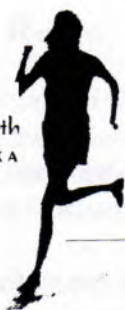


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Running Club North
FAIRBANKS, ALASKA



Running Briefs

Running Club North

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Greetings! This is my first issue as editor of Running Briefs. I am very excited, though it has been tougher at times than I imagined to get this thing together. Fortunately, a few of the stories in this issue trickled in at the last minute, sparing you an issue written entirely by yours truly. Please, please, PLEASE send me any ideas for articles you might have, as that is the only way I can publish what Running Club North members want to see! I thank you for your patience with this first issue.

~Virginia

Mastering the Possibilities

By Roger Sayre

As a newly-minted masters runner in Colorado in the late 1990s, I spent months training for the Boulder Boulder 10K, a huge race with 50,000 participants. I'd been training and racing for more than 20 years by then and I knew what it would take to get into top shape. Running uninjured for 18 months had helped to form a good base and I went at the training, using the same types of workouts that had brought success in my 20s and early 30s. Training involved some long runs, blended with recovery days, with reliance on bread and butter 5km – 10km workouts that only a sicko-hardcore runner could love: a build-up of long intervals ranging from 800 m to 2 miles at 5km or 10km pace. Two weeks before the race was to be the crescendo, a session of 4 X 1 mile progressing from 10km to 5km pace. I nailed the workout and felt ready to take on the massive crowds in Boulder.

Oddly, it seemed, I never quite recovered from that workout. Despite a good taper and a cool morning, I never got slower than planned. Afterward I called Damien Koch, the former Colorado State University women's coach, who was one of the top masters runners in the US during the 1980s, as well as a former runner for the

legendary Bill Bowerman at the University of Oregon in the 1960s. Damien had also coached some top US runners including 1980s road racing star Jon Sinclair, 2:34 marathoner Maureen Custy, and Olympian Libbie Hickman.

We decided to meet for beer at a local microbrewery.

"So you felt a little flat in Boulder?" asked Damien.

"Flatter than this pint of pale ale," that I sipped disappointingly.

He took a swig of Green Chili beer, and said, "Let's start with a little test. Which is more important for a distance or middle distance runner—speed, endurance, or strength?"

This was a trick question and if I got it wrong I'd feel like a fool and he'd rub it in. He eyed me intently.

"Endurance," I said, none too convincingly. "Well, at least for me; I really have to work hard to get endurance."

"You got it!" His face lightened a little. "Most people miss that point and end up doing too much speed work. This is especially common for masters runners. In your head you can remember those workouts that you used to do, and you recall exactly what you did and how you felt.

(Continued on Page 5)

TNT Meeting April 23rd

Yes, Team in Training comes back to Fairbanks for a second year to participate in the Equinox Marathon. Last year you noticed the throngs of runners in TNT shirts charge up the patty center hill; surely you knew or wanted to know what they were running for; and you wanted to be a part of it the next year. Well, here's your chance. Attend the first informational meeting on Wednesday, April 23rd in the Noel Wien Library at 7pm, followed by a meeting on Saturday April 26th at 9am at Fairbanks Memorial Hospital.

What exactly is Team in Training? It is a national program that provides training and coaching for endurance races in exchange for participants raising money for Leukemia, Lymphoma and Myeloma research. Last year, the Equinox was adopted into the program in honor of Susan Butcher. Local blood cancer survivors, or Honored Teammates, also participated in the race and really help to connect other team members to the blood cancer cause as well as inspire runners out on the course as everyone works toward the finish line.

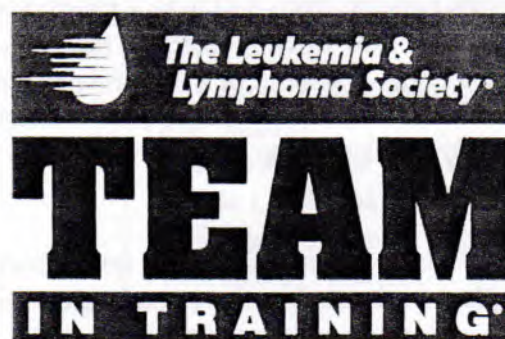
Fairbanks started off with an amazing track record. Participants from Fairbanks raised \$98,000 for the Equinox, a Washington/Alaska Chapter record for a new team according to Bonni Brooks, the chapter's Campaign Director. The Equinox in total raised 140,000 from runners in Fairbanks, Anchorage and Seattle combined. Brooks also mentioned there were more top fundraisers (those who exceeded their fundraising goals) from Fairbanks than there were on a Seattle team five times its size.

Brooks admits she was skeptical at first to include the Equinox in TNT, but eventually came to her senses. The race, she says, "is the most fun I think I've ever had in 26.2 miles." Some of the

highlights for her were "the views from Ester Dome" and "the mad tumble down the chute."

So what are the specifics for participating in TNT? The fundraising is not as daunting as it may seem. For an individual from Fairbanks wanting to participate in the full Equinox, the fundraising goal is a modest \$1500. If at least two members of a relay team join TNT together, then the goal is \$1000 for each person. In return for fundraising, your race entry is paid and you are fed a pre-race dinner and a post race brunch. Perhaps even more important than the yummy and well deserved food is the four months of coaching and training that is provided. Last year's coach Kevin Brinegar is once again signing on for the season. For those of you who might not know, Brinegar is a five-time Equinox champ and also has nine years of coaching experience for the Lathrop Cross Country team.

So, for all of you planning on running the Equinox anyway this fall, or for those that need extra motivation to train this summer, you have no excuse. TNT returns to Fairbanks and needs your help. Just think, this year you really can be apart of the purple t-shirt wearing mass of runners just itching to get up that first hill.



From Russia With Running

Michelle Mitchell checks in with Fairbanksans after spending the last several years living and training in Moscow, Russia. She Most recently traveled to the Chicago 50K on April 6 and won the women's division..



I came to Alaska when I was twenty one and one fine day, I woke up and was THIRTY! Life never waits, and tomorrow is promised to no one, and I was overdue for a nice long sabbatical where I could do what I'd contemplated for years: live and work in Moscow.

Running is something I never gave up nor plan to do so in the near future. As Dave Cowee can attest, I've been active in the Moscow running community now for ten years. I joined a national club www.irc-club.ru (IRC) and a local one: Luzhniki. The national one is more active and about 2/3 of our members are in and around the Moscow area. The local one has many of the same people in it and comes with unlimited access to the Luzhniki Stadium track for May-Sept, which is the best outdoor track in the city. During the summer of 2002, I also got invited to train with one of the Russian national team coaches.

I have been training in SE Moscow in Kuzminki Park on the trail system and I now live 600m from the trails. I'm also 10 minutes from the indoor track we sometimes use in winter. There is also a 700m stretch of heated trail that never gets snowed under in the middle of the park that comes in handy for speed work. In the summer, we have a 1000m and 1500m loop with meter markers painted on the trees every 100m we use for intervals.

Sometimes, we go to the track, but the shaded woods beat the heat on some days. We also have a 7k stretch of always plowed-to-the-pavement road that runs through the park and comes in handy for long tempo runs when the trails are sloppy and/or icy.

I do miss real mountains, though. Strength drills are so boring and I'd much rather just put on my snowshoes and pick a mountain, even good ol' Ester Dome and spend the winter running in the mountains.

I am coached by Leonid Isaev- the former Soviet national champ at 5000 and 10,000m. He's now one of the top master's runners on the Russian team. Oh, and yes, he's also my better half. He gets the credit for much of the progress I have continued to make as well for digging me out of the Hole as I call it that I was in for most of 2007.

My mother lost her battle with breast cancer in early January of '07. I was physically and psychologically drained from the sudden loss of Mom. Coach helped me through the worst of it and I ended up accidentally winning the Luzhniki Marathon in late May on a record hot day. I say 'accidentally' because the top 3 women dropped between 15-20km due to the heat.

On 27 January [2008], I ran the Doroga Zhizni (Road of Life Marathon) in St Pete. This one is run along the road that was used during WWII to get food into Leningrad during the 900 day Blockade of Leningrad. There are monuments every km along the road, (which also make nice markers for splits). Six days after the marathon, I ran and was 3rd overall and won the 30-34 division in the Moscow Masters' Champs. 30+ is masters here.

Now, I'll recover a bit then get in gear for the [Chicago] 50k.

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Mastering the Possibilities *-Continued from page 1*

But after turning 40 or so, you can't do that type of training for long or you will break down. Some runners, even former great runners, never get it and so they don't last long in the masters category."

He then proceeded to list a few very well-known runners who tried masters running only to end up injured and giving it up.

"Have you ever heard of *supercompensation*?"

Damien continued, and I shook my head.

"Romanian physiologist Tutor Bompa wrote a relatively obscure book on sports physiology a ways back and he outlined ways to take advantage of supercompensation. We typically go easy after a long run, and we almost always do just a short easy run the day before a race. But try this some time—do a long run of 1:30 to 2:00 hours and then do a light speed work or even a low-key race within the next 24 to 36 hours."

I took another sip of the ale, stared incredulously, and continued listening.

"You might not feel that sharp on that second day because the long run will break you down some, with muscle tears and glycogen depletion. However, your body compensates by producing more blood cells and increasing blood volume and capillaries to your muscle fibers." He paused, a

rare event for a guy who talks at just over 4 minute per mile pace.

"A couple words of caution," Damien admonished. "There is no need to run fast on those long days. You're doing endurance training. Libbie Hickman, who runs under 32 minutes for 10km, just jogs at 7:30 or 8:00 minutes per mile."

He continued, "As a masters runner, there is no need to do those gut-busting workouts that you did in your 20s and 30s. For example, just do a set of 300s at 5km race pace with a brisk 200 m recovery—and if you really want a kick in the pants, try a set of four or five repeats, followed by 15 minutes of tempo running, and then another set of 300s. You only need to do a workout like that maybe once every three or four weeks."

"What about V02 max training?" I asked, thinking of typical repeats of 800s, 1000s or 1200s at 5km pace.

"Do a 5km race," He added. "I mean, what is V02 max? It's how fast you can push yourself for 12 to 15 minutes."

"Speed work?" I mused.

"It's easy to over do speed work. Just do a set of 80 meter pickups once or twice a week."

This gave me a lot to think about, so I ordered another beer. Green Chili this time.

Roger's Training Tips

Over the years I've experimented with his suggestions and have not been disappointed. Plus, I've picked up some ideas on my own. Whether you're competitive in your age class, just trying to stay in shape, or preparing for the summer race season, here are some guiding principles to help you have an enjoyable time while keeping healthy and looking forward to upcoming races and workouts:

- Train often and train consistently (hint two a days aren't a bad idea a couple times a week). Train five to seven days a week, with a day off when you're tired.
- Go easy on easy days (2 to 3 minutes slower than your 5km pace).
- Cross train, especially if you get injured.
- Keep doing those long runs. You don't need to do a 20 miler each week, but 1.5 to 3 hrs of steady running at least once every two weeks will keep your endurance going and going like the little battery bunny.
- Do lots of threshold training throughout the year. These are usually sessions of 18 -20 minutes to about 40-45 minutes at paces ranging from your 10km to ½ marathon. The shorter ones can be faster efforts, longer should be slower. Otherwise you're getting into race pace.
- Moderate your speed-endurance training (i.e., V02 max). Try surge workouts at pace with a short recovery; cut back on the number of reps from maybe 3-4 miles of fast running for a tough workout to 1.5 to 2.5 miles of running.
- Use some races as your speedwork.
- Run on trails and hills as much as you can.
- Keep speedwork light—I've found that in the early season, sets of 80 m pickups are fine; by summer I like to do short set like 4X400 or 5X300 at mile pace. It's a low-risk workout which gives you just enough speed.
- Be willing to experiment and adapt to new situations.
- Schedule easy weeks as well as easy days.

Snowshoe Recap

The snowshoe season is officially over. Roger Sayre and Liz Anderson won the Finnish Line Snowshoe Series, taking home coveted lightweight Atlas Race shoes donated by Finnish Line Physical Therapy. Chad Carroll and Jane Lanford placed second in points for the season and brought home a pair of (slightly heavier) Atlas Run Snowshoes.

Series director Carroll reports that 60 people competed in at least one race this season, a slight increase in numbers over last year. He would also like the community to know that the snowshoe series isn't just about racing, but that most people are out just to have fun and exercise. For next season there is a women's clinic planned in hopes to encourage more females to participate.

Snowshoeing is a great way to stay off the roads in the winter—next season check out Fairbanks' snowshoe webpage at www.lathroprunning.com for training runs and races.



Notes on Russian Marathoning

From Michelle Mitchell

Your membership is appreciated!

We are pleased to include in this issue of Running Briefs a couple of membership gifts. First, a pace chart to always keep with you to aid in your training. And second, a car window decal to show off your elite status as a Running Club North member.

Crew- is key here in marathons. The Russians are pretty clueless as to how to provide adequate aid stations. Often, the first one is only at 10km and you are lucky to get them every 7km or so thereafter. If you want Gatorade, you get someone to crew for you, give them your stuff, and your crew will give it to you. No crew = no decent performance. GU- forget it. I have to import the stuff en masse each year. My crew saved me big time in May in the heat. I ran another marathon in August (took 3rd) and Coach ran with and crewed for me from 30k to the finish.

Quality vs Quantity- In Soviet times, sport was more popular and more people participated. Now, many athletes, potential and/or former, have to work and make money in order to survive. As a result, there are fewer recreational runners at races as opposed to what we see in the US. Also, the ratio of men to women is nearly 10:1 at most races. Basically, if you aren't good enough to win money/prizes, "it's not worth the bother anymore" is the attitude we see among many now. Also, just because there are fewer runners out there does not mean they are not fast! Most marathons have a time cutoff at about 5 hours. They do give nice prizes here. I managed to set up house on my winnings (TV, microwave, stereo system, cell phone...even a vacuum cleaner and other things). There are also paid races that I've done and earned supplemental income.

Running Briefs

RUNNING CLUB NORTH

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**Please E-Mail
or Mail any
(that means any)
story ideas**



A Runner's Recipe

If you like Thai food, then you'll love this healthy recipe for summer rolls. It's great when paired with fish. I've also substituted rice noodles for rice paper and made more of a cold noodle salad dressed with the dipping sauce. Yummy!

Summer Rolls- serves 6

- 1 tbs peanut oil
- 2 tsp garlic, minced
- 2 tsp ginger, minced
- 1 cup carrots, cut into match sticks
- 1 cup zucchini, cut into match sticks
- 1 cup snow peas, cut into match sticks
- 1 cup bean sprouts
- 1/4 cup basil leaves, thinly sliced
- 3/4 cup peanuts, chopped
- 24 sheets of rice paper (Bohn Trang)

1. Fry garlic and ginger with peanut oil. Add other vegetables, stir-fry until crunchy, about 30 seconds. Remove from heat, add peanuts, set aside
 2. Soften each ricepaper by dipping in lukewarm water. Put 2 tbs vegetable mixture in middle of each sheet. Fold sides over and roll sheets up tightly.
- Optional: steam rolls in a bamboo steamer

Serve with Red Chili Dipping Sauce

**Send in your own
recipe for the next issue!**

Red Chili-Peanut Dipping Sauce

(Can be store bought in a pinch)

- 1 cup water
- 3 tsp fish sauce
- 1 tbs red chili-garlic paste
- 1/4 cup brown sugar, packed
- 1 tbs cornstarch in 1/4 cup cold water
- juice of 1/2 lime
- 2 tbs peanuts, chopped
- 1 tbs carrot, grated
- 2 tsp fresh basil, chopped

1. Bring water, fish sauce, chili-garlic paste and sugar to a boil.
2. Add cornstarch and simmer gently for 3-4 minutes. Remove from heat and cool.
3. Stir in lime juice, peanuts, carrot and basil into cooled mixture.

Recipe From:

Chef Alvin Binua, Ponti Seafood Grill, Seattle

What To Eat Now: The Cancer Lifeline Cookbook

By Rachel Keim with Ginny Smith

Published by: Sasquatch Books