



FINISH LINE

Newsletter Of The Anchorage Running Club

Volume 21 Number 4 -- October 2009

President's Corner

Great summer and great events add up to a great year to be an Anchorage Running Club member. Now, a GREAT BIG THANK YOU to all race directors, volunteers, sponsors, members and participants at all of the club races and other events.

Making good events happen requires considerable time, effort and discipline from everyone involved starting with those planning the event, choosing and marking the course, those registering participants, those working the aid and food stations, lead and sweep bikers/runners, timers, finish chute, results, clean up personnel and those responsible for returning all equipment to the proper location. The runners who strive to make the race competitive, the runners challenging their own PR times, and those choosing to lead a healthy life style all contribute to Anchorage Running Club races.

This year has seen a major change in Anchorage Running Club directors and committee personnel. The following are no longer directors....but have continued to remain active in the club. David Ramseur, our former President, moved to Washington, DC for now. David's leadership is greatly missed, but now the club has a "Washington Correspondent". Lupe Marroquin, Club Secretary, has retired and is enjoying the year of running, hiking, biking, backpacking, canoeing and all of the fun activities one does upon retirement. She will continue to be a good source of information for club members, especially concerning cross training activities. Bonnie Swanson, former director in charge of scholarships, is busy dealing with her active life and family commitments. Bonnie will continue to chair the scholarship selection committee thereby allowing the club to benefit from her expertise. Former Vice President Ed Wilson has stepped down from the board but is encouraging other club members to step up and

cont. page 4



**Chip Removal Time
at the 2009 Alaska 10K Classic Finish**

Table of Contents

President's Corner.....	1
Minutes ARC Board Meeting	2
Big Wild Life Runs Report	4
Running Science & Sports Medicine.....	5
Late Summer Race Results.	6
2009 Running Events Sponsored By ARC	8



2009 Alaska 10K Classic Start

Anchorage Running Club

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 VicePres: [vacant]
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 Debbie Cropper
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 Gregory Dixon
 Jim Lieb
 Lisa Smith
 Mike Halko
 Paul Verrier
 Todd List

Webmaster: Gregory Dixon
 Newsletter Editor: Jim Lieb

The FINISH LINE is published quarterly
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***Minutes Of The September 14, 2009
 ARC Board Of Directors Meeting***

The regular August meeting was delayed until Sept. 14 due to scheduling conflicts. The meeting was called to order at 6:05PM in the conference room of the Martin Luther King Career Center by Pres. Betty Cronin who provided the meeting agenda. Board members in attendance were Betty Cronin, Gregory Dixon, Mike Halko, Jim Lieb, and Todd List. Members in attendance were George Gates and Donna Pedersen.

Betty Cronin made a motion to approve the minutes of the July meeting with a correction. Attendee George Gates was misidentified in the minutes as George Banks. Jim Lieb seconded the motion to approve the corrected minutes which were then approved.

A brief treasurer's report was provided by Jim Lieb from information passed on by Debbie Cropper. The Club checking account has a balance of \$58,323.80. Outstanding accounts payable include 2009 scholarship checks that can be sent when the recipients have complied with the registration confirmation instructions provided in the award letters; and payment to Wayne Cates & associates for preparing ARC's tax return. A discussion ensued as to whether ARC should consider changing to an accounting firm that is very experienced working with: non-profit organizations. If board

members know of any accounting firms that are especially experienced with non-profits, recommendations can be considered at the next meeting.

Gregory Dixon will begin working on a draft budget & agenda in preparation for a special budget meeting to be held on an as yet undecided date in October. In preparation for the budget meeting, Mike Halko will project BWLR revenues/expenses including fees, membership discounts, & expenses connected with other advertising venues. George Gates will draft membership projections/revenues. Jim Lieb will have newsletter projected expenses. Other pending issues for the budget meeting are: upgrade of Active.com and 2010 ACVB fees.

Drafts of changes to the by-laws required by the new government regulations have been e-mailed to all board members. Board members and those wanting to serve as board members should review the proposed changes and send any comments/suggestions regarding changes to Betty Cronin before the 9/28 meeting.

Mike Halko reported BWLR checking account balance is \$43,117.76. There is additional outstanding revenue of approximately \$23,000. Accounts payable have \$3000. outstanding. Mike will review race comments from Active.com and feedback about fees and early registration cut-offs that have been received from other members as discussed at July's meeting. He will also prepare a draft budget for next year's race. Race Director Mike Halko has not yet scheduled BWLR committee meetings, but will do so after Jan. 1, 2010.

Oktoberfest Race preparations are on schedule. Mike Halko will pick up the sponsorship check from Bristol Bay. Mike Halko will also pick up the race mementos from Serigraphics. Charles Utermohle & Ed Wilson certified the course. Trail & road permits are in place. The municipality still needs a certificate of insurance from RRCA. Mike Halko has volunteered to be responsible for race timing. Catholic Social Services will provide some volunteers. Additional volunteers are needed to set up & pick-up tables & water stops, and to bring coffee

Jim Lieb will be out of town in September. He will need the September meeting minutes e-mailed to him following the September 28 annual meeting.

New membership chairperson George Gates reports that 515 entries are listed in the ARC database as having paid dues in 2009 – this includes both families and

individual/military members for a total of 809 members. George will work with Charles Utermohle & Gregory Dixon to continue to update & refine the database, and to generate an updated mailing list for the newsletter.

Mike Halko reported that ARC membership benefits will again include the opportunity to run at the Dome at no charge the first Wednesday of each month from October 2009 through March 2010. Hours have been expanded and will now be from 6 – 8 pm. This benefit has been extended to us from the Dome at no charge.

Gregory Dixon provided a print out of comments collected on Active.com from race participants which is both informative & entertaining.

Agenda items pending for the September 28, 2009 meeting include setting a date for the budget meeting; approve changes & update of club by-laws necessitated by new government non-profit corporation requirements; discuss ARC contributions to the Tuesday Night Races; discuss having board liaisons with the University and the Military or other groups that are involved in working with and promoting the mission of the Anchorage Running Club.

The meeting was adjourned at 7:10 p.m. The next meeting is scheduled for September 28, 2009 at King Career Center, 6 p.m.

Donna Pedersen for
Lupe Marroquin, Secretary
Anchorage Running Club

REMINDER

As part of the Dome's BWLR Sponsorship, use of the indoor track is available free to ARC members the first Wednesday of each month from October through March, 6 to 8pm

cont. from page 1-- President's Corner

become active in the management of the Anchorage Running Club. Ed has been the "info" contact for the club, former Club Treasurer and has coordinated and directed various races. Charles Utermohle is also stepping down. In addition to setting up and maintaining the membership database for many years, Charles has provided leadership in numerous club events dealing with course selection, marking, registration, directing, timing, results, bike lead and sweep -- the list is endless. We greatly appreciate the many years of service of all of these folks.

The new directors of Anchorage Running Club are: Todd List – Todd grew up in Anchorage, is an employee of Skinny Raven, and has helped with various Anchorage Running Club and other running events. Todd has assumed the responsibility of club contact, and will be heading up a program of responding to questions on the club web site.

George Gates – George is also from Anchorage and an active running family. George has assumed the responsibility for membership database, and is rapidly learning the ins and outs of Anchorage Running Club management.

Donna Pedersen – Donna recently retired and is now able to "give back" to the Anchorage Running Club. She has served as "secretary for minutes" at the last 2 board meetings, which is greatly appreciated. Donna, along with her friend Becky, have volunteered to be the 2010 race directors for the Masters race.

Lisa Smith – Lisa, active in our Anchorage community both as runner and Lutheran Pastor, has also agreed to 'give back' as a club director.

Paul Verrier – Paul was active in the Anchorage Running Club a number of years ago, serving as President until his work required his full-time commitment. Paul is now once again able to devote more time as a director.

I wish to extend a special thanks to the board members who are continuing on the board: Mike Halco – Director of Big Wild Life Runs [and the Zombie Run] and helper at many events; Debbie Cropper – Treasurer; Gregory Dixon – Webmaster and invaluable coordinator for online registration; and Jim Lieb – Newsletter Editor. Please let these former and current directors know how much we appreciate their service, and welcome the new board members. They all have and will continue to contribute to the mission of Anchorage Running Club.

Events sponsored by the club over the past few months are covered elsewhere in this newsletter. And snow and ice will soon be here -- to help a little with this, the Anchorage Running Club is providing members with free use of the Dome the first Wednesday of each winter month from 6:00 PM- 8:00 PM.

"RUN AND REJOICE" (John Trent)

Betty Cronin
President
Anchorage Running Club

Reflections on The 2009 Big Wild Life Runs

First, my thanks to all the volunteers that made this event possible. This year we had a race committee that performed extraordinary feats, Dawn Hanson and Daniel Hartung - Registration, Dorinda and Rich Wenrich - Finishline Food, Toby Widdicombe - Course Marshal, Gregory Dixon - Webmaster, Sharron Fisherman - Special Assistant to the Race Director, and Bonnie Swanson - our Volunteer Coordinator. This year a special volunteer award was created to recognize exceptional efforts to make our signature event 'bigger' and 'wilder', "The Order of the Ulu" This year's inductees are Gregory Dixon Web Guru, Sharron "Can Do" Fisherman, and Bonnie Swanson "Queen of the Volunteers. Miles of thanks. Bonnie and Sharron will be designated Assistant Race Directors in 2010 since their duties continue to expand on behalf of the club.

Of course we could not continue this event without our generous sponsors:

Humpy's Great Alaska Alehouse - Marathon and Marathon Relay, and Pasta Sponsor.

Skinny Raven Sports - 1/2 Marathon Sponsor.

Snow City Café - 5K Sponsor.

Alaska Natural History Museum - Kids 2K Dinosaur Run.

Providence Sports Medicine & Rehabilitation Therapy - Media Guide/Scholarship.

Orso's - Special Event/Bart Yasso's, Grapes and Gatorade Sponsor.

Hotel Captain Cook - VIP Lodging

The list goes on and on.... in the Coast Magazine. So

how did we do in this recession?

More runners in every event this year, over 2000 registered, 1850 + finishers, plus our satellite event in Afghanistan supporting our Fort Richardson soldiers. Outside runners we had in force too. Our dynamite webmaster pulled together a post-race analysis that rated us at 4.3 out of a possible 5. Areas in need of improvement include entertainment, more Gatorade at the aid stations, less congestion on the course to name a few. So in 2010 we are looking for an Entertainment Diva, Aide Station Coordinator, and we will modify the routes to lower congestion and make it feel 'bigger and wilder'. We will also bring back the 5 dollar discount for ARC Members, institute finisher medals for 5K runners (many are first timers), and a special medal for our kids, highlighting our new children's 2K sponsor. Speaking of the kids event, how about that Dinosaur!!! Amazing work by Kevin Hall, K&H graphics.

So, we did very well, but can do better, and our race committee is planning now for next year. An ad is running in the Chicago Marathon Guide, 75,000 copies. We are looking at stimulating the Anchorage/AK economy with our event.... estimated to have a \$200,000 impact. Our budget is being formulated and timing systems and clocks are just a few areas of discussion, along with scholarships and grants. How about some more fun low-key ancillary events -- we need your help to make it happen.

Keep striding and smiling.

Mike Halko
Race Director

Running Science & Sports Medicine

How Strength Training Will Improve Your Running

The year I turned 20, I graduated from junior to senior grade as a distance runner in New Zealand. Now I would be running the 3,000-meter steeplechase against seasoned steeplechasers who were faster and stronger than me and chewed us young steeplechasers up for breakfast. However, my running was maxed out—any more and I would have injured myself. So I

asked, “What could I do to get within range of these guys?” A friend suggested I try weight training to make myself stronger. Maybe that would help? With nothing to lose I started lifting weights three times a week. I felt very strong during my races and my steeplechase time came down by 15 seconds. I even managed to get to the New Zealand Championships in the senior race. Since then there has been no doubt in my mind concerning the positive effects of strength training on distance running performance.

The majority of non-elite runners do not strength train to improve their running performance. Because of the time consumed by running, most runners cannot find the time or do not have the interest to lift weights, while many do not think it will help them race faster. However, of all the sports endurance events, distance running has the most impressive research results to support weight training as a technique to improve your running. It is a given that elite runners these days lift weights as an integral part of their training regime. They will all tell you that strength training has made them faster. The irony here is that research shows weight training has a greater improvement on unfit or less fit runners than elite runners in the parameters of anaerobic threshold, running economy, and neuromuscular characteristics. That's right—if you're a runner doing 20 to 50 miles per week, you stand to gain some marvelous improvements compared with elite runners. A study done a few years ago found that trained runners improve their running economy from 4% to 8% with resistance training. Even small improvements in running economy can have a large impact on longer distance events such as the marathon or 10K races. A 4% improvement for a 41:39 10K runner would reduce this time by 100 seconds.

But what about the rank and file runner, with 10K times between 35 and 60 minutes? Can resistance training help this group bring their times down? Several studies have shown that recreational runners who lift weights improve their performance. One study found lactate threshold, or the point where you start accumulating significant amounts of lactic acid, to be increased after a period of resistance training in untrained individuals. Many studies of elite runners have not found this benefit from resistance training, indirect proof that rank and file runners have more to gain from strength training than elite runners. But the study I believe to be the most promising looked at novice cycling and running trained subjects who added strength training three days

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 original Boondocks Breakaway race was designed with a challenging course, through weeds, trails, and mysterious markings. Everyone who found their way back to the finish line was a winner. The 2009 Boondocks Breakaway Race reverted back to this 'race of the past' when the front runners took the wrong turn, thereby running the race backwards, others following markings for a bicycle race and some following the course from the prior year. Results were not attempted, just good food, fun and many great drawing prizes.

Drawing Prizes were donated by Skinny Raven, The Sport Shop, Classic Toys, Diane's Restaurant, Romano Restaurant, Kodiak Kup Coffee, AK Starfish Co., Anchorage Running Club, Blockbuster Video, Peppercini, Pizza Man Eagle River, Moose's Tooth, Marianne Wieland Artist, Middle Way Café, and Pump-It-Up. These were great prizes and contributed to a great time by all. Great Harvest Bakery and Marty's New York Deli donated wonderful food. For 2009, a Kincaid course was also set up for a "kid's event" of 1.3 mile. Given this new expanded Boondocks, more volunteers will be needed in 2010. Please let the above businesses and merchants know we appreciate their help and continue to support them.

Master's 5K & 10K

On Wednesday, July 23, 2009, the Master's 5K & 10K races were held at Pt. Woronzof, and were completed respectively by 27 and 40 participants. First place winners in the 5K were Lloyd Raines in a time of 18:05 and Esther Jurasek in a time of 19:20, while in the 10K the winners were Scott Clemetson in a time of 37:09 and April Juliessen in a time of 44:53.

For complete results go to www.anchoragerunningclub.org

Big Wild Life Runs

1901 runners completed one of the seven August 16, 2009 BWLR races, of which 228 raced in the Humpy's Marathon, 13 in the Marathon Walk, 148 in the Marathon Relay, 904 in the Skinny Raven Half Marathon

[including 150 soldiers in the satellite event in Afghanistan], 458 in the Snow City Cafe 5K, and approximately 150 in the AK Natural History Museum Kids 2K Dinosaur Run. This amounted to an overall 20% increase in participation from last year.

Vin Robinson won the Marathon in a time of 2:56:14 and Debbie Cropper three-peated in a time of 3:14:05. Team Anderson, a family on vacation from NC won the marathon relay in a time of 3:20.0. Daniel Knappmiller won the 1/2 marathon in a time of 1:16.46 and Greten Flora was the first woman with a time of 1:27.24. Jason Potsander won the Snow City Cafe 5K in 18:58 and Amanda Scott came in first for the women with a time of 19:26.

For complete results go to www.anchoragerunningclub.org

Oktoberfest 5K & 10K

The 2009 Oktoberfest 10K and 5K "Run For Beans", the Anchorage Running Club's last event of the year, was held Saturday morning, September 26. The annual event co-sponsored by the Anchorage Running Club and the Bristol Bay Native Corp. is used to collect food, clothing, and monetary donations for Bean's cafe and the Brother Francis Shelter. 396 runners and walkers showed up on this cool damp fall morning to participate in the 5K and 10K races. Due to the presence of an ornery bull moose, the 10K wound up being approximately 5.6 miles in length. First place winners in the 5K were Gillean Mittelstadt in a time of 19:29 and Christin Raymond in 20:18, while in the '10K', Dustin Hawes and Esther Jurasek won in times of 31:07 and 32:42 respectively. Oktoberfest donations received this year included many pounds of clothing, and canned food, plus some cash donations. Thank you to everyone who donated.

For complete results go to www.anchoragerunningclub.org

cont. from page 5 -- Strength Training

per week for ten weeks. The results were exciting. The participants improved leg strength by an average of 30%, but thigh girths were unchanged, meaning they did not add any muscle bulk—something that would slow distance runners down. And although their oxygen processing abilities were unchanged (as you would expect to find in people doing weight training), their cycling and treadmill running times to exhaustion at 80% of VO2 max were lengthened from 71 minutes to a staggering 85 minutes. Even their short-term high-

powered (max 4 to 8 min. effort) endurance cycling and running were lengthened by 11% and 13%. In addition, six of the eight runners in this study improved their 10K times from an average of 42:27 to 41:43.

Other research has found similar results. Thus it is clear, that weight training can help you run faster for longer with the same effort and oxygen consumption. Attending a sports medicine conference recently, I heard one speaker make a comment that rang true. The athletes who are winning these days are ones who can maintain high wattage for longer than their competitors, i.e., they sustain their power at a high percentage of their VO2 max—now acknowledged as a major contributor to success in endurance events.

The question is, if you are a recreational runner spending two to three extra hours each week doing weight training, would you be better off spending this time running? Will weight training adversely affect your running? And will weight training make you tighter and less flexible? The answer is no. In one study, coaches were surprised to find that substituting strength training for 32% of total endurance training in elite distance runners improved runners' 5K performance significantly. Other research demonstrated that strength training does not reduce endurance performance in non-athletes. Studies investigating the effects of weight training on flexibility found weightlifters possess average to above average flexibility in most joints.

So how, then, does strength training actually improve running performance? The theory goes something like this. Your running speed is dependent on the force applied to the ground during each foot strike and the time over which this force is applied. The faster and more powerful the foot strikes, the faster you will run. Thus, if you improve the power you exert during each of your steps, you will run faster. Resistance training improves the tensile strength of your leg muscles, and thus enhances the recoil or return of energy with each foot compression or step. Additionally, your neuromuscular system becomes better coordinated from resistance training, enabling you to run using less energy and less oxygen. A typical comment heard from runners I have coached who have taken up weight training is "I'm able to finish 10K races with a longer, sustained drive, and strong finish." Others claim that strength training has helped them relax their arms during the early and middle stages of their races. Women in particular have a lot to gain

because they tend to be 20% to 40% weaker than their male counterparts in the major body regions (legs and upper body strength). Other major benefits that weight training are theorized to have for runners includes increase in stride length, improvement in core stability, and increase in basic speed. Although there is not yet enough evidence for all coaches and exercise scientists to agree on, these aspects should not be completely ignored and today are accepted reasons why coaches ply their runners with strength training. Here, for example, is how resistance training can help prevent injuries. Lifting weights may help correct imbalances and biomechanical deficiencies such as the ratio of strength between the quadriceps and hamstrings groups. (Hamstrings tend to overpower quadriceps in distance runners.) When all the research is examined, it is safe to claim that weight training is likely to improve your running, while it has never been found to detract from your performance.

There are different types of resistance training equipment often available using....e.g., air pressure, fluid resistance, friction, pulleys, gravity, etc. Which of these is best? It does not matter—as long as you are pushing or pulling against resistance and overloading the muscle, you will gain. Ideally, a combination of modes is best, so try using a mix of free-weights and fixed machine equipment. How do we go about improving our strength? We must overload our muscles with a resistance that is slightly more than we are used to pushing or pulling. Resistance (or weight) should be increased every few workouts or weeks but not every workout.

General sequencing strategies include using multiple-joint exercises before single-joint exercises. Work your large muscle groups before small muscle groups. This way you will not pre-fatigue your small muscles, which would make it more difficult to work the larger ones later. Do heavy weight training exercises that require greater force before lighter exercises. If you can manage three to four workouts with weights each week, I would recommend a split workout, where you alternate exercising the upper body with the legs and trunk. To achieve balance between muscle groups, alternate pushing exercises with pulling exercises on the opposite side of the body.

Owen Anderson
Running Research News
October 2009





Start of the 2009 Oktoberfest

**2009 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
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.

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