



# FINISH LINE

## Newsletter Of The Anchorage Running Club

Volume 21 Number 2 -- April 2009

### President's Corner

OK, our past President, David Ramseur, is now working in Washington D.C. Good Luck to David with this new venture. David remains a board member and will continue as an asset to the club.

As David's successor as president, I have been charged with the responsibility of writing this article as well as other duties. Anchorage Running Club board members and committee members are a wonderful group of hard working people and it is a pleasure to serve as president with their support.

Spring is here and everyone's thoughts turn to running on the paths, trails and anywhere snow and ice do not cover the ground. Unfortunately, the volcano decided to spew a little -ash and curtail outdoor activity for a short while. This is the time when those treadmills, bicycles and club memberships are fantastic (or the airline miles except one may be stuck in an airport).

We are all looking forward to a great year at Anchorage Running Club. The schedule of races, events and activities are all included in this newsletter and at the Club web site which I encourage all of you to visit. The Club is quite fortunate to have one of the best web masters in the state or country. Gregory Dixon's work at creating and updating that site is quite commendable. I encourage each of you to visit the site at [www.anchoragerunningclub.org/](http://www.anchoragerunningclub.org/)

One highlight of Anchorage Running club events this year has been the sponsorship of running at the Dome the first Wednesday during the six months of winter. This allows members to utilize the track at the Dome, thereby giving each of you the opportunity of ice and dirt free running with others. The Anchorage community of runners all enjoy and relish outdoor winter running, but this is a very nice alternative. Comments

regarding this sponsorship are appreciated as we would like your input for the future.

The next highlight was the awarding of scholarships to students from the Anchorage School District. It was encouraging to see many deserving students applying for an Anchorage Running Club scholarship. Bonnie Swanson chaired that committee (doing a fine job, I might add); her report is included in this newsletter.

Again this year Anchorage Running Club will provide free runs for members. These events are included in this newsletter and at the website. Our first run will be May 13, the Do Run-Run 4 miler, a race started by

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**Start of the Colony Days Race  
June 15, 2008**

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## Start of the Women's Run - June 14, 2008



### **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: Betty Cronin  
Acting Vice Pres: Ed Wilson  
Secretary: Lupe Marroquin  
Treasurer: Debbie Cropper

Board of Directors: Bonnie Swanson  
David Ramseur  
Debbie Cropper  
Ed Wilson  
Elizabeth Cronin  
Greg Dixon  
Jim Lieb  
Lupe Marroquin  
Mike Halko

Webmaster: Greg Dixon  
Newsletter Editor: Jim Lieb

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

### **Minutes of January 25, 2009**

#### **ARC Board Meeting**

*[approved at March 30, 2009 Board Meeting]*

King Career Center - Call to Order. 6:10pm

In Attendance: Board Members: Betty Cronin, Jim Lieb, Ed Wilson, Gregory Dixon, Deb Cropper, Mike Halko; ARC Members: Ole Jordan, Charles Utermohle, & Veronica Beagan.

Review of previous minutes. Approved.

Finance report. Deb Cropper reported an Anchorage Running Club bank balance of \$38,217.12 and Big Wild Life balance of \$13,431.10. There are more deposits coming from Gregory. Deb is learning QuickBooks. Next meeting Deb plans to have updated balances. Ed will help get figures moved into next fiscal year.

Membership update. Charles reported 106 memberships for 2009. Only 20% have reestablished membership, which is normal. The next flurry begins with spring running events. So far, there have been over 20 new memberships and renewals at the Dome. Gregory expressed concern about paper membership forms - we are missing a lot of email addresses. 3-400 people sign up at day-of-race registrations and many

*cont. page 3*

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

Joan Landis and Carrie Erickson a few years ago. Both of them have passed the directorship baton, but the Club is in need of a runner to pick it up. For the current year board members have chosen to be certain the event occurs. Watch the Website as a new location for this event may be possible. We are working to move the event from Point Woronzof to the new Ship Creek Trail. This would be the first race on that trail.

Anchorage Running Club has continued memberships in the Road Runners Club of America and USA Track & Field organizations for 2009. USA Track & Field is the national governing body for track and field, long-distance running and race walking in the US. RRCA is the national association of running clubs, events and runners dedicated to promoting long distance running as a competitive sport and as a healthy exercise.

Please enjoy this newsletter as it contains information to inform and hopefully assist you in enjoying your spring running season.

Thanks to all of you for joining Anchorage Running Club. Encourage your friends to join you with a membership of their own. Remember, running with a friend is fun and also safer. Practice safety when running, walking, and enjoying the parks & trails.

Betty Cronin  
President  
Anchorage Running club

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*cont. from page 2 -- Minutes, Jan. ARC Board Meeting*

of these can't be contacted electronically. Email addresses from BWL should be kept separate. System will keep these both separate and included in ARC. Mike will get race volunteers to add names to excel spreadsheet. APU report is coming. Greg encouraged board members to promote website as a tool.

Board Vacancies. We need to replace Bonnie Swanson and add one additional to help fill in for David Ramseur during his absence. Suggested names were Sharon Fisherman, Todd List and Lisa Smith. Mike Halko agreed to invite Todd List. Jim Lieb agreed to invite Lisa Smith to the next meeting. Also suggested it is possible to ask ARC members to be part of committees, if full board membership was not possible.

Club Budget for the year should include a budget for

each event. Board agreed we need a detailed budget with all anticipated expenses and revenues. The board would like to take a good look at where we are going and where the dollars are. Lupe Marroquin suggested we invest in growth funds such as CDs. Ole Jordan asked what amount would be appropriate to have invested. Normal policy suggested that an amount would be 2 – 2 ½ years of operating expenses. Betty Cronin suggested \$15,000 investment in short term CDs.

Mike Halko expects an increase in BWL net profits of approximately \$30,000. Sponsors who have said yes are Captain Cook, Kaladi Brothers; REI will provide "green" bags at 60cents each. Question arose as to whether we need formal contracts.

Ed Wilson, Mike Halko and Lupe Marroquin agreed to meet to go over a draft budget.

Scholarship update. Bonnie Swanson is out of town and will provide a report at the next meeting.

Next meeting. March 30, 2009 at the King Career Center.

Adjourn. 7:20pm

Lupe Marroquin  
Secretary  
Anchorage Running Club



## Big Wild Life Runs Update

The Anchorage Running Club's Big Wild Life Runs Race Committee is working feverishly to bring Anchorage another outstanding event. Plan now to run or volunteer. Yes, volunteers receive a cool long sleeve shirt too.

And remember to register before the end of April to guarantee your t-shirt size. Also, prices go up May 01. Some may consider this an expensive event but we are priced well below outside races for these distances. And your entry ensures a quality long sleeve technical shirt, coupons at local stores, chip timing, finishers medals for Marathon and 1/2 Marathon, street closure downtown for over 8 hours, awards and much much more.

### Top 10 Reasons to run ARC's 2009 Big Wild Life Runs:

10. Late season event allows for a PR.
9. A community family friendly event.
8. Kids 2K Dinosaur Run.... Yes, look for Mr. Bones
7. Nordic Walkers welcome.
6. Marathon Relay competition promotes teamwork,
5. Long sleeve technical shirts for 5K, 1/2 Marathon and Marathon.
4. Hats and finisher medals for Alaska Natural History Museum Dinosaur 2K
3. Enjoy Downtown - we start and finish on 6th Avenue across from Humpys and the Alaska Performing Arts Center.
2. It's the only fund raiser for the Anchorage Running Club and we support numerous fitness events and programs in the community.
1. Have fun in the last big run in town before the State Fair.

Go to [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org), select the link for Big Wild Life Runs and see who our sponsors are and support their business. We could not produce this event without their support. Also we are proud to announce that Providence Sports Rehabilitation Clinic has joined our event as our Media Guide Sponsor and as one of our 1,500 dollar Scholarship Sponsors for High School runners.

Mike Halko  
BWLK Race Director

## New Do Run-Run Course

Thanks to the efforts of Do Run-Run Race Director Charles Utermohle, this May 13th ARC 4 mile race will have a new course this year. For years, three of ARC's seven races have started at Pt. Woronzof. Now we will have a new venue at the north end of town. The race will start at the Ship Creek Spillway near the railroad headquarters and head east along Ship Creek 2 miles and return. More details will be forthcoming.

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### Changes to Scholarship Application Process

Bonnie Swanson  
Scholarship Committee

The Anchorage Running Club's scholarship committee has updated the application process. Before this year, a committee member would select potential recipients by driving to the eight major high schools in the Anchorage School District and collecting standardized portfolios from all qualified seniors, typically ending up with 35-45 of these rather voluminous documents.

Committee members then met, read through them all, tried to glean all the relevant information from the generic document, analyze it, and then come to a final decision, all within one marathon evening, if you'll forgive the pun.

This past year, Lupe Marroquin and I developed a short application form for students to complete and submit, along with an essay and letters of recommendation. In early 2009, this new application was sent to counselors of all the major high schools and posted online. We encouraged applicants to submit completed applications to us electronically. We converted all paper application materials received into a PDF format so that all materials could be shared among committee members prior to meeting. This allowed each committee member to make their own assessment of each applicant at a time of their choosing. Our goal was to streamline a somewhat cumbersome and energy-burning process.

More importantly, our hope is that these new procedures will expand the pool of potential applicants beyond the eight traditional high schools in the Anchorage School District, allow committee members to learn more about each applicant as a runner and as a person, and will hopefully allow for a more thoughtful and deliberative decision on our part. Scholarship application materials may be viewed on our website.

## 2009 Scholarships Awards

Bonnie Swanson  
Scholarship Committee

On March 23<sup>rd</sup> the scholarship committee met and selected two high school runners to each receive \$1500 from the Club. As the Big Wild Life Runs have become more successful, ARC has been able to award increasing amounts and numbers of scholarships to young runners. Selection criteria include being a student at an Anchorage high school, and evidence of enthusiasm for and involvement with running, community service, academic ability, and some degree of financial need. As usual, it was difficult to choose just two from many outstanding applicants.



**Ethan Zinck**

Ethan Zinck from West High School was a compelling candidate from the start. Ethan ran for the varsity team throughout four years of cross country at West,

placing 8<sup>th</sup> and 15<sup>th</sup> at Regionals during his junior and senior years. Not only is he an accomplished runner, but he also exhibits qualities of leadership and strength of character, mentioned frequently in his letters of recommendation. He was elected captain of the cross-country team during his senior year, and was awarded two prestigious awards, the “Most Inspirational Male Runner” and the “Prefontaine Award”. He has participated in a variety of community service activities, including coaching the Rogers Park After-School Running Club, assisting with various community runs and ski events, and coaching summer basketball camps. He is successful academically, as evidenced by a GPA of 4.07, a class rank of 13 out of 354, and high SAT scores. In addition, he has a variety of interests outside of running and academics; he plays several instruments, is vice president of the Math club, and is currently preparing for the intensely competitive “We the People” competition. Ethan stated in his application essay that training for running events has led him to reevaluate and improve how he tackles other demanding activities. He currently estimates his need for assistance to be about \$15,000 in order to be able to attend his first choice school, Seattle University. We are happy to support a small portion of his financial need to help him achieve his eventual goal of becoming a lawyer.



**Andrea Zanders**

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*cont. from page 5 -- 2009 Scholarship Awards*

Andrea Zanders' application was an inspiration—her story is one of incredible resilience, determination, and courage. Andrea describes her young life as one of abuse, neglect, and poverty. When she was 7, Andrea lost her father to suicide. At the age of 10, she lost her mother and stepfather to domestic violence, and was sent to Alaska to live with her aunt, uncle, and their children. The resultant emotional turmoil necessitated spending the majority of her first two years of high school in residential treatment facilities; she entered Service High School early in her junior year.

Her love of running shone throughout her entire application. Although she'd always enjoyed running, it became a real source of comfort and stability during her time at the center. Her uncle bought her running shoes, and she would run on her own on a daily basis, pushing herself to run faster and harder, despite having no team, coach, or competitions to spur her. Upon entering Service, she immediately joined the track team, which she describes as "one of the best decisions I have ever made for myself". Her first year running for Service, she qualified for State, placing within the top five of her age group. She received the Track and Field's "Coaches Award", and lettered at the varsity level in both Track and Field and volleyball. In her essay, she wrote that through running she has made life long friends and memories, patched a rather rocky relationship with her uncle (also her coach) and "found meaning and my heart".

Andrea showed the same gritty determination to succeed in her academic endeavors. Her coursework at the treatment center for the first two years of high school was limited to general education classes. Immediately upon entering Service, she elected to take a variety of honors and AP classes, despite being encouraged by the concerned counseling staff to take "easier" classes. She rose to the challenges she'd chosen for herself, and consistently maintained a 4.0+ GPA.

Despite her own difficulties, Andrea remained committed to serving her community, acting as volunteer and peer teacher for 6 hours/week during her junior and senior year and volunteering as a Youth Group leader for several hours each week. She has been awarded several prestigious awards and honors, including Young Women of Achievement, Jr Honor Marshall, and Good News Mayor Awards Finalist. She hopes to run track and field in whatever college she chooses to attend, and eventually have a career in either engineer

ing or health and fitness. Because she has no parental financial support, every bit of scholarship money is necessary and greatly appreciated.

We are grateful for the opportunity to show our support as a Club and as a running community to student runners such as Ethan and Andrea. We hope that all Club members will plan to come downtown and congratulate these inspiring young people during this year's Big Wild Life Runs, as both recipients are planning to participate in these events.

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## **New Scholarship Awards**

Bonnie Swanson  
Scholarship Committee

Last fall, the Board voted to expand scholarships to include college-age runners in the local community. Thanks to the increasing popularity and success of the BWL Runs, the Club was able to bestow \$5000 over the next three years to the UAA Seawolf Legacy Endowment. This fund dovetails perfectly with ARC's mission, with its purpose to support local athletes and their healthy lifestyle while they pursue their educational goals. The Anchorage Running Club will be recognized with a plaque on the "Donor Wall", viewed by over 250,000 annually, located in the Wells Fargo Sports Complex on the UAA campus [see p.12 photo].

## **Running Science & Sports Medicine**

### **Power Up - Becoming A Stronger And Faster Runner**

Many training plans designed for running races will use a fairly simple approach to get an athlete to the finish line. Generally, this plan will run for a few months, especially if the race is a marathon. The training days start out at very low mileage (2-3 miles per day) for maybe 4 days a week at an easy pace. Perhaps one day of each weekend will be devoted to a long run, which may start out at 5 miles. Each week the mileage increases incrementally until about 4 weeks before the race when you max out at 20 miles. Of course, mid-week run sessions remain fairly modest by comparison. The point here is to start small and work your way up gradually. Avoid injury by increasing mileage slowly and at the same time build aerobic endurance. So it seems that repetition, consistency and a slow build are vital when training for any distance of running race.

Perhaps last year your goal was to finish a 10k, a half marathon, or a full marathon. This is a common and commendable goal, especially for a first-timer. You crossed that finish line and it was exhilarating. You decided right away that it was not your last race, probably the first of many in fact. A few days (or maybe hours) passed and you started to study your splits. You're still very happy about the race result, but now you're starting to wonder, "How much faster could I have gone today? I'm sure I could beat that time."

Then you start thinking of what you could have changed to make that faster time a reality. "I felt thirsty the whole race. I should have taken in more fluids. I should have taken in more calories. I should have run 5 times a week instead of 4, etc." Granted, those ideas could improve your splits, provided that you under-hydrated and under-fueled for this particular race. Running 5 times a week versus 4 may also help, though it may also lead to injury if not done properly. The type of workout you chose to do on this extra (5th) day can also make a difference in your race splits.

Ok, so how can we achieve those faster splits? One way is to increase your power. I'll focus on a few ways that runners can do this and I'll provide a few sample training sessions that will help you start to POWER UP. Of course, building endurance is a must if you want to go faster and/or farther. After all, you can't run a marathon without putting in the time on the roads and trails. Strength, or power as I'll refer to it, will also go a long way to helping you achieve those faster splits in your big race(s) for 2009. The long winter months provided ample opportunity for easy tempo runs that allowed you to keep a decent baseline for aerobic fitness. But it also gives you a chance to get those leg muscles working in concert with your heart. The time has come to start preparing for your first (or biggest) race of the season. And let's face it, sometimes it can get a little monotonous doing tempo running out on the sidewalks and/or roads. Sometimes you just need to change it up a bit, whether this is a change of scenery or just a different type of training. There are pluses to both and both can be extremely beneficial to your performance. First, I'll give you some sample workouts that can break the monotony of everyday running.

**Hill Repeats** - Most people despise running (or biking or walking for that matter) up hills. If you're a competitive person, this is where you can gain an advantage over the field. If you can learn to love hills, then you'll also become very good and fast at running up them. In

my own training, I like to include hills whenever possible. Granted, Michigan is a flat state, especially in the southeast, but you can always find a road/trail with an uphill grade. The point is that even if your race is on a flat course, running hills in training will still positively impact your race-day performance. A great way to utilize hills is by doing hill repeats.

Such an exercise can be incorporated into your training schedule as often as once per week. The first thing is to find a decent-size hill, something with a fairly shallow grade that extends for about ¼ mile if you can find it. You can probably envision a perfect hill as you read this article. Here is an example of a hill workout that I like to do in my own training:

- Begin the workout with a 10-15 minute warm-up.
- Once you arrive, determine an appropriate start and end point of each hill repeat
- The first rep should be run at moderate to low intensity, especially if this is your first experience running hills. You'll want to start out fairly "easy" as it's always good to strive for negative splits during a training session or a race.
- Descend with a slow to moderate jog as this portion of the workout is your chance to relax and recover. A slow descent will also reduce the chance for an injury.
- When you get to the bottom, don't sit around, go right back up the hill. You want to keep those muscles slightly fatigued and you also don't want to cool down too much. This will detract from your benefit of running hills in the first place.
- Do 4 or 5 hill repeats unless the hill is fairly short, then it may be necessary to do a few more reps. And remember to pick up the pace on each subsequent repetition. Just make sure to save enough energy for your cool-down run home!

**Fartlek** - change your pace. As I mentioned earlier, changing things up a bit can yield positive results in your race-day performance and likely in your mental outlook as well. Simply reducing the monotony of the "usual" run will make training more fun and make the training appear to go by more quickly. **Fartlek** (which means "speedy play" is Swedish) training was originally designed in the 1930's for the Swedish cross-country team in their quest to finally beat the Finns. Indeed, fartlek is more than just a funny word. It's also a great technique for building more

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speed in your training runs. The fartlek method can also be called interval training and is concentrated on both speed and endurance training. Simply put, you run faster than race pace for a portion of a given training session, and then go back to your typical pace. Such may be achieved as a result of natural obstacles, such as hills during a run, or involve deliberate bursts of speed at regular intervals. A typical fartlek session should be at about 60-80% of your maximum heart rate. This will lead to a relatively low amount of physical discomfort, which indicates that you are still in the aerobic zone (i.e. using oxygen). Fartlek training can be modified to the needs of any athlete, especially a runner, as it can be used to mimic the activities that would take place during a 10k, half-marathon or full marathon.

When performing a fartlek training session, it is most beneficial to find an undulating or at least a non-flat route. As I explain in the sample workout, you will see why a flat course may not be appropriate.

- As with all training sessions, you will want to warm up for 10-15 minutes with a slow to moderate pace.
- Following the warm-up you should increase the intensity (steady, hard effort) significantly for about 1 to 1 ¼ miles. Perhaps this interval is your 5k pace, perhaps a bit faster. It's really up to you. Just make it faster than your marathon pace for sure! This speed interval should be difficult so you'll need a bit of a recovery afterwards.
- Slow down to your warm-up pace for about 5 minutes to give your heart a chance to slow down.
- After about 5 minutes, or whenever you feel properly recovered, increase your speed to marathon pace. Stay at this pace for another 5 minutes or so.
- Throw in some 50m sprints, approximately one per minute, until you start to feel fatigued. Be honest with yourself and don't give in to fatigue too early. But once you do reach that point of fatigue, end the sprint interval and remain at marathon pace.
- Now do 4 or 5 "quick steps" about every 30 seconds. This little exercise will simulate speeding up to prevent someone from passing you in a race (it will be helpful- and probably a little fun- to imagine yourself in a race while doing fartlek training).
- Find a small-ish hill of about 200 yards and run up it full speed. Once you get to the top, increase your speed to 5k pace and continue for 1 minute.
- Slow down to marathon pace until you recover.

- Repeat the workout. The number of repeats may be dictated by time (you had planned to run for one hour) or perhaps by the number of repetitions. As you become stronger, strive to do one more repetition.

**Track** workouts In your quest for greater speed there is one obvious place that should not be overlooked- the local track. Even if you don't have a membership to a gym or recreation center, a track should still be something you have access to. Nearly everyone lives close to a high school and nearly all (public) high schools have tracks that the public are allowed to use. Take advantage of this valuable resource once every week or two and get in some speed work. No matter the race distance for which you are training, track workouts will be extremely helpful and will make you faster...guaranteed!

- Begin with a warm-up of 10-15 minutes. The jog to the track may be appropriate if you live close enough. If that is out of the question, I recommend running 2km (5 laps) at a slow pace.
- After the warm-up do some high knee lifts, "butt-kicks" (as I call them), single-leg jumps (stride, jump, stride, jump, etc), side steps, etc.
- The base workout is a pyramid of 7 sets with 1 minute recovery time between sets: 400m (1 lap), 800m, 1,200m, 1,600m, 1,200m, 800m, 400m
- All repetitions should be run at 10k pace (or 5k if you are able). Work hard to keep the same pace throughout the entire workout. Don't try to be Superman, at least not right away.
- Cool down with 1,600m at an easy pace and make sure to stretch!

**Relaxing** may seem a bit counterintuitive to those who wish to build power and/or speed in their running. Learning to relax while under physical exertion, however, will improve your performance without making you work any harder. When you are out running, first concentrate on relaxing your jaw. Oddly enough, this is where tension can begin to propagate throughout your body. After you've relaxed your jaw you may notice that it is easier to relax your neck and shoulders. Most people carry their tension in their shoulders so relaxing this area will really help. Visualize the rest of your body becoming relaxed from top to bottom. Relax your hands, don't make a tight fist. Shake them out a bit perhaps. This relaxation "exercise" will likely take some conscious effort the first few times but it will come naturally with some practice. You'll

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## ***Anchorage Running Club Five Race Registration Form***

The following ARC races are FREE to 2009 Anchorage Running Club members. Membership runs from Jan. through Dec., and costs **\$15** individual, **\$25** family, or **\$10** military.

- Do Run-Run 4 Miler - Wednesday, May 13, 2009 - Ship Creek Spillway
- T/W Glacier Half Marathon - Saturday, May 23, 2009 - Westchester Lagoon
- Mugwumps 10K - Wednesday, June 17, 2009 - Point Woronzof
- Boondocks Breakaway 5K - Sunday, July 12, 2009 - Kincaid Bunker
- Boondocks Breakaway 2.5K - Sunday, July 12, 2009 - Kincaid Bunker
- Masters' 5K - Wednesday, July 22, 2009 - Point Woronzof
- Masters' 10K - Wednesday, July 22, 2009 - Point Woronzof

a separate registration form is required for each person and each race

**MAIL ENTRY** by one week prior to race date to: Anchorage Running Club, P.O. Box 243362, Anchorage, AK 99524-3362, or **BRING ENTRY** to race by one half hour prior to race time.

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COMPLETE ALL INFORMATION AND SIGN

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

Mailing Address \_\_\_\_\_

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

Birthdate (Mo/Day/Yr) \_\_\_\_\_ Age on race day \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Paid Up 2009 ARC Member : YES \_\_\_\_\_ NO \_\_\_\_\_ (see ARC membership form on back)

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  
2009 MEMBERSHIP APPLICATION**

Membership term is January 1 to December 31, 2009

*If possible, we recommend that you join or renew online at  
[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org) - there is no additional web fee*

NAME: \_\_\_\_\_

MAILING 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 \_\_\_)

\$10 for Active Military 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

## Anchorage Area Training Groups

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

Meet: Tuesday 6PM at APU Moseley Sports Center, April 07; West High track, mid April through September.

Cost: \$50 one, \$85 family of two, \$110 three or more  
Membership: approx. 75

Coaches: Jason Hofacker, 338-7087 and Chester Franz, 274-5050

Contact: Kim Baldwin, 274-1061

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

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

### 2) Multisport Training of Alaska

Meet: March 31 - August 11. Group 1: Tuesdays 12 noon at The Dome through April, then the West or Wendler track. Group 2: Tuesdays 630PM at The Dome through April, then Service High track.

Cost: both groups are \$125 and you can switch back and forth. Registration ongoing through the summer.

Membership: approximately 150 between the two groups.

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

[www.multisporttrainingak.com](http://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 June at various locations. Track workouts at Wendler Middle School. Various trail runs.

Cost: \$100

Membership: approx. 75

Contact Pam Barbeau, 346-3427,

[pambarbeau@gci.net](mailto:pambarbeau@gci.net); Bonnie Lind, 522-8889.

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

### 4) Valley Women's Running Team

meet: Tuesday, 5:45PM, mid-March through mid-August at Palmer High track; Thurs, trail runs at various locations through September.

cost: \$120

membership: approx. 60

coaches: Rhonda Knopp, 373-3975;

[knopp@mtaonline.net](mailto:knopp@mtaonline.net); Norm Rousey;

[coachrousey@hotmail.com](mailto:coachrousey@hotmail.com). [www.vwrt.org](http://www.vwrt.org)

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 Joe Alward, [alward\\_joe@asdk12.org](mailto:alward_joe@asdk12.org)

### TATC Winter Training Program

meet: 3:30PM - 5PM at The Dome [Raspberry Rd.]

Session 1: Mid-October to Mid-December;

Session 2: Mid-January to Mid-March;

cost: \$50/per session, pays for TATC membership; each member is responsible for their own Dome fees.

membership: approx. 25-50

coaches: Joe Alward (distance running),

[alward\\_joe@asdk12.org](mailto:alward_joe@asdk12.org), or Thaddeus Chimielewski

(sprints/jumps), [chimielewski\\_thad@asdk12.org](mailto:chimielewski_thad@asdk12.org)

Certified Level I & II 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 [akmtntnrun@hotmail.com](mailto:akmtntnrun@hotmail.com).

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

In addition to these six 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).

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notice the difference.

The aforementioned exercises will certainly help to break up your running routine and can result in improved performance, irrespective of the distance you intend to race. And you'll probably have more fun.

Owen Anderson

Running Research News

January 2009



**ARC Board Directors  
Debbie Cropper and Mike Halko  
present a check for \$5000 to  
Athletic Director Steve Cobb  
and Coach Michael Friess for  
UAA's SEAWOLF LEGACY,  
an athletic scholarship  
endowment**

**2009 Running Events Sponsored By  
The Anchorage Running Club**

May 13, Wed. - Do Run-Run 4 Miler  
May 23, Sat. - T/W Glacier Half Marathon  
June 17, Wed. - Mugwumps 10K  
July 12, Sun. - Boondocks Breakaway 5K  
July 22, Wed. - Masters' 5K / 10K  
Aug. 16, Sun. - Big Wild Life Runs: M, 1/2M, 5K  
Sept 26, Sat. - BBNC Oktoberfest 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, articles and running-related photos.

Send to: Newsletter Editor, [warringorking@gci.net](mailto:warringorking@gci.net)  
or Phone: 907-677-1336

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**ANCHORAGE RUNNING CLUB**  
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ANCHORAGE, AK 99524-3362