



FINISH LINE

Newsletter Of The Anchorage Running Club

Volume 20 Number 3 -- July 2008

President's Corner

"Big Wild Life Runs," the Anchorage Running Club's premier event on Aug. 17, promises to be the biggest and best ever this year, if early registrations are any indication.

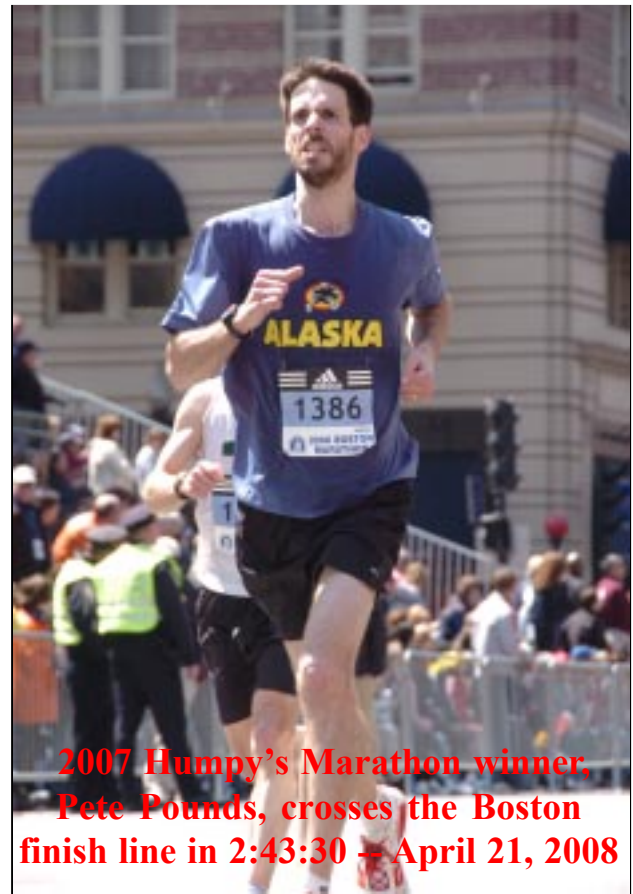
Our club's crack webmaster, Greg Dixon, reports that early registrations for all six events total 600 already, compared to 154 for the same time last year. This big wild enthusiasm is thanks largely to the persistent efforts of race director Mike Halko, who is pounding the streets in search of sponsors and runners like a politician hunting votes on election eve.

The Big Wild Life Runs feature six separate events: the traditional Humpy's marathon, marathon walk, marathon relay, half marathon, 5-K and kid's run. All start in downtown Anchorage and use our community's spectacular trail system.

Mike has lined up numerous special perks for this year's BWL Runs, including a unique poster created by local artist Kate Sevigny, a viewing of the film, "Spirit of the Marathon" at Bear Tooth on Aug. 14 and a special BWLR edition of Coast Magazine due out in early July.

Thanks to a whole host of new and continuing sponsors including: Humpy's Ale House, Skinny Raven Sports, Snow City Café, Alaska Museum of Natural History, Oxford Assaying, Anchorage Convention and Visitors Bureau, Alaska Coast Magazine, Sheraton Hotel, Kaladi Brothers Coffee, The Dome, Bear Tooth Theater Pub, Aurora Collection and Michael Dinneen Photography.

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2007 Humpy's Marathon winner, Pete Pounds, crosses the Boston finish line in 2:43:30 – April 21, 2008

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BIG WILD Life Runs



August 17th 2008



This year's
BWLR
Poster
by
artist
Kate Sevigny

Anchorage Running Club

P.O.Box 243362

Anchorage, Alaska 99524-3362

www.anchoragerunningclub.org

ARC Hotline: info@anchoragerunningclub.org

President: David Ramseur
VicePresident: [vacant]
Secretary: Peggy Cobey
Treasurer: Ed Wilson

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

Webmaster: Greg Dixon
Newsletter Editor: Jim Lieb

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

MINUTES OF THE ANCHORAGE RUNNING CLUB MEETING June 02, 2008

City Hall Mayor's Conference Room

Officers present: Betty Cronin, Bonnie Swanson, David Ramseur, Ed Wilson, Greg Dixon, Jim Lieb and Mike Halko. **Members present:** Charles Utermohle, Lupe Marroquin and Ole Jordan.

ARC runs held so far this season were recapped.:

Club storage unit: ARC rents a storage unit on the Seward Highway for race equipment and it has become disorganized and hard to find items. Mike Halko agreed to check with the unit owners about a larger unit for the club. It was agreed to spend up to \$500 on shelving to better organize the unit. Once a new unit is settled on, the club will recruit volunteers to help with a clean-up day.

Medical support team: ARC has contacted a local team of medical volunteers about providing medical back-up at races. The group did not respond to a request for a proposal to cover all ARC races, so Ramseur will follow-up with them. The board felt strongly that we

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need medical back-up.

Finance report: Ed Wilson circulated a detailed financial report which shows the club with nearly \$57,000 in overall income so far this year, expenses of nearly \$19,000 with a remaining balance of \$38,020.65. Ed said the city is charging more for race permits and per runner trail fees – doubled from last year's \$1 per runner. Ed agreed to show club scholarships as an encumbrance on the balance sheet, which will be due in the fall. Ed also said the club needs to buy some computer equipment and new timing equipment, which he will acquire.

Big Wild Life Runs: Race director Mike Halko reported that planning for the Aug. 17 BWL Runs are well underway. A separate account has been set up to cover BWL race expenses, which currently totals about \$14,000. Halko said permits are in place, shirts and hats are being ordered and sponsors are enthusiastic about the race.

Halko is working to show the running movie, Spirit of the Marathon, in conjunction with the race which could be a club fund-raiser.

He reported that Coast magazine will produce a BWLR guide in their July issue, with 2,000 over-runs for club use.

Halko showed off a new race poster featuring races sponsor images designed by a local artist and the board was enthused about its use. Utermohle suggested modifying the poster so it could be used as a backdrop for photos after the run.

Halko appealed for more volunteers, especially to help with setting up the race course. ConocoPhillips has agreed to finance new permanent mile markers and volunteers are needed to help post those on race day.

Halko said the BWLR 5-k race needs to be recertified and the club is looking for assistance in doing so. Halko agreed to make all bib numbers unique to avoid confusion.

Website report: Greg Dixon distributed a website report which showed 3,475 visits to the ARC website between May 2 and June 1, 2008, with an average daily number of visits of 3.25. The vast majority of visitors to the site are from the U.S., followed by from Canada, Ireland, Spain and Afghanistan.

Newsletter report: Editor Jim Lieb reported the next newsletter will be published the first week of July, with the copy deadline the last week of June. At the suggestion of Lupe Marroquin, the club is investigating the possibility of distributing the newsletter electronically – all or in part – to save paper.

Upcoming races: the Mugwumps 10-K is the next club race on June 18. Peggy Cobey is looking to train a new race director for this run and is seeking candidates.

Dome partnership: Halko reported interest by The Dome in a closer partnership with ARC. One ARC membership benefit idea is free time in the Dome in the winter, such as for one week or perhaps once a month. Halko will explore these options with Dome management.

Membership issues: The board discussed encouraging all members to register electronically through *active.com* to reduce volunteer time necessary to fill out duplicate paperwork. Active currently charges a small fee for processing, and there was discussion about whether that fee should be included in the overall membership cost, or in addition to the membership fee. It was also suggested exploring multi-year memberships.

Next meeting: the next club meeting will be held in mid July, at a date to be determined by the president.

Ramseur showed off an award ARC received from the Anchorage Convention and Visitors Bureau, which is a bronze moose statue.

The meeting adjourned at 7 p.m.

David Ramseur for
Peggy Cobey
Secretary
Anchorage Running Club

cont. from page 1 - President's Corner

Anchorage's cool summer has made for perfect running conditions for the club's other races so far this year. Race director Bonnie Swanson reported the May 14 Do Run Run attracted about 80 runners and Trent/Waldron Glacier Half race director Charles Utermohle says a record number participated in the May 24 event.

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Two runners banned themselves for life from the Mugwumps race by completing the June 18 10-K in under 45 minutes, reports race director Peggy Cobey.

Race conditions are expected to be perfect for ARC's next race, the Boondocks Breakaway 5-K, at 11 a.m. July 13 on the scenic Kincaid Park trails.

The Club's enviable collection of running equipment, from timers to T-shirts, are now nicely arranged in a new storage unit. One sunny Friday afternoon last month, Charles Utermohle, Bonnie Swanson and I transferred and sorted through years' worth of gear which is now organized and labeled for easy use.

I read with particular interest a July 3 *New York Times* story about how to beat the summer heat during rigorous exercise. Not that it applies to us in Anchorage this year, but as this newsletter goes to press I'm off to the western North Carolina mountains for the Grandfather Mountain Marathon, billed as one of the 10 toughest in America. If the heat and humidity don't kill me, the 3,500-foot elevation gain may do so.

I can hardly wait to return to cooler temperatures and the great line-up of Anchorage Running Club events during the rest of the year. Please join us.

David Ramseur
President
Anchorage Running Club

Recruiting for Volunteers for the Big Wild Life Runs August 17, 2008

Want to come to a party at the Sheraton on Friday night, August 15th? Want to add a gorgeous, long sleeve shirt made of technical material to your collection? Want to eat a delicious meal provided by Humpy's Alehouse? Want some coupons for free goodies from various Anchorage merchants who willingly support your Club?

All you have to do is agree to donate a few hours of your time to assist the organizers on race weekend. All sorts of jobs are available with varying degrees of responsibility, from acting as a highly esteemed

“water guru” to quietly folding banners and helping to clean up after our incredibly exciting, Big Wild Weekend. If you're running one of the races, no problem—you can help on Saturday with registration activities in the PAC.

Please contact Bonnie Swanson at bbswanson@gmail.com, or phone 345 8077 for more information. And thank you for helping to support the Club's mission—promoting running and a healthy lifestyle for the Anchorage community.

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 this newsletter.

Do Run Run 4 Miler

The Do-Run-Run 4 mile race was held Wednesday evening, May 14 on the Coastal Trail at Point Woronzof. The annual event is the first race of the season sponsored by the Anchorage Running Club. 80 individuals competed in overcast and windy conditions. Dustin Hawes was 1st for the men and Esther Jurasek was 1st for the women.

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

Trent-Waldren Glacier Half Marathon

On May 24 the Glacier Half Marathon was completed by 215 participants, trying hard to beat their best age-graded time and win a crystal mug. 1st place winners were Esther Jurasek and Jerry Ross.

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

Mugwumps 10K

Forty Two runners completed the June 18th Mugwumps race. Two runners, Timothy Ransom and Stephen Peterson disqualified themselves from running any future Mugwumps races. Runners can not have run a 10K in less than 45 minutes to be eligible to run this race.

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

A 50 States Marathon Club Member

I am a member of the 50 states marathon club and after three years of membership, I feel like I have friends all over the country. The outpour of help, understanding and fellowship leaves me awe-inspired every day. I am grateful for the opportunity to be able to see the country through running, while sharing in other runners' lives.

The 50 states club has a quarterly reunion each year at various destinations around the country. This year Humpy's Marathon was chosen for the 2008 third quarter reunion. Many members wear apparel identifying themselves as a club member, so watch out for them and introduce yourself. If you would like to attend the 50 states meeting mid-afternoon on Saturday, August 16 after bib pick up and/or join us for a pot luck at my house that evening, please contact me at 569-2767 or email me at debrun26@juno.com and I will let you know when and where to come.

There are some amazing inspirational stories within this club. Running is just a piece of our running stories. I thought it would be interesting and inspirational to meet one member up close and personal.

Fran Drozd will be joining us in August. Here is what she has to say:

"I have been running since 1979. I am a charter member of the 50 states. The Honolulu marathon was my first marathon. As a motivational speaker one of my favorite sayings is..... Do you want to be a spectator in life, or do you want to be in it? I've run 60 marathons. I am a cancer survivor and live my life like I've got 6 months left to live!

My most inspirational marathon was the Inaugural Oklahoma City marathon. It started out in the dark at the only living tree that survived the bombing. We were able to look at the golden chairs next to us and runners said a prayer around the tree. During the race, long signs were hanging from telephone poles with the names of the folks who perished in the bombing. We also wore bracelets of survivors and I wore one of a mother that left behind a 10 year old son. Runners came back to the chairs after the race and put their bib numbers on the fence.

I run 3 days a week, one day track, one day hills and one day a long distance. I do Pilates one day a week and a muscle mix 2 other days a week.

I'm from Northwest Indiana. ANY HOOSIERS OUT THERE? My husband and I have a 33-year-old married daughter Amy, who is a cardiac intensive care nurse at Arizona Heart Hospital in Sun City. We have two grandsons, Vasili and Vini. I have a Bachelors degree in sociology, speech and theatre from St. Joseph's College in East Chicago, Indiana. I earned my Masters degree in counseling from Ball State University, Indiana.

I have been featured in Fitness Plus Magazine, Prevention Magazine, Runner's World, Today's Arizona Woman and also wrote a chapter for "Inspired to Lose" by Dr. Howard Rankin. I was selected to carry the Olympic Torch for the 1984 Los Angeles Olympic Games, and the 2002 winter Olympics in Salt lake City, Utah. As an American and a runner, I felt privileged and honored to represent my country, heritage and love of running.

I am one of 8 Ambassadors in the world to give inspirational/motivational talks throughout the nation for the oldest weight loss organization in the world TOPS (Take Off Pounds Sensibly), www.tops.org. As a sought after speaker I especially enjoy talking to church, service and youth groups. I believe that you cannot just treat obesity, but must incorporate the mind and soul in reaching a balance in one's life! This year I am addressing childhood obesity. I can be reached at 623-935-4329 or cell 623-512-6859."

Debbire Cropper
ARC Member



ANCHORAGE RUNNING CLUB
2008 MEMBERSHIP APPLICATION

Membership term is January 1 to December 31, 2008
complete and mail

[You may also join or renew online at www.anchoragerunningclub.org]

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 ___)

\$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

Register Online at www.active.com

ANCHORAGE RUNNING CLUB
BIG Wild LIFE

RUNS

1/2 Marathon



Marathon & Marathon Relay

SUNDAY August 17th 2008

START/FINISH DOWNTOWN



5k

ALASKA MUSEUM OF NATURAL HISTORY

Kids Run For Your Life



WE ARE PROUD TO SPONSOR THESE EVENTS IN 2008

JULY 13 Boondocks Breakaway

5-K trail run, fun club social after races

JULY 23 Master's 5-K // 10-K

Life begins at 40!

AUGUST 17 "Big Wild Life Runs"

ARC Fund Raiser

Humpy's Marathon

Marathon Walk & Marathon Relay

Skinny Raven Half-Marathon

Snow City Cafe 5K

AK Natural History Museum Kids Run

*A Healthy Future's Series Event

OCTOBER 4 Octoberfest 5-K // 10-K

Food and clothing for the needy

Nordic Skiers of all levels can build on that winter fitness by joining the Anchorage Running Club.

CHECK US OUT AT WWW.ANCHORAGERUNNINGCLUB.ORG

What a deal! Membership is **\$15** single
\$25 couple or family, and **\$10** Military.

The Anchorage Running Club is a nonprofit member organization whose goals are to promote fitness and fun through running and walking.

Membership in ARC entitles you to:

- Free entry to select races
- Club newsletter "The Finish Line"

Sign up for the 2009 Big Wildlife Runs

Race day is Sunday August 16th.

Check www.anchoragerunningclub.org
for all the details.

Registration will be available in September.

The field will be limited to 1,500 in each event.

Register early to be part of the Big Wild Life Runs.

ARC keeps you warm even when you are wet!



REGISTER ONLINE AT ACTIVE.COM

Register Online at www.active.com

Mount Marathom -- July 04, 2008
Spectators watch runners leave "The Chute"



**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 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 and running-related photos.

Send to: ARC Newsletter Editor, P.O.Box 243362,
Anchorage AK 99524 -- Phone: 677-1336

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