



FINISH LINE

Newsletter Of The Anchorage Running Club

Volume 17 Number 2 -- April 2005

President's Corner

Happy Spring to all of you! Much has happened in the ARC over the winter and now's a good time to bring you all up to speed.

As you will probably take note, we have a new Newsletter Editor in the persona of Jim Lieb. Those of you who partake of Chester Franz's Peak Performers Tuesday night track group know Jim as the fellow who gets folks warmed up with a foot drill session prior to the actual workout. Jim also puts out an informative weekly electronic newsletter on running groups and related happenings in the area. When former Board member Paul Mikels had to step down - he was our prior newsletter editor - Jim stepped up and this is the first "Finish Line" edition that he has put together. Thanks to Jim for his efforts, which we hope you will enjoy.

While Paul had to step down, he agreed to finish the task he started, involving your membership cards. When you come to the five 2005 free ARC events, all you'll have to do is show your card and perhaps sign a waiver form - no more filling out registration

forms! Oh, we might ask you for your age, too. We hope this speeds up the process, and we'll have our first chance to find out on Wednesday, May 18, with our first event of the season - the Do Run-Run, freshly relocated from its August time frame! Come down to Point Woronzof between 5:00 and 5:30 p.m., get your race number, and have a run on the Coastal Trail. Race Director Joan Landis and crew are going to put on a fine event, so please take advantage of your membership and participate!

On the Saturday of Memorial Day weekend, we will conduct the Trent-Waldron Glacier Half-Marathon, a 13.1-mile loop course starting and finishing at Westchester Lagoon. This race honors the memories of Marcie Trent and Larry Waldron. It's also a great tuneup for the Mayor's events which take place in June. Another free event, so come on down in time for the 9:00 a.m. start!

You can read more about all of our events by visiting the club web site at www.anchoragerunningclub.org.

While you're all running a half-marathon on Memorial Day weekend, I'll be realizing a long-held dream as I take part in the second annual Mackinac Memorial Bridge Run, a lovely little jaunt across a 5-mile long suspension span linking the two peninsulas of Michigan. I've always wanted to see "Mighty Mac", and now I'll not only get that chance, but also the cherished "close encounter of the third kind". This will make great fodder for an upcoming "President's Corner"!

As it is, I am in somewhat of a training mode, and during my 30-year college (Duke University) reunion in April, I ran the "Run for the Lemurs 5K", to benefit the primate research facility at my beloved alma mater. We won't discuss my time, but

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Anchorage Running Club

P.O.Box 243362

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www.anchoragerunningclub.org

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VicePresident: John Pontarolo
Secretary: Peggy Cobey
Treasurer: Ed Wilson

Board of Directors:
Elizabeth Cronin
Sara L. Plotnick Epstein

Club Haberdasher: Sara L. Plotnick Epstein
Webmaster: David Epstein
Newsletter Editor: Jim Lieb

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in January, April, July and October.

Alaska Chapter of USATF, 2005

by Sven [Ole] Jordan, President

2005 will be a busy year for USATF-AK, with a long list of activities and events.

USATF-AK manages the Flint Hills Series that is a grand prix style scoring system where points are given based on finish place in two categories, age points and open points. There are six events in the series this year: Glacier Half, Skinny Raven Mile, Bear Paw 5K, Alaska Serigraphics 10K Classic, Humpys Marathon, and Men's 5 Miler for Cancer Research.

USATF-AK sanctions many local races, including mountain runs that are put on by the Alaska Mountain Runners. Should there be a problem at a sanctioned event, USATF will act as arbitrators -- concerning such issues as pacing, prize money, etc. USATF is regularly brought in nationally to arbitrate in the lower 48, but here in Alaska it has been a number of years since they have last been used for this purpose. Another benefit of the sanction program is insurance. USATF sanctions act as a

nation-wide race policy that helps to keep insurance rates reasonable for races.

Local running clubs also benefit from being member clubs of USATF. Like with race sanctioning, USATF also provides insurance for the clubs. Here in Alaska this insurance is necessary to get the school permits to use local middle school and high school tracks. If you are a USATF member and you are hurt at a scheduled practice of a member club, there is supplemental insurance that would kick in should you not have adequate personal insurance.

USATF-AK has teamed with the Curtis Menard Memorial 5K in Wasilla to make this race our State 5K Championship for 2005. Last year was the first year with prize money. There will be prize money offered again this year. The course will be changed this year, and features a roughly 150 foot drop from start to finish -- so fast. The race will finish at the new sports complex in Wasilla and have festivities inside on the turf.

USATF-AK provides officials for all the high school track meets and also does the timing of these events as well. We host an officials clinic to instruct new track and field officials every year. This year Joe Alward and I drove to Fairbanks to work with Running Club North who will manage the High School State Championship for the next three years at West Valley High School. USATF-AK also hosts level 1 coaching clinics every couple of years, and we may have one this coming winter.

We are currently working with the people who will be constructing the new sports dome that will have a 412M track with long jump, triple jump, shot put, high jump areas. The dome development process is coming along, but we are still unsure of the completion date.

We are also hosting the Skinny Raven Mile, All-Comers Track and Field meets. And jointly with the Peak Performers Track Club, we are hosting the Alaska Serigraphics 10K Classic.

And lastly, USATF-AK along with Anchorage Running Club is one of the sponsors of KidzRunning that helps local youth learn the joy of

a healthy life style with fun practices and entry into the All-Comers meets. USATF-AK also administers the Junior Olympics Cross-Country meet in October. Athletes from this event are able to go to regional or national events in the lower 48. There is also regional and a national Junior Olympics track and field meet that a few kids go to, but at this time, we do not have the volunteers needed to put on an Alaska JO track and field meet.

Running Science & Sports Medicine

Can too much exercise make you sick?

by Dr. David C. Nieman

March 2005

A common perception exists that overtraining or participation in lengthy endurance type events can cause athletes to become ill. In fact, results from a survey conducted by the Gatorade Sports Science Institute show that nearly 90 percent of 2,700 high school and collegiate coaches and athletic trainers believe that overtraining can compromise the immune system and make athletes sick.

Can too much exercise really make you ill? A study conducted at the Los Angeles Marathon reveals that this may be the case. Results show that one out of seven runners who participated in the event got sick after it was over. Runners training more than 60 miles a week during the two months before the race, doubled their odds for sickness compared to those training less than 20 miles a week.

But regular moderate training also appears to provide protection against colds. Eighty percent of runners, for instance, reported in a recent survey that they have fewer colds than their inactive peers.

So what's a coach to think? Well, it appears that too much exercise does suppress immune function.

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Anchorage Running Club Treasurer's Report

by Ed Wilson

The following is a summary of income and expenses for the calendar year 2004.

Income:

membership --	\$5,405.00
7 race events --	\$47,515.00
<u>bank acct.interest --</u>	<u>\$167.92</u>
Total Income --	\$53,087.92

Expenses:

equipment, supplies, runners calendar, scholarships, newsletter, administration --	\$9,431.96
<u>7 race events --</u>	<u>\$27,366.24</u>
Total Expenses --	\$36,798.20

Net 2004 Balance -- \$16,289.72



Race Judicata 5K , Westchester Lagoon -- April 24, 2005

cont. from page 3 -- Running Science & Sports Medicine

Although moderate exercise may help protect athletes from sickness, training for too long at too high an intensity appears to make athletes more susceptible to illness.

Laboratory research shows that athletes exercising at a high intensity for 90 minutes or more experience a steep drop in immune function that can last up to 24 hours. The drop in immune function appears to be caused by the elevation of stress hormones released during and following heavy exertion. This is what exercise immunologists believe allows viruses already in the body to spread and gain a foothold.

Rest or exercise when sick? Here are some exercise guidelines for the coach or trainer to follow if an athlete is sick. Remember to always consult a physician if there is any doubt about an athlete's health.

If the symptoms are from the neck up (e.g., nasal congestion from the common cold), moderate exercise should be acceptable.

When symptoms are spread throughout the body, such as a fever, chills or muscle aches associated with the flu, the safest approach is to avoid all exercise until the symptoms are completely gone. At that point, a slow return to a normal exercise routine should be followed.

Never attempt to "sweat out" a feverish illness with intense exercise. In some athletes, exercising when sick can lead to a severely debilitating condition known as post-viral fatigue syndrome. Symptoms include weakness, increased fatigue, frequent infections and depression and can persist for several months or even years.

Based on recent research, good immune function can be maintained by eating a well-balanced diet, drink-



Major's Midnight Sun Marathon , June 19, 2004 -- Post-Race Festivities

ing plenty of fluids, keeping life stresses to a minimum, getting adequate sleep, training at appropriate intensity levels and allowing enough time for recovery.

While some athletes have robust immune systems that can handle substantial training workloads, others may break down at much lower levels. With the help of their coach, each athlete should find their own training threshold and avoid pushing into the zone of immune suppression and increased rates of sickness.

To lowering the risk of immune suppression, sickness and infection, athletes should follow these practical recommendations:

- 1) Keep life stresses to a minimum.
- 2) Eat a well-balanced diet to keep vitamin and mineral pools at optimal levels.
- 3) Use carbohydrate beverages before, during and after race events or heavy training bouts. Studies show that ingestion of carbohydrate beverages during prolonged and intense exercise keeps blood sugar levels up and stress hormones low, resulting in better immune system functioning.
- 4) Avoid overtraining and chronic fatigue.
- 5) Get adequate sleep on a regular schedule.
- 6) Avoid rapid weight loss.
- 7) Avoid putting hands to the eyes and nose (a primary route of introducing viruses into the body).
- 8) Athletes competing during the winter months should get flu shots.

David C. Nieman is a professor in the department of health and exercise science and the director of the human performance laboratory at Appalachian State University in Boone, NC.

Sports Dome Update

by Tom Ojala

The idea of building an indoor sports arena began in the fall of 2003 when Gene Desjarlais, a parent of three children involved in competition soccer and

track realized there was a severe shortage of indoor soccer fields. After conferring with a number of local runners and coaches, Gene determined there was an equally great need for a quality indoor running track. Hence the process started and a *non-profit* entity was formed. Currently the design includes 177,000 square feet of enclosed heated building space with a soccer field larger than the one at Mulchay Stadium and a state-of-the-art 6-lane 411 meter artificial surface running track.

One of the first tasks was to find a suitable piece of property to build the facility.

Through his relationship with Change Point Church, Gene was able to forge an alliance and negotiate a potential piece of property associated with the pending purchase of the defunct fish plant located off Minnesota and Raspberry Road. However, this scenario is not without its challenges.

The sale of the old fish plant and land to Change Point associated entities has not been finalized due to the additional costs associated with code required structural and mechanical upgrades. Gene and associates are in Juneau this week discussing the status of the sale with the Attorney General and trying to work out the remaining issues.

The other hurdle to overcome is a change to the current zoning designation of I1. In order to allow the construction of the sports facility, the proposed property will need to be rezoned I2. This issue was already presented to the MOA Planning and Zoning committee earlier this spring. Their ruling included the requirement to see a fully developed site plan before making a recommendation to the Assembly for approval. The site plan was developed and a workshop is scheduled for May 13 to present the new information. We are asking all individuals who support the construction of this indoor non-profit sports facility to contact via phone, fax, or e-mail the Assembly members listed below and express their interest. The plan is scheduled to be on the Assembly's public topics of discussion at their May 17 meeting. All interested individuals are encouraged to attend and voice their opinion or just listen.

It is critical the assembly approves the rezoning. at this May meeting so construction can begin in mid June and be completed by November. We look

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forward to the successful completion of this community facility.

Anchorage Municipal Assembly Members:

Allan TeschePhone – 258-1747 or
<mailto:teschea@muni.org>

Debbie OssianderPhone -- 688-2308, fax 343-4780
or <mailto:ossiander@gci.net>

Anna Fairclough -- phone/fax 694-7090 or
<mailto:annafair@alaska.net>

Pamela Jennings -- 343-4115, fax 343-4780 or
<mailto:jenningspk@ci.anchorage.ak.us>

Dan Sullivan -- phone/fax 243-0071 or
<mailto:sullivand@muni.org>

Dan Coffey -- 646-7855, fax 274-4258 or
<mailto:dcoffey@coffey-law.net>

Dick Traini -- phone/fax 563-7996 or
<mailto:dtraini@gci.net>

Ken Stout -- 343-4119, fax 343-4780 or
<mailto:stoutko@ci.anchorage.ak.us>

Chris Birch -- 346-3265, fax 343-0202 or
<mailto:chrisbirch@gci.net>

Janice Shamberg -- 343-4124, fax 343-4780 or
<mailto:jcshamberg@gci.net>

Paul Bauer -- 338-8056, fax 334-9693



Artist's Rendition Of The Sports Dome

cont. from page 1 -- President's Corner

I did manage to finish! A classmate of mine and myself event got to meet the Blue Devil mascot, truly a high point of the visit!



Whether you're a runner or walker, competitive or in it for the fun, I hope you will be part of our events this year. Just as important, I hope you will decide to "give back" and help out with our events. If we can get each member to just help out once, we'll save our band of volunteers from "burnout" and maybe even cultivate a new race director or two. Our races just don't materialize by themselves - it takes planning and commitment to make them happen. But if we all pitch in and help, the work is spread out and it can actually be FUN!

Many thanks again, and good running!

David Epstein
President, Anchorage Running Club

Anchorage Area Training Groups

1) Peak Performers Track Club

meet: Tuesday 6PM

at: APU Moseley Sports Center, early April;
West High Track, mid April through Sept

cost: \$45

membership: approx. 75

coach: Chester Franz, 274-5050

contact: Linda Grover, 276-8982

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

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2) Multisport Training of Alaska, Running Group

meet: Tuesdays 630PM., April 4 - August 16, and
Tuesdays 12 noon, June 14 - August 30.

at: 630PM workout at Service High Track; 12
noon workout at Wendler Middle School Track.

cost: \$120 for evening group (can switch over to
noon group in June); \$70 for the noon group.

membership: 100 signed up, 20 - 50 show up at any
one time

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

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

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3) Exceed Women's Running Team

meet: Tuesday, 6:00 pm

at: Wendler Middle School track and various trails
around town

cost: \$100 April through August

membership: approx. 75

coaches: Kristi Waythomas 333-3921 or

waythomas_kristi@asdk12.org; Jill Follett

346-2294 or eric.follett@acsalaska.net

Interval training and off-track workouts for women
ages 18 and up. Pot lucks. Popsicles on hot days.

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4) Valley Women's Running Team

meet: Tuesday, 5:45PM

at: Palmer High track; Thurs, trail runs, various
locations.

cost: \$110 April through August

membership: approx. 60

coaches: Rhonda Knopp, Kristin Wolf, 373-3975

contact: Barb Howard, 745-0868

Runners of all ability levels welcome.

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**2005 Running Events Sponsored By
The Anchorage Running Club**

- May 18, Wed. - Do Run-Run 5K / 10K
- May 28, Wed. - Trent-Waldren Glacier
Half Marathon
- June 22, Wed. - Mugwumps 10K
- July 10, Sun. - Boondocks Breakaway 5K
- July 27, Wed. - Masters' 5K / 10K
- Aug.21, Sun. - Humpy's Marathon, Half
Marthon & 5K
- Oct. 01, Sun. - BNN Octoberfest 5K / 10K
<Run For Beans>

cont. from page 7 -- Anchorage Area Training Groups

5) Team Alaska Track Club

During the summer, informal workouts for the emerging elite; times and locations vary.
Contact Smokin' Joe Alward, 272-9907

TATC Winter Training Program

meet: October thru March; 4PM - 530PM
at: Bartlett High School, Blue Hall

(will move to new dome when available)

cost: \$150/per session, includes USATF and TATC membership; Session 1: Oct- Dec; Session 2: Jan- Mar.;

membership: approx. 50-75

coaches: Joe Alward (distance running) 272-9907; or Tom Light (Sprints/Jumps) 694-4623

Certified coaches directing training for distance running or for sprints and jumps. Open to all ages and abilities.

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6) Alaska Mountain Runners

AMR does not charge a membership fee and does not have organized training workouts. They will be sponsoring and administering 3 mountain races in 2005: Bob Spurr Memorial Hill Climb (Bird Ridge) on June 19, Max's Mountain Run on July 23, and

Alyeska Classic Mountain Run on August 13. AMRers informally, but regularly, do get together for training runs.

Contact AMR at akmtnrun@hotmail.com .

Register on-line for AMR races at www.alaskamountainrunners.org

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7) J C's Running Team.

meet: Tuesdays 6PM

at: Bartlett High Track

cost: \$125, April though Mid August

membership: up to 20. This cap hasn't been reached this year; if interested, contact the coach.

coach: John Clark, 274-7222

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

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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 and running-related photos.

Send to: ARC Newsletter Editor, P.O.Box 243362, Anchorage AK 99524 -- Phone: 677-1336



Tuesday Evening Track Workout, West High -- Summer 2004

Saturday, May 28, 2005, 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 USA Track & Field sanctioned and certified (AK2001FW). 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.

Entry Fee: **FREE** to 2005 Anchorage Running Club members (Membership is Jan to Dec)
If not a 2005 paid member include **\$15** for individual or **\$25** for family membership.

MAIL ENTRY: (this really helps us)
BEFORE MAY 23, 2005 Mail to:
TWGH HALF MARATHON
4023 Hampton Dr.
Anchorage, AK 99504

QUESTIONS AND VOLUNTEERS CONTACT:
Race Director: John Pontarolo: jpont@gci.net
337-2142

Bib Pickup & In Person Entry: 4:30 – 6:30 PM on Friday May 27, 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 OR \$25 FAMILY IF NOT A PAID MEMBER FOR 2005.

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ ZIP Code _____

Birthdate (Mo/Day/Yr) _____ Age on 5/28/05 _____ Male _____ Female _____

Check If First Glacier-Half _____ Paid Up 2005 ARC Member: YES _____ NO _____

2005 ARC Membership **Individual - \$15** **Family - \$25** (Enclose Fee)
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 23th (In person registration & bib pickup – See above) \$ _____

Wednesday, May 18, 2005, 6PM, Woronzolf Parking Lot, W N. Lts.

DO RUN-RUN 5K & 10K

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 2005 Anchorage Running Club members (Membership is Jan to Dec)
If not a 2005 paid member include **\$15** for individual or **\$25** for family membership.
-- entitles you to run this and 4 other 2005 ARC races for free

MAIL ENTRY: (this really helps us)
BEFORE MAY 13, 2005 Mail to:

Anchorage Running Club
P.O. Box 243362
Anchorage, AK 99524-3362

QUESTIONS AND VOLUNTEERS CONTACT:

Race Directors: Joan Landis or Carrie Erickson:

jlandisrunner@msn.com

243-3954

thule@alaska.net

561-1662

Bib Pickup & In Person Entry: 5:00 – 5:45 PM on Wednesday May 18, at **Pt Woronzof**

COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15
INDIVIDUAL OR \$25 FAMILY IF NOT A PAID MEMBER FOR 2005.

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ ZIP Code _____

Birthdate (Mo/Day/Yr) _____ Age on 5/18/05 _____ Male _____ Female _____

Paid Up 2005 ARC Member : YES _____ NO _____ (enclose fee)

2005 ARC Membership **Individual - \$15** **Family - \$25** 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 13th (In person registration & bib pickup – See above)

ANCHORAGE RUNNING CLUB

P.O. BOX 243362

ANCHORAGE, AK 99524-3362