



# FINISH LINE

## Newsletter Of The Anchorage Running Club

Volume 17 Number 3 -- July 2005

### President's Corner

Greetings.

I hope this column finds you enjoying a great summer running season in Alaska! Our fabulous weather so far (knock on wood) certainly has been conducive to that end.

By the time you read this newsletter, we'll be roughly a month out from the 2005 Humpy's Marathon, Half-Marathon, and 5-K (on Sunday, August 21). Included in this newsletter is an entry form you can use to register for the event. We always encourage people to register early - but this year, it's taking on a new significance. If we don't have your entry form in hand by Saturday, July 30, you'll have to pay the higher "late registration" fee. We moved the early deadline back a few weeks so that all who register by July 30 will get the t-shirt size specified on their entry form (which hopefully will fit to their satisfaction!). So please, if you intend to participate in Humpy's, fill out that form and mail it in so it will be in the club mail-box by Saturday the 30<sup>th</sup>. You can also register on-line at

Active.com. There is a link to the Active site on the event web page, [www.humpysmarathon.com](http://www.humpysmarathon.com). Again this year, all three events will start and finish on West 6<sup>th</sup> Avenue in front of Humpy's Great Alaskan Ale House.

Club members received an email from Humpy's Race Director a few weeks ago, asking for volunteer help. We really need many hands to make this collective task any easy. Humpy's is our signature event and we want to make the 2005 race a great one - again - for our visitors, our locals, and our presenting sponsor. **PLEASE** help out if you can - let us know you can by sending an email so stating to: [volunteer@humpysmarathon.com](mailto:volunteer@humpysmarathon.com). It's the only way we can put on a good event.

In mid-May I attended the annual convention of the Road Runners Club of America (RRCA). RRCA is the national umbrella organization that represents grass-roots running, i.e., local clubs such as ours. This year the affair was in New Orleans and the host club (New Orleans Track Club) did a great job of providing a venue conducive to getting work done and also arranging several great fun runs. For instance, we ran a 5K run along a course in the nation's largest cemetery. As New Orleans is below sea level, their cemeteries feature above-ground structures in which the coffins are placed. This race was a different experience for me! Another run was along one of the flood control projects that get called into action when the big storms hit. The business session this year was fast and efficient, free from the acrimony of the past. The RRCA has now merged back with the group that broke off two years ago, and we are in the final stages of replacing our executive director. Finally, I was pleased and honored to be re-elected to another two-year as Director At Large.

I said earlier that I was going to run across the

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## **Anchorage Running Club**

P.O.Box 243362

Anchorage, Alaska 99524-3362

www.anchoragerunningclub.org

ARC Hotline: (907) 258-4964

President: David Epstein  
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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ARC board originally authorized two scholarships, \$1000 for a male and \$1000 for a female. The committee spent considerable time evaluating and discussing in an attempt to make a final decision from several top qualifiers. The committee concluded there were two female students who met and exceeded the judging criteria and believed both exemplified the ideals being selected for. Upon the recommendation of the Scholarship Committee, the Board of Directors voted to grant a third scholarship for the year 2005.



## **Anchorage Running Club 2005 Scholarships**

by Betty Cronin

For 2005 the Anchorage Running Club Board of Directors voted to grant scholarships to help Anchorage School District runners finance their college education. The basic selection criteria included membership on an ASD track and field and/or cross-country running team, volunteer activities, grade-point average, financial need and the commitment to achieve. Number of years of running on the team and contribution as a “team-player”, rather than their skills as a runner, were emphasized. Volunteer activities within and outside school were examined as a willingness and commitment of the applicants to contribute to the Anchorage community. Grade-point average was a measure of potential success in college. Finally, the committee wanted to provide scholarships to individuals needing some level of financial assistance.

In May, 2005, the scholarship committee [Betty Cronin – Chair, Jo Antonson, Patricia Bland, Rod Shipley, Charles Utermohle] selected one male and two females for \$1000 scholarships from more than 40 seniors. Choosing from a pool of highly qualified candidates posed difficulties for the committee. The

## **Kelcie M. Ralph**

The ARC Scholarship Committee selected Kelcie Ralph, a senior at South Anchorage High School, to receive an Anchorage Running Club college scholarship for 2005. Kelcie is a responsible, motivated and talented runner and student. Kelcie participated in cross-country running and/or track and field her four years of high school. In her senior year she received the “Most Inspirational” award as well as serving as team captain for cross-country running. She was also the team captain of track and field as a sophomore. Kelcie demonstrated her commitment to education, leadership and community involvement in a number of ways. She was an honor roll student four years, a National Merit Finalist, a “We the People” competitor, a member of the National Honor Society, and received the “Skull Award” at the National Student Leadership Conference on Medicine. Kelcie’s involvement in the community demonstrates her concern for the betterment of others and the community. She exhibited her leadership ability by creating and directing a running camp for Middle School students, judging science fair projects, working with diabetic patients and creating a presentation on portion size

and its affect on secondary education obesity. She volunteered at the World Mountain Running Trophy, the Imaginarium, as well as other community activities. Kelcie is graduating third in her class of 271 students with a cumulative GPA of 4.231. She plans to attend the University of Alaska Anchorage for two years and then the University of Southern California with proposed majors in Journalism and Communications and/or Political Science with a proposed minor in Education. Her goal is to own a political magazine for young women



### **Christoper M. Kosednar**

Christopher M Kosednar, a senior at East Anchorage High School, is the recipient of an Anchorage Running Club Scholarship for 2005. Chris is a gentleman, musician, scholar and athlete who excelled in all subjects and activities. His participation in track and field for three years and cross-country running his four years at East is reflective of his devotion to running. Chosen captain in his junior and senior years, of both the cross-country running and skiing teams, his teammates recognized his leadership qualities. Chris completed an extremely challenging high school curriculum with the highest honors including the National Honor Society for three years, an academic letter for three years, a Wendy's Hiesman Award Finalist, and a nomination for Boys State. Graduating fifth in his class of over 400 students he maintained a GPA of 4.12. Chris's involvement in the community has been positive and enthusiastic beginning with his four year participation in Anchorage Youth Court and three years with Anchorage Youth Symphony. Science Club, Covenant House, Student Government Boards, Beta

Club, Mu Alpha Theta Math, and Ski For Women, all benefited from Chris' time, energy and expertise. Chris is dedicated to his family as well as the community. He will attend Carlton College with a major in International Relations. To quote one of his teachers," I cherish his spirit, his smile, his dedication, and his amazing initiative. I see Chris as a man among men and our hope for the future." His goal for the future is to become a United States Ambassador to a foreign country.



### **Emma A. Coleman**

Emma A Coleman of East Anchorage High School is the recipient of an Anchorage Running Club Scholarship for 2005. Emma has been described as a mature, altruistic, responsible, and self-disciplined young woman. Her athletic involvement has been in cross-country running, Nordic skiing, crew and soccer for all four years of high school. During her junior year she was sidelined from competition due to an injury. Earning a varsity letter in cross-country running her senior year was the result of Emma's determination and hard work. Emma has worked diligently and successfully in her academic and community involvements. Emma's cumulative GPA was 4.048 and she graduated ninth in a class of over 400 students. During her four years at East High School, Emma was actively involved in student government, was a National Honor Society member, a Mu Alpha Theta member, attended the Prudential Youth Leadership Institute, and in her senior year attended the National Youth Leadership Forum on Medicine. She served four years on the United Way Youth Advisory Board, attended the National Wildlife Federation and Alaska Youth for Environmental Action Civics and Conservation Summit, and volunteered one summer teaching children at

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Pilot Station, AK. Regarding her work at Pilot Station, Emma commented “the lessons I took home of the Yupik society and subsistence life style were as valuable as anything I gave.” In Anchorage she organized and led a group of young volunteers in the restoration of William B. Lyons Park. The guide that she wrote “Park Perks,” published by British Petroleum, is an instructional booklet providing an outline and encouragement for youth to initiate their own service project. Emma’s involvement in the community is extensive, especially her work in the local pediatric care facilities at the Neonatal Intensive Care Unit at an Anchorage hospital. Emma will attend Smith College with a proposed major in Neuroscience. Her goal is to be a pediatric surgeon and practice in rural Alaskan villages.

## Running Science & Sports Medicine

### Women, Weight and Menopause

by Nancy Clark  
June 2005

“No matter what I do, I can’t seem to stop gaining weight ...” Frustrated with her expanding waist, this former athlete, like others who are approaching menopause, is frightened about runaway weight gain. She started dieting and exercising harder to counter the flab and, over the din of the exercycle, asked, “Are women doomed to gain weight midlife?” Here are the answers to some questions middle-aged commonly ask about weight and menopause.

Question: Do women inevitably gain weight with menopause?

**No!** Women don’t always gain weight with menopause. But, yes, women commonly become thicker around the middle as the fat settles in and around the abdominal area. But the changes are due more to lack of exercise and a surplus of calories than to a reduction of hormones. Young athletes with amenorrhea (and reduced hormones) don’t get fat. In a three-year study with more than 3,000 women (initial age 42 to 52 years), the average weight gain was 4.6 pounds. The weight gain occurred in all women, regardless of their menopause status. (Sternfeld, *Am J Epidemiol*, 2004).

Question: If weight gain isn’t due to hormonal shifts or menopause, what does cause it?

#### Here are a few culprits:

1) Menopause occurs during a time of life when women may become less active. That is, if your children have grown up and left home, you may find yourself sitting more in front of a TV or computer screen, rather than running up and down stairs, carrying endless loads of laundry.

2) A less active lifestyle not only reduces your calorie needs, but also results in a decline in muscle mass. Because muscle drives your metabolic rate, less muscle means a slower metabolism and fewer calories burned. (That is, of course, unless you wisely preserve your muscle by lifting weights and doing other strengthening exercises.)

3) Sleep patterns commonly change in midlife. Add on top of that sleep-disrupting night sweats and a husband who snores, and many women end up feeling exhausted most of the time. Exhaustion and sleep disruption can easily drain motivation to routinely exercise.

4) Sleep deprivation is associated with weight gain. Adults who sleep less than seven hours per night tend to be heavier than their well-slept counterparts. When you’re sleep deprived, your appetite grows. That is, the hormone that curbs your appetite (leptin) is reduced and the hormone that increases your appetite (ghrelin) become more active. (Taheri, *PLoS Med*, 2004) Hence, you can have a hard time differentiating between “Am I tired?” or “Am I hungry?” You hear the cookie monster answer “You’re hungry and need many cookies.

5) Menopause coincides with career success, including business meals at nice restaurants, extra wine, plush vacations and cruises. Read that as more calories and less exercise.

6) By midlife, most women are tired of dieting and depriving themselves of tempting foods; they may have been dieting since puberty! The “No, thank you” that prevailed at previous parties now becomes “Yes, please.”

#### Tips for preventing midlife weight gain and optimizing health

**The best way to prevent weight gain is to exercise and maintain an active lifestyle.** Research suggests women who exercise don't gain the weight and waist of their non-exercising peers (Sternfeld, *Am J Epidem* 2004). The exercise program should include both aerobic (to enhance cardiovascular health) and strengthening exercise (to preserve muscle strength and bone density). The book *Strong Women Stay Thin*, by Miriam Nelson, is a good resource for developing a health-protective exercise program.

**Despite popular belief, taking hormones to counter the symptoms of menopause doesn't contribute to weight gain.** If anything, hormone replacement therapy may help curb midlife weight gain. (DiCarlo, *Menopause*, 2004)

**Menopausal women need a substantial calcium intake:** 1,200 to 1,500 mg calcium/day, or the equivalent of a serving of milk or yogurt at each meal. If you're tempted to take a supplement instead of consuming low-fat dairy foods, think again. One supplement doesn't replace the whole package of health-protective nutrients in low-fat milk and yogurt. Also, recent research suggests women who drink three or more servings of milk or yogurt a day tend to be leaner than milk-abstainers. Milk can help you lose — not gain — weight.

**If you have gained undesired fat, don't diet.** If you have been dieting for 35 to 40 years of your adult life, you should have learned by now that dieting doesn't work. Rather, you need to learn how to eat healthfully. This means, fuel your body with enough breakfast, lunch and afternoon snack to curb your appetite (and energize your exercise program). Then, eat a lighter dinner. Think small calorie deficit. That is, consuming 100 fewer calories after dinner (theoretically) translates into losing 10 pounds of fat per year.

**Find peace** with food and your body, meet with a registered dietitian (R.D.) who specializes in sports nutrition. This professional can develop a personalized food plan that fits your needs. To find a local R.D., go to [www.eatright.org](http://www.eatright.org) and enter your zip code into the referral network. Also ask yourself: Am I really overweight? Maybe there is just more of you to love. Your body may not be quite as perfect as it once was at the height of your athletic career, but it can be good enough. I encourage you

to focus on being fit and healthy, rather than being thin at any cost. No weight will ever do the enormous job of creating midlife happiness.

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Sports Nutritionist Nancy Clark, M.S., R.D. counsels sports-active people at her private practice in Healthworks Fitness Center (617-383-6100) in Chestnut Hill MA. Her best-selling *Nancy Clark's Sports Nutrition Guidebook, Third Edition*, offers additional weight-management help, as do her *Food Guide for Marathoners: Tips for Everyday Champions* and *The Cyclist's Food Guide: Fueling for the Distance*.



Waiting For The Awards

## ARC RACE RESULTS - Trent/Waldron Glacier Half-Marathon -- May 28, 2005

LASTNAME	FIRSTNAME	MI/PLACE	SEX	CLASS	2005TIME/RANK	GOAL	CUP	AGEGRA	RANK
WOMEN 10-14									
WALTON	SARAH	J 1	F	10.00	02:03:29 50			01:55:14	47
IVERSON	HANNAH	L 2	F	10.00	02:20:10 68			02:07:57	60
WOMEN 15-19									
COQUILLET	LAURA	1	F	15.00	02:28:22 74			02:25:52	74
WOMEN 20-24									
MAAS	BRITTA	A 1	F	20.00	01:30:58 4			01:30:58	10
SENAGA	JANE	L 2	F	20.00	01:50:03 24			01:50:03	34
BOYLE	ANGELA	R 3	F	20.00	02:30:11 75			02:30:11	77
WOMEN 25-29									
BEMBEN	KAREN	A 1	F	25.00	01:45:12 11	01:43:09		01:45:12	24
ROHDE	JINNA	S 2	F	25.00	01:51:38 27			01:51:38	38
BIGCHARLES	WENDY	M 3	F	25.00	01:52:59 31			01:52:59	43
REED	ANN	G 4	F	25.00	01:53:16 32			01:53:16	44
ARCHER	KELLI	M 5	F	25.00	01:58:31 41			01:58:31	51
VIENE	ERICA	6	F	25.00	02:04:06 51			02:04:06	54
HOSTETLER	KATHRYN	7	F	25.00	02:06:08 54	02:05:29		02:06:08	57
CURRY	AVIGAIL	8	F	25.00	02:06:54 55	02:16:19	X	02:06:54	58
ATHENS	MARIKA	9	F	25.00	02:10:01 58			02:10:01	62
VINSON	MARIE	A 10	F	25.00	02:16:00 63			02:16:00	69
WOMEN 30-34									
MITCHELL	MICHELLE	R 1	F	30.00	01:29:49 2	01:28:42		01:29:49	7
MCCANN	KELLY	J 2	F	30.00	01:40:32 9	01:45:54	X	01:40:32	17
EVANS	MARIE	3	F	30.00	01:44:59 10	01:47:28	X	01:44:59	23
FISK	ROBIN	M 4	F	30.00	01:46:05 15			01:46:05	26
BELL	HEATHER	A 5	F	30.00	01:49:00 20			01:49:00	33
LEINICKE	TANYA	M 6	F	30.00	01:51:17 26			01:51:17	37
PIPER	LA	7	F	30.00	01:51:41 28	02:02:30	X	01:51:41	39
TIMISON	KATHY	M 8	F	30.00	01:51:44 29	01:49:27		01:51:44	40
LESTINA	KEIRA	J 9	F	30.00	01:55:38 35			01:55:38	48
WETHINGTON	MICHELLE	A 10	F	30.00	01:56:04 36			01:56:04	49
BORKE	KIM	B 11	F	30.00	01:56:04 37			01:56:04	50
MCCAFFREY	WENDY	K 12	F	30.00	02:04:38 52			02:04:38	55
BORSCHER	SIERRA	L 13	F	30.00	02:12:05 59			02:12:05	64
JAMES	JACKIE	14	F	30.00	02:12:10 60			02:12:10	65
VINSON	AMY ADELE	15	F	30.00	02:15:50 62			02:15:50	68
MCCALL	RONDA	A 16	F	30.00	02:23:14 71			02:23:14	72
PAUL	KRISTIN	O 17	F	30.00	02:24:36 72			02:24:36	73
WOMEN 35-39									
VANHOLSTYN	DANELLE	1	F	35.00	01:48:10 18			01:46:59	29
BOUGHTON	LESLIE	A 2	F	35.00	01:48:38 19	02:14:50	X	01:48:38	32
IBELE	ANN	3	F	35.00	01:49:56 23			01:47:53	30
OSBORNE	JOANNE	M 4	F	35.00	01:53:58 33	01:52:17		01:53:58	46
SCHMITZ	JENNIFER	C 5	F	35.00	01:59:20 44	02:11:06	X	01:59:20	52
SCHNEIDER	RENEE	M 6	F	35.00	02:09:46 57	02:12:25	X	02:09:46	61
SCHULTE	PAULINE	M 7	F	35.00	02:13:03 61			02:13:03	66
FINKE	VICKI	M 8	F	35.00	02:19:05 65			02:19:05	71
COTLER	ALISSA	P 9	F	35.00	02:22:12 69			02:18:26	70
REILLY	MARGO	E 10	F	35.00	02:36:46 76			02:32:37	80
WOMEN 40-44									
JURASEK	ESTHER	M 1	F	40.00	01:24:38 1	01:25:36	X	01:20:24	1
GAUTHIER	KYLE	D 2	F	40.00	01:30:14 3	01:31:45	X	01:25:01	3
CROPPER	DEBBIE	A 3	F	40.00	01:31:33 5	01:33:42	X	01:26:15	4
MCDONOUGH	LAURA	A 4	F	40.00	01:34:09 6	01:33:38		01:27:57	6
BLANNING	KENDA	J 5	F	40.00	01:38:15 8	01:47:32	X	01:32:34	12
ARION	TERI	A 6	F	40.00	01:49:50 22	01:44:45		01:44:20	21
PASKVAN	BETSY	L 7	F	40.00	01:56:24 39	02:03:36	X	01:52:24	42
RUSSELL	PAMELA	J 8	F	40.00	01:59:17 42	02:03:20	X	01:52:23	41
ADAMS	SISSY	9	F	40.00	01:59:39 45	01:54:46		01:53:39	45
JULIEN	MARY	A 10	F	40.00	02:19:25 67			02:13:32	67
NELSON	JOAN	11	F	40.00	02:37:24 77	02:37:52	X	02:29:31	76
IVERSON	ROBIN	E 12	F	40.00	02:41:28 79	01:59:29		02:32:07	78
HUGHES	ALANE	M 13	F	40.00	02:50:27 80			02:41:55	81
MORRISON	OUIDA	L 14	F	40.00	03:11:43 82	03:30:56	X	03:00:37	83
WOMEN 45-49									
WINDSAND-DAUSMENDORIS		1	F	45.00	01:36:39 7			01:27:12	5
STAHL	JODY	2	F	45.00	01:45:49 13			01:36:19	15
ROZEN	CELIA	M 3	F	45.00	01:52:04 30	02:00:14	X	01:40:13	16

## ARC RACE RESULTS - Trent/Waldron Glacier Half-Marathon -- May 28, 2005

LASTNAME	FIRSTNAME	MI/PLACE	SEX	CLASS	2005TIME/RANK	GOAL	CUP	AGEGRA	RANK
LUCK	ANNIE	M 4	F	45.00	01:54:59 34	01:58:19	X	01:46:31	28
STRAUSBAUGH	TAMMY	J 5	F	45.00	01:59:20 43	02:03:22	X	01:50:32	36
DAVIS	CINDY	6	F	45.00	02:01:24 48	02:11:00	X	01:50:31	35
HEIMRICH	JUANITA	7	F	45.00	02:09:42 56			02:00:08	53
EDIN	LESLIE	8	F	45.00	02:16:13 64			02:05:05	56
SOSA	BONNY	K 9	F	45.00	02:24:47 73			02:11:48	63
DYKSTRA	JONI	R 10	F	45.00	02:39:41 78			02:26:38	75
PROCTOR	ROSEZETTA	W 11	F	45.00	03:12:26 83			02:55:10	82
WOMEN 50-54									
HUNTER	GLORIA	1	F	50.00	01:45:17 12	01:47:25	X	01:33:18	14
HOLWAY	SUSAN	J 2	F	50.00	01:46:56 16	01:44:25		01:33:00	13
BARRETT	MARY	3	F	50.00	01:56:11 38	01:44:46		01:42:58	19
NEWGAARD	COLLEEN	M 4	F	50.00	01:58:00 40	01:54:54		01:44:34	22
MALEY	POK	5	F	50.00	02:00:33 46	01:57:45		01:43:51	20
RUDDEROW	JOLYNN	6	F	50.00	02:01:04 47	02:01:38	X	01:46:18	27
PARKINSON	ANNA MARIA	7	F	50.00	02:02:38 49	02:04:43	X	01:45:39	25
WALTON	PATRICIA	A 8	F	50.00	02:23:14 70			02:06:56	59
LITTLE EAGLE	DIANE	9	F	50.00	02:55:25 81			02:32:34	79
WOMEN 55-59									
KINN	DEBRA	L 1	F	55.00	01:47:33 17			01:30:53	9
FLANIGIN	MARY	J 2	F	55.00	01:49:02 21	01:50:33	X	01:32:08	11
NELSON	ELAINE	3	F	55.00	01:50:10 25	01:57:56	X	01:30:16	8
DUBAY	DARLENE	4	F	55.00	02:05:03 53	01:58:17		01:42:27	18
WOMEN 60-64									
COBB	MARIA	V 1	F	60.00	01:45:57 14	01:48:38	X	01:25:00	2
CLARK	JOAN	M 2	F	60.00	02:19:21 66	02:23:17	X	01:48:01	31
MEN 10-14									
CROPPER	NICHOLAS	1	M	10.00	01:43:40 70			01:37:20	70
MEN 15-19									
LUCH	BRENT	C 1	M	15.00	01:31:52 38	02:20:57	X	01:27:33	39
VOORHEES	ROSS	H 2	M	15.00	01:32:48 42			01:30:29	47
MOE	NICK	T 3	M	15.00	01:57:48 104			01:55:49	112
MEN 20-24									
MOE	JAKE	K 1	M	20.00	01:14:51 3	01:18:55	X	01:14:51	5
HOWELL	RYAN	A 2	M	20.00	01:26:10 18	01:27:07	X	01:26:10	32
MEN 25-29									
ROBERTSON	CHRISTOPHER	1	M	25.00	01:23:11 9	01:27:59	X	01:23:11	25
ROBERTSON	KEITH	A 2	M	25.00	01:24:55 14			01:24:55	28
JOHNSON	TYLER	D 3	M	25.00	01:31:18 36			01:31:18	50
OSBORN	ARTHUR	J 4	M	25.00	01:38:48 55	01:38:11		01:38:48	75
SERNS	CHIP	S 5	M	25.00	01:59:13 109			01:59:13	118
FISHER	MICHAEL	H 6	M	25.00	01:59:25 110	02:03:53	X	01:59:25	119
MEN 30-34									
WEINHOLD	KEITH	R 1	M	30.00	01:22:54 8	01:25:14	X	01:22:54	23
WELLS	JOHN	E 2	M	30.00	01:27:45 26			01:27:45	40
STARK	RORY	M 3	M	30.00	01:27:55 27			01:27:55	41
JENSEN	CHAD	E 4	M	30.00	01:30:44 32			01:30:44	49
WILLIAMS	JONATHAN	D 5	M	30.00	01:34:40 44			01:34:40	62
HVEDING	FRED	J 6	M	30.00	01:42:40 65			01:42:40	88
LESTER	MARC	7	M	30.00	01:48:09 83	01:37:54		01:48:09	100
CUMMINS	BOB	D 8	M	30.00	01:52:20 94	01:44:40		01:52:20	107
CASILLA	WILLIE	G 9	M	30.00	01:58:27 106			01:58:27	115
HAAN	BILLIE	J 10	M	30.00	01:58:42 107			01:58:42	116
DENNIS	JASON	E 11	M	30.00	01:58:56 108			01:58:56	117
BOGGAN	BART	C 12	M	30.00	02:02:01 114	02:08:19	X	02:02:01	122
CURRY	WESTON	13	M	30.00	02:06:54 119	02:16:19	X	02:06:54	123
MEN 35-39									
KRAMER	MIKE	C 1	M	35.00	01:13:30 2	01:13:59	X	01:13:11	2
HEATWOLE	MICHAEL	D 2	M	35.00	01:22:54 7	01:25:14	X	01:21:58	20
SLATONBARKER	TONY	B 3	M	35.00	01:26:07 16			01:25:09	29
TAYLOR	KEVIN	W 4	M	35.00	01:27:39 25	01:28:59	X	01:27:16	38
SETIAN	MATTHEW	L 5	M	35.00	01:27:58 28	01:30:06	X	01:27:58	42
BURTON	THOMAS	J 6	M	35.00	01:30:24 30	01:32:41	X	01:29:23	46
NAVITSKY	RICHARD	7	M	35.00	01:32:33 41			01:32:09	56
BORKE	TODD	R 8	M	35.00	01:33:36 43	01:30:51		01:33:36	59
BALDWIN	DAN	J 9	M	35.00	01:37:02 50	01:37:52	X	01:35:17	63
PICKETT	JEFFREY	G 10	M	35.00	01:37:59 52	01:41:57	X	01:37:34	72
LEWIS	TERRY	J 11	M	35.00	01:38:09 53			01:37:44	73
SMITH	MATT	D 12	M	35.00	01:43:34 68			01:43:34	92

## ARC RACE RESULTS - Trent/Waldron Glacier Half-Marathon -- May 28, 2005

LASTNAME	FIRSTNAME	MI/PLACE	SEX	CLASS	2005TIME/RANK	GOAL	CUP	AGEGRA	RANK
THOMAS	SCOTT	A 13	M	35.00	01:49:29 86	01:50:10	X	01:49:29	102
KUPER	KEVIN	J 14	M	35.00	01:52:21 95			01:51:52	105
REED	JASON	A 15	M	35.00	01:53:17 96			01:53:17	109
SOBERS	WILLIAM	C 16	M	35.00	01:57:59 105			01:57:59	114
MEN 40-44									
KIMBALL	WILL	1	M	40.00	01:12:08 1	01:12:25	X	01:09:50	1
CLARK	JOHN	E 2	M	40.00	01:19:02 4	01:17:00		01:14:52	6
CLEMENTSON	SCOTT	M 3	M	40.00	01:20:46 6	01:20:36		01:18:12	11
CRUPI	STEVE	R 4	M	40.00	01:24:17 11	01:26:04	X	01:22:11	22
KAAIHUE	DOUGLAS	E 5	M	40.00	01:24:44 13			01:20:16	14
FABELA	JOSHUA	6	M	40.00	01:29:28 29			01:27:14	37
DUENOW	ANDY	7	M	40.00	01:31:11 35			01:28:55	44
MAMROL	ANDREW	J 8	M	40.00	01:36:54 49	01:34:23		01:31:48	55
JACOBSEN	MARK	E 9	M	40.00	01:38:18 54	01:40:23	X	01:33:07	57
HENRY	ERIK	A 10	M	40.00	01:39:54 58			01:34:38	61
BREWER	JOHN	G 11	M	40.00	01:40:27 60	01:41:03	X	01:35:52	66
SCHNELLBAECHER	MATTHEW	J 12	M	40.00	01:40:42 61	01:39:27		01:37:30	71
EDER	BOB	13	M	40.00	01:41:08 62	01:42:24	X	01:36:31	67
JORDAN	SVEN	L 14	M	40.00	01:41:23 63	01:31:02		01:38:52	76
MCWHITE	RICH	T 15	M	40.00	01:43:05 67	01:46:05	X	01:39:48	79
RUDDEROW	PRESTON	16	M	40.00	01:43:39 69	01:40:42		01:38:55	77
NEDOM	MATTHEW	17	M	40.00	01:44:04 71			01:40:02	83
STAHL	MICHAEL	R 18	M	40.00	01:44:37 73			01:39:50	81
BENT	JASON	19	M	40.00	01:45:23 75			01:39:50	80
PASKVAN	FRANK	K 20	M	40.00	01:46:53 80	01:54:47	X	01:43:29	91
TOUSSAIN	MILTON	21	M	40.00	01:48:15 84			01:45:33	94
HARMON	LARRY	22	M	40.00	01:51:00 89			01:45:56	96
MOON	SCOTT	23	M	40.00	01:51:44 91			01:47:24	97
STEINHAUSER	EVAN	24	M	40.00	01:51:44 92			01:47:24	98
ROBINETTE	KENNETH	L 25	M	40.00	01:54:05 97			01:48:04	99
SCHMITT	STEVEN	G 26	M	40.00	01:54:31 98	01:54:02		01:50:04	104
MAYEUR	CLINT	27	M	40.00	01:55:01 99			01:49:46	103
SPENCER	STEPHEN	28	M	40.00	01:55:06 100			01:52:14	106
MCCLUNG	ROBERT	29	M	40.00	02:02:09 115	02:08:15	X	01:55:43	111
ARNETT	HANS	R 30	M	40.00	02:03:54 116			01:57:22	113
SLAYDEN	KEVIN	K 31	M	40.00	02:15:27 123			02:12:05	124
IVERSON	KEVIN	D 32	M	40.00	02:20:34 124	01:44:43		02:16:06	125
SHAUT	RICHARD	33	M	40.00	02:29:51 126			02:26:07	126
NELSON	RONALD	E 34	M	40.00	02:37:25 127	02:37:45	X	02:30:13	127
MEN 45-49									
RAINES	LLOYD	S 1	M	45.00	01:19:04 5	01:21:38	X	01:13:48	3
FRANK	EDWARD	G 2	M	45.00	01:23:23 10	01:31:26	X	01:16:39	8
KIRK	ANDY	D 3	M	45.00	01:24:28 12	01:24:08		01:19:26	12
OLSEN	JEFFREY	B 4	M	45.00	01:26:39 19	01:37:05	X	01:21:29	17
JENSEN	TROND	B 5	M	45.00	01:26:55 20			01:21:44	19
BURLESON	GARY	W 6	M	45.00	01:27:27 22	01:33:23	X	01:19:46	13
CAMPBELL	ROB	7	M	45.00	01:27:34 24	01:26:54		01:21:44	18
WHEELER	BOB	M 8	M	45.00	01:30:50 33			01:24:46	27
SHIROMA	CALVIN	9	M	45.00	01:30:54 34			01:25:29	30
PETROS	STEVEN	L 10	M	45.00	01:32:22 40	01:36:43	X	01:26:52	35
JOHNSON	TIMOTHY	P 11	M	45.00	01:36:27 48			01:30:42	48
HALKO	MIKE	G 12	M	45.00	01:39:24 56	01:37:07		01:31:22	51
FERGUSON	JOHN	B 13	M	45.00	01:39:49 57	01:45:27	X	01:31:45	53
STARKS	MICHAEL	14	M	45.00	01:45:07 74			01:38:06	74
TAYLOR	DAVID	W 15	M	45.00	01:46:24 77	01:37:46		01:37:03	68
DWYER	STEVE	16	M	45.00	01:46:51 79			01:38:58	78
SIMMONS	CHUCK	L 17	M	45.00	01:47:30 82	01:49:52	X	01:41:06	85
RICHARD	KEITH	W 18	M	45.00	01:49:53 87			01:42:33	87
CASTANEDA	RAFAEL	19	M	45.00	01:50:36 88			01:40:53	84
STOKES	RONALD	M 20	M	45.00	01:51:36 90	01:59:53	X	01:43:22	90
PURCELL	DAVID	21	M	45.00	02:00:46 112			01:52:43	108
DURKIN	DAN	A 22	M	45.00	02:09:32 120	02:00:21		02:00:54	120
SAMORAJSKI	GREGORY	S 23	M	45.00	03:06:54 128	03:26:58	X	02:50:28	128
MEN 50-54									
DAVIS	ROBERT	R 1	M	50.00	01:25:26 15	01:33:02	X	01:16:42	9
ARNDT	JEFF	G 2	M	50.00	01:26:10 17	01:29:28	X	01:16:43	10
CAHILL	FRANK	3	M	50.00	01:27:08 21	01:25:20		01:16:19	7
SCHWANKE	TIM	4	M	50.00	01:30:37 31			01:22:00	21

## ARC RACE RESULTS - Trent/Waldron Glacier Half-Marathon -- May 28, 2005

LASTNAME	FIRSTNAME	MI/PLACE	SEX	CLASS	2005TIME/RANK	GOAL	CUP	AGEGRA	RANK
DOWNEY	RON	M 5	M	50.00	01:31:50 37	01:24:19		01:21:06	15
MOHLER	ERIC	L 6	M	50.00	01:31:56 39	01:29:06		01:21:11	16
SALMON	PHILIP	L 7	M	50.00	01:35:09 45	01:35:24	X	01:24:43	26
COX	ROBERT	8	M	50.00	01:35:43 46	01:43:16	X	01:26:37	33
CROPPER	LAYNE	K 9	M	50.00	01:35:44 47	01:39:22	X	01:25:56	31
COGHILL	WILLIAM	S 10	M	50.00	01:37:55 51	01:43:56	X	01:27:11	36
RAMSEUR	DAVID	S 11	M	50.00	01:41:25 64	01:41:17		01:31:47	54
OJALA SR	THOMAS	F 12	M	50.00	01:44:10 72	01:45:05	X	01:34:16	60
TROUTMAN	BOB	E 13	M	50.00	01:46:28 78	01:55:35	X	01:33:15	58
WILSON	ED	T 14	M	50.00	01:49:15 85	01:50:34	X	01:35:41	65
SCHWEIKER	JOHN	15	M	50.00	01:57:03 102	01:41:54		01:42:31	86
DICKISON	GEORGE	J 16	M	50.00	01:57:30 103	02:09:17	X	01:44:37	93
JENKINS	JERRY	17	M	50.00	01:59:41 111	01:49:37		01:45:42	95
BELLER	MIKE	18	M	50.00	02:04:46 117			01:49:16	101
CORNELIUS	MILTON	L 19	M	50.00	02:15:26 122			02:01:35	121
MEN 55-59									
SKIDMORE	ERIC	E 1	M	55.00	01:27:31 23	01:31:09	X	01:14:41	4
BARE	CHARLIE	F 2	M	55.00	01:39:56 59	01:38:59		01:26:48	34
DEARBORN	JAY	3	M	55.00	01:42:57 66	01:46:51	X	01:28:38	43
SAPIN	PETER	M 4	M	55.00	01:45:34 76	01:46:51	X	01:31:41	52
HOGAN	BILL	5	M	55.00	01:51:53 93			01:37:10	69
CLARK	ALAN	J 6	M	55.00	02:10:33 121			01:53:23	110
MEN 60-64									
LIEB	JIM	W 1	M	60.00	01:47:14 81	01:46:18		01:29:03	45
FLYNN	KEN	M 2	M	60.00	02:06:35 118			01:43:05	89
MEN 65-69									
NAUMAN	JON	W 1	M	65.00	02:00:47 113	01:57:30		01:35:26	64
MEN 70-74									
FRANZ	CHESTER	B 1	M	70.00	01:56:56 101	02:01:20	X	01:22:57	24
MEN 75-79									
CORTHELL	CORKY	1	M	75.00	02:24:48 125			01:39:52	82



Ahhh, The Race Is Over !

## ARC RACE RESULTS - Do Run-Run 10K - May 18, 2005

### Overall Women

1st	Michelle Mitchell	0:40:56
2nd	Debbie Cropper	0:42:10
3rd	Kimberly Hone	0:43:19

### Overall Men

1st	Keith Robertson	0:39:43
2nd	Tim Berntson	0:39:50
3rd	Layne Cropper	0:43:30

### Women 20-24

1st	Holly McCune	0:55:59
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### Women 25-29

1st	Kimberly Hone	0:43:19
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### Women 30-34

1st	Michelle Mitchell	0:40:56
2nd	LA Piper	0:50:27
3rd	Billie Haan	0:52:51

### Women 35-39

1st	Cindy Crow	0:47:26
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### Women 40-44

1st	Debbie Cropper	0:42:10
2nd	Carollynn Fitzgerald	1:03:30
3rd	Jackie Worland	1:14:12

### Women 45-49

1st	Lori Seagars	1:04:29
2nd	Carrie Erickson	1:14:13

### Women 50-54

1st	Anna Maria Parkinson	0:53:10
2nd	Jolynn Rudderow	0:56:05

### Men 25-29

1st	Keith Robertson	0:39:43
2nd	Evan Hone	0:45:13

### Men 30-34

1st	Tim Berntson	0:39:50
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### Men 35-39

1st	Dan Baldwin	0:43:48
2nd	Scott Thomas	0:49:58
3rd	Ken Fitzgerald	0:59:39

### Men 40-44

1st	Patrick Mulqueen	0:46:23
2nd	Mark Jacobsen	0:47:58
3rd	Matt Nedom	0:48:09
4th	Steve Schmitt	0:52:39

### Men 45-49

1st	Rafael Castaneda	0:46:18
2nd	Chuck Simmons	0:46:56
3rd	Fred Balasi	0:50:12

### Men 50-54

1st	Layne Cropper	0:43:30
2nd	Chris Manculich	0:46:10
3rd	Rusty Myers	0:49:13
4th	Dana Seagars	1:04:28

### Men 55-59

1st	Alan Parkinson	0:48:14
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## ARC RACE RESULTS - Do Run-Run 5K - May 18, 2005

### Overall Women

1st	Jada	Quinn	0:21:56
2nd	Veronica	Beagan	0:22:59
3rd	Carol	Jewel	0:24:28

### Overall Men

1st	Sam	Tilly	0:17:33
2nd	Bob	Davis	0:18:14
3rd	Joshua	Fabela	0:19:16

### Women 19 and under

1st	Stephanie	Fitzgerald	0:29:38
2nd	Jewel	Shibley	0:30:05

### Women 25-29

1st	Jada	Quinn	0:21:56
2nd	Kelli	Archer	0:28:08
3rd	Susan	Rohol	0:28:21
4th	Marika	Athens	0:29:09
5th	Mary Katherine	Flynn	0:29:48
6th	Jennifer	Meyer	0:32:06

### Women 30-34

1st	Angie	Meahan	0:27:42
2nd	Angela	Astle	0:28:22
3rd	Susan	Falk	0:35:29
4th	Kelly	McCann	0:35:30

### Women 35-39

1st	Angela	White	0:41:31
2nd	Marilyn	Banzhaf	0:41:33

### Women 40-44

1st	Robin	Iverson	0:26:43
2nd	Kelly	Mazzei	0:30:43
3rd	Kim	Baldwin	0:35:33
4th	Debra	Wilson	0:39:10

### Women 45-49

1st	Veronica	Beagan	0:22:59
2nd	Sandra	Wood	0:32:59

### Women 50-54

1st	Carol	Jewel	0:24:28
2nd	Mena	Hippert	0:28:01
3rd	Sally	McLaughlin	0:29:28
4th	Diane	Little Eagle	0:34:57
5th	Amy	Mackey Hornak	0:41:58

### Women 65-69

1st	Mary	Marsolais	0:26:02
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### Men 19 and under

1st	Sam	Tilly	0:17:33
2nd	Luke	Meahan	0:27:39

### Men 25-29

1st	Craig	Meyer	0:20:04
2nd	Ben	Roesch	0:25:13

### Men 35-39

1st	Steve	Pyle	0:23:13
2nd	Tim	Astle	0:28:22
3rd	Karl	Pasch	0:35:31

## ARC RACE RESULTS - Do Run-Run 5K - May 18, 2005

Men 40-44			
1st	Joshua	Fabela	0:19:16
2nd	Hans	Arner	0:20:38
3rd	Greg	MacDonald	0:20:54
4th	John	Wirum	0:24:07
Men 50-54			
1st	Bob	Davis	0:18:14
2nd	David	Ramseur	0:21:57
3rd	Bob	Troutman	0:22:20
4th	Willem	Van Hemert	0:23:44
5th	Stan	Snider	0:24:31
6th	John	Morrison	0:26:04
7th	Mike	Beller	0:26:52
Men 55-59			
1st	Jim	Leonard	0:23:25
2nd	George	Bryson	0:25:00
3rd	Greg	Dixon	0:27:01
4th	James	Feaster	0:27:24
5th	Mel	Kalkowski	0:28:25
6th	Jim	Soucek	0:31:24
Men 60-64			
1st	Lloyd	Crow	0:27:13
Men 70-74			
1st	Charles	Brown	0:34:52

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## ARC RACE RESULTS - Mugwumps 10K — June 22, 2005

The Mugwumps 10K race had its twentieth running this year, and the sixth year it has been sponsored by the Anchorage Running Club. It was held at Pt. Woronzof at 6pm. Runners who have run a 10K in under 45 minutes are ineligible to run this race. Four finishers, as a result of their sterling performances this year, were disqualified from ever running the Mugwumps again! This number is a record since ARC has sponsored the race.

Peggy Cobey, Race Director

### FINISHERS

1) **Sam Tilly** 36:47; 2) **Trevor Wier** 41:58; 3) **Nic Cropper** 43:41; 4) **Hans Arnett** 43:44; 5) Chris Manculich 45:38; 6) Eric Cline 45:41; 7) Steve Agee 46:51; 8) Tiffanie Novakovich 47:46; 9) Fred Balasi 47:58; 10) Matt Smith 48:12; 11) Dale Rich 48:34; 12) Rebecca Lee 49:13; 13) Colleen Newgaard 49:51; 14) Holly McCune 50:59; 15) Joan Landis 52:11; 16) George Anderson 52:12; 17) Bill Tremp 53:18; 18) Tasha Rohweder 55:07; 19) Emily Triplett 55:13; 20) Stan Snider 55:18; 21) Carla Lozano 55:39; 22) Gregory Dixon 56:12; 23) Mike Beller 56:29; 24) Tom Meacham 57:49; 25) Bonny Sosa 58:14; 26) Angela Boyle 58:21; 27) Andrew Podens 59:44; 28) Marina Nedum 1:00:04; 29) Robb Boyer 1:02:38; 30) Erin Donahue 1:02:39; 31) Jewel Shibley 1:02:41; 32) S.J. Lee 1:02:56; 33) Mary Katherine Flynn 1:02:59; 34) Michelle Podens 1:03:40; 35) Teri Agee 1:09:15; 36) Charlie Brown 1:09:25; 37) Ann Stephens 1:11:49; 38) Kim Baldwin 1:13:27; 39) Al Pedersen 1:22:19

## ARC RACE RESULTS -- Boondocks Breakaway 5K - July 10, 2005

FEMALE			MALE		
	NAME	TIME		NAME	TIME
1	DELIA LUCH	21:07:00	1	LLOYD RAINES	18:10:00
2	LETITIA LUCH	21:44:00	2	SCOTT MAHAR	18:59:00
3	MARCELYN LUCH	22:18:00	3	DAVID KNOPP	19:24:00
4	AMELIA HENNESSY	25:51:00	4	BRENT LUCH	19:57:00
5	KRISTI LAUVER	26:02:00	5	JOSEPH DAVIS	20:05:00
6	CELIA ROZEN	26:25:00	6	BILLY GIBBY	20:13:00
7	HOLLY MCCUNE	26:27:00	7	SAM TILLY	20:30:00
8	ANNIE LUCK	26:46:00	8	JOSHUA FABELA	20:33:00
9	DEBBIE NEIL	26:56:00	9	KARL WING	20:48:00
10	ANNA MARIA PARKINSON	27:03:00	10	TIMOTHY JOHNSON	21:01:00
11	KATHERINE LAUVER	27:11:00	11	JEFFREY SHAWN	21:12:00
12	JENNIE HENSON	28:19:00	12	DARYL FARRENS	21:53:00
13	AMY MAYER	28:30:00	13	DAN BALDWIN	22:28:00
14	KELLI ARCHER	29:14:00	14	HANS ARNETT	22:31:00
15	VICTORIA OXENTENKO	29:48:00	15	PATRICK MULQUEEN	22:59:00
16	SANDRA WOODS	30:28:00	16	ERIC CLINE	23:12:00
17	ANGELA BOYLE	30:41:00	17	SCHYLER KNOPP	23:29:00
18	YNEZ SLAYMAKER	30:45:00	18	STEVEN PYLE	23:31:00
19	TABITHA GREGORY	31:58:00	19	DOUG JOHNSTONE	23:51:00
20	SUSAN MATTISON	32:04:00	20	RICH DALE	24:37:00
21	JEWEL SHIBLEY	33:23:00	21	BENNIE CAMACHO	25:16:00
22	MADISON LEWIS	34:23:00	22	ALAN J PARKINSON	25:44:00
23	CINDY LIGGETT	36:01:00	23	ROBERT SCHWARTZ	25:48:00
24	JOCELYN LUCH	37:39:00	24	ED WILSON	26:36:00
25	DIANE LITTLE EAGLE	38:52:00	25	HARVEY WING	27:45:00
26	KIM BALDWIN	39:48:00	26	JAMES NEIL	28:08:00
27	VICKI HALCRO	49:28:00	27	WILLIAM TREMP	30:03:00
28	COURTNEY FLEISCHMAN	54:35:00	28	JOSEPH LEWIS	31:01:00
29	JANIA TUNCEY	57:05:00	29	MATTHEW LAUVER	31:20:00
30	YERETH ROSEN	57:05:00	30	MEL KALKOWSKI	31:49:00
			31	JIM SOUCEK	32:05:00
			32	KIEL KENNING	32:56:00
			33	TERRY LEWIS	34:23:00
			34	THOMAS HENSON	43:56:00
			35	MICHAEL HENSON	43:59:00
			36	MEL GIBBY	46:19:00

Boondocks Breakaway was held Sunday July 10, 2005 at Kincaid Park. The weather was fantastic, even though a wind made for a dusty finish in the stadium. Any event needs volunteers to make it a success. A special thanks to these volunteers who helped put and keep this event together; Pat Bland, John, Gretchen, Becca and Amelia Hennessy, Alice Hisamoto, Joan Landis, Richard and Mary Marsolais, John Pontarolo, Charles Renner, and Richard Wenrich. You all did a great job. Also thanks to the Parks & Rec staff at Kincaid. Many of the random drawing prizes were donated and we especially appreciate the support of these businesses: Skinny Raven Sports, The Sport Shop, AK Starfish Co. When you shop at these places, thank them for their willingness to assist the Anchorage Running Club and our events.

Thanks to all who participated and WILL SEE YOU AGAIN NEXT YEAR.

Betty Cronin

*cont. from page 1 -- President's Corner*

Mackinac Bridge in Michigan over Memorial Day weekend. This is a representation that I actually followed through on, and it was fabulous! The lake was like glass on the morning of the race, and a big ore freighter passed right beneath us as we traversed the span. When I went to pick up my race packet, I was flabbergasted at having received bib no. 1! (I guess it's because I was the first to register on line, although I did have a flash of fantasy that they thought I was an elite runner – HA HA!) I consider this race a once-in-a-lifetime experience. The fudge and whitefish weren't bad, either!



The benefits of registering early

While I was running across the Straits of Mackinac, Vice-President John Pontarolo was conducting another successful Trent-Waldron Glacier Half Marathon. We had a big field of over 220 runners and walkers this year. I congratulate them, John and his super volunteers, for another great Glacier Half!

The Glacier was preceded by the Do Run-Run, an event in its second year that was moved from August to May. Race Director Joan Landis and her helpers did another fine job. THANK YOU very much!

On June 22, Board Member Peggy Cobey directed the Mugwumps 10-K, our challenge race for those who have never completed a 10-K in under 45 minutes. This year, Peggy reports a bumper crop of lifetime bans, as four participants left it all on the trail and crossed the finish line prior to the previously mentioned “witching hour”.

Again this year, the ARC sponsored scholarships for young runners going off to college, who intend to continue on with their athletic endeavors. Last

year, we awarded two \$1,000 scholarships and intended to do the same this year. Board Member Betty Cronin was in charge of this effort. When the committee convened to review the applications, they had a problem – and it was a good one. They had scores of packages to review and eventually whittled it down to three finalists. The problem was, they couldn't make the drop from three to two awardees. The committee felt all three were worthy, and after further consideration, the Board decided to fund all three. You can read all about it in more detail within. My thanks to Betty and her committee for the good and diligent work – and congratulations to the winners for their past, present, and future commitment to our wonderful sport!

In closing, I need to provide some advance notice that I will not be repeating as President next year. While I do not intend to crawl completely into the woodwork, I feel that ten years in the chairs is long enough. It's time for someone else to have the opportunity to serve the club. There are other Board vacancies and if the club is to continue on, we need new blood in the leadership. The foundation has been laid for success, thanks to the efforts of many. Being an ARC officer is not the daunting task you might envision it to be. There will be Club elections next spring, which probably seems a long way off at this point. If you have any interest in being a club officer, please feel free to contact me at [depstein@gci.net](mailto:depstein@gci.net). I'd be happy to discuss this with you.

Enjoy our wonderful Alaska running,

David Epstein  
President, Anchorage Running



ARC Board Member Sara Plotnick-Epstein studies bridge facts on Mackinaw City beach

# Entry Fee Information\*

All entry fees are non-refundable

## Early Registration\*\* till July 29, 2005

ARC Members	
MARATHON	\$45
HALF-MARATHON	\$35
5-K	\$27

## Non-ARC Members

MARATHON	\$50	An additional \$35 charge will be made
HALF-MARATHON	\$40	for lost chips
5-K	\$32	

\* Entry fee includes free T-shirt for first 1,000 runners and pre-race pasta feed on Saturday at Humpty's Ale House, 610 W 6th Avenue.

## Late Registration\*\* July 30 - Aug. 20

MARATHON	\$55
HALF-MARATHON	\$45
5-K	\$37

\*\* Late registration fees apply to all entries submitted or postmarked on or after Saturday, July 30, 2005

The will be NO Race-Day registration. NO changing event on race day. Marathon walk is a non-competitive category. It will be timed, though. Course open for 8 hrs from Marathon race start.



## Online Registration till Aug. 19th 8pm AKDT

Register online at [active.com](http://active.com) or go to our website at <http://humptysmarathon.com>

## BEFORE THE RACE

### Bib Pick-up and Pasta Feed at Humpty's

Saturday, August 20, 11am-3 p.m.

## AT THE RACE

### PLEASE REMEMBER, SAFETY FIRST:

NO Strollers, Bike Support, dogs, bicycles, roller blades, roller skis, wagons or skateboards.

Apply for or Renew your ARC Membership  
 Individual ..... \$15/year  
 Family ..... \$25/year

## T-Shirt Guarantee

Everyone whose registration is in our hands on or before July 30, 2005 is guaranteed their requested shirt size (When it is postmarked is irrelevant.) After this date you may not get the shirt size you requested.

## Awards Ceremony

Awards ceremony to be held in the finish area following the races.

## Marathon Medals: All full

marathon participants will receive a finisher's medal. Humpty's Marathon merchandise will be available at the packet pick-up and the finish area.

## COURSE

All races will begin and end on 6th Avenue in front of Humpty's Ale House. See below for details.

All courses USATF-Certified



## Humpty's Marathon Entry Form

Register Online at [www.active.com](http://www.active.com) and save money \$\$\$

First Name		MI	Last Name	
Mailing Address		City	State	Zip
Date of Birth	Age on 8-12-2005:	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female		
Phone		Email Address		
T-Shirt Size <input type="checkbox"/> SM <input type="checkbox"/> MED <input type="checkbox"/> LG <input type="checkbox"/> XL	Choose Your Event: <input type="checkbox"/> Marathon Walk ONLY <input type="checkbox"/> Marathon <input type="checkbox"/> Half-Marathon <input type="checkbox"/> 5-K			

## ARC Membership

- Individual \$15 py
- Family \$25 py
- New Member
- Renewal

## ARC Mem. Am out

\$

## Race Entry Fee

\$

## TOTAL AMOUNT ENCLOSED\*

(U.S. funds only)

\$

WAIVER (must be signed): In consideration of my entry, I, for myself, my executor, administrators and assignees, do hereby release and discharge Humpty's Great Alaskan Ale House, 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 agree 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: \_\_\_\_\_ Date: \_\_\_\_\_ Marathon Est. Time: \_\_\_\_\_

(Parent's signature if participant is under 18)

Make race and/or ARC membership fees payable to "ARC"

Mail w/check to: Anchorage Running Club/Humpty's Marathon • P.O. Box 243362 • Anchorage, AK • 99524-3362



“Coach” Talks About Evening’s Workout

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

May 18, Wed. - Do Run-Run 5K / 10K  
May 28, Sat. - 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 / 5K  
Oct. 01, Sat. - BBNC Octoberfest 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 and running-related photos.

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

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