



FINISH LINE

Newsletter Of The Anchorage Running Club

Volume 18 Number 2 -- April 2006

President's Corner

Greetings from Houston, Texas, where I am currently attending the 49th Annual Convention of the Road Runners Club of America. Newsletter Editor Jim Lieb has put out the call for yet more "fodder" and this convention is going to provide some great copy for him!

I have the current privilege of sitting on the RRCA Board as an At-Large Director. The Board's mission is to set the strategic direction for RRCA as it seeks to fulfill the mission of representing "grassroots running" in America. For the most part, "grassroots" equates to local running clubs. There are approx. 650 RRCA member clubs in the USA, and our club is one of them.

As some of you might recall from my previous scribblings, the past few years have been somewhat rocky for RRCA. We went through a period of near-bankruptcy and hired/fired two Executive Directors. This was a painful time for the RRCA.

In protest, a subset of member clubs broke away and formed their own umbrella organization, the American Association of Running Clubs. The schism was

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The Centipede - El Presidente Epstein esta numero cuatro

Jeff Galloway - Coming To Anchorage

World-famous marathoner and coach Jeff Galloway will be coming to Anchorage to hold one of his Running Schools on Saturday, August 12, 2006. The clinic will run from 9AM to 4PM, and is open to beginners, veterans and all in between, providing the latest information to help you run optimally "...while staying injury free for life".

Jeff will include sessions on Motivation, Building Endurance, Getting Faster, Fat Burning, Nutrition, Running Injury-Free, Training for Your Goal and more. He will take the group out for a short run to demonstrate some of the drills from his books, plus he'll do an individual running form analysis on each participant. The charge is \$249.

The class will held at the Alaska Club East. Check the ARC Club web site, www.anchoragerunning-club.org, for updates, and note that the class will be limited to 30 attendees. So, if you want to be part of this very special training program, be prepared to act quickly when registration opens. You will register and pay online at www.jeffgalloway.com.

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Anchorage Running Club

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Minutes of February 08, 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; Treasurer Ed Wilson; Newsletter Editor Jim Lieb; and Directors Peggy Cobey and Elizabeth Cronin. Also present was Margaret Timmerman.

The session was called to order at 6:59 p.m. AKST by President David Epstein.

Treasurer's Report. Treasurer Wilson reported a checkbook balance of approx. \$34,000. As promised, Treasurer Wilson produced a detailed 2005 financial statement, a highlight of which includes the fact that the club finished 2005 to the good by \$5,561.60. Ed also did some in-depth research into the cost of putting on Humpy's Marathon. For 2004 and 2005, the costs were fairly close to one another (approx. \$29,000). Approx. \$4,000 of the afore

mentioned \$5,500 surplus is attributed to the fact that a significant 2004 expense (Humpy's race medals) was not actually paid until 2005.

Newsletter Editor Jim Lieb was in attendance and queried the Board on how they felt about the newsletter product versus what it costs to publish. The most recent edition cost approx. \$900 (printing, preparation for mailing, and mailing figured in here). The most costly edition since Jim has been in the Editor's chair pushed \$1,500. The Board felt that Jim is doing a fine job, and that the amount of content will drive the cost of publication. One suggestion that did come up was to not include Humpy's results in the print edition - they are voluminous and could best be left on the web site - unless they could be put into an Excel format, in which case they wouldn't take up so much space.

Membership Report. President Epstein reported that the 2006 Alaska Runners Calendars were mailed last week, and therefore, we should be getting an influx of renewals in the days and weeks to come. Current paid-up memberships total 89. There will be two perceptible spikes in memberships, one as we approach our first event (Do Run-Run), and then again shortly thereafter in conjunction with the Glacier Half-Marathon.

World Harmony Run. Margaret Timmerman of the city's Parks and Recreation Department was at the Board meeting seeking assistance for a planned Outreach Running Program event in late April - one which would virtually link a number of elementary schools via a relay race, conducted under the auspices of the World Harmony Run (info at www.worldharmonyrun.org). This event would promote friendship and understanding, as well as provide yet another opportunity for youngsters to participate in physical activity. Margaret has a potential six elementary schools along the race route, stretching from Spenard to Muldoon. The plan would be for adults to carry the World Harmony Torch from school to school (the relay portion). At each facility, a brief presentation would be conducted by World Harmony representatives, and then the children would get to run around the school or perform a similar activity. Margaret was not seeking money, but logistical support and a

source of adult volunteers to help carry the torch and/or help out at the schools. The Board saw the merit of this proposal and agreed to publicize the event on its web page. Newsletter Editor Lieb also volunteered space in his weekly electronic "PP&F Newsletter". The event is scheduled for April 26 or 27, 2006.

Humpy's Discussion. Following through on an action item from its January meeting, the Board asked Lisa Keller if she might be willing to help put on this year's Humpy's Marathon. Lisa has an event management business called *Up and Running*. Specifically, the Board was interested in getting help with registration. Lisa responded and stated that her organization could help; however, there might be a conflict with an event they are already obligated to support on the day before Humpy's, namely, the Bartlett Relays. In her response, Lisa stated that her maximum charge would amount to \$2,900, a figure that could vary based upon other factors such as chip preparation and the extent of their participation on race day. Following discussion, the Board authorized President Epstein to get back with Lisa and hone in on the extent of their participation and a final figure. The Board estimated that this final figure will probably be in the \$2,000 range.

This estimate, coupled with the decision that there will be half-marathon medals this year, led to discussion about what the fee schedule for 2006 Humpy's will be. The Board needed to bring this to closure so that on-line registration can be turned on. The Board had previously decided to raise the half-marathon fees by \$5 to cover the cost of the finisher medals for that race. In order to cover the cost of *Up and Running's* participation, again anticipated to be in the \$2,000 range, the Board decided to raise the 5-K entry fees to the next higher five-dollar increment, and to raise the marathon fees by \$5. With this behind us, Active.com can be turned on, and WILL be turned on later this week.

The Board did ask Lisa if *Up and Running* would be interested in taking on the race director duties for this year's Humpy's Marathon. The answer to this inquiry was "no". Thus, a significant void continues to exist in the administration of this major event.

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

Off-agenda items. Treasurer Wilson presented a request on behalf of ARC member Joan Landis to help out with a donation for the Bill Bryson Memorial Track in Mountain View. Following discussion, Treasurer Wilson stated that he would work the matter with USA Track and Field, and report back at a future meeting.

Director Cobey reported on a lively community council meeting she attended regarding airport expansion at the Anchorage International/Lake Hood complex.

Next meeting. The next meeting of the ARC Board of Directors will be on Monday, March 20, 2006, at 6:00 p.m. at the Cancer Society.

Adjournment. The session was brought to closure at 8:20 p.m. AKST by President David Epstein.

Respectfully submitted,

David B. Epstein
President, Anchorage Running Club

Anchorage Running Club Treasurer's Report

by Ed Wilson

The following is a summary of income and expenses for the calendar year 2005.

Income:

membership --	\$5,500.00
7 race events --	\$48,380.06
bank acct.interest --	\$172.96
Total Income --	\$54,053.02

Expenses:

equipment, supplies, newsletter, scholarships, runners calendar, administration --	\$8,716.84
7 race events --	\$39,384.58
Total Expenses --	\$48,101.42

Net 2005 Balance -- \$5,951.60

Running Science & Sports Medicine

They Keep Going To Altitude To Train - But Why?

Many high-level runners still venture to altitude in hopes of improving their performances. The question we have to ask is: Why are they doing so?

One answer is that Meb and Deena do it. Meb took silver in the Athens Olympic Marathon, and Deena captured bronze; both spent significant amounts of time before the Olympics training in Mammoth Lakes, California at altitudes of over 8000 feet. Hey, if Meb and Deena do it, it must be optimal, right?

That darned scientific research is not kind to the idea, though (trust science to spoil everything). A full training bag full of scientific inquiries dating back to the 1980s reveals that endurance-trained athletes lose aerobic capacity when they go to altitude and end up training more slowly than usual. That hardly seems to be the way to reach one's true potential.

The latest incarnation of this kind of research was carried out in excellent fashion recently by Jon Peter Wehrin and Jostein Hallen of the Norwegian School of Sport Sciences in Oslo. Wehrin and Hallen asked eight well-trained endurance runners to run at 107 percent of vVO_2max at six different, simulated altitudes - 300, 800, 1300, 1800, 2300, and 2800 meters above sea level.

This landmark Norwegian study showed that at just 800 meters (about 2500 feet) VO_2max was already significantly lower, compared with 300 meters (1000 feet). In addition, the rate of decline of VO_2max in the runners between 300 and 1300 meters (1000 and 4000 feet) was exactly the same as the rate of fall in aerobic capacity between 1800 and 2800 meters (5500 feet and 8500 feet). Overall, VO_2max dropped by around 6.3 percent for each 1000-foot increase in altitude (above the baseline of 1000 feet). As VO_2max declines, workouts at high-quality paces become much-more difficult to handle.

These were not sedentary runners under study by Wehrin and Hallen; one was an internationally elite

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Anchorage Area Training Groups

1) Peak Performers Track Club [PPTC]

meet: Tuesday 6PM

at: APU Moseley Sports Center, April 4;

West High Track, mid April through Sept

cost: \$45

membership: approx. 75

coach: Chester Franz, 274-5050

contact: Linda Grover, 276-8982

www.peakperformerstc.com

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

2) Multisport Training of Alaska Running Group

meet: Tuesdays 630PM., April 4 - August 15,

at: Service High track;

cost: \$120 (can switch over to noon group in June)

and: Tuesdays 12 noon, June 13 - August 15.

at: Wendler Middle School track.

cost: \$60

membership: approx. 100 for both groups

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

www.multisporttrainingak.com

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

3) Exceed Women's Running Team

meet: Tuesday, 6:00 pm

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.

4) Valley Women's Running Team

meet: Tuesday, 6PM

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

cost: \$120 April through mid-August

membership: approx. 60

coaches: Rhonda Knopp, Kristin Wolf, 373-3975

Runners of all ability levels welcome.

5) Team Alaska Track Club [TATC]

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

Contact 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.

6) Alaska Mountain Runners [AMR]

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

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

Contact AMR at akmtnrun@hotmail.com.

www.alaskamountainrunners.org

7) J C's Training Group.

meet: Tuesdays 6PM

at: Bartlett High Track

cost: \$125, April 18 through mid August

membership: up to 20.

coach: John Clark, 274-7222

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

In addition to these seven groups there are a number 'applied running' related groups that train in the area. These can also be referred to as multitask running groups - which means that skills in addition to those used in running are also required. There of course is triathlon training -- if interested, try contacting Bill or Sheryl Fleming, moflem@acsalaska.net. In addition there are a couple of eco-challenge type of training groups in the area, including Adventure Racing, www.egadalaska.com, and Hammer Adventure Racing, www.hammeradventurerace.com.

cont. from page 1-- President's Corner

meant as a wake-up call to RRCA, to “get its act together”. We got the message! With a lot of help and hard work, RRCA got its house in order. As a result, AARC saw fit to dissolve at the beginning of 2005. The clubs that broke away have largely come back into the fold. Last summer, after an exhaustive search directed by Western Region Director Lisa Paige, we hired an Executive Director, Jean Knaack, who has already proven her worth many times over as an excellent addition to the organization. Along with Membership Manager Jessica Sleight and Administrative Assistant Dorothy Commock, the national office (in Columbia, Maryland) is something we on the Board can point to with a great deal of pride.

The 2006 Houston convention is being hosted by the Houston Striders. Although the proceedings are not yet over as I pen this column, I can say with certainty that this has been an excellent convention. Steve Shepard and his legion of hospitable, hard-working volunteers have done a great job. Imagine a situation where you have to put on an event the likes of Mayor's Marathon every day for a week – and you will have some idea of what it's like to put on an RRCA National Convention! There are seminars to manage, activities to plan, meals to coordinate with the host hotel, dignitaries and VIP's to attend to, and a Board of Directors to keep pointed in the right direction, and so on and so on. It's a daunting task tantamount to a daily 3-ring circus, but Houston is pulling it off in fine fashion. Here are some highlights from our week in the “Bayou City”.

The RRCA Board of Directors authorized the establishment of a \$100,000 reserve fund to be used in times of organizational crisis (let's hope we never have to use it). We have not only come back from the brink of insolvency, but are beginning to really get on our feet financially. Hence, the creation of this pot of money, which represents three months of operating expenses.

The RRCA has a corps of representatives at the state level (aptly named State Reps) to act as the focal point for member clubs in their respective jurisdictions. Among other things, they serve as an information flow-through point from the Columbia office to the member club. To be an effective State Rep, one must get out and visit his or her member clubs.

This takes money, and heretofore there has been no substantive budget to facilitate State Rep travel. Travel expenses were pretty much “eaten” by headquarters. A week before the convention, one of my fellow directors advised the rest of us that he had been contacted by someone wishing to remain anonymous, who wanted to donate a large sum of money to the RRCA for the purpose of funding State Rep travel. The sum of money started out at \$25,000 a year for the next three years, then rose to \$30,000 a year, and then finally topped out at \$100,000! I don't think there was a one of us who didn't fall out of his or her chair when this was revealed. The donor will remain anonymous until after the convention, but the amount and purpose of his or her gift was announced at the State Rep Luncheon. Needless to say, there was a big “hurrah!” Not only will this provide much-needed relief to our State Reps, it might encourage some other folks in areas currently lacking a State Rep, to step up to the plate. In Alaska, our State Rep is Steve Bainbridge of Fairbanks' Running Club North. I am sure Steve will be most pleased with the news of our beneficent donor!

One of the evening activities the Striders put on was called a “walker rallye”. It reminded me a lot of “treasure hunts” that I used to go on when I was a kid. We were split into teams of three people and given a list of 33 items to research throughout downtown Houston. We were also given a sheet of instructions on where to walk, and how fast to walk. The object of the game was to answer the 33 questions correctly in the amount of time that would have elapsed if you walked the three-mile course correctly and at the speed prescribed by the instructional sheet. Therefore, there was no benefit to go fast – if you finished too fast, you were docked. It was an ingenious exercise they thought up, and we all had a good time. The course ended at a downtown park at which there was a country and western band playing, along with barbecue and beer. It was excellent. Our team, consisting of myself, Kentucky State Rep Lisa Dahl and Montana State Rep John Devitt, won the prize!! Upon learning of our victory, I immediately went out of my mind and in a moment of unbridled jubilation, threw my glass of beer into the air (showering poor Lisa in the process). We each received a massage stick for our impressive accomplishment. I still haven't come down from Cloud Nine!

Every convention has a road race associated with it, that is anointed the RRCA National Championship for its distance. This year, it was the HEB Bayou City 10-K Classic. Now, I must tell you that it has been a while since I have run 10 kilometers. To make me a little more apprehensive, there is heat and humidity in Houston. Lots of it! So I wasn't sure I wanted to do the event, but Central Region Director Beth Onines said, "David, you need to get on board because I am going to create a centipede, and toga costumes for each one of us." Thespian that I am, how could I say no? So I mustered up everything I could, fired off a prayer, and "got in harness".. Part of my inspiration was derived from the Iditarod. I got to thinking that if a dog could run for 1,100 miles, I could go for six! The toga-centipede get-up slowed our team down to a pace that I could maintain, and we finished the event in under 1 hour and 15 minutes. Thankfully, I could walk away from the finish line (as opposed to being carried out). As frosting on the proverbial cake, the RRCA Toga-Centipede actually won first place in the Club Category of competition. Just as we made an impression on others, others made an impression upon us. Another toga team dressed up as penguins somehow struck a resonant chord with my fellow At-Large Director, Bob Holmes of Atlanta, Georgia. Upon sighting this crew of waddlers, poor Bob became enraged and started shouting at them, **"You're going down! You're going down!"** When he started trying to go after the penguins, a couple of us had to hold him back. Then when they passed us on the course, Bob again became very agitated, practically unhooking himself from Beth's handiwork so he could go after these people and teach them a lesson. Cooler heads prevailed as we got Bob calmed down and continued on to our glorious finish.

Another cameo convention event is the banquet, at which awards are given out and the assembly is privileged to listen to a keynote speaker. This year's speakers were Kathrine Switzer and her husband, Roger Robinson. You might remember Ms. Switzer as the first female to participate in a Boston Marathon (1967), a feat for which she was subjected to physical assault by an event official two miles into the race. He actually tried to throw her off the course, and instead got put on his hinder courtesy of Kathrine's then-boyfriend. Ms. Switzer went on to finish the race, and become an elite

runner and renowned journalist. It was a real pleasure to listen to her, as well as meet her. She and her husband have written a book entitled "26.2 Marathon Stories", soon to be released in the States. As for the awards – what I took away from the banquet was that we need to do a better job of nominating deserving Alaskan club members. They give prizes for outstanding club volunteer, newsletter editor, and several other categories. We've got people who can compete on regional as well as national levels. It can all be checked out on the RRCA web site, www.rrca.org.

Not only did the Houston Striders put on an excellent convention, they also made sure that we got out and enjoyed the sights and sounds of one of America's great cities. Downtown Houston was spotless and the people were friendly. The bar has been set high for next year's host club, Alpine Runners of Lake Zurich, Illinois. Folks, RRCA conventions are not just for RRCA Board Members and running club presidents. And they're not just about business meetings and setting RRCA's strategy for the future. Conventions are for the members. They provide an excellent platform upon which you can meet fellow runners and club movers-and-shakers. The seminars put on at convention cover a wide range of subjects relating to running. If you can free up some time the end of next March – consider coming to Chicago and attending the convention. You won't be disappointed!

Good running,

David Epstein
President,
Anchorage Running Club



cont. from p.4, Running Science

competitor, and average VO₂max (at sea level) for the eight individuals was a pretty nice 66.

For these well-trained harriers, altitude-related losses in **performance** were even greater than the declines in aerobic capacity. At just 2500 feet, for example, running time to exhaustion at 107 percent of vVO₂max was already significantly reduced, compared with exhaustion time at 1000 feet. In addition, the rate of performance decline between 1000 and 4000 feet was no different from the rate of loss in performance between 5500 and 8500 feet. Overall, the athletes were able to run for about 10- to 14-percent less time at an above-vVO₂max intensity with each 1000-foot increase in altitude.

This means, of course, that an athlete training at any altitude of 2500 feet or above would be very likely to complete a **lower volume of intense running** per quality workout, compared with a runner working out at sea level. Athletes at altitude could attempt to compensate for this effect by shortening work intervals and including longer recovery intervals within sessions, but this would dramatically reduce overall training quality.

Interestingly enough, altitude did not harm the ability of the athletes to run slowly. When the runners ran at the measured pace of just 55 percent of vVO₂max at increasing elevations, heart rate increased a bit and oxygen saturation of the blood declined somewhat, but the actual rate of oxygen consumption stayed the same, and the runners handled the “soft” exertions without problems. Their real difficulties were encountered when they attempted to run in a quality way.

One of the beauties of the Norwegian study was that it showed that even mild increases in altitude (from sea level to just 2500 feet) are linked with reduced aerobic capacities and fall-offs in performance. The Norsk inquiry also demonstrated (remarkably) that the downturn rates were the same between 1000 and 4000 feet as they were between 5500 and 8500 feet.

All of the altitude situations were simulated (in special laboratory chambers), and the athletes were not informed of the oxygen pressures in which they were actually performing, so any psychological effects associated with training at altitude can be

ruled out as mitigating factors in this study.

The highly vaunted Team Running USA, the stated mission of which is “to return American distance running to its former glory,” spends a significant part of the year training at Mammoth Lakes, California, at elevations above 8000 feet. The question we have to ask is - why do they do that? It is difficult to imagine that American runners will begin to dominate competitors from the rest of the world when the Americans’ training sessions are conducted at more-modest, altitude-influenced tempos.

Owen Anderson
Running Research News
2005

The Truth Can Not Be Imitated

As a coach, I know that the training program I provide for one runner, even though it is scientifically sound and well-balanced, will never be exactly right for another competitor. My runners, even the ones who are performing at a similar level, can never be doing the same thing at the same time.

In his enlightening book, *Later Masters* (which was not, by the way, about Masters runners), Martin Buber summed up this basic coaching dilemma with the following aphorism:

”Everything in the world can be imitated, except truth. For truth that is imitated is no longer truth.”

The impossibility of imitating truth applies directly to the world of running. For example, scientific research tells us that there is enormous heterogeneity in the responsiveness of runners to training, even when highly standardized training programs are utilized. To put it another way, a great-looking training program which improves performance by 25 percent in one runner may cause another seemingly similar athlete to fail miserably in competitions. The training truth for one runner is never the bright pathway to top performances for another.

Over and over, scientific investigations have shown us that when a large group of individuals embarks on an apparently sound training program, many will respond with about a 10- to 15-percent upgrade in fitness. A small number will even boost physical capacity by 40 percent or more. But there will also

be those who have a negative response to the training, who will experience significant drop-offs in VO2max and will actually end up running more slowly than before.

In the field of exercise physiology, we have traditionally written off such people as “non-responders,” individuals who - for genetic reasons - are unable to adapt to training in a positive way. The lack of improvement is considered to be part of the normal biological variation in training response.

However, in reality the real problem is that many of the “non-responders” have simply been involved in a training program which is not true for them.

This fact is borne out by recent research carried out in Finland (4), during which 73 individuals (35 males and 38 females) embarked on a straightforward “aerobic” training schedule which called for them to work out for 30 minutes, five times per week, at an intensity of 70 to 80 percent of maximal heart rate. At the end of the program, several individuals had improved VO2max by more than 20 percent, and a large number were able to boost aerobic capacity by greater than 10 percent. Nonetheless, a significant number of the subjects actually experienced negative changes in aerobic characteristics.

It would have been tempting to view the latter folks as unfortunate “losers” in the fitness game and to expound about the importance of genetic factors in training-related adaptive processes, but the Finnish researchers had other plans. The Finns took the “lowest quartile” of the aerobic trainees, individuals who were unable to improve aerobic capacity significantly (and several of whom actually notched negative changes in VO2max), and placed them on a similar-in-time-duration program of *resistance training*. This strength work included 15 exercises involving a variety of different muscle groups. Resistance was progressively decreased or increased so that subjects could perform at least eight but not more than 12 reps of each exertion per set during their workouts.

Guess what? At the end of the strength program, the “non-responding” quartile, composed of individuals who seemed to be unable to lift aerobic capacity, had elevated VO2max by an average of 7 percent

(incidentally, there was a two-month “wash-out” period between the aerobic and strength-training periods, so the oxygen boost associated with the strength training was not due to a combination of endurance and resistance work).

The Finnish research showed that individuals who were non-responders were actually responders, provided they could find their own, true training methods.

As a coach, I am excited by the challenge of finding the program which is optimal for each individual, the training arrangement which produces the best-possible responses. I view this adventure on two basic levels: I have to find the training configuration which stimulates the best-possible physiological adaptations - and which also creates the greatest degrees of personal excitement, motivation, and belief in self.

I know that any formulation created by a coach can never be completely true for an individual athlete. And so, my goal is to help each runner open the door to his/her truth. I have to recognize that an athlete’s performances will always depend on his/her underlying fitness but also on something called *kavvanah* - the intention he or she brings to races. Runners will bring an intention to win (or to make great performance breakthroughs) to competitions only if the various training processes have helped them find their own, non-imitated truths.

Of course, such “training processes” include not just the workouts - but also the dialogues between coach and runner. Since truth can not be imitated and thus each runner must develop autonomy, an effective coach employs truth-seeking metaphors, “stories” and accounts about important issues which an athlete can accept as having strong connections to his/her athletic quests and personal difficulties. These metaphors should contain strategies and re-orientations which an athlete can accept and then use in his/her own unique way to solve specific problems.

If you are coaching yourself, please be mindful of your uniqueness and autonomy. Instead of blindly accepting standard approaches to workouts, study

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Update On The Dome

There is good news for the Anchorage running community that has been smoldering for the past two years. The indoor track financing has finally gone through. Construction will break ground in May, and is supposed to be completed by December, at which time people can begin using the Dome to train, do maintenance runs, hold clinics or participate in events.

There are two ways for you to be able to run in this sports complex facility near Raspberry Rd and Minnesota Dr [in addition to participating in races]:

1.) Buy a year pass/membership

Anchorage Sports Plex is the non-profit that will be running the facility. They have set the price for a yearly track membership at \$180 for an adult, and \$120 for those under 18. There is a family package rate of \$540, where the fourth person in a family that signs up is free, as well as any additional immediate family members.

2.) Run with a Club

A club such as Peak Performers, Team Alaska, Exceed or Anchorage Running Club can rent the track for a practice, event or clinic. You do not need to have a year pass to participate, but the clubs will most likely charge each person a fee to help pay for the rental, and you may need to be a member of that club. The club rental rates vary depending on time of day but are quite reasonable [\$50-65 per hour].

Everyone is different as to how much they will use the track, so I don't know what will be the best for you. What USATF is offering to do is let you buy your membership now for \$180 and USATF-AK will hold the money in our account until the doors open. I know what you are thinking - you will wait until it opens before you buy a membership; pay when you can begin to use the facility. I would think the same thing. Two reasons not to wait: First, you will be locked in at \$180 and will not be charged more should the rates have to be raised. The second reason is that we may need to demonstrate that the running community WILL USE this facility — just in case, come July or August, the builders find they need to save some money; we don't want them deciding that the track component can be dropped.

I have setup a couple of Active.com sites so you can use your credit card. One is for youth, the other is for adult memberships.

Youth -\$120

[www.active.com/
event_detail.cfm?event_id=1310573](http://www.active.com/event_detail.cfm?event_id=1310573)

Adult \$180

[www.active.com/
event_detail.cfm?event_id=1308397](http://www.active.com/event_detail.cfm?event_id=1308397)

You can also make a check out to USATF-Alaska and send it to:

Sven Jordan
6800 Baxter Terrace Circle
Anchorage, AK 99504.

Should you need your money back we'll send you a check at any time. It will take a day or two but we'll get it to you. Note that Active.com charges a convenience charge of I think \$2.50 and we would not refund that amount. Please do not send cash.

Finally, yes, this will be great for the adult runners, but even more important are the benefits for our youth. High school kids' training opportunities will be expanded and, as a result, injuries due to our short track season will be reduced. And, I know there will be many scholarships offered to kids once they have a good place to train. Plus more kids' parents will go watch track meets if these are inside.

Please contact me if you have questions.

Ole Jordan
President, USATF-AK
338-2347

cont. from p.9, Running Science

yourself carefully, noting how you respond to various kinds of work. Patterns of training which produce your strongest running and create your greatest excitement for the sport will be the ones which help you achieve your goals, even though they may be far different from conventional training practices.

Owen Anderson
Running Research News
2005

Wednesday, May 17, 2006, 6PM, Woronzof Parking Lot, W N. Lts.

DO RUN-RUN 4 Miler

Presented by Anchorage Running Club

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

Entry Fee: **FREE** to 2006 Anchorage Running Club members (Membership is Jan to Dec)
If not a 2006 paid member include **\$15** for individual or **\$25** for family membership.
-- entitles you to run this and 4 other 2006 ARC races for free

MAIL ENTRY: (this really helps us)
BEFORE MAY 10, 2006 Mail to:

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

QUESTIONS AND VOLUNTEERS CONTACT:

Race Director: Joan Landis
jlandisrunner@msn.com
243-3954 **or**
ARC Hotline: (907) 258-4964,
email: depstein@gci.net

Bib Pickup & In Person Entry: 5:00 – 5:45 PM on Wednesday May 17 at **Pt Woronzof**

COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15
INDIVIDUAL OR \$25 FAMILY IF NOT A PAID MEMBER FOR 2006

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ ZIP Code _____

Birthdate (Mo/Day/Yr) _____ Age on 5/17/06 _____ Male ____ Female ____

Paid Up 2006 ARC Member : YES ____ NO ____ (enclose fee)

2006 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 10th (In person registration & bib pickup – See above)

Saturday, May 27, 2006, 9:00 A.M., Westchester Lagoon, 15th Ave. & U St.

TRENT/WALDRON GLACIER HALF-MARATHON

Presented by Anchorage Running Club

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

MAIL ENTRY: (this really helps us)

BEFORE MAY 22, 2006 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 26, 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 2006.

_____	_____	_____	
Last Name	First Name	MI	

Address			

_____	_____	_____	
City	State	ZIP Code	

_____	_____	_____	_____
Birthdate (Month/Day/Year)	Age on 5/27/06	Male	Female
(Birthdate required for Age Graded Timing)			

Entry Fee: **FREE** to 2006 Anchorage Running Club members (Membership is January to December)

If not a 2006 paid member include **\$15** for individual or **\$25** for family membership

RACE FEE: Check One

FREE to 2006 _____ \$15ARC _____ \$25 _____
ARC PAID UP MEMBERS Individual Membership Fee ARC Family Membership Fee

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

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

Mail Entry by May 22th (In person registration & bib pickup – See above)

MUGWUMPS 10K ENTRY FORM

WED JUNE 21, 2006

Join the Mugwumps 10K at Pt Woronzof, Anchorage, AK. This will be the 21st running of the mugwumps, and the sixth year it is sponsored by Anchorage Running Club. Entry in the race is free for all ARC members. Membership is \$15/year for individual membership or \$25 for a family. However, members who have run a 10K in under 45 minutes need not apply. They are not eligible to run. If on race day, you finish the mugwumps in under 45 minutes, you also will not be invited back (except to volunteer).

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

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

NAME_____

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

AGE ON RACE DAY_____

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

SIGNATURE_____

Sunday, July 09, 2006, 11AM, Kincaid Bunker.

Boondocks Breakaway 5K

Presented by Anchorage Running Club

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

Entry Fee: **FREE** to 2006 Anchorage Running Club members (Membership is Jan to Dec)
If not a 2006 paid member include **\$15** for individual or **\$25** for family membership.
-- entitles you to run this and 4 other 2006 ARC races for free

Day of Race Registration Only QUESTIONS AND VOLUNTEERS CONTACT:

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

or ARC Hotline: 258-4964, email: depstein@gci.net

Bib Pickup & In Person Entry: 10-1045AM on Sunday, July 09 at **Kincaid Bunker**

COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15
INDIVIDUAL OR \$25 FAMILY IF NOT A PAID MEMBER FOR 2006

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ ZIP Code _____

Birthdate (Mo/Day/Yr) _____ Age on 7/09/06 _____ Male _____ Female _____

Paid Up 2006 ARC Member : YES _____ NO _____ (enclose fee)

2006 ARC Membership: Individual - \$15 Family - \$25

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

Signature (Guardian if less than 18 years of age)

Date

BIB # _____
\$ _____

ANCHORAGE RUNNING CLUB
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



Men's
5
Miler
2004,
1st
Place
David
Kiplagat

**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,
Anchorage AK 99524 -- Phone: 677-1336

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