



FINISH LINE

Newsletter Of The Anchorage Running Club

Volume 20 Number 4 -- October 2008

President's Corner

This time of year, as the leaves turn yellow and each of us faces that perennial existential dilemma – shorts or long pants – the Anchorage Running Club is readying the final race of the season, Octoberfest.

Scheduled for 9 a.m. Oct. 4 at the Second Avenue start of the Tony Knowles Coastal Trail, the race benefits Brother Francis Shelter and Bean's Café through donations which can be submitted with your entry or brought to the Snow Goose on race day.

Race Director Ed Wilson reports the 10-K race starts at 9 a.m., with the 5-K following five minutes later. As always, race headquarters is the Snow Goose Restaurant, 717 West Third Ave., which opens at 7:30 a.m. for race day sign-up and bib pick-up.

Early registrations are encouraged through the Anchorage Running Club website, with bib pick-up from 4:30-6:30 p.m. Wed., Oct. 1 at Skinny Raven Sports.

The Anchorage Running Club's annual meeting will follow the Octoberfest races at approximately 10:30 a.m., with an extensive assortment of mostly healthy snacks as an extra incentive.

Your Club is managed throughout the year by a volunteer board of nine local runners. An annual meeting is required by our by-laws and this year's focus is by-law revisions and the election of new board members.

As best we can determine, the by-laws were last updated in 1989 - when the first George Bush became president and the record of the year was "Don't Worry Be Happy" – I'm sure there's no connection.

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Debbie Cropper wins her second Humpy's Marathon in a row, August 17, 2008

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**John Pontarolo,
former ARC President,
crosses the finish line in the
AK 10K Classic Road Race
August 02, 2008**

Anchorage Running Club

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VicePresident: (vacant)
Secretary: (vacant)
Treasurer: Ed Wilson

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Jim Lieb
Mike Halko
(vacant)
(vacant)

Webmaster: Greg Dixon
Newsletter Editor: Jim Lieb

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***Minutes Of The September 08, 2008
ARC Board Of Directors Meeting***

Mayor's Conference Room – City Hall
David Ramseur, President, called the meeting to order at 5:35 pm.

Review Previous Minutes (Cobey): Peggy Cobey was not able to attend. Minutes approval will wait for her return.

Budget Report (Wilson): Interim report handed out. Ed will explore investment account for cash balance, possibly short term CDs. There are additional outstanding BWLR invoices and deposits (\$19,000) not on the report. Expected invoices are for barricades, timing and media, shirt order & Coast Magazine. Final report will be completed by the next meeting.

Website Update (Dixon): Google graphs were distributed to show increase in website hits due to BWLR. The active.com fee was discussed, and whether to increase entry fees, or have individuals pay separately or explore other avenues. RRCA has contracted with active.com. The question arose as to whether we are exercising and benefiting from that agreement. Greg will explore other possible services

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Running Science & Sports Medicine

VITAMINS C AND E SEEM TO PROVIDE PROTECTION FOR ENDURANCE ATHLETES' AIRWAYS

Relatively low levels of ozone (<120micrograms/m³) can affect lung function in endurance athletes, making it more difficult to bring large volumes of air into the lungs (Respiratory Effects of Low-Level Photochemical Air Pollution in Amateur Cyclists," *American Journal of Respir. Crit. Care Medicine*, vol. 150, pp.962-996, 1994). As a result, exercise scientists have searched for years to find ways to minimize ozone-related respiratory problems in athletes.

Ozone, also known as O₃, is actually an unstable form of oxygen. If you have been even mildly interested in atmospheric science and air pollution over the past few years, you are well aware that there is "good ozone" and also "bad ozone" in the earth's atmosphere. The "good ozone" occurs naturally in the upper atmosphere, approximately 10 kilometers above the earth. There, it forms a protective layer which helps to shield the earth from the harmful rays of the sun.

At ground level, however, the very same gas becomes "bad ozone." Ground-level ozone can harm human lung tissue, crops, and manufactured materials. The ground-level O₃ is formed when nitrogen oxides and reactive organic gases (hydrocarbons) react chemically in the presence of sunlight. Nitrogen oxides, of course, are produced by fuel-burning engines; reactive organic gases are released by motor vehicles, solvents, a variety of different consumer products, and petroleum-processing plants.

Ground-level ozone tends to induce broncho-constriction (narrowing of the airways), which decreases air flow into the lungs and potentially limits oxygen delivery to the blood. Even though endurance athletes have well-trained respiratory systems, they are quite prone to ozone-induced problems. That's because athletes can maintain very high ventilation rates for prolonged periods of time - and thus drag more ozone into their lungs, compared to "couch potatoes". In addition, the "mouth breathing" (instead of routine nasal breathing) associated with heavy exercise takes away one of the

body's key lines of defense against ozone - the trapping of ozone molecules in the nasal membranes, which prevents the irritating gas from reaching the lower air passages. If you live in or near an urban area, it's likely that ozone is having at least some impact on your respiratory function when you train and race.

What can you do to protect yourself from ozone's effects? Theorizing that antioxidants might help control ozone-related damage to the airways, researchers in Mexico City recently gave "antioxidant cocktails" to street workers exposed to fairly high levels of ozone. These cocktails contained vitamin C, vitamin E, and beta-carotene, and they did indeed have a protective effect on lung function in the workers (:Antioxidant Supplementation and Respiratory Function among Workers Exposed to High Levels of Ozone," *American Journal of Respiratory Crit. Care Medicine*, vol. 158, pp. 226-232, 1998).

These workers were not exercising heavily, however. Would a similar cocktail have a beneficial effect in endurance athletes - even at lower ambient levels of ozone? To find out, researchers at Wageningen Agricultural University and the Netherlands Institute of Health Sciences in the Netherlands recently divided 38 Dutch cyclists (35 males and three females) into two groups: Members of one group received a daily dose of 500mg of vitamin C and 100 mg of vitamin E, while cyclists in the second group ingested only a placebo. The study was carried out in a "double-blind" manner (neither researchers nor athletes initially knew who was actually getting the potentially protective vitamins).

During the study, the cyclists worked out and competed in their usual manner. Average workout duration was 104 minutes, and mean workout heart rate was 141 beats per minute, but race pulse rates ascended to an average of 173 bpm. The athletes' lung functions were checked after workouts and races (a total of 380 different tests were performed). Ozone concentrations were moderate; average ozone level was 77 micrograms/m³, and

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cont. from page 1-- President's Corner

Proposed revisions reflect changes in technology, allowing the club to disseminate information by email, maintain a website and provide more flexibility for managing growing races like the Big Wild Life Runs.

Please review proposed by-laws changes on the club website in advance of the meeting. We promise it will be short and relatively painless.

Participants and volunteers are still smiling from the overwhelming success of the Big Wild Life Runs on Aug. 17. On one of the coolest summers on record, the clouds parted long enough to warm up a record number of runners and walkers in six separate events.

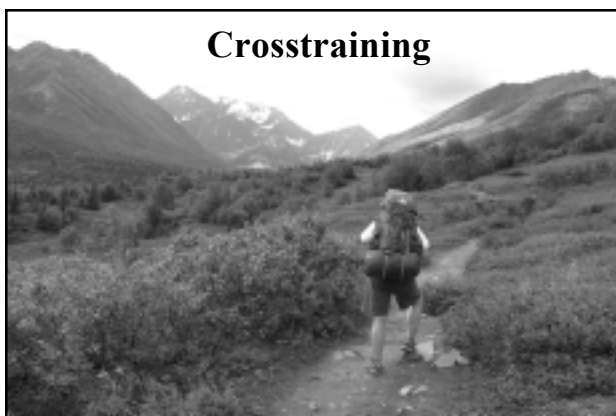
Kudos to BWLR Race Director Mike Halko for recruiting numerous new sponsors which allowed us to provide special perks for participants, including a race poster, special magazine and special viewing of the "Spirit of the Marathon" movie.

So many runners signed up at the last minute that we had to special order additional shirts, which were distributed earlier this month. The board is considering many suggestions, so next year's BWL Runs are the biggest and best managed ever.

Thanks to each of the Club's 1,200 runners, represented through 571 memberships, for participating this year.

In just a few more weeks, I look forward to hearing you crunching up behind me on the snowy trails.

David Ramseur
President
Anchorage Running Club



Big Wild Life Runs Report

Our Inaugural Big Wild Life Runs proved to be a tremendous success, thanks to the work of hundreds of volunteers. Yes, we ran out of timing chips and shirts and people still signed up to participate and support the ARC. Evidently, the decision to expand sponsorship opportunities under one umbrella event a.k.a. "The Big Wild Life Runs" worked out splendidly. Our Event Guide in the Coast Magazine spelled out all the details of the event. It was exciting to see so many businesses step forward to support the Anchorage Running Club's Mission of promoting running and walking for the entire community. Our cornerstone sponsor, Humpy's Great Alaska Ale House, not only sponsored the marathon and marathon relay but also hosted an incredible pasta feed and post race awards celebration. Skinny Raven Sporting Goods stepped up to sponsor the 1/2 marathon with over 800 entries. Snow City Café sponsored the 5K and the event brought lots of ear-to-ear smiles. And the Alaska Natural History Museum's "Run for your Life" Kids 2 K was a hoot.

We pulled this off in the middle of our cities busiest downtown construction season in 25 years. Can you imagine how great it will look on August 16th 2009. Town Square will be open, the Convention Center & parking garage completed. So our growth, our success, also means there needs to be a more structured approach to the event in terms of a formal race committee. We need 6 leaders to help share the load of organizing our only fund raiser... that will have over 2000 entries next year, possibly 2500. All the key sponsors are back and we will have the application up on line by mid October so we are ready to grow this event some more with your help.

Please email me at mghalko@yahoo.com to learn more about this exciting opportunity. It's our club, our community, let's make it the best possible by building a quality event together. Thanks for your support, you are the best!!

Mike Halko
BWLR Race Director

cont. from page 2-- Minutes

such as signmeup.com, Google and others. Jim Lieb had trouble with active.com on AK10K Classic race, which took months to resolve. Greg will email results of his review.

Newsletter(Lieb): The next issue is October's newsletter. Jim needs the President's message, minutes plus additional submissions to be gathered by late September. The newsletter will include a summary of previously unreported races w/links to results. Members will be encouraged to go to active.com or print paper applications for both race entry and 2009 membership.

Octoberfest(Wilson): Ed Wilson is race director: Race day is 10/4/08 with membership meeting at the Snow Goose Restaurant. Entry fee is \$15.00 fee online. Volunteers are needed. Race Starts are 9 am 10k, 9:05am 5k, 9:15 Kids race, 10:30am club meeting at Snow Goose. Race results will be first and then membership meeting.

Membership Meeting: This will occur in conjunction with Octoberfest. The agenda will include nominations of board members to fill vacancies, revision of bylaws, and possible structure of board. It was mentioned we should consider staggered terms. Board nominations will be taken from the floor. Votes will be cast by show of hands at the meeting. Officers will be selected at a later board meeting.

Board Vacancies: The board is down two members/officers so we are recruiting for these positions.

By-law Revisions: Bylaws subcommittee of David Ramseur, Charles Utermohle & Ed Wilson will present possible changes to board by email.

Big Wild Life Runs Recap(Halko): Mike thanked everyone for an outstanding event. He reported all sponsors will be back. Mike will talk to Humpy's regarding their sponsorship. More details will be discussed at a later meeting.

Race Director Conference(Halko): Mike requested \$1,000 disbursement to attend race director workshop in Portland, OR for approximately \$660 registration for himself and Skinny Raven attendee & his

plane ticket cost. (By email following this meeting, he asked that the ARC also pay Sharon Fisherman's registration fee. Sharon was in charge of BWLR awards and other duties, and will already be in the Portland vicinity) Board approved Mike & Skinny Raven attendee at meeting. (Sharon's fee approved by email consensus.)

Strollers in Races: After discussion, the decision was to allow stroller participation, walking only, with these starting behind walkers.

The next meeting will be on October 4 at Octoberfest. The meeting was adjourned at 6:45 pm.

Lupe Marroquin for
Peggy Cobey Secretary
Anchorage Running Club



Look Out - New Legs In Town !

Mike Wisniewski
is interviewed after winning
the AK 10K Classic Road Race
August 02, 2008

Late Summer Race Results

Complete race results for all ARC races are posted on www.anchoragerunningclub.org. A brief summary of each race will be published in the Finishline.

Boondocks Breakaway 5K

The Boonsdock Breakaway 5K race was held on Sunday, July 13, 2008. Reports indicate that there were lots of food, great drawing prizes and a good time had by all. 57 individuals competed in good weather conditions. Eric Strabel was 1st for the men in a time of 17:41, and Esther Jurasek was 1st for the women in a time of 20:45.

For complete results go to www.anchorage running club.org

Master's 5K & 10K

On Wednesday, July 25, 2008, the Master's 5K & 10K races were held at Pt. Woronzof, and were completed respectively by 22 and 33 participants. First place winners in the 5K were Jeff Johnson in a time of 18:26 and Monica Tibbetts in a time of 19:14, while in the 10K the winners were Dan Boyle in a time of 35:14 and Debbie Cropper in a time of 41:07.

For complete results go to www.anchorage running club.org

Big Wild Life Runs

1405 runners completed the August 17, 2008 BWLR races, of which 265 raced in the Humpy's Marathon, 23 in the Marathon Walk, 84 in the Marathon Relay, 677 in the Skinny Raven Half Marathon and 356 in the Snow City Cafe 5K. Jerry Ross in a time of 2:46:51 and Debbie Cropper in a time of 3:14:05 were the first place winners in the marathon. This marathon win was the second year in a row for Debbie. Shjeryl Mohwinkwl-Flem in a time of 5:50:04 won the marathon walk. 'Burning Daylight' in a time of 3:15:54 was first in the marathon relay. Jake Moe in a time of 1:13:55 and Amanda Vincent-Lang in a time of 1:29:40 came in first in the half marathon. And Luis Alfonso in a time of 17:24 and Holly Brooks in a time of 19:33 were the winners of the 5K race.

For complete results go to www.anchorage running club.org

cont. from page 3 -- Vitamins C & E

the range was 14-186 micrograms/m³; this corresponds roughly with an average of .055 ppm and a range going up around .12 ppm ("Double-Blind Intervention Trial on Modulation of Ozone Effects on Pulmonary Function by Antioxidant Supplements," *American Journal of Epidemiology*, vol. 149, pp. 306-314, 1999).

Blood levels of vitamin E shot up about 48 percent in the supplement group, and plasma vitamin C rose by 4 percent; concentrations of two vitamins were essentially unchanged in placebo cyclists. When the researchers looked at average ozone levels during the eight hours before testing, they unearthed an interesting fact: As ozone levels increased, the amount of air the athletes could force out of their lungs in one second and the quantity of air they could exchange with the environment decreased in the placebo group - but were unchanged in the vitamin-ingesting cyclists. In other words, the vitamins seemed to protect cyclists from losses in respiratory function associated with ozone exposure.

For example, when ozone levels increased by about 100 micrograms/m³, the placebo riders could force 95 ml less air out of their lungs during a forced exhalation, while the drop-off for the supplementers was only 1 ml. C and E seemed to be reducing the extent of bronchoconstriction.

It's unclear what effects these differences would have on performance times, but it's clear that the C and E supplementation helped keep the athletes' airways more open and should have made intense exercise feel more comfortable. In a separate study, subjects took daily vitamin C (250mg), vitamin E (100mg), and a vegetable-based cocktail for two weeks, after which they were exposed to ozone levels of 800 micrograms/m³ (.4ppm) during two hours of exercise. During this period of exercise and ozone exposure, decrements in lung functioning were modest in the supplementers, compared to individuals who took in only a placebo ("The Role of Dietary Antioxidants in Ozone-Induced Lung Injury in Normal Human Subjects," *American Journal of Respir. Crit. Care Medicine*, vol. 157 (supplement): A195, 1998).

But, do you really need to worry about ozone's ef-

fects on your lungs? After all, isn't it true that air quality *is* getting better?

Well, ground-level ozone levels *are* dropping. For example, last year ozone levels in the Los Angeles area exceeded California state standards on "only" 114 days. While that might seem like a lot, it was down from an average of 242 over the limit days 20 years ago.

Health advisories - when ozone soars above .15ppm and everyone is advised to avoid vigorous outdoor exercise - were in effect on "just" 43 days in Los Angeles 1998, down from 184 outrageous days in 1977, and there were "only" 12 "stage-1 episodes", when ozone levels rocket above .20 ppm and people start getting really sick.

In other words, the air is getting cleaner, but in major urban areas like Los Angeles it still contains enough ozone to produce problems. Even the Dutch countryside, which is not notorious for its severe air pollution, contained air with enough ozone to interfere with respiratory function in the Dutch cyclists described above. Unless you live in a pristine wilderness, taking vitamin C and E to protect your lungs seems to be a fairly reasonable thing to do. It won't necessarily help you attain a new PR, but it should have at least some positive influence on airway function.

In addition to taking Vitamins C and E, what else might you do to protect your lungs from ozone? Here are some tips:

- Train during time periods when ozone levels tend to be lower - early in the morning or late in the evening.
- Don't train during time periods when ozone levels exceed .12 ppm.
- If your newspaper doesn't publish daily ozone levels, pay attention to its "Pollutant Standards Index." If this index is below 100, then ozone levels are usually not too damaging.
- If you're going to be racing in a city with ozone problems, try to get there a few days ahead of time so that your respiratory sys-

tem can adapt to the foul air. While that may seem crazily stressful to your body, it's important to remember that your respiratory system can adapt to ozone exposure, *lessening* (although not eliminating) the negative reaction to the gas. In other words, the first time you plunk yourself down in an ozone soup, you might have a severe exercise-limiting reaction, whereas a couple of days in the broth will make your airways less reactive and get you breathing - and running like one of the natives.

Owen Anderson
Running Research News
September 2008



**Westchester Lagoon
on a Summer 2008
Sunny Day**



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Start of 2008 BWLR Run For Your Life Kids 2K Race

**2008 Running Events Sponsored By
The Anchorage Running Club**

- May 14, Wed. - Do Run-Run 4 Miler
- May 24, Sat. - T/W Glacier Half Marathon
- June 18, Wed. - Mugwumps 10K
- July 13, Sun. - Boondocks Breakaway 5K
- July 23, Wed. - Masters' 5K / 10K
- Aug. 17, Sun. - Big Wild Life Runs: M, 1/2M, 5K
- Oct. 04, 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.

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