



Running Briefs



Running Club North
FAIRBANKS, ALASKA

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Prancing in the forest to keep it fresh

By Chris Eversman

Leaves rustle. Brush quivers. I breathe in sharply and exhale slowly and reluctantly with the fear that the accompanying whisper of a noise will ruin my view. I instinctively slow my pace to a complete stop and my attention goes undividedly towards the find of the day. Three small deer, each a trembling collection of muscle and tendon, stand among the pine trees three feet off my chosen trail. They stare at me in anticipation of threat, like a mousetrap ready to spring. Eventually the audacity of youth overcomes my caution and I hazard a few steps closer. Suddenly, I am transformed from a curiosity to a danger and the deer escape to the sanctity of the forest.

In the moments immediately following such an experience, I cannot help but give a pitying thought to many young speedsters, slaves to the rigidity of the track and the unforgiving watch. Many dedicated runners spend their time in college, the most character- and mentally-defining years of their lives, burning through back-to-back-to-back seasons of running. With an off-season in the summer as short as two months, many runners my age risk both physical and mental burnout



by the end of their collegiate career. As someone who could not fathom his future years being devoid of running, my counteractive strategy is to keep things fresh.

With that in mind, I recently found myself a mile from the end of my second marathon panting down Baxter Boulevard, one of the more scenic ocean-hugging roads in my new temporary home of Portland, Maine. The 26.2-mile race was the culmination of the most volume-laden training of my life: 11 weeks averaging at least 68 miles, 14 runs of two hours or more, dozens of 1 1/2 hour runs, and my first venture into the realm of the 80-mile week. To describe my journey to this race in a purely physical sense, however, would do it little justice.

My first task, after making the decision to run this marathon, was to educate myself about the training it required. Two years prior, as a foolish kid fresh out of high school, I decided on a whim to enter the Equinox Marathon on a training load of about 40 miles a week. The price I paid was a dear one, and while I cherish the experience, I knew I would never attempt the distance again with the handicap of inadequate mileage. For several weeks during the unfriendly winter I made fre-

quent trips to the Rasmuson Library to absorb all the useful knowledge of marathon running I could find (there is a surprisingly large amount to be found there). After exhausting the texts of former and current coaches, elite runners, and running scholars, I tapped one of Fairbanks' largest resources: the knowledge of local runners. Using every opportunity to steer my conversations with notoriously experienced runners toward the marathon, I managed to covertly pick the brains of many more knowledgeable than myself.

With a new pool of information and theory at my fingertips, I took the next step and made a plan. I mapped out a weekly mileage model for the next 12-15 weeks, and repeated the process for subsequent training blocks.

Researching, planning, following through with, and, ultimately, reaping the benefits from my marathon training has been one of the most rewarding experiences I have ever had. While my chosen course of training over the last several months might not sit well with the collegiate speedsters who rarely race further than 10 kilometers, I am confident it was the right course for me. And while I respect the shouts of those who maintain that 20-year-olds should not be running marathons when those in their 30s tend to dominate the distance (the 39-year-old winner of last Sunday's race finished a comfortable 10 minutes ahead of me), it is difficult to hear their cries over the rhythmic crunching of footsteps in fallen leaves and the whispering murmur of a busy wood.

Chris Eversman, 20, grew up in Salcha. He is currently spending a year on an exchange at the University of Southern Maine before returning to UAF and the Alaska Nanooks cross country team. At age 18, he ran 3:19:10 at the 2004 Equinox. Eversman's reward for his meticulous preparation this fall was a 2:40:22 third-place run at October's Maine Marathon.

SEE THE CHICAGO WINNER'S BANANA-PEEL FALL? EVER HAVE A MARATHON MISHAP? SEND ME THE STORY FOR THE NEXT RUNNING BRIEFS!

Running Briefs is published six times a year, give or take a month, 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:

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How to keep your fitness from hibernating

By Bill McDonnell

Winter is upon us – how do you keep the hard-earned running fitness from going into hibernation as well? When the sun comes back in March hopefully the shadow you see will not be of your former self, but of a fit individual that is ready to make the 2007 running season full of personal bests. The key to making that happen in Fairbanks is variety.

Let's face it: Fairbanks is no winter runner's paradise. Any place that has to title their weekly group training runs "Fahrenheit be damned" obviously is working from a slight disadvantage. The next running season is months away and it is all too easy to let your hard-earned fitness slip away as the days get shorter and the roads get slicker. We are very lucky to have a myriad of other fitness opportunities available to us here in Fairbanks that will allow you to not only maintain fitness, but to come into the new season fitter than ever before. Here are a few suggestions that will keep you fit and fast this winter:

Skiing – There are a myriad of examples of how running fitness has been maintained or improved by cross country skiing in the winter. Cross country skiers are among the world's most aerobically fit individuals, and the strength and aerobic benefits that skiing provides are undeniable. We have incredible skiing opportunities available at Birch Hill and the UAF trails, as well as a hard-working dedicated group of Nordic ski enthusiasts that, through the Nordic Ski Club of Fairbanks, keep those trails in immaculate shape and provide adult ski lessons for those new to the sport. You can find equipment to get you started at many of the local ski swaps, but I encourage you if you are really interested in getting the most out of your ski training to consult with one of our several excellent local ski shops to be properly fitted for equipment. There is some up front expense; but that new PR in the Midnight Sun Run in 2007 will be priceless.

Snowshoeing – Due to the energies of Lathrop running coach Chad Carroll, a new snowshoe racing series is in the works for 2006-07. Aside from the two races that Chad sponsored in 2006, Andy Holland, Keith Pollock and Rocky Reifentuhl hosted races as well. Any of you that were participants in any of the events can attest to the fitness benefits of snowshoeing (I think I left a few pieces of lung tissue on

the West Ridge Trail System while competing in the Fairbanks Snowshoe Classic last spring). The races are usually 5 – 10k and often have snowshoes available to beginners looking to give it a go. The races are run on all kinds of trails and paths around Fairbanks and give you the chance to get out onto the trails that are not suitable for skiing and get a great workout. Minute for minute – it is hard to beat the strength and aerobic benefits snowshoeing provides for runners. You also can access all of your favorite summer running trails and experience them in a whole new way.

Strength/Flexibility – winter is a great time to start focusing on making strength gains through structured strength training. So many of the injuries that runners get could be avoided through strength training. There are many ways to go about strength training. While access to strength training equipment helps it is not necessary to buy a gym membership to become much stronger this winter. There are many good exercises that can be done from home that will improve your strength. Pilates, Yoga, and other popular strength/flexibility programs are another great alternative for improving your fitness. Runners can typically benefit from a core strength program (abs and back strengthening exercises) as well as various leg strength exercises. You should also include some amount of upper body strengthening into your routine. You don't want to turn into Popeye, but being Olive Oil is no good either. There is a happy medium. Much of the strength training that would be beneficial could be achieved through other activities as well, such as skiing.

Running – amazingly enough it does make sense for runners to continue to run in the winter. Use of the studded snow covers can turn the iciest of roads into a great workout for diehard runners. Treadmill running is a great alternative when the mercury is too low to make outdoor running a viable option – or if you are looking to run a much quicker pace without being hindered by having to bundle up to run outside. Running specific fitness can be maintained for a long time through the use of well placed speed workouts. The workouts don't have to be real long, just long enough to keep your muscles memory of what it means to run.

Diet – long dark days and abundant holiday food can make a poor diet the most

damaging factor to maintaining your fitness. Everything in moderation should be your guiding principle. No need to deprive yourself, just don't overindulge. There is a fine line between too much discipline and the right amount. If you find yourself feeling guilty for enjoying yourself at a holiday party after having just crushed your PR in the Heart of Darkness Snowshoe race earlier in the day; you are probably on the wrong side of the line.

Sample schedule:

There are many ways to accomplish improving or maintaining fitness. The main ingredient is consistency. It is not always easy to maintain consistency around a busy work/family life, but you want to make sure that you can get in at least a few of the following workouts in a week.

Monday – Rest

Tuesday- Strength training in combination with some easier aerobic activity

Wednesday- Intense Aerobic training: 20-40 min. of higher intensity training

Thursday- Strength training

Friday- Aerobic training: 60-90 min.

Saturday- Intense aerobic training: 20-60 min. of higher intensity training

Sunday – Endurance training 1.5+ hours skiing, snowshoeing or running at a lower intensity

If I had to prioritize them in terms of maintaining running fitness, I would recommend including at least the Wednesday, Saturday and Sunday workouts from the above schedule. You will get the challenges of the intense aerobic workouts while at the same time having one day a week where your focus is on endurance. Specifics of a training plan go beyond the scope of this article, but trying to include the endurance, intensity, and strength training aspects of training into most training weeks is essential.

Fairbanks offers runners challenges in the winter, but also a wealth of opportunity. Seize the opportunities and emerge this spring as fit as you have ever been. See you on the trails!

Bill McDonnell, 34, is a former professional cyclist, University of Vermont cross country skier and UAF ski coach. He's not too shabby of a runner, either, with a marathon PR of 2:35:50 at 2002 Chicago.

Running in the Redwoods, 24 years later

By Rich Boone

As my daughter Amanda and I sipped coffee and headed south from Eureka on Highway 101, I finally began to relax. Our previous 12 hours en route to Eureka for the Humboldt Redwoods Marathon had certainly been eventful. We left Fairbanks on a Saturday morning and arrived at the Arcata/Eureka airport at about 6:00 that night. I had reserved a car with Hertz and was more than a little surprised when I found that the Hertz agency and all other rental car agencies at the airport had inexplicably closed an hour earlier. Our hotel was south of the airport in Eureka, and the start of the marathon was about 40 miles south of Eureka. We had no car, knew no one in the area, and it was getting dark. I began to feel a bit frantic but told my daughter not to worry and that I'd figure out a solution.



The last time I'd run the course was in 1982 when I'd run the Avenue of the Giants, the spring version of the same race. Back then I had driven to Garberville from Corvallis, Ore., with Marlene, my wife of one year, and joined up with a fellow graduate student and his wife and baby. The five of us shared a room together. Other than a crying baby the night before the race, the lead-up to the Avenue of the Giants 24 years ago had not been so eventful.

I've been in difficult situations on trips before, and often the solution has been the kindness of strangers. That was true in Arcata/Eureka as well. After calling all the rental car companies listed in the phone book and striking out, I called the Eureka Red Lion Inn, where we had a reservation. I explained to the hotel supervisor

(a Balinese woman named Sugih) that we'd traveled from Alaska and had no way to get to the hotel or the race. She was immediately sympathetic and told me she would send a shuttle to pick us up and would work on finding us a rental car. While waiting for the shuttle and talking with Amanda, a tall 20-something guy wearing a knee brace came over to us and asked if he could help. He must have sensed that something was out of sorts. I explained the situation to him and he also said not to worry: he was a runner (recovering from an injury) and would call some runners in the area who might be doing the marathon the next day. He took my cell phone number and said he would call later that night. Again I was pretty stunned by the generosity of a stranger and encouraged that perhaps we wouldn't have to hitchhike to the race (my last-resort solution) after all.

When we checked in at the hotel, Sugih told us she'd had no luck with rentals but would simply loan us her car. I was more than grateful and accepted her offer. Things were finally starting to improve. Then that evening as Amanda and I were eating pasta at the hotel, the runner from the airport called to say he had arranged a ride for us with two friends running the race; I was impressed he'd followed through but told him we were covered. Later I found out he is a former All-American runner from Humboldt State.

There was as one last glitch the morning of the race when at about 3 a.m. the hotel lost power, meaning the hotel alarm clock stopped working. Luckily Amanda had a battery-powered alarm so we woke up on time. Getting dressed in a dark room was a little tricky but we were able to use Amanda's IPOD light and the lit panel of the cell phone to find all our gear. We went to the lobby at 6 a.m., and Sugih was there as promised. She gave us her key and apologized for the sand in the car (she is also a surfer).

The race was a wonderful experience for both Amanda, who
(See REDWOODS, page 4)

RCN rewards volunteers and Flint Hills Cup winners

Awards from the annual RCN potluck and awards ceremony held at the Birch Hill Recreation Nordic Ski Center on Oct. 21, with nomination comments:

Inspirational: Barbara Wuttig

"With her 'magnificent coif,' Barbara inspires all of us with her smile and enthusiasm in participating at events no matter how far the distance or how long it takes to finish!" Wuttig, 71, completed six of the seven Flint Hills Races in 2006, including the Equinox Marathon.

Volunteer: Monte Jordan

"Monte volunteers for many RCN events and helps with a lot of the behind-the-scenes planning and preparation."... "She represents the 'whole volunteer', the person who actively pitches in and the person who invites/encourages others to pitch in."

Race director: Fairbanks Symphony Board of Directors for Beat Beethoven

An awesome and fun 5-kilometer race to start out each running season in April, it is very well directed (by Laura Berg, Steve Bainbridge and Dorli McWayne) and attracted nearly 500 participants this year.

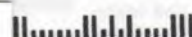
Flint Hills Cup winners - Maria Bray was the women's overall winner with 510 points. McWayne was second with 398 points, followed by Dee Daniels with 311, Kryn Finstad with 298 and Karen Nanseth with 234.

Chris Eversman was the men's overall winner with 432 points. Mike Kramer was second with 400, followed by Roger Sayre with 342, Matias Saari with 320 and Wayde Leder 317.

Age-group winners:

Girls: age 10-11: Delainey Stokes; 12-14: Thea Ruckhaus, 15-17: Melinda Walker; **Women:** 18-29: Kryn Finstad; 30-34: Maria Bray; 35-39: Dee Daniels; 40-44: Karen Nanseth; 45-49: Erika Van Flein; 50-54: Dorli McWayne; 55-59: Mary Lindahl; 60-64: Monte Jordan; 65-69: Cam Carlson; 70-74: Phyllis Church; 75-79: Janette Hanneman; 80+: Shirley Gordon. **Boys:** 10-11: Aaron Rooney; 12-14: Robert Hovda; 15-17: Joseph DeWilde; **Men:** 18-29: Chris Eversman; 30-34: Sean Kennedy; 35-39: Mike Kramer; 40-44: Paul Greci; 45-49: Roger Sayre; 50-54: Greg Finstad; 55-59: Howard Hansen; 60-64: Pete Huellen; 65-69: Jim Madonna; 70-74: Willis Greimann; 75-79: Jack Townsend; 80 and Over: Glenn Hackney.

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was running her first marathon, and me. Just the astonishing size and beauty of the old-growth redwoods along the course, which goes through Humboldt Redwoods National Park, is enough to provide a rich experience. Neither of us met our pre-race goals for times. Amanda had wanted to run sub-4:00 while I wanted to run sub-3:30. Both of us went out too fast. I crossed the half-way point at 1:33, felt good and thought maybe I really did still have a sub-3:20 in me. I should have known better. Amanda was on a sub-4:00 pace. Both of us slowed down considerably over the last nine miles - I ended up finishing in ** of 134 marathoners in 3:37, Amanda in 4:16. I was disappointed but not terribly so. More than anything I was pleased because I'd run a marathon with my daughter. Twenty four years earlier, I was a year into my marriage and a month away from graduating with a Master's from Oregon State University. In many ways, my adult life was just beginning then. Now I returned to the run the same course well into my career and with a 19-year-old daughter who shares my love for running. It doesn't get much better than that.

Information about the races can be found at www.redwoodsmarathon.org (Humboldt Redwoods Marathon) and www.theave.org. Alaska Airlines flies to Arcata/Eureka from Portland, Ore. Rental cars are available, but check those closing times!

Rich Boone, age 52, can be found running the timing equipment at local track meets in the spring. He has lived in Fairbanks since 1995 and teaches at UAF. Incidentally, he ran the Humboldt Redwoods Marathon 35 minutes faster in 1982.

RESULTS

The following is a non-comprehensive list of recent running 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. A runner need *not* be an RCN member to be listed.

Alan Batten	Logan, Utah.	9/23/06	4:18:15	811
Brandon Newbould	Philadelphia 1/2 Mar.	9/17	1:11:27	66
Timothy Gannon	Portland Marathon	10/1	3:08:34	177
Allan Morotti	Portland		4:50:58	4112
Francine Eder	Portland		6:38:27	6415/3276
Diane Shoemaker	Portland		7:57:25	7539/4210
Kristin Wells	Portland		7:57:26	7540/4211
Dietrich Hildebrandt	Baltimore Marathon	10/14	3:23:42	181
Kydall Hildebrandt	Baltimore		4:26:43	1288/340
Robert Hildebrandt	Baltimore		5:38:04	1979
Rich Boone	Humboldt Redwoods	10/15	3:37:20	23
Amanda Boone	Humboldt		4:16:48	73/17
P. Goodwin	Anch. 10/2 (NFace Endurance 50 w/ Dean K)		4:27:18	
Paulette Goodwin	Chicago	10/22	3:50:15	8116/1858
Jason DeHeus	Chicago		2:56:20	720
John Mayer	Chicago		4:01:43	12027
Erik Wickstrom	Gothenburg, Sweden	10/7	2:32:08	1
Chris Eversman	Maine Marathon	10/1	2:40:22	3
Moses Waweru	Lewis & Clark 1A	10/21	2:35:17	1