



# FINISH LINE

## Newsletter Of The Anchorage Running Club

Volume 18 Number 1 -- January 2006

### President's Corner

Greetings from rainy Girdwood, where I am celebrating the, umm, err, xxth birthday of my wife, Sara Plotnick-Epstein, Club Haberdasher and Board Member of the Anchorage Running Club. We should have brought water wings instead of skis, as it would have been much more appropriate.

Anyway. Out with the old and in with the new! We've got another great slate of races scheduled for the new year, and here is a sneak peek for your planning purposes:

We'll start out with the **Do Run-Run 4-Mile** race on Wednesday, May 17. Start and finish is at Point Woronzof, race time will be 6:00 p.m. Per Race Director Joan Landis, this year's Do Run-Run will be a 4 mile race only. Not only is this our first event of the season, it is also free to ARC members! All but two of our events are free, the only exceptions being Humpty's and the Octoberfest.

Saturday of Memorial Day weekend (May 27) will again feature our early-season half-marathon. The

**Trent-Waldron Glacier Half-Marathon** is dedicated to the memory of Marcie Trent and Larry Waldron, well-known local runners who perished in a bear attack roughly ten years ago. The race features a closed-loop course with the start-finish at Westchester Lagoon. It's a great tuneup for Mayor's Marathon in June. If you like "the half" - this is your race!

If you've never run a 10-K in under 45 minutes, probably the best chance you'll ever have to do so is at the **Mugwumps 10K** on Wednesday, June 21. Mugwumps features a flat and fast out-and-back course on the "western" portion of the Coastal Trail, starting and finishing at Point Woronzof. If you are successful in breaching the 45-minute limit - you will be permanently disqualified from participating in the future! Race time is 6:00 p.m.

We take a break from the pavement and hit the trails on Sunday, July 9, with the **Boondocks Breakaway 5-K** on the verdant trail system of Kincaid Park. Come join us for a really fun event, followed by a club social at the park.

If you've ever paid a visit to Alaska's premier running store (that would be Skinny Raven Sports), you've undoubtedly seen John Clark, known in the vernacular as "JC". He will be directing this year's **Master's 5-K and 10-K** race on Wednesday, July 26. Outgoing race director George Andersen established a new tradition at the 2005 race by decreeing that the winner of the 10-K race picks up the race director's baton the following year. Well, JC won the 10-K and, accordingly, the privilege of putting on the '06 event. (George, this is such a good idea, I should probably try to hang the President's chair on someone by using a variation of your theme!) Just kidding. Back to the Master's, JC

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Winter  
Runners  
Light  
Up The  
Dark

### **Anchorage Running Club**

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### **Minutes of January 16, 2006 ARC Board Meeting**

The Board of Directors of the Anchorage Running Club met in regular session at the offices of the American Cancer Society on the above specified date. The following Officers and Directors were in attendance: President David Epstein; Vice-President John Pontarolo; Treasurer Ed Wilson; Directors Peggy Cobey and Elizabeth Cronin. Also present was Mike Halko. The session was called to order at 7:08PM AKST by President David Epstein.

Notes from the November Board Meeting. This was a session held at Guido's Pizza - an attempt to lure more of the membership to come attend a business session and see their stalwart Board in action, all the while munching on pizza (and perhaps quaffing a cold one - or two!). Approx. 10 members showed up and it ended up being more of a social endeavor - but time well-spent, nonetheless. The Board did vote to join USA Track and Field, which is a positive move.

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# Running Science & Sports Medicine

## Can Low Oxygen Give Runners More Gas?

Training under hypoxic (reduced-oxygen) conditions is believed to be beneficial for endurance athletes, although the mechanism responsible for the benefit has been uncertain. To find out more about hypoxic training, researchers in Strasbourg, France recently asked eight endurance runners to train twice a week at an intense pace while breathing in air from which 33 percent of the oxygen had been removed; seven other athletes trained at the same pace but with normally oxygenated air.

After six weeks, the runners who trained under hypoxic conditions expanded the time they could run at  $vVO_{2max}$  without becoming exhausted by 42 percent, while the normoxic athletes failed to improve.  $VO_{2max}$  also jumped upward in the hypoxic runners, while remaining stagnant in the normoxic. Finally, mitochondrial adaptations were apparent in the hypoxic runners - alterations which might allow them to supply energy to their muscles more quickly and efficiently during running; the normoxic runners displayed no such adaptations.

Although this French study made low-oxygen training look very good, there's just one small problem: The training pace was tightly regulated in this investigation, so that hypoxic and normoxic runners trained at exactly the same speed. In reality, as research has previously shown, runners who are free to choose their own paces almost always run faster during training under normoxic conditions, compared with a hypoxic situation. A faster level of training associated with normal-oxygen conditions should lead to greater gains in overall fitness and performance for normoxically trained runners, compared with their hypoxic brothers and sisters.

In other words, my hypothesis is that you should go down, not up, to train. Death Valley [in the winter] is a better place to train than sea level, and sea level is preferred over any mountain top. As you ascend, the average intensity of your training descends, and that's not good for your fitness - or your 10-K times.

Owen Anderson  
January 4th, 2006

## Running: Chilling motivation

This time of year is always the toughest for us runners, at least those -- like me -- who don't exactly cherish the thought of cold, wet days. Not everyone can have the self-discipline of a drill sergeant, and I confess to having the backbone of a jellyfish when the mercury dips.

Through the years, I've found that motivation is a curious thing. It's often elusive, but it's also responsive to the most unusual catalysts. You may be motivated to run for fear of losing what you've gained, such as your aerobic capacity, or gaining something you've lost, such as that spare tire. Alternately, you may be fired up at the thought of achieving something, such as beating your arch rival in that spring marathon.

Motivation is a personal thing. Everyone is hard-wired differently, based on the chopped salad of experiences that gets thrown into the Cuisinart of life. What works well for you may not work for another, and vice versa. Here are a few tricks to try.

**Warm rewards:** If it's cold, wet and just plain miserable outside, entice yourself with a warm, cozy reward, such as some time in front of the fireplace, a cup of hot cocoa or some reading time with your favorite blanket. Sometimes it's the promise of simple pleasures that can motivate you to get out of your comfort zone and hit the road.

**Hit the stores:** Everybody knows that the key to staying comfortable during cold weather is layering. If you don't have the right gear for this time of the year--such as a polypropylene base layer and moisture wicking layers, as well as a running jacket with good ventilation, running through the winter can be unbearable. Sometimes just knowing you have the right gear gives you the self-assurance that you're prepared for the elements. This can go a long way toward getting you out there.

**Make a list:** Think about all the benefits that running gives you in order to focus on training outside through the winter. Try to make the benefits on the list as specific and descriptive as possible.

*cont. page 4*

*cont. from page 3 --Running:Chilling Motivation*

Also, make the list as long as possible-shoot for 25 benefits. Post the list somewhere you will always see it, and continue to add to it in the coming months. Check the list before and after each run to keep you fired up.

**Bribe yourself:** OK, sometimes you have to resort to sheer greediness to get yourself to do something. Is there some item you've been eyeing in a catalog or on your favorite online shopping site? Yearning for a new Gore-Tex jacket or a trip to Vegas? Set a challenge for yourself, such as running outside at least four times per week for the next month, and reward yourself once you've reached your target.

**Set goals:** Nothing will get you outside like the need to train for an upcoming event. If you pay up for a spring marathon, you'll find it much easier to get your miles in. But the goals don't have to be so grand. Sometimes there are local races during the winter. Signing up for a few of those will give you smaller, more frequent goals.

**Visualize:** The use of mental imagery as a sports performance tool is well established, but imagery can be an effective motivational tool to simply get that winter morning run going. Spend some time during the day (or, if you run in the mornings, the night before) visualizing yourself running outside like the true warrior you are.

Remember, everybody is hard-wired differently, so visualize in the way that fits with your "trigger," whatever that may be. It could be focus on a visual image of your face, the sound of your running shoe striking the snowy pavement, or the feeling of sweat running down your face as the cool air swirls around you.

While some of these motivational techniques may seem unusual, there's nothing strange about finding the right strategy to keep you fit and running throughout the winter. Like everything in life, it takes trial and error, so don't be dismayed if a certain strategy doesn't pan out for you. If you're persistent and creative about motivating yourself, you will succeed in conquering those winter running demons.

By John M. Mora  
December 09, 2005

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*John M. Mora is a freelance writer and advertising copywriter living in Plainfield, Ill. He is author of Triathlon 101 and co-author of Paula Newby-Fraser's Peak Fitness for Women.*

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

is a local high school coach and has put on many events, so if you come out to do the Master's (at Point Woronzof, 6 pm start), you'll enjoy a real treat, to be sure!

And in August, we come to The Main Event - **Humpy's Marathon, Half-Marathon, and 5-K**, on Sunday the 20th. What more can I say? Humpy's has something for everybody! I've already vented my literary spleen singing the praises of this race (and our benevolent sponsor, Humpy's Great Alaskan Ale House) on its very own web site at [humpysmarathon.com](http://humpysmarathon.com).

We complete our 2006 schedule on Saturday, October 7, with the **Octoberfest "Run for Beans" 5-K, 10-K and 1/4-mile Kid's Fun Run**. This is our fundraiser for Bean's Cafe and Brother Francis Shelter. If you run in costume, you get a one-minute time credit.

That pretty much describes our events for 2006. Of course, there are other running activities in the state, and for your reading pleasure and general edification, you will receive a complimentary copy of the 2006 Alaska Runner's Calendar along with your renewal notice for 2006. Expect to see these in January. Thank you in advance for renewing your membership, we appreciate your support.

I wish you good running in 2006 - may all your miles be injury-free!

David Epstein  
President (Outgoing), Anchorage Running Club

## Winter Running Routes In The Anchorage Area

Anchorage Municipal Parks and Recreation use to provide a map near the front of the Yellow Pages showing the bike paths/trails/streets in town that were regularly plowed in the winter.

A few routes [in my part of town] that I remember being listed were: along Jewel Lake Rd. from Diamond to Raspberry; C St. from Raspberry to Dimond; Lake Otis from around Campbell Cr. south to Abbott, and sometimes on to OMalley, but rarely all the way to Huffman; and Klatt Rd. from Klatt Elementary northwest to 100th and then to Mears Middle School.

Well, after recently checking the Yellow Pages, its now apparent that the plowed winter bike-path routes map is no longer there. Whether the routes that use to be plowed are still being plowed, I don't know, and was unable to find out when I tried checking with Parks and Rec and the Muni Snow Plowing Program.

What I can tell you is that in the past there have really only been a few plowed/clear running routes in the Anchorage area -- except when warm weather conditions clear the paths without man-made assistance.

There are of course road shoulders that are often plowed and can provide somewhat reasonable running surfaces. But there always is the safety issue when running next to automobiles, especially in the winter with the darkness and slippery conditions [not to mention the health issue relative to sucking in internal combustion engine exhaust]. If you are going to do this, wear lots of reflective material plus battery powered blinkers and headlamps - you can't be too careful.

Of course, in addition to the paved areas, there are numerous unpaved roads and trails in and around the Anchorage area. Once again, most of these are not plowed. Some of these are groomed

'Non-paved and plowed' are for the most part dirt

roads that are primarily plowed for vehicle traffic. Two such roads popular with runners are the Lollipop near the south Eagle River exit off the Glenn Hwy. and the Arctic Valley Rd to Alpenglow. If timed right, you often can run for an hour or more without seeing a single vehicle on these roads. Both are on Fort Richardson property but are usually open to the public. Plowing here, just like in many areas of Anchorage, can be hit and miss depending on the amount of snow fall and the availability of equipment and manpower.

There are two types of groomed trails in Anchorage. Those groomed by the Nordic Ski Association of Anchorage are for skiing only. Please do not run on these trails. The NSAA has these trails well marked so ignorance is no excuse. Currently such skiing trails have been groomed in the following areas: Bartlett High, Hillside Park, Chugach State Park [parts of the Tour of Anchorage Trail], Kincaid Park, APU Mahaffey Trail System and the Beach Lake/Chugiak High area. For detailed location of these trails, check out [www.anchoragenordicski.com](http://www.anchoragenordicski.com) or the NSAA hotline, 248-6667.

There are also trails that are groomed by the Municipality of Anchorage. These are multiple use trails and include the Tony Knowles Coastal Trail, Chester Creek Trail and Russian Jack Trails. While available for running, please do not run on the diagonal tracks. And avoid running on a multiple use trail the same day that it is groomed -- allow one night for the snow to harden.

If you're into running on/in unplowed/ungroomed snow [kinda like running on the beach in sanddunes - great crosstraining!] there are almost unlimited opportunities in the area. After the snow reaches about 8-10 inches in depth and before it naturally crusts [in the Spring?] you may want to consider using snowshoes for your snow run.

Jim Lieb  
ARC Newsletter Editor

NOTE: What is your favorite winter running route? Please tell us what your favorite winter running route is and briefly explain why. Submit by email to [jimboroadruns@yahoo.com](mailto:jimboroadruns@yahoo.com), and these will be collected and prepared for a future article on this subject.

Treasurer's Report. Treasurer Wilson reported a 12/31/2005 checkbook balance of \$33,650.72. A detailed 2005 statement will follow in the April 2006 newsletter. Vice-President Pontarolo reported that he has purchased 12 dozen mugs for the Glacier Half-marathon (it was time to re-stock) at a cost of approx. \$575. We also need to cut a \$1,000 scholarship for Kelcie Ralph, a student at UAA and 2005 awardee.

Newsletter Editor Jim Lieb was not able to attend, however, the January newsletter is going to press soon. It portends to be another gripping page-turner!

President Epstein reported that the 2006 Alaska Runners Calendars - due the club by virtue of our centerfold ad - will be available soon. Plans have been set into motion to get the hard copies to our mailing service. President Epstein forgot to pull the membership data for the meeting, but the morning after dived into the spreadsheet and discovered we have 53 paid-up members so far for 2006/2007. This number will go up once we get the renewal notices out. Those who have not yet renewed for 2006 will find such a renewal insert in the copy of the Runners Calendar that gets delivered to them.

Humpy's Discussion. The Board has discussed the fee schedule and related issues. The biggest feedback item that we received following the 2005 event was the lack of a half-marathon finisher's medal. We can certainly provide this, and figure that if we increase the half-marathon entry fee by \$5, the associated cost will be covered. As it is, Treasurer Wilson stated that the club is pretty much breaking even on Humpy's. Given this equity, the Board felt that it was not acceptable for ARC to absorb the cost of purchasing the half-marathon medals.

A major concern with 'Humpy's 2006' is that we do not yet have a race director. President Epstein also explained that he is getting out of the registration part of the business, and that he has had informal discussion with Lisa Keller, who has a race management business known as "Up and Running", about possibly taking this on. Lisa has expressed interest in helping the club out. Such help will come at a price. Following discussion, the Board

gave President Epstein permission to enter into further discussion with Lisa. Time is marching on and we want to get this behind us so the web site can be updated and we can get on with fee schedules, entry forms, Active.com, etc. While this is going on, Treasurer Wilson will do a good once-over on 2005 expenses and, as best he can, income, so we can try to zero in on the right fee-setting for this year's event. In addition to Lisa Keller, there may be other sources of assistance, e.g., USATF.

Off-agenda items. The Board discussed ARC officer plans. President Epstein is stepping down from the President's chair, albeit at a somewhat glacial pace (which is not necessarily what he intended, but hey, he's happy!). Vice-President Pontarolo did not express gushing enthusiasm at the prospect of ascending to New Heights, given his personal plans for the future.

With much fanfare, Treasurer Wilson reported that he had purchased graphics software for Newsletter Editor Lieb, insofar as Jim is now the proud owner of his own PC. The program cost about \$30, and Treasurer Wilson sought reimbursement. The Board voted to reimburse Treasurer Wilson for his purchase. The Board supports continuing on with the scholarship program for 2006. Former ARC President, Mike Halko suggested having the scholarship awardees act as ARC Interns, i.e., assign them tasks which would be beneficial to race directors. For example, they could round up volunteers for races. Or they could write newsletter articles, which would undoubtedly delight our intrepid newsletter editor.

Next meeting. The next meeting of the ARC Board of Directors will be on Monday, February 6, 2006, at 7:00 p.m. at the Cancer Society.

Adjournment. The session was brought to closure at 8:10 p.m. AKST by President David Epstein.

Respectfully submitted,

David B. Epstein  
President, Anchorage Running Club

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

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\_\_\_)

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



Winter  
Running  
With  
Your  
Buds

**2006 Running Events Sponsored By  
The Anchorage Running Club**

May 17, Wed. - Do Run-Run 4 Miler  
May 27, Sat. - Glacier Half Marathon  
June 21, Wed. - Mugwumps 10K  
July 09, Sun. - Boondocks Breakaway 5K  
July 26, Wed. - Masters' 5K / 10K  
Aug.20, Sun. - Humpy's Marathon / Half / 5K  
Oct. 07, 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,  
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