



Running Club North

RUNNING BRIEFS

Runner's High-Lights



Musk Ox Trail Run, 2022 Photo Credit Eric Troyer

August was a busy month for the Fairbanks run community! Running Club North hosted several events to include the Santa Claus Half Marathon, Granite Tors Trail Run, and 5 Steve's Equinox Training (SET) Runs. Running Club North also supported various community sponsored events to include: The Alaska Senior International Games (Track and Field Events and 5/10k Road Races), Nordic Ski Club's Golden Heart Trail Run, and UAF's XC Blue and Gold 5k.

The Santa Claus Half Marathon returned to the Running Club North Calendar after a long two year pause. This year, the event had 69 participants cross the finish line. Devin McDowell took first place overall with a finishing time of 1 hour, 22 minutes and 27 seconds. Curtis Henry followed in at 1 hour, 23 minutes and 22 seconds, and Shalane Frost came in 3rd, completing the course in 1 hour 28 minutes and 21 seconds. **(Continued on Page 2)**

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Yearly Award Submissions Due by September 30!

Who pushed you out the door to run when you otherwise wouldn't get there? Was there someone that was always there to lend a helping hand? Maybe a remarkable race director? Nominate someone for just one award or for all. You can use the Awards Submission form on the RCN website under the **ABOUT>Awards** tab or follow the below link:

<https://www.runningclubnorth.org/about/awards/award-nominations/>

You can also email nominations to Bobbi Jo Katchmar bjkrcn2017@gmail.com or any RCN board member. Submission must be received by midnight on **September 30th**.

Upcoming Events:

September 10th– Fairbanks Symphony's 28th Annual Beat Beethoven 5k

September 17th– 59th Annual Equinox Marathon & 2nd Half Marathon

September 30th– Award Submissions are due!

Save the date!

The 2022 Annual Meeting will be held on **November 12th**. This year's meeting will be in person and all race organizers should plan on attending to set the 2023 calendar. More details to come.

A full Calendar of Events can be found on the Running Club North Website.

(Continued from page 1) The 2022 Drew Harrington Trail Series (DHTS) came to an end with race #6, Granite Tors Trail Run and race #7, Musk Ox Trail Run. Series results will be posted to the Running Club North Website.

Steve's Equinox Training Runs (SET) wrapped up on Sunday, August 28th, with the final event of the 8 week long training session. Sunday's course gave runners the option of running 12, 16 or 20 miles in preparation for the upcoming Equinox Trail Marathon. SET is held yearly, starting in July and ending a few weeks prior to the Equinox and is designed to prepare new and seasoned runners for the difficult 26.2 mile journey. SET runs vary in distance from 4-20miles and run throughout the entire Equinox course. If you missed it this year, be sure to join us next July!

More recent race results and a results archive can be found on the Running Club North Website at: [Runningclubnorth.org](https://runningclubnorth.org)

59th Equinox Marathon and 2nd Half Marathon- Saturday, September 17th, 2022

Join Running Club North for the 59th Annual Equinox Marathon, whether you're participating as a runner or hiker, supporting a friend or family member or volunteering, we'd love to see you there! Register now at: <https://register.chronotrack.com/r/67763> or to volunteer, contact Race Director, Stacy Fisk at: equinox@runningclubnorth.org or 907-888-3193.

Fahrenheit Be Darned Winter Training

Don't let this unusual warm fall weather fool you, winter is quickly approaching and soon Fahrenheit Be Darned Winter Training runs will begin once again. FBD meets every Wednesday, starting in October and will help to keep your motivation and mileage up as our days grow shorter and colder. Even if you haven't ever experienced winter running before, come out and give it a try. Routes vary in distance from a few miles to 8 miles or so-- make it what you want it to be-- these runs are for you, so grab a Running Buddy, (RB), some new winter gear from Frosty Feet Running Company, brush up on your acronyms and plan to join your Trail Boss (TB), George Berry Wednesday nights at the UAF Patty Center, starting on October 5th.

Memberships

Join Running Club North! We are an active, fun group of people who love to be on the roads and trails on our own power.

Anyone can join the club without regard to race, creed, religion, color, national origin, gender, sexual orientation, physical condition, or age. Members are those interested in encouraging or participating in running activities for recreation, physical fitness or as a competitive sport, upon payment of dues.

This newsletter is for you!

What do you want to hear about? Trail reports? Current events? Race re-caps? You tell us! Send suggestions to running@runningclubnorth.org or if you're interested in contributing to the Running Briefs, whether it be with pictures, short stories, trail reports, out of state races or courses that you love, etc. don't be shy! We welcome and appreciate your contributions.

Running is getting wet

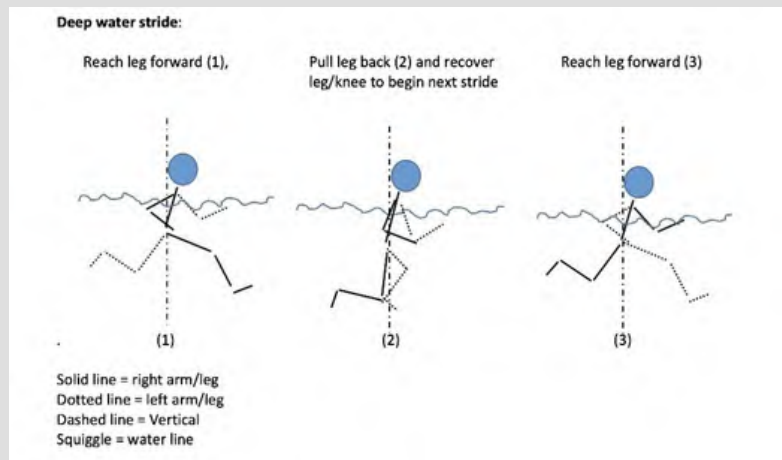
By Daryl Schaffer

There are various places to go running in Fairbanks. But sometimes a change of pace is needed or maybe you are injured and need a recovery exercise. Try running in the water!

Water therapy has been around for thousands of years but only became an alternative rehabilitation technique for runners during the 1970-80s. The basic idea is to mimic your actual running technique, using water as resistance (the viscosity of water), while reducing in shallow water or eliminating in deep water the compressive impact forces on the joints. A few key points to begin with: Check with your doctor or physical therapist to ensure your injury allows for multidirectional flexibility; if it hurts, stop doing it then figure out why it hurts; no shoes, socks, or goggles are needed, just a swimsuit and a jog belt floatation for deep water. Also, due to the viscosity of water, you will not be able to run at your top speed and you will get tired faster.

Start in shallow water. Stay in waist to chest deep water, shoulders never go underwater. Walk normally forward, backward, and sideways (step right foot out to side then bring left together, no crossing the feet) to feel the resistance of the body moving through water. Focus on leg resistance in both the action and recovery motions; arms will mostly be balance stabilizers, but you can move them in the water, too. Add-ons: High-knee walk (break the surface of the water) to stretch the glute/hamstrings; walk backward reaching the leg back to stretch hip flexors; walk sideways to work abductors/adductors (inner/outer thighs); walk forward kicking your butt to work hamstrings. Increase walking speed to feel more water resistance, then move up to running in each direction (even sideways).

Deep water: Use a flotation belt (Aquajogger, TYR, SportiFitness, Speedo, noodle, etc.) to stay in water deep enough so you cannot touch the bottom. Let the flotation do the float work while you concentrate on full running action of the legs and arms. This is not a doggy paddle with hands/arms pulling and legs kicking as that is called swimming! Your body position should be just like normal dryland running: leaning slightly forward of vertical; hands lightly cupped and relaxed; elbows bent about 90 degrees; arms passing at hip level; arms move in opposite motion of the legs (left arm/right leg). Reach one leg out front then pull it back so your hamstring and glute do the work to create your motion through the water; excess leaning backwards will not produce leg action.



So there it is...you are running in the water! It does take a bit of practice and having someone watch to make sure your body and leg positions are aligned is a good idea. But once you get the hang of it, a new realm of workouts opens up...and you do not have to get your shoes wet!

Daryl has competed in over 1000 running, swimming, bicycling, triathlon events since 1976, studied exercise physiology and coaching while attending the University of Minnesota, was a fitness/swim instructor for the U.S. Coast Guard, and competed in the 2019 Department of Defense Warrior Games with over 300 fellow wounded warrior athletes from around the world. He's the one who runs in sandals year round, even at - 34 degrees in Fairbanks.