



# ***FINISH LINE***

## ***Newsletter Of The Anchorage Running Club***

***Volume 19 Number 2 -- April 2007***

### **President's Corner**

Hopefully you have received the Alaska Runner's Calendar that we mailed out a few weeks back. This publication is put out by Anchorage Parks and Recreation and it is a great resource for planning an active running summer. Have you picked out a few events for the summer yet?

Running keeps us in shape and helps us clear our minds from busy jobs and responsibilities. An evening run with friends on the coastal trail or on a quiet trail through Kincaid Park or in the Chugach mountains is a great way to get these results. But all of us also have a competitive nature to some degree. This competitiveness may be exhibited by wanting to beat a prior 5K time or pass a fellow runner that we may have been behind so many times. The up- coming races this summer give us that competitive arena.

Everyone has favorite races. One of my favorite races that I regularly participate in is the Bloomsday 12K in Spokane. Combining vacations with runs are a great way to see the country and Alaska. Alaska has many races that are unique and fun for different reasons, a fast course, great scenery, tough climbs or good food at the finish. Sometimes we may even get in a rut doing the same favorite races. If you have been interested in doing a particular race but have never gotten around to it, make it your goal to do it this year. Also, check out the new runs this year such as the Skinny Raven Twilight 12K road race or the Alaska Mountain Runners Government Peak Climb, both in June.

Speaking of ruts, you will see that the Anchorage Running Club is offering the same slate of races this year as the past few years. Why mess with a

*cont. page 3*



**David Kiplagat crosses the 10K Classic finish line, 1st place in a time of 31:59**

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Flying down Ninth Avenue, Brad Bagdan can see the 10K finish line

### **Anchorage Running Club**

P.O.Box 243362

Anchorage, Alaska 99524-3362

[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

ARC Hotline: [info@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)

President: John Pontarolo  
 VicePresident: David Ramseur  
 Secretary: Peggy Cobey  
 Treasurer: Ed Wilson

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

Webmaster: Greg Dixon  
 Newsletter Editor: Jim Lieb

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

### **Minutes of March 21, 2007 ARC Board Meeting**

Members present: Dave Ramseur, Ed Wilson, Betty Cronin, Greg Dixon, Jim Lieb, John Pontarolo, Mike Halko, and Peggy Cobey

Most important news - election of officers was unanimous! Here are the results:

ARC President- John Pontarolo  
 ARC Vice-President- Dave Ramseur  
 ARC Treasurer- Ed Wilson  
 ARC Secretary- Peggy Cobey

-Treasurer's report: ARC's account balance on March 20, 2007 was \$34,245. The ARC Board approved \$1000 for tax accountant fees.

-Humpy's marathon has not generated income for ARC during the past two years. The race was moved so that the start-finish area would be downtown in front of Humpy's Restaurant & the PAC. Costs increased for police coverage and barricades. Prices also increased for timing and registration. The plan is to shorten the time the race course is open by one hour on each end to reduce the cost of police since it does not really need to last so long. Humpy's Restaurant plans on renting the PAC lobby

for the 2007 Humpy's pre-race registration and pasta feed. M. Halko plans on reviewing costs of other marathon race fees for comparison with Humpy's. A fee adjustment may be considered if appropriate. Lisa Keller is preparing a bid to do registration & timing for Humpy's. And race committee chairmen are needed.

-ARC Scholarship fund - two high school students (one male, one female) were chosen by the scholarship committee from a talented field. Each student will receive a \$1500 scholarship from ARC.

-Haberdashery - the purchase of clothing with the ARC logo on it was discussed. M. Halko plans to contact Skinny Raven Sports to see if they would be interested in working with us on a purchase order. D. Ramseur will check on placing the ARC logo on 'Big Wild Life' logo shirts.

-The next ARC Board meeting will be Wed. April 11 6 pm to discuss forming Humpy's race committees and work on logistics. Location to be announced.

Peggy Cobey  
Secretary,  
Anchorage Running Club

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

proven lineup. Kidding aside, there are a lot of races to choose from and the ARC races are our attempt to fill in the gaps. Three of the ARC races take place on Wednesday nights, therefore leaving your weekends free for other activities. Race director Joan Landis puts on a great early season warm-up race, the Do-Run Run, in mid May. ARC's Trent-Waldron Glacier Half Marathon at the end of May fits into the plans for those running Mayors in June. The Boondocks Breakaway is a less intimidating trail run in Kincaid Park.

And your Board of Directors is working hard on ARC's premier race - the Humpy's Marathon, scheduled for Aug. 20. Even though prices have increased for everything from bananas to port-a-johns, we probably will not have a fee increase this year, and will work even harder to make ends meet. This means we'll need even more of our dedicated volunteers to make sure the Humpy's 5K, Half and full Marathons are run without glitches. As with all our races, we don't want you to forego the race to

volunteer but instead recruit your non-runner friends and family members.

Octoberfest is one of the last of the season road races in town. Check out the web site at [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org) to get more information about our club runs.

Catching up with friends and neighbors in conversation or in the race are just a couple of the best things about going to a race. Remember it is all for our fun and enjoyment. May you have many good miles of running this summer.

John Pontarolo  
President,  
Anchorage Running Club



APU Hill.....off and running



## **Anchorage Running Club 2007 Scholarships**

by Bonnie Swanson

ARC Board of Directors

The Anchorage Running Club's scholarship committee has selected two high school student runners to receive \$1500 scholarships this year. Both recipients exemplify ARC's high standards for selection.



Jacqueline (Jackie) Holt, a senior at Service, is an accomplished and dedicated runner. In addition to actively participating at the varsity level in both track and field and cross-country throughout high school, she also was chosen to be a member of Team Alaska, given an "outstanding performance" commendation at

the Western Region Foot Locker Championships, and has participated in the Tuesday Night Race Series and the Anchorage Heart Run.

During her senior year, she was voted captain of the cross-country team and "most valuable" runner. Her other rather eclectic interests include flying (she is in the process of obtaining her pilot's license), soccer, cross-country skiing, downhill skiing, sea-kayaking, sailing, hiking, hunting, fishing, camping, and mountain biking. She has donated hundreds of hours to a number of worthy causes and clubs, including the Z-club, Change of Heart, Girl Scouts of America, local elementary schools, the National Honor Society, and the Pioneer Community Development, a project for which she worked with a neighborhood organization to create a much-needed park. In addition, her academic qualifications are stellar, and she ranks #1 in her class.



The other senior runner chosen to receive a scholarship is equally well-qualified. Karl Wichorek is not just remarkably gifted in academics, music and sports, but also is clearly committed to using his

prodigious talents and leadership abilities to improving our community. He is #1 in his class at West High School, and his SAT scores place him in the top 3% of college bound seniors in the nation. He was selected to be team captain of the Cross Country Running Team in both his junior and senior years of high school, a rare honor. In 2003 he received the Prefontaine Award for "commitment, dedication, and inspiration" to the West High running team.

In addition to running for West, he also has volunteered at aid stations for community races for at least the past 4 years. He has participated in and often received awards and honors for a wide variety of activities in addition to running, including Drama, Debate, and Forensics, baseball, West and All State Honor Band, the National Honor Society, and the Gifted Mentorship Program.

Outside of school, he has been an active volunteer for political campaigns, the St Francis House, and Little League as an assistant coach and umpire. As a junior, he worked as an intern in the Mayor's office; while there, he helped create and organize the "Healthy Heroes" project, an educational project designed to provide healthy athletic role models for Alaskan youth. As a senior, while playing the trumpet for elementary students during an after school program, he noticed their positive responses his playing. He decided he wanted to create more opportunities for disadvantaged kids to be exposed to the benefits of music, and created and organized the ongoing "After School Concert Series", in which local musicians and bands donate their musical talents and provide concerts to Mountain View students weekly throughout the school year.

The Anchorage Running Club is proud to support young men and women such as Karl and Jackie.

## **LETTER TO THE MEMBERSHIP**

by Betty Cronin

ARC Board of Directors

Perhaps all of the ARC members are not aware that in prior years ARC has granted post secondary education scholarships to students from the Anchorage School District. The recipients of those scholarships have demonstrated their commitment to running, a healthy life style, academic achievement

## Running Science & Sports Medicine

### **The Power of The Group**

Running with a group can be a fun way to train for a marathon. As a team, you can share the challenges, the laughs, the struggles, and the exhilaration. No one needs to go through a tough day without being bolstered by the others. As you give support, you'll receive much more in return. Lifelong friendships are formed. Individuals training alone often reach a plateau of fatigue, injury, lack of motivation, or complications in other areas of life and drop out of their training programs.

If there is no group in your area, you can start one by running together with just one other person. A runner can consider calling friends and working on motivating them to join in a run. Some runners even simulated group runs by talking on cell phones during runs.

It's interesting to watch training groups develop. On the first day, most feel a bit shy, reluctant to say much. After a group run or two, each member develops a sense of belonging and trust. Over the next few months, often without realizing it, each will need to pull at least a little support from teammates, and each will give the same to others. Through the joking and the gut-level respect generated by meeting challenges together, bonds are established and last a lifetime. Starting as ordinary people, the group will rise to the extraordinary challenge of the marathon.

The most successful groups are those composed of folks at the same conditioning level. The primary goal of the group is to have fun as the distance is covered. I'm not saying that every step is wonderful or every hill bestows joy, but as you exchange jokes and stories and let the chemistry of your personalities create a unique group identity, the fun will emerge.

It's a good idea to subdivide runners into pace groups according to their current conditioning and background. But even in the most evenly matched groupings, one or two individuals will often struggle on each long run. It doesn't hurt a faster runner to slow down: endurance is developed by the distance covered, not the pace. So the group adjusts the pace to accommodate the members who just aren't having a good day.

Jeff Galloway  
New Marathon. 2000

and community involvement. It has been my pleasure to participate in the scholarship selection process. In some years I served as committee chair which involved coordinating with all of the high school counselors, soliciting committee members and spending time getting ready for the selection process. There are times when our plates are full and we cannot find the time to squeeze in more projects and fulfill the responsibility effectively. Well, this year I found myself in that position. So, you can all imagine how pleased I was when a new member of the club, and now a board member, Bonnie Swanson stepped forward and volunteered to chair the committee. Bonnie devoted time and energy to coordinate all of the information needed for the scholarship selection. ARC members, Jo Antonson, Rod Shipley, and Charles Utermohle volunteered their time to be members of the selection committee with Bonnie and myself. Needless to say, selecting those to receive the scholarship awards was very, very difficult. Anchorage has many qualified students who are very active in running and our community who were deserving of the award. We should all be proud of those young people.

In prior years other ARC members, Bob Cox, Joan Nockles, Pat Bland and Donna Robertson have all served on the committee. These people have all shown a willingness to participate in the achievement of the goals of ARC.

Over the years, many members have come forward to assist the club. Some great events and accomplishments are the result of their efforts. I personally would like to thank each and every one of you who have given to the club, from Board members to water station aids to clean up crews. One would love to name everyone, but alas, there are so many that that would be impossible. Without you the club and these great activities would not exist.

Now, I would like to quote former ARC President , David Epstein. "If each member would volunteer for just one event per year, the majority of our volunteer needs would be met." THINK ABOUT IT, THEN ACT !!!

Finally, let me quote a former member of years ago, John Trent Sr. : "RUN AND REJOICE".

PS: Anchorage Running Club is a 501(c)(3) charitable organization, so donations may be designated specifically for scholarships.

## Anchorage Area Training Groups

### 1) Peak Performers Track Club [PPTC]

meet: Tuesday 6PM

at: APU Moseley Sports Center, April 3;

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 645PM, April 3 - August 14,

at: Service High track;

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

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and: Tuesdays 12 noon, May 29 - August 14.

at: Wendler Middle School track.

cost: \$70

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membership: approx. 100 for both groups

coach: Lisa Keller, 563-5804 or [lisa@gci.net](mailto:lisa@gci.net)

www.multisporttrainingak.com

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

### 3) Exceed Women's Running Team

meet: Tuesday, 6:00 PM, April Through August

at: Wendler Middle School track and various trails.

cost: \$100

membership: approx. 75

coaches: Kristi Waythomas 333-3921 or

[waythomas\\_kristi@asdk12.org](mailto:waythomas_kristi@asdk12.org); Jill Follett

346-2294 or [eric.follett@acsalaska.net](mailto:eric.follett@acsalaska.net)

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

### 4) Valley Women's Running Team

meet: Tuesday, 5:45PM, April through mid-August

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

cost: \$120

membership: approx. 60

coaches: Rhonda Knopp, Kristin Wolf, 373-3975

Runners of all ability levels welcome.

### 5) Team Alaska Track Club [TATC]

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

Contact Smokin' Joe Alward, 622-9907

#### TATC Winter Training Program

meet: October thru March; 4PM - 530PM

at: Bartlett High School, Blue Hall

(plan to move to new dome when available)

cost: \$150/per session, includes USATF and TATC

membership; Session 1: Oct- Dec; Session

Session 2: Jan- Mar.;

membership: approx. 50-75

coaches: Joe Alward (distance running) 622-9907;

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](mailto:akmtnrun@hotmail.com) .

[www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)

### 7) J C's Training Group.

meet: Tuesdays 6PM

at: Bartlett High Track

cost: \$125, April 17 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 of running related groups that train in the area. These require skills in addition to those used in running. There is triathlon training -- if interested, try contacting Bill or Sheryl Fleming, [moflem@acsalaska.net](mailto:moflem@acsalaska.net). And there are a couple of eco-challenge type of training groups in the area, including Adventure Racing, [www.egadalaska.com](http://www.egadalaska.com) , and Hammer Adventure Racing, [www.hammeradventurerace.com](http://www.hammeradventurerace.com) .

**Wednesday, May 16, 2007, 6PM, Woronzof Parking Lot, W N. Lts.**

## **DO RUN-RUN 4 Miler**

A Flint Hills Series Event

*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 2007 Anchorage Running Club members (Membership is Jan thru Dec)

If not a 2007 paid member include **\$15** for individual or **\$25** for family membership.

**-- entitles you to run this and 4 other 2007 ARC races for free**

**MAIL ENTRY: (this really helps us)**

BEFORE MAY 10, 2007

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) 337-2142,

email: info@anchoragerunningclub.org

**Bib Pickup & In Person Entry:** 5:00 – 5:45 PM on Wednesday May 16 at **Pt Woronzof**

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COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15 INDIVIDUAL OR \$25 FAMILY IF NOT A PAID MEMBER FOR 2007

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Birthdate (Mo/Day/Yr) \_\_\_\_\_ Age on 5/16/07 \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Paid Up 2007 ARC Member : YES \_\_\_\_\_ NO \_\_\_\_\_ (enclose fee)

**2007 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 (or in person registration & bib pickup on race day – See above)

**Saturday, May 26, 2007, 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, 2007 Mail to:  
TWG HALF MARATHON  
4023 Hampton Dr.  
Anchorage, AK 99504

**QUESTIONS AND VOLUNTEERS CONTACT:**  
Race Director: John Pontarolo: [jpont@gci.net](mailto:jpont@gci.net)  
337-2142

### A Flint Hills Series Event

**Bib Pickup & In Person Entry:** 4:30 – 6:30 PM on Friday May 25 at **Skinny Raven Sports**.  
Day of race bib pickup and late registration 7:45 - 8:45 AM at Westchester Lagoon.

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COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15 INDIVIDUAL OR \$25 FAMILY IF NOT A PAID MEMBER FOR 2007.

Last Name	First Name	MI	
Address			
City	State	ZIP Code	
Birthdate (Month/Day/Year) <small>( Birthdate required for Age Graded Timing)</small>	Age on 5/26/07	Male	Female

Entry Fee: **FREE** to 2007 Anchorage Running Club members (Membership is January to December)  
If not a 2007 paid member include **\$15** for individual or **\$25** for family membership \_\_\_\_\_

### RACE FEE: Check One

FREE \_\_\_\_\_      \$15 \_\_\_\_\_      \$25 \_\_\_\_\_  
2007 ARC PAID UP MEMBERS    ARC 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 (or in person registration & bib pickup – see above)		\$ _____

# MUGWUMPS 10K ENTRY FORM

**WED JUNE 20, 2007**

Join the Mugwumps 10K at Pt Woronzof, Anchorage, AK. This will be the 22nd running of the mugwumps, and the seventh year it has been sponsored by Anchorage Running Club. Entry in the race is free for all ARC members. Membership is \$15/year for individual membership 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. And if on race day, you finish the mugwumps in under 45 minutes, you also will not be invited back (except to volunteer).

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

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

**NAME**\_\_\_\_\_

**MALE**\_\_\_\_\_ **OR** **FEMALE**\_\_\_\_\_

**AGE ON RACE DAY**\_\_\_\_\_

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

**SIGNATURE**\_\_\_\_\_

**Sunday, July 08, 2007, 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 2007 Anchorage Running Club members (Membership is Jan thru Dec)

If not a 2007 paid member include **\$15** for individual or **\$25** for family membership.

**-- entitles you to run this and 4 other 2007 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: 337-2142, email: info@anchoragerunningclub.org

**Bib Pickup & In Person Entry:** 10-1045AM on Sunday, July 08 at **Kincaid Bunker**

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COMPLETE ALL INFORMATION. SIGN AND ENCLOSE ARC MEMBERSHIP FEE OF \$15  
INDIVIDUAL OR \$25 FAMILY IF NOT A PAID MEMBER FOR 2007

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Birthdate (Mo/Day/Yr) \_\_\_\_\_ Age on 7/08/07 \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Paid Up 2007 ARC Member : YES \_\_\_\_\_ NO \_\_\_\_\_ (enclose fee)

**2007 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  
2007 MEMBERSHIP APPLICATION  
Membership term is January 1 to December 31, 2007  
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



**Mark Jacobsen sings, 'O Say Can You See.....'  
at the start of the 2006 AK Serigraphics 10K Classic**

**2007 Running Events Sponsored By  
The Anchorage Running Club**

May 16, Wed. - Do Run-Run 4 Miler  
May 26, Sat. - Glacier Half Marathon  
June 20, Wed. - Mugwumps 10K  
July 08, Sun. - Boondocks Breakaway 5K  
July 25, Wed. - Masters' 5K / 10K  
Aug. 19, Sun. - Humpy's Marathon / Half / 5K  
Oct. 06, 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: Newsletter Editor, [warriorking@alaska.net](mailto:warriorking@alaska.net)  
or Phone: 907-677-1336

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