

FINISH LINE

Newsletter Of The Anchorage Running Club

Volume 20 Number 2 -- April 2008

President's Corner

All this time I thought the euphoria I experienced when finishing a long run was simply relief at having it over. Now I find out I'm getting off on the "brain's naturally occurring opiates."

At least that's what The New York Times (3/27/08) reported about a German research project that sought to get to the truth of the "runner's high." According to the story, for years scientists have been skeptical of this claim by runners and other athletes that they felt so good during a tough workout that it was like taking mind-altering drugs.

German scientists figured out a way to test the theory, subjecting long distance runners to PET scans before and after a two-hour run. The tests found increased levels of endorphins, producing "a chill of euphoria, like Rachmaninoff's Piano Concerto No. 3."

That's not usually the tune that comes to my mind around Mile 13 of a two-hour run. It's more often Diana Ross' "Stop in the name of love ..."

As the ice melts from Anchorage trails, runners across the city are probably humming that '70s classic "Summertime in the City" in preparation for this year's running season.

Many of us are weary of yet another Totem run from the Postmark parking lot to the end of Northern Lights, and look forward to a change of running scenery. Some have already ventured up Arctic Valley Road, where the top remains icy, or Eagle River's Lollipop, where the military is stricter than ever about permits.

Wherever you run, start tuning up for a great collection of Anchorage Running Club offerings.

ARC's first race is the May 14 Do Run-Run, a fast four-miler on the Tony Knowles Coastal Trail. That's followed just 10 days later by the Trent-Waldron Glacier Half Marathon, where a highly coveted ARC coffee mug is a strong motivation to improve your age-graded time over last year.

See all the details about ARC's running offerings on our new and improved website at: www.anchoragerunningclub.org

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Perspective



Galaxy M104 - 28 million light years from Earth. Photo taken by the Hubble telescope. This galaxy includes approximately 800 billion suns and is 50,000 light years across.

Anchorage Running Club

P.O.Box 243362

Anchorage, Alaska 99524-3362

www.anchoragerunningclub.org

ARC Hotline: info@anchoragerunningclub.org

President: David Ramseur
VicePresident: [vacancy]
Secretary: Peggy Cobey
Treasurer: Ed Wilson

Board of Directors: Bonnie Swanson
David Ramseur
Ed Wilson
Elizabeth Cronin
Greg Dixon
Jim Lieb
Mike Halko
Peggy Cobey
[vacancy]

Webmaster: Greg Dixon
Newsletter Editor: Jim Lieb

The FINISH LINE is published quarterly
in January, April, July and October.

Minutes of January 09, 2008 ARC Board Meeting

ARC Board Members present: Bonnie Swanson, David Ramseur, Ed Wilson, Betty Cronin, Greg Dixon, and Peggy Cobey. ARC members present: Ben Larson, Charles Utermohle, Debby Cropper, Lupe Marroquin and Ole Jordan. Meeting held at King Career Center 6-7:30pm

Flint Hill sponsorship: Debbie Cropper proposed that ARC in conjunction with US Track and Field sponsor a series of races in the same manner as the Flint Hill Series. Flint Hills is no longer sponsoring this series, so another name and sponsor is needed. A decision was tabled pending further discussion. Ed, Ole and Charles plan to form a subcommittee to address this proposal. There was a recommendation to combine a Flinthills awards ceremony with the Octoberfest awards banquet.

Humpy's update: Mike Halko was absent. Debbie Cropper said that the 50 states marathon organization has chosen Humpys as a 2008 event. '50 State' runners coming to AK may be in need of places to stay. Other cities have coordinated efforts to take runners into their homes. This could be coordinated

cont. from page 1 -- President's Corner

Your ARC board has been meeting throughout the winter to prepare for this season: doing the sexy work of securing event insurance, lining up race directors and sorting through dozens of applications for scholarship awards.

The Club's premier event – which used to be known as the Humpy's Marathon – promises to be bigger and better than ever. Race Director Mike Halko has expanded it into six separate events known as the Big Wild Runs, with a marathon, marathon walk, four-person marathon relay, half-marathon, 5-K and kid's fun run. Thanks to Mike and all the generous sponsors he's lining up for this Aug. 17 fun-filled day.

A reminder to please renew your ARC membership for the bargain price of \$15 for individuals and \$25 for families.

We welcome your suggestions, and please consider volunteering for one of our many events.

David Ramseur
President
Anchorage Running Club

cont. from page 2 -- Minutes, Jan. ARC Board Meeting

with Humpy's marathon. Debbie Cropper will contact Mike Halko about this possibility.

Funding for Big Wild Life Runs (Humpy's Marathon plus other events on race day): discussion about opening a separate bank account with \$10,000 for Mike Halko to begin purchasing supplies and services for these races.

ARC Finance Report: 2007 total income of \$72977.78, total expenses of \$70641.26, net for year of \$2536.52, and current balance of \$37485.00

ARC equipment purchases proposed by Ed Wilson: printer and race data entry software. Motion seconded and approved.

Mike Halko requested reimbursement for Greg Dixon's software used to create the ARC and Big Wild Life Runs web pages. Greg indicated that this wasn't appropriate as no expenses had been incurred.

Webmaster honorarium of \$50 per month to help with ongoing costs of developing and maintaining ARC website proposed, seconded and approved. Discussion concerning an additional honorarium for the newsletter editor was tabled for further discussion at a later date.

Scholarships: proposal to award 2 scholarships of \$1500 each to high school seniors in 2008, similar to last years scholarships. Motion seconded and approved. Bonnie and Lupe plan to help refine criteria used to evaluate potential applicants, and to consider advertising the scholarship opportunity on the ARC website.

Peggy Cobey
Secretary
Anchorage Running Club

Minutes of March 06, 2008 ARC Board Meeting

ARC Board Members present: Bonnie Swanson, David Ramseur, Ed Wilson, Greg Dixon, Jim Lieb, Mike Halko, and Peggy Cobey. ARC members present: Charles Utermohle and Ole Jordan. Meeting held at the King Career Center 6-7pm.

Membership update by Charles Utermohle: 124 new/renewed memberships for 2008; of last year's 372 members, 295 have not renewed yet for 2008. Five memberships have used our military rate. Memberships are evenly split between individual and family.

Big Wild Life Runs update by Mike Halko: the BWLR website rocks - thanks Greg!

1. Event Sponsors: Humpys Great Alaska Alehouse-Marathon; Skinny Raven Sporting Goods-Marathon Relay & 1/2 Marathon; Snow City Café-5 K; AK Natural History Museum- 2K Kids Run. A few other significant sponsors that are still pending include the Aurora Show sponsoring Registration, Oxford Metals sponsoring awards and medals for Marathon, 1/2 & 5K, Healthy Futures sponsoring kids bibs and medals. Additional possible sponsors include Kaladi Brothers, Sustainable Running Bags, and Coast Adventure Magazine [possible marathon guide for us].

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cont. from page 3 -- Minutes, March ARC Board Meeting

2. Route Changes: USATF Certificate still current. No change to the marathon or 1/2 marathon relay exchange zones at Postmark Drive and Tatisla Park. There will be teams of 4. The 5K will have to be recertified: outbound 6th Avenue west to H Street, turning right, then turning left on 4th Avenue to Snow City Café, then right on 3rd Avenue, back to H street turning left on to Christianson, to 2nd Avenue, left and out the Coastal Trail. The turn around should be the bench overlooking the Inlet. The Kids Run goes out the same as 5K but from 3rd Avenue turns right on H street returning to the start.
3. April 1st is the target date for the entry form for Big Wild Life Runs to be ready for distribution.
4. A suggestion was made to run an ad in Nordic Ski magazine which will reach about 3000 members.

Financial update by Ed Wilson: the ARC account balance as of 3/2008 is \$38,327.28. There have been limited expenses so far for 2008 since there are no ARC events in the winter months. The Rasmussen foundation has grants available to non-profit organizations. Discussion ensued about applying for a grant for the long term objectives of the Anchorage Running Club. The need for development of a 'budget wish list' for future ARC needs was acknowledged. David Ramseur plans to learn more about this grant.

USATF membership update by Ole Jordan: there would be a \$100 fee for sanctioning of ARC races and listing on USATF's national website. (\$50 to join, \$50 to cover ARC races for 1 year). Charles Utermohle made a motion that ARC join USATF and pay the \$100 fee. Motion seconded and passed.

Scholarship update by Bonnie Swanson: Bonnie, Lupe Marroquin and Betty Cronin are in the process of revising the scholarship application. The new application will ask additional information from the students focusing on why they have a passion for running, and why they want a scholarship. The application already contains information on academics and achievements. Long range plans are to hopefully offer four \$1500 scholarships instead of the current two \$1500 scholarships per year to high school students. The two additional scholarships may have a component for financial need. This change is being

reviewed.

Website update by Greg Dixon: 1,524 people visited the ARC website from Feb 2, 2008 to March 3, 2008. Analysis of ARC website viewers for this time period: 10% referrals were from Marathon Guide, and 5% from Skinny Raven's website. Greg supplied graphs showing website usage breakdown.

Newsletter update by Jim Lieb: the next newsletter will be printed the first week of April 2008. Please provide submissions the last week of March. Discussion ensued concerning when to stop sending newsletters for memberships that have expired. The April newsletter will be sent to 2007 members that have not yet renewed.

Other notes: Honorarium for newsletter editor discussion continued from last meeting. Greg Dixon and Jim Lieb declined the honorariums that was offered by ARC. Greg Dixon and Jim Lieb were asked to submit costs associated with purchase of materials for development of the website and newsletter, for reimbursement by ARC.

The next ARC meeting will be scheduled sometime in April, date TBA.

Peggy Cobey
Secretary
Anchorage Running Club

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Anchorage Running Club Annual Treasurer's Report

by Ed Wilson

The following is a summary of income and expenses for the calendar year 2007.

2007 Beginning Balance -- \$35,509.33

Income: memberships -- \$6,655.00
7 race events -- \$65,778.60
bank acct. interest -- \$544.18
Total Income -- \$72,977.78

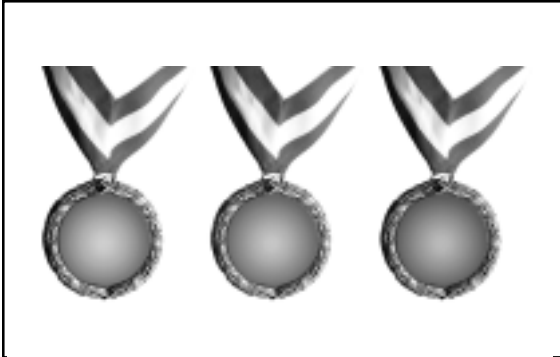
Expenses: equipment, supplies, newsletter,
scholarships, runners calendar,
administration -- \$16,828.46
7 race events -- \$53,812.80
Total Expenses -- \$70,641.26

2007 Ending Balance -- \$37,845.85



Brian Kirchner is a senior at South High School. He ran at the varsity level for the Cross Country Team throughout high school, and was team captain during his senior year. In addition, he ran (and lettered in) track and field during his freshman year. He also excels in Nordic skiing; he lettered all four years at the varsity level for the Nordic ski team, and was team captain during his senior year.

Brian's courage, determination, and commitment to justice shone through in his senior year when he virtually single-handedly changed what he successfully argued before the school board was religious and cultural discrimination by the Anchorage School District. As a result of his efforts, there is now a new official ASD policy preventing all major school activities from being scheduled on important religious dates. His scholastic record is remarkable. His cumulative GPA is 4.39, his SAT scores are all in the 99th percentile, and he ranks second in his class of 459. He has served our community throughout his high school career by serving as attorney, judge, and ethics board member for the Anchorage Youth Court. In addition to his extensive hours at Youth Court, he also volunteered at various events and races while a member of the Alaska Winter Stars.



Running Scholarship Recipients Selected

by Bonnie Swanson
Anchorage Running Club

Earlier this year, the Board voted to confer two \$1500 scholarships, one each to a male and female college-bound runner, in 2008. Funding for these scholarships is provided primarily by profits from the ARC's "Big Wild Life" runs, including the Humpy's Marathon. The selection committee met on Monday, March 24, and chose two high school seniors to each receive a scholarship this year.

The Scholarship Committee selected Anna Dalton from West High School to receive the scholarship for female runners. Anna obviously has a prodigious amount of energy—just reading through her portfolio made this writer want to take a nap. Anna's commitment to running is clear due to her extensive involvement with both the cross-country running

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cont. from page 5 -- Running Scholarship Recipients Selected

and track teams throughout her entire high school career. In addition to obtaining a varsity letter for both teams every year, she also was the team captain for the cross-country team in 2007. She is a well-rounded athlete, evidenced by also lettering in soccer all four years, participating on West's cross country ski team, and voted "most athletic" by her classmates this year.

She also is academically gifted, earning a 4.119 GPA, scoring a total of 2080 points out of 2400 on the SAT, and ranking 14th in her class of 362. She also had enough energy left over after sports and studying to give back to our community by assisting with a tutoring program for Spanish-speaking kids, working in the classroom for the Denali Elementary tutoring program, and helping out at both the Mayor's and Humpy's marathons during all 4 years of high school. In addition to babysitting 5 hours/week during the school year, she works long and hard during the summer at a variety of jobs, including soccer referee, table busser at Orso and Bear Tooth, salesperson for Skinny Raven and Evan's Igloos, and mowing lawns.



Please join the selection committee in congratulating these amazingly talented and hard-working seniors. We are proud to support fine young people such as these, and wish them well.

Running Science & Sports Medicine

Enhancing Running Economy

Research links five training strategies with economical running

Running science evolves, but our views about running do not. We still believe that lactic acid is a "waste

product" which causes fatigue and soreness, even though it is actually a key muscle fuel. We think that high-mileage training is the most-effective way to boost aerobic capacity, even though high-intensity efforts work better. We swallow the idea that low ferritin levels produce tiredness, even though the ferritin-fatigue connection does not exist. We hold fast to the notion that strength training is "anaerobic" and can't boost VO₂max and endurance performance, despite the fact that certain kinds of strength training create major upswings in both aerobic capacity and racing ability.

And we believe that runners gradually become more economical over time by carrying out lots of training. The underlying theory is simply that running tons of miles forces the body to adapt biomechanically in ways which produce the most-economical strides.

Running science has not been kind to this idea, however. In fact, a key study carried out by Russ Pate and his colleagues at the University of South Carolina with 188 experienced runners found that higher training volume was not linked with better running economy at all. This same investigation discovered that running economy was actually negatively correlated with age. In other words, the more years an athlete had been running, the worse was his/her economy.

Exercise science tells us that running more miles does not enhance economy - but that there are five key strategies which do optimize this key physiological variable. First, high-intensity interval training can get the job done. In various inquiries, interval training at intensities ranging from 93 to 106 percent of VO₂max has been linked with significantly upgraded running economy. In a study conducted by Veronique Billat and her colleagues from the University of Lille in France, just four weeks of training featuring interval sessions at 100 percent of VO₂max bolstered running economy by 6 percent.

Hill training also has a strong effect on economy. In a study carried out at the Karolinska Institute in Stockholm, Sweden, marathon runners who added twice-a-week hill workouts to their training regimes over a 12-week period advanced economy by about

3 percent.

Strength training can boost economy in endurance runners. An inquiry conducted at the University of New Hampshire with experienced, female distance runners found that a 10-week strength-training program enhanced economy by about 4 percent at 10-K race pace. The strengthening exercises in this investigation included squats, leg presses, bench step-ups, straight-leg and bent-leg heel raises, knee flexions, knee extensions, lunges, and a variety of core and upper-body routines.

Explosive training (combining reps of very fast running with high-speed, running-specific strengthening movements, including hops, jumps, bounds, and downhill sprints) is also great for enhancing economy. Research carried out by Leena Paavolainen, Heikki Rusko (at right), and their colleagues at the Finnish Research Institute for Olympic Sports has linked nine weeks of explosive training with an 8-percent gain in economy (the largest ever observed in published research) at 5-K-type running pace.

In this Finnish study, the explosively trained runners ran about 45 miles per week over the nine-week period and improved both running economy and 5-K performance. A second group of runners covered about 70 miles weekly, neglected explosive training, and was unable to advance either economy or 5-K time.

A separate investigation carried out by Rob Spurr and his co-workers at the Human Movement Department at the University of Technology in Sydney, Australia, discovered that just six weeks of explosive drills (with 15 total explosive workouts) enhanced running economy by from 4 to 7 percent at various speeds and upgraded 3-K running performance by almost 3 percent. The explosive movements utilized in this study included split-scissor jumps, depth jumps, double-leg hurdle hops, single-leg hurdle hops, squat jumps, and various bounding and hopping drills. The pervading theme for all of the exercises was to produce as much force as possible with the least amount of ground-contact time.

Finally, a significant reduction in training mileage can often enhance running economy (a finding which is

just the opposite of the traditional view). In one study, a seven-day volume reduction which contained an essential core of high-intensity training improved 5-K performance by 3 percent and running economy by 6 percent in a group of well-trained endurance runners. The overall strategy blended an 85-percent reduction in weekly mileage with 400-meter intervals conducted at close to race pace. Reductions in mileage are sometimes referred to as “tapers,” but tapering periods are usually associated with impending races, and the truth is that volume reductions can be inserted at any point in a runner’s overall schedule (not just before competitions), with very positive results.

Running economy is a strong predictor of performance, and thus it is an attribute which an endurance runner should work on throughout the year. By progressing steadily through general strengthening, running-specific strengthening, hill training, and then explosive work, by blending high-quality, pure running training with these forms of strengthening, and by strategically inserting periods of reduced mileage into the overall training scheme, a runner can be certain that running economy is moving in the right direction.

Owen Anderson
Running Research News
November 2007

Hydration - Practical Guidelines

Endurance athletes know that proper training, recovery, nutrition, and the right race plan are all important for success. The same is true for hydration.

Proper hydration can not only improve your performance, but is essential for reducing the risk of heat illness (such as heat exhaustion and heat stroke) and hyponatremia (a dangerous condition caused by a low level of sodium in the blood).

Endurance athletes lose substantial volumes of fluid in sweat, urine, and respiration, losses that can range from 3 quarts (liters) to over 10 quarts (liters)

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each day. Fluid loss – particularly from sweating – varies widely among athletes, as does electrolyte loss – especially sodium. For example, some endurance athletes are light sweaters and lose relatively little fluid and electrolytes during each hour of activity. But others sweat a lot and can dehydrate quickly if their drinking does not keep pace. To add to the variation in sweat responses, your sweat loss can change dramatically from one day to another depending on the environmental conditions, your exercise intensity, your heat tolerance, your clothing and other equipment worn, and your hydration status.

Protecting your hydration status is the easiest and most important way to protect your performance. Dehydration impairs your ability to get the most from your body during training and competition. It's impossible to adapt to dehydration and even moderate dehydration has a negative effect on performance. So, replacing lost fluids and electrolytes is an obvious way to help you get the most out of your body.

So what should you do about hydration?

The simplest advice is to drink enough during exercise to minimize dehydration (weight lost during exercise), but avoid the over-drinking (weight gain during exercise) that can increase the risk of hyponatremia.

But how much is enough? That depends on how much sweat you're losing. You can develop a good sense of your fluid replacement needs by stepping on a scale before and after workouts. If you lose more than 2% of your body weight (e.g., 3 lb for a 150-lb athlete), increase your fluid intake the next time out. If you've gained any weight at all, cut back in future sessions. After some trial and error, you'll become good at gauging your hydration needs under varying conditions.

It's also important to ensure adequate sodium intake during periods of heavy training and in the days leading up to races, as well as on race day. Electrolyte losses – especially sodium – can be large, at times exceeding the equivalent of one teaspoon of salt lost in a two-hour workout. If you are a heavy sweater or if you finish workouts with your skin and clothes caked with white residue, your diet should contain

enough salt to replace those losses. Salting your food to taste is encouraged; during training runs and on race day, favor sports drinks over water to replace some of the sodium lost in sweat. To make sure that your hydration plans work for you, here are some tips to keep in mind.

- *You're unique, so don't copy what others are doing. Some athletes will need less fluid than you do, while others will need more. Weighing yourself periodically before and after a workout makes it easy to fine tune your hydration need. It's wise to stay well hydrated throughout the day, but remember that you're a human, not a camel, so don't quaff large volumes of fluid.*
- *Heed the color of your urine; if it's light yellow, like lemonade, that's usually a sign of good hydration. Crystal-clear urine often indicates over-hydration and the need to cut back. Dark urine (like the color of apple juice) signals dehydration and the need to drink more.*
- *During periods of heavy training, you can help protect your hydration status by asking yourself three questions each morning: 1) Am I thirsty? 2) Is my urine dark yellow? 3) Is my body weight down more than 2% from the day before? If the answer to at least two of those questions is "yes", you are probably dehydrated and need to increase your fluid intake during the day. No need to overdo it though. An extra quart or 2 spread over the day may be all you'll need to rehydrate*
- *During exercise, drink small volumes of fluid at regular intervals. Athletes who lose little sweat might only have to drink 14 oz each hour – roughly 3-4 oz (100 ml) every 15 minutes. Athletes who sweat a lot might require four or more times as much. That wide range is why it's essential to determine your hydration needs during training. You can choose to drink both water and sports drinks during exercise. Properly formulated sports drinks contain the water, carbohydrate, sodium, and other electrolytes needed.*
- *Research shows that a carbohydrate intake of roughly 0.5 gram per pound of body weight (1 g/kg) during each hour of exercise improves performance by providing muscles with extra energy. For example, a 121-lb (55-kg) female athlete should ingest around 55 grams of carbohydrate per hour of exercise. That carbohydrate can come from sports drinks, carbohydrate gels (with sufficient water- about 16-oz water per packet of gel), or other sources of carbohydrate. There is no ben-*

efit in exceeding 0.5 grams of carbohydrate per pound per hour (1 g/kg/hour) because the body has a limited capacity to burn the carbs ingested during exercise. As a means of comparison, 1 quart (1liter) of Gatorade contains 60 grams of carbs.

- *Be ready to alter your fluid intake based on the conditions of your workout or competition. If it's hotter or colder than expected, adjust your fluid intake accordingly. The same is true if you find yourself working out easier or harder than expected. Lighter intensities generally mean less sweat loss and therefore less fluid should be consumed.*
- *After your workouts and competitions, have something to drink if you're thirsty. There's usually no rush to rehydrate unless you are significantly dehydrated (loss of body weight > 2%). If you did lose more than 2% of your body weight and are planning to exercise again that day or the next, plan on drinking roughly 20-24 oz for every pound (16 oz; 0.454 kg) you've lost. Your body needs the extra fluid to help make up for the urine you'll lose before your next bout of exercise.*
- *If you feel that you have hydrated properly during the race but you're still not feeling well (throbbing headache, nausea, upset stomach, bloated hands or feet, wheezy breathing), do not drink until after you've begun to urinate. If your symptoms persist, seek medical attention.*

Gatorade Sports Science Institute, April 2006

ARC's Brand New Big Wild Life Runs

Humpy's Marathon & Marathon Relay

Skinny Raven ½ Marathon

Snow City Café 5K

AK Natural History Museum Run for your Life 2K

Always the third Sunday of August! It's the ARC's only Fund Raiser. It's interesting to note that the club has been providing two 1500 dollar scholarships to high school students based upon their athletic, academic and community service record. It would be nice to double that number. Plus, each

year we give generously to high school cross country teams that assist with course monitoring. Yes, we also have equipment to purchase, maintain, and store for our events. Loads of it have been used by other races over the years for modest fees or exchange of services. "Thank and Support our Sponsors!"

The Latest Buzz! Paper applications will be available mid April. We will continue to have great door prizes for all the events. How's this for a teaser in the 5K....Studio One Pilates has a ladies treat for athletes over 30, "The Pilates Purse." It's their Health and Fitness Package and includes a purse from Her Tern that has certificates for a Pilates "Boot Camp," Rolfing Session and Acupuncture Treatment. OK, guys 30 and over will have a chance for something cool for you too. Call it a Tool Box Kit....contents to be determined but worth while. Both will be randomly drawn from the finishers of the 5 K. Yes younger age groups will have neat stuff too.

The Aurora Show is also back as our Registration Sponsor and will have lots of door prizes plus the reduced entry fee to their spectacular show at the PAC with the presentation of a race bib from any event. We are also working on a special treat that may be announced in the next newsletter stay tune.

Kaladi Brothers Coffee Company is helping us "Go Green" with Sustainable Running Swag Bags. Very cool look for recycling of cups at water stops too! Every little bit helps the planet.

Aide station sponsors include Joint Effort Physical Therapy, Artic Rose Gallery, and Covy Café. We can use more, so please contact me at my email mghalko@yahoo.com And yes, it's true, our shirts will be technical in 2008!! SWEET!!

Finally, let's kick off the season with some fun with our hero sponsor HUMPYS. Join me on April 30th 7:00 PM at their Great Alaska Ale House, informal fun.... and music starts at 9:00. Drop me an email if you plan to attend. Yes, there will be some door prizes. Keep Striding and Smiling.

Mike Halko
BWLK Race Director.

Anchorage Area Training Groups

1) Peak Performers Track Club [PPTC]

meet: Tuesday 6PM at APU Moseley Sports Center, April 01 and 08; West High track, mid April through September.

cost: \$50 one, \$85 family of two, \$110 three or more membership: approx. 75

coach: Chester Franz, 274-5050

contact: Kim Baldwin, 274-1061

www.peakperformerstc.org

Training and conditioning for adults of all levels of fitness, with individualized programs available.

2) Multisport Training of Alaska

meet: Group 1: Tuesdays 9:45AM, April 1 - August 12; at The Dome through April, then the West High track. This group moves to 12 noon on May 27.

Group 2: Tuesdays 6:45PM, April 1 - August 12; at The Dome until about mid-April, then Service High track.

cost: both groups are \$125 and you can switch back and forth.

membership: approximately 150 between the two groups.

coach: Lisa Keller, 563-5804 or lisa@gci.net

www.multisporttrainingak.com

Track workouts focusing on technique, pace, and speed for runners and triathletes. Men and women of all abilities are welcome.

3) Exceed Women's Running Team

meet: Tuesday, 6:00 PM, April through August at various locations from Kincaid to Hilltop. Track workouts at Wendler Middle School.

cost: \$100

membership: approx. 75

coaches: Kristi Waythomas, 333-3921 or

waythomas_kristi@asdk12.org;

Jill Follett, 346-2294 or eric.follett@acsalaska.net

www.RunEXCEED.com & runexceed@gmail.com

Interval training and off-track workouts for women ages 18 and up. All skill levels welcome.

4) Valley Women's Running Team

meet: Tuesday, 5:45PM, April through mid-August at: Palmer High track; Thurs, trail runs at various locations.

cost: \$120

membership: approx. 60

coaches: Rhonda Knopp, Kristin Wolf, 373-3975

Runners of all ability levels welcome.

5) Team Alaska Track Club [TATC]

During the summer, informal workouts for the emerging elite; times and locations vary.

Contact Joe Alward, alward_joe@asdk12.org

TATC Winter Training Program

meet: 3:30PM - 5PM at The Dome [Raspberry Rd.]

Session 1: Mid-October to Mid-December;

Session 2: Mid-January to Mid-March;

cost: \$50/per session, pays for TATC membership; each member is responsible for their own Dome fees.

membership: approx. 25-50

coaches: Joe Alward (distance running),

alward_joe@asdk12.org, or Thaddeus Chimielewski

(sprints/jumps), chimielewski_thad@asdk12.org

Certified Level I & II coaches directing training for

distance running or for sprints and jumps. Open to

all ages and abilities.

6) Alaska Mountain Runners [AMR]

AMR does not charge a membership fee and does not have organized training workouts.

AMRers informally, but regularly, do get together for training runs.

Contact AMR at akmtntnrun@hotmail.com.

www.alaskamountainrunners.org

7) J C's Training Group.

meet: Tuesdays 6PM at Skinny Raven Sports, April 29 through August.

cost: \$125

membership: up to 20.

coach: John Clark, 274-7222

Tempo and interval work tailored for each individual's level and goals.

In addition to these seven groups there are a number of running related groups that train in the area. These require skills in addition to those used in running. There is triathlon training -- if interested, try contacting Bill or Sheryl Fleming, moflem@acsalaska.net. And there are a couple of eco-challenge type of training groups in the area, including Adventure Racing, www.egadalaska.com, and Hammer Adventure Racing, www.hammeradventurerace.com.

Wednesday, May 14, 2008, 6PM, Woronzof Parking Lot, W N. Lts.

DO RUN-RUN 4 Miler

Presented by Anchorage Running Club

A fairly flat and scenic course starting and finishing near the Woronzof Parking Lot and running out and back south along the Coastal Trail. There will be trophies and ribbons for the winners, and cookies for everyone.

Entry Fee: **FREE** to 2008 Anchorage Running Club members (Membership is Jan thru Dec)

If not a 2008 paid member include **\$15** individual, **\$25** family, or **\$10** military membership.

-- entitles you to run this and 4 other 2008 ARC races for free

MAIL ENTRY: (this really helps us)

BEFORE MAY 08, 2008

Mail to:

Anchorage Running Club

P.O. Box 243362

Anchorage, AK 99524-3362

QUESTIONS AND VOLUNTEERS CONTACT:

Race Director: Bonnie Swanson

bbswanson@gmail.com

351-4219 or

ARC contact: (907) 258-5753

email: info@anchoragerunningclub.org

Bib Pickup & In Person Entry: 5:00 – 5:45 PM on Wednesday May 14 at **Pt Woronzof**

COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15 INDIVIDUAL, \$25 FAMILY, OR \$10 MILITARY IF NOT A PAID MEMBER FOR 2008

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ ZIP Code _____

Birthdate (Mo/Day/Yr) _____ Age on 5/14/08 _____ Male _____ Female _____

Paid Up 2008 ARC Member : YES _____ NO _____ (enclose fee)

2008 ARC Membership: Individual - \$15 Family - \$25 Military - \$10 Ck if Wheelchair _____

Waiver (must be signed): In consideration of my entry, I, for myself, my executors, administrators and assignees, do hereby release and discharge Anchorage Running Club, Municipality of Anchorage, and race officials and volunteers from all claims of damage, demands, and actions whatsoever in any manner as a result of my participation in this event. I do attest and verify that I have full knowledge of the risks involved in this event, I am physically fit and sufficiently trained to participate in this event. Applications for minors (under the age of 18) will be accepted only with a parent's signature.

Signature (Guardian if less than 18 years of age)

Date

BIB # _____
\$ _____

Mail Entry by May 08th (or in person registration & bib pickup on race day – See above)

Saturday, May 24, 2008, 9:00 A.M., Westchester Lagoon, 15th Ave. & U St.

TRENT/WALDRON GLACIER HALF-MARATHON

Presented by Anchorage Running Club

A flat, fast, and scenic course starting and finishing at Westchester Lagoon with loops along Chester Creek Trail to Tikishla Park and the Tony Knowles Coastal Trail to Earthquake Park. The 13.1-mile course is USATF sanctioned and certified (AK94-001FW). Five water stations. Mugs are awarded to those improving their Glacier Half-Marathon personal record. This task is made easier by the introduction of age-graded timing. Each competitor is mailed complete race results. Full five-year age group and age-graded awards.

MAIL ENTRY: (this really helps us)

BEFORE MAY 20, 2008 Mail to:
TWG HALF MARATHON
5021 Southampton Dr.
Anchorage, AK 99504

QUESTIONS AND VOLUNTEERS CONTACT:

Race Directors: John Pontarolo: jpontarolo@gmail.com
Charles Utermohle: thule@alaska.net
561-1662

Bib Pickup & In Person Entry: 4:30 – 6:30 PM on Friday May 23 at **Skinny Raven Sports**.

Day of race bib pickup and late registration 7:45 - 8:45 AM at Westchester Lagoon.

COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15 INDIVIDUAL, \$25 FAMILY, OR \$10 ACTIVE MILITARY, IF NOT A PAID MEMBER FOR 2008.

_____	_____	_____	
Last Name	First Name	MI	

Address			

_____	_____	_____	
City	State	ZIP Code	

_____	_____	_____	_____
Birthdate (Month/Day/Year)	Age on 5/24/08	Male	Female
(Birthdate required for Age Graded Timing)			

Entry Fee: **FREE** to 2008 Anchorage Running Club members (Membership is January to December)

If not a 2008 paid member include **\$15** individual, **\$25** family, or **\$10** military membership

RACE FEE: Check One

FREE _____ \$15 _____ \$25 _____ \$10 _____
2008 ARC PAID MEMBERS ARC Individual Fee ARC Family Fee ARC Active Military Fee

Waiver (must be signed): In consideration of my entry, I, form myself, my executors, administrators and assignees, do hereby release and discharge Anchorage Running Club, Municipality of Anchorage, and race officials and volunteers from all claimes of damage, demands, and actions whatsoever in any manner as a result of my participation in this event. I do attest and verify that I have full knowledge of the risks involved in this event, I am physically fit and sufficiently trained to participate in this event. Applications for minors (under the age of 18) will be accepted only with a parent's signature.

Signature (Guardian if less than 18 years of age) Date BIB # _____
\$ _____

Mail Entry by May 20th (or in person registration & bib pickup – see above)

MUGWUMPS 10K ENTRY FORM

WED JUNE 18, 2008

Join the Mugwumps 10K at Pt Woronzof, Anchorage, AK. This will be the 23rd running of the mugwumps, and the eighth year it has been sponsored by Anchorage Running Club. Entry in the race is free for all ARC members. Membership is \$15/year for individual membership, \$25 for a family, or \$10 for active military. However, members who have run a 10K in under 45 minutes need not apply -- they are not eligible to run. And if on race day, you finish the mugwumps in under 45 minutes, you also will not be invited back (except to volunteer).

Mugwumps was the inspiration of Jay Caldwell and Tim Middleton. The name 'mugwumps' was a political term heralding from the 1870-80's. A person was said to be mug on one side, and wumps on the other, unable to commit to either political view... as some of us have trouble deciding whether we are serious runners or do it just for fun.

The Mugwumps is run on the coastal trail with a start time of 6 pm. The course is out and back starting at the entrance to Pt. Woronzof parking lot. The turn around point is beyond the wooden bridge. There will be water available at the turnaround only. Join in, have some fun, and risk never being invited back!

Peggy Cobey, Race Director, 243-6939, or peggysteve@acsalaska.net

NAME_____

MALE_____ **OR** **FEMALE**_____

AGE ON RACE DAY_____

WAIVER: In consideration of your acceptance of my entry, I the undersigned, intend to be legally bound, and hereby myself, my heirs, executors and administrators, waive and release all rights and claims against the persons or organizations sponsoring or affiliated with the run, their representatives, successors and assignees. I attest that I am physically fit for this event.

SIGNATURE_____

Sunday, July 13, 2008, 11AM, Kincaid Bunker.

Boondocks Breakaway 5K

Presented by Anchorage Running Club

A scenic course along the trails of Kincaid Park starting and finishing near the Kincaid Bunker. There will be trophies and ribbons for the winners, and cookies for everyone.

Entry Fee: **FREE** to 2008 Anchorage Running Club Members (membership is Jan thru Dec)

If not a 2008 paid member include **\$15** individual, **\$25** family, or **\$10** military membership.

-- entitles you to run this and 4 other 2008 ARC races for free

Day of Race Registration Only

QUESTIONS AND VOLUNTEERS CONTACT:

Race Director: Betty Cronin: 561-0297, email: blcronin@gci.net

or ARC contact: 258-5753, email: info@anchoragerunningclub.org

Bib Pickup & In Person Entry: 10-1045AM on Sunday, July 13 at **Kincaid Bunker**

COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15 INDIVIDUAL, \$25 FAMILY, OR \$10 ACTIVE MILITARY, IF NOT A PAID MEMBER FOR 2008

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ ZIP Code _____

Birthdate (Mo/Day/Yr) _____ Age on 7/13/08 _____ Male _____ Female _____

Paid Up 2008 ARC Member : YES _____ NO _____(enclose fee)

2008 ARC Membership: Individual - \$15 Family - \$25 Active Military - \$10

Waiver (must be signed): In consideration of my entry, I, for myself, my executors, administrators and assignees, do hereby release and discharge Anchorage Running Club, Municipality of Anchorage, and race officials and volunteers from all claims of damage, demands, and actions whatsoever in any manner as a result of my participation in this event. I do attest and verify that I have full knowledge of the risks involved in this event, I am physically fit and sufficiently trained to participate in this event. Applications for minors (under the age of 18) will be accepted only with a parent's signature.

Signature (Guardian if less than 18 years of age)

Date

BIB # _____
\$ _____

ANCHORAGE RUNNING CLUB
2008 MEMBERSHIP APPLICATION
Membership term is January 1 to December 31, 2008
complete and mail

[You may also join or renew online at www.anchoragerunningclub.org]

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

HOME PH: _____ WORK PH: _____

FAMILY MEMBERS: _____

DATE(S) OF BIRTH: _____

E-MAIL ADDRESS: _____

\$15 for Individual Membership (NEW member ___ RENEWAL ___)

\$25 for Family/Couple Membership (NEW member ___ RENEWAL ___)

\$10 for Active Military Membership (NEW member ___ RENEWAL ___)

All events are run by volunteers. WE NEED YOUR HELP! Please help your club
and check below to volunteer!

(YES, I will help this year ___)

Make checks payable to and mail to: Anchorage Running Club
PO Box 243362
Anchorage, AK 99524-3362



Race Director Mike Halko relaxing
2005 in California's OakWoodland -
aka the Auburn International 1/2 Ironman



The new logo for our former Humpy races

**2008 Running Events Sponsored By
The Anchorage Running Club**

May 14, Wed. - Do Run-Run 4 Miler
May 24, Sat. - T/W Glacier Half Marathon
June 18, Wed. - Mugwumps 10K
July 13, Sun. - Boondocks Breakaway 5K
July 23, Wed. - Masters' 5K / 10K
Aug. 17, Sun. - Big Wild Life Runs: M, 1/2M, 5K
Oct. 04, Sat. - BBNC Oktoberfest 5K / 10K

Editor's Note:

In addition to local running news about recently completed races, upcoming races and special events and issues, the *Finish Line* will attempt to provide one or two relevant *Running Science & Sports Medicine* articles in each of this year's newsletters, provided there is available space.

Readers are encouraged to provide feedback, suggestions, articles and running-related photos.

Send to: Newsletter Editor, warringking@gci.net
or Phone: 907-677-1336

ANCHORAGE RUNNING CLUB
P.O. BOX 243362
ANCHORAGE, AK 99524-3362