up of the Bender Mountain party site, which is on both the Musk-ox Run and the It Ain't Easy Hill Run.”

Moment of Silence

There was also a moment of silence for Ronnie Smith, who died at age 62 in a car accident near Healy on Oct. 12.

In 2001, Ronnie was given the “Most Inspirational” runner for many reasons including his consistent encouragement of other runners as well as his ebullient personality. He was always cheerful and a chatterbox while running, but I never saw him happier than the day earlier this year when he told me he was getting married to Joanna! At the RCN annual social in October, Ronnie was to be awarded third place in the Flint Hills Series for Men age 60-69. Ronnie completed the Equinox Marathon in 5:59:10 this year which I heard he laughingly called a course personal record for his “slowest time”. On a personal note, Ron was one of the friendliest and most encouraging runners that I've ever met. All of the members of RCN are deeply saddened by this loss and we will miss him greatly. – Bev Weis

Running Briefs is published six times a year (in February, April, June, August, October and December). Without contributions from Interior Alaska running enthusiasts, newsletter recipients would be subjected to drivel exclusively from the editor. Spare us that by submitting anything of interest to:

Matias Saari, 5721 Cascade Road, Fairbanks AK 99709
or send via e-mail to: matiasalaska@hotmail.com

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Fairbanks pursuing indoor track

**By Steve Bainbridge,
RCN President**

2006 has all the promise of being a very exciting year for the Fairbanks running community!

In addition to the usual packed calendar of running and snowshoeing events Fairbanks will be hosting the High School State track meet and will be planning for the construction of an indoor soccer and track facility.

This past year I have been talking with the folks involved with the construction of a "regulation" indoor soccer field and a six-lane track in Anchorage. Originally scheduled to be completed in 2005, it is now set for 2006. Such an indoor track caught my attention because this means that the Anchorage ath-

letes will soon be competing in track-and-field events year-round. Team Alaska Track Club is in the process of setting up weekly all-comer meets and high school meets, complete with timing and results as provided by the most sophisticated "Finish Lynx" timing system.

It dawned on me that in order for Fairbanks to stay competitive with Anchorage in the high school (and university) running world, Fairbanks needs an indoor track. This past week the possibility of an indoor track (and an indoor soccer field) in Fairbanks became one step closer to reality. The mayor of the Fairbanks North Star Borough hosted a meeting of key representatives from the Fairbanks Borough School District,

UAF, the Fairbanks Youth Soccer Association, and Running Club North to discuss such a facility. I learned that quite a bit of preliminary planning work has already been done by FYSA, and I learned that UAF has been engaged in discussions with the Great Northwest Athletic Conference which may be requiring UAF to add sports such as soccer and indoor track & field..

It became apparent to me that the planets are coming into alignment to turn an indoor track in Fairbanks from a dream to a reality. The next planning meeting is scheduled for December 22nd from 5:30 to 7:30 PM at the Noel Wien Library auditorium. Please come out for this meeting to learn where we go next.