



FINISH LINE

Newsletter Of The Anchorage Running Club

Volume 18 Number 3 -- July 2006

President's Corner

As the clock in the accompanying picture will attest – my time has run out.

On June 25, I will get on a plane, or will have gotten on a plane, that will take me, or took me, to the Seattle area. My employer is going through a consolidation and what it means to me is a new job and a one-way plane ticket to Renton, Washington. Therefore, it is time for me to “hang it up” as your club president.

And this time, I mean it.

When considered in a truly objective sense, change is normally a good thing. It took me a long time to “get there” with this particular change, but I got there. The important thing is that this situation forced Sara and I to consider what we want to do three years down the road, when I can retire. That alone was not an easy deliberation – but we got there. The result is that I get to come back to Alaska, and that’s a good thing.

I may not have gotten to know each and every ARC member during my tenure, but I can say with certainty that I am a better person for having been associated with you. I expect the club to thrive as it has for the past decade. As I said in a previous column, the foundation has been laid.

I’ll miss my fellow Board members. We have an exceptionally devoted group of people that lead this club. I love them all. I’ll keep my editorializing brief, but must point out that they need your help to keep the Anchorage Running Club on its successful path.

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MINUTES OF THE BOARD OF DIRECTORS MEETING

ANCHORAGE RUNNING CLUB

Monday, May 15, 2006

The Board of Directors of the Anchorage Running Club met in regular session at the offices of the American Cancer Society on the above specified date. The following Officers and Directors were in attendance: President David Epstein; Vice-President John Pontarolo; Treasurer Ed Wilson; Directors Peggy Cobey and Elizabeth Cronin; and Newsletter Editor Jim Lieb.

The session was called to order at 6:00 p.m. AKDT by President David Epstein.

Treasurer's Report. No report.

Membership Report. President Epstein did not have a report prepared for the meeting, however, a membership report was run two days later in preparation for the Do Run-Run 4-Miler which revealed 179 paid-up ARC members, an increase of 29 in the intervening month.

Departure of President. President Epstein will be leaving the state on June 25. In preparation for same, there was much discussion on what will need to be done after that date transpires. Here are the highlights:

- 1) We need a volunteer to man the ARC Hotline. Resolution was that the Board members will rotate this duty.
- 2) President Epstein can maintain the web site remotely for a while, but the club should try to start finding a replacement webmaster. Director Cobey has some ideas, which she will pursue.
- 3) Vice President Pontarolo or former Director Charles Utermohle will take possession of the handheld Seiko timers.
- 4) Discussion needs to take place on administration of this year's Humpy's Marathon.

Off-agenda items. Vice-President Pontarolo presented an invoice in the amount of \$570.78 to pay for the TWGHM mugs.

Adjournment. The session was brought to closure at 6:35 p.m. AKDT by President David Epstein.

Respectfully submitted,

David B. Epstein
President, Anchorage Running Club

Anchorage Running Club

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www.anchoragerunningclub.org

ARC Hotline: (907) 258-4964

Acting President: John Pontarolo
VicePresident: John Pontarolo
Secretary: [vacancy]
Treasurer: Ed Wilson

Board of Directors: Elizabeth Cronin
Peggy Cobey

Club Haberdasher: [vacancy]
Webmaster: [vacancy]
Newsletter Editor: Jim Lieb

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



2006 Glacier Half Marathon
Mile 7.5 Aid Station
What'll it be, Scott Clemetson --
so many choices, so little time !

Trent/Waldren Glacier Half Marathon Results

| AGE | LAST NAME | 1ST NAME | TIME | GOALTIME | CUP | AGE | LAST NAME | 1ST NAME | TIME | GOALTIME | CUP |
|-----|----------------|-------------|----------|----------|-----|-------|----------------|-----------|----------|----------|-----|
| MEN | | | | | | | | | | | |
| 15 | ANDERSON | TYLER | 01:24:24 | | | 45 | GRIFFIN | JOHN | 01:43:57 | 02:11:13 | X |
| 15 | BUSER | ROHN | 01:42:04 | | | 45 | SIMMONS | CHUCK | 01:44:39 | 01:48:19 | X |
| 15 | ODLE | ERIC | 01:56:25 | | | 45 | BANAS | ED | 01:47:14 | 01:53:28 | X |
| 15 | KINDRED | TRAVIS | 01:57:46 | | | 45 | JACOBSEN | MARK | 01:48:59 | 01:39:01 | |
| 15 | HONE | ALEXANDER | 02:04:28 | | | 45 | ROBINETTE | KENNETH | 01:53:29 | 01:54:55 | X |
| 20 | SENNER | NATHAN | 01:11:48 | | | 45 | DWYER | STEVE | 01:54:48 | 01:47:40 | |
| 20 | EVERSMAN | CHRISTIPHER | 01:18:18 | | | 45 | PURCELL | DAVID | 02:00:53 | 02:01:42 | X |
| 20 | EDMUNDS | SEAN | 01:26:20 | | | 45 | STOKES | RONALD | 02:03:32 | 01:52:27 | |
| 20 | REYNA | BART | 01:32:21 | | | 50 | CRUZ | BRAD | 01:24:09 | | |
| 20 | HALL | JEFF | 01:37:21 | | | 50 | ARNDT | JEFF | 01:25:29 | 01:26:53 | X |
| 20 | HETTERINGTON | WILLIAM | 01:47:00 | | | 50 | DOWNEY | TOM | 01:37:02 | 01:35:26 | |
| 20 | UNDECHILE | JESSE | 02:00:04 | | | 50 | SALMON | PHILIP | 01:37:07 | 01:35:56 | |
| 25 | ROBERTSON | KEITH | 01:22:43 | 01:24:55 | X | 50 | COX | ROBERT | 01:40:12 | 01:36:30 | |
| 25 | HONE | EVAN | 01:27:53 | | | 50 | KLATENBORN | K | 01:44:01 | | |
| 25 | HILLER | MICHAEL | 01:28:17 | | | 50 | BALASI | FRED | 01:46:21 | | |
| 25 | CARTER | MATTHEW | 01:52:32 | | | 50 | CAMPBELL | MIKE | 01:47:22 | 01:48:58 | X |
| 25 | FALSEY | BILL | 01:52:32 | | | 50 | RAMSEUR | DAVID | 01:47:30 | 01:42:14 | |
| 25 | WATSON | RICHARD | 02:01:42 | | | 50 | CASTANEDA | RAFAEL | 01:49:00 | 01:51:28 | X |
| 30 | CRAFT II | JOHN | 01:20:12 | 01:22:51 | X | 50 | CORNELIUS | MILTON | 01:49:03 | 02:16:33 | X |
| 30 | WEINHOLD | KEITH | 01:22:54 | 01:22:54 | X | 50 | STADSKLEV | MARK | 01:56:50 | 02:03:53 | X |
| 30 | OSTROVSKY | ARRON | 01:35:45 | | | 50 | PAKDNEN | JERRY | 02:01:52 | | |
| 30 | CASILLA | WILLIE | 01:44:54 | 01:58:27 | X | 50 | SAMORAJSKI | GREGORY | 02:14:36 | 03:08:22 | X |
| 30 | MILLWOOD | PAUL | 02:00:02 | | | 55 | SKIDMORE | ERIC | 01:29:07 | 01:28:19 | |
| 35 | KRAMER | MIKE | 01:11:39 | 01:14:01 | X | 55 | SAPIN | PETER | 01:45:15 | 01:46:30 | X |
| 35 | SAARI | MATIAS | 01:13:49 | | | 55 | PARKINSON | ALAN | 01:47:56 | 02:00:01 | X |
| 35 | HEATWOLE | MICHAEL | 01:22:57 | 01:23:28 | X | 55 | SOSSAMON | BARRY | 01:53:56 | 01:43:02 | |
| 35 | BURTON | THOMAS | 01:29:38 | 01:31:02 | X | 55 | BELLER | MIKE | 02:02:25 | 02:05:49 | X |
| 35 | RECTOR | TRAVIS | 01:33:39 | | | 55 | MYERS | RUSTY | 02:05:13 | 01:43:03 | |
| 35 | LEWIS | TERRY | 01:35:05 | 01:38:50 | X | 55 | DIXON | GREGORY | 02:13:57 | | |
| 35 | RAFFERY | JOHN | 01:36:19 | | | 60 | EASTAUGH | ROBERT | 01:38:19 | 01:32:08 | |
| 35 | BROWN | THOMAS | 01:37:55 | | | 60 | LEONARD | JAMES | 01:45:00 | 01:51:27 | X |
| 35 | IVERSON | DWIGHT | 01:39:29 | | | 60 | LIEB | JIM | 01:47:54 | 01:48:17 | X |
| 35 | PICKETT | JEFFREY | 01:40:48 | 01:38:40 | | 60 | FLYNN | KEN | 02:01:34 | 02:07:51 | X |
| 35 | MESHKE | BRYAN | 01:43:14 | | | 65 | NAUMAN | JON | 02:08:41 | 02:02:07 | |
| 35 | MORTON | KENNETH | 01:44:05 | | | WOMEN | | | | | |
| 35 | KUPER | KEVIN | 01:45:52 | 01:53:08 | X | 15 | FULLER | ELLE | 01:42:04 | | |
| 35 | PORTER | BRENT | 01:46:23 | | | 15 | RINK | SAMANTHA | 01:54:52 | | |
| 35 | SEITZ | JOE | 01:51:56 | | | 15 | KING | KRISTEN | 01:55:57 | | |
| 35 | WIDENER | CHRIS | 01:52:00 | | | 20 | FRANZMANN | JESSICCA | 02:05:54 | | |
| 40 | CLEMETSON | SCOTT | 01:21:21 | 01:21:21 | X | 20 | WHITTEN | CARI | 02:08:44 | | |
| 40 | GENGLER | BOB | 01:27:29 | | | 20 | SHOBLGY | JEWEL | 02:17:47 | | |
| 40 | TAYLOR | KEVIN | 01:31:12 | | | 20 | WHITTEN | KELSEY | 02:28:34 | | |
| 40 | FABELA | JOSHUA | 01:31:34 | 01:30:06 | | 25 | OSTROVSKY | ANDREA | 01:37:10 | | |
| 40 | RHUDE | IAN | 01:32:48 | | | 25 | WEGNER | KATHRYN | 01:45:09 | | |
| 40 | BALDWIN | DAN | 01:37:32 | 01:37:43 | X | 25 | HILLBORN | BRITTANY | 02:01:10 | | |
| 40 | BREWER | JOHN | 01:40:06 | 01:41:12 | X | 25 | MORRONE | JANET | 02:01:36 | 01:46:37 | |
| 40 | KLISKEY | ANDY | 01:41:49 | 01:43:48 | X | 25 | HOSTETLER | KATHRYN | 02:27:07 | 02:06:08 | |
| 40 | SCHNELLBAECHER | MATT | 01:42:49 | 01:41:26 | | 25 | BOYLE | ANGELA | 02:46:23 | 02:30:11 | |
| 40 | DUENOW | ANDY | 01:43:19 | 01:44:03 | X | 30 | OVERSON | YVONNE | 01:37:08 | | |
| 40 | PETERSON | STEPHEN | 01:44:16 | | | 30 | BOUFFARO | CHRISTINA | 01:39:31 | | |
| 40 | PRATT | CHUCK | 01:48:40 | 01:50:57 | X | 30 | BRAMBLETT | KIRSTEN | 01:40:35 | | |
| 40 | TOPE | MIKE | 01:49:14 | 02:02:09 | X | 30 | FISK | ROBIN | 01:42:26 | 01:46:05 | X |
| 40 | STEINHAUSER | EVAN | 01:52:18 | 01:52:32 | X | 30 | MEAHAN | ANGIE | 01:44:06 | 01:42:33 | |
| 40 | SPENCER | STEPHEN | 01:57:56 | 01:55:55 | | 30 | BLACKWELL | AMY | 01:54:02 | | |
| 40 | MOON | SCOTT | 01:58:38 | 01:52:32 | | 30 | TIMISON | KATHY | 01:54:11 | 01:51:44 | |
| 40 | SLAYDEN | KEVIN | 02:02:03 | 02:16:25 | X | 30 | STEPHENSON | PAIGE | 01:58:34 | | |
| 40 | SCHMITT | STEVEN | 02:18:05 | 01:55:21 | | 30 | LEACH | MARY | 01:58:50 | | |
| 45 | YOUNG | JEFF | 01:21:09 | 01:21:20 | X | 30 | LOUDAL | JOANNA | 02:18:08 | 02:03:42 | |
| 45 | FRANK | EDWARD | 01:21:56 | 01:24:02 | X | 30 | HILLER | JEAN | 02:18:57 | | |
| 45 | BRONGA | TOM | 01:23:07 | 01:21:56 | | 35 | MITZGER | JULIE | 01:38:41 | | |
| 45 | CAMPBELL | ROB | 01:29:22 | 01:28:14 | | 35 | CONNELLY | CLAIRE | 01:38:44 | 01:40:46 | X |
| 45 | PETROS | STEVEN | 01:30:02 | 01:33:04 | X | 35 | BANCHERO | PAOLA | 01:39:11 | | |
| 45 | ROSANE | BRET | 01:30:20 | 01:26:05 | | 35 | ALESSA | LILIAN | 01:41:49 | 01:43:57 | X |
| 45 | SHIROMA | CALVIN | 01:34:24 | 01:31:35 | | 35 | OSTRANDER | THERESA | 01:42:18 | | |
| 45 | JOHNSON | TIMOTHY | 01:36:43 | 01:37:11 | X | 35 | WETHINGTON | MICHELLE | 01:51:16 | 01:56:04 | X |
| 45 | ARNETT | HANS | 01:41:20 | 02:04:49 | X | 35 | OZTURGVT | JANA | 02:01:56 | | |
| | | | | | | 35 | EATON | MARI | 02:10:06 | | |
| | | | | | | 35 | BUEHLER-MCGHEE | LANARA | 02:27:04 | | |

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cont. from page 3 --TWG Half Marathon Results

| AGE | LAST NAME | 1ST NAME | TIME | GOALTIME | CUP |
|-----|----------------|-----------|----------|----------|-----|
| 40 | JURASEK | ESTHER | 01:25:36 | 01:25:20 | |
| 40 | ROSANE | KATY | 01:40:14 | | |
| 40 | WILLIAMS | ANNE | 01:45:33 | 01:39:49 | |
| 40 | DUFORD | JENNIFER | 01:55:18 | | |
| 40 | ARION | TERI | 01:58:48 | 01:50:45 | |
| 40 | KINDRED | B | 01:58:50 | | |
| 40 | KING | CLAIRE | 02:10:49 | 02:04:01 | |
| 40 | ADAMS | SISSY | 02:12:52 | 02:00:38 | |
| 40 | MORRISON | OUIDA | 02:47:37 | 03:13:20 | X |
| 45 | MCDONOUGH | LAURA | 01:34:52 | 01:34:57 | X |
| 45 | WONG | PATTY | 01:45:53 | | |
| 45 | RUDD | RENEE | 01:47:24 | 01:48:01 | X |
| 45 | MAMIKUNIAN | JANET | 01:47:35 | 01:43:45 | |
| 45 | LUCK | ANNIE | 02:04:40 | 01:55:59 | |
| 45 | ULRICH | KATHY | 02:14:46 | | |
| 45 | ONEAL | LAURA | 02:16:02 | | |
| 45 | STRAUSBAUGH | TAMMY | 02:22:42 | 02:00:22 | |
| 45 | RICKERT-HANSEN | RAE | 02:56:39 | | |
| 50 | HUNTER | GLORIA | 01:46:01 | 01:46:16 | X |
| 50 | KINN | DEBRA | 01:49:18 | 01:48:33 | |
| 50 | BARRETT | MARY | 01:49:34 | 01:57:16 | X |
| 50 | FIEDLER | ANNE | 01:53:10 | 01:58:23 | X |
| 50 | PARKINSON | ANNAMARIA | 01:53:36 | 02:03:50 | X |
| 50 | ROZEN | CELIA | 01:54:49 | 01:53:05 | |
| 50 | KLEEDEHN | SARAH | 02:12:06 | | |
| 50 | RUDDEROW | JOLYNN | 02:12:53 | 02:02:13 | |
| 50 | PEDERSEN | DONNA | 02:34:02 | 02:12:38 | |
| 50 | FRIEDMAN | BONNIE | 02:43:53 | 02:49:10 | X |
| 50 | STEPHENS | ANNE | 02:56:24 | 02:54:15 | |
| 50 | LITTLE EAGLE | DIANE | 03:06:34 | 02:57:05 | |
| 55 | BARBEAU | PAM | 01:52:53 | | |
| 55 | PEARSON | BERNICE | 02:12:53 | 01:56:25 | |
| 55 | FUNATAKE | JEAN | 02:16:06 | 02:41:04 | X |
| 55 | BEARDEN | PAMELA | 02:17:09 | | |
| 55 | SCHUMACHER | CATHIE | 02:40:18 | 02:47:05 | X |
| 55 | GINSBURG | PATTY | 02:56:10 | 01:59:47 | |
| 60 | COBB | MARIA | 01:48:25 | 01:47:09 | |
| 60 | CLARK | JOAN | 02:25:35 | 02:20:59 | |
| 65 | LINDEMUTH | JOAN | 02:49:40 | 02:52:06 | X |

MUGWUMPS 10K RESULTS

The Anchorage Running Club held the twenty-first running of the Mugwumps 10K race at Point Wornzoff on Wednesday evening, June 21. Runners who have run a 10K race in under 45 minutes are not eligible to participate in the Mugwumps. As a result, runners who finish the Mugwumps in under 45 minutes are barred from future participation in the run. Five finishers were disqualified this year from ever running the Mugwumps again! Race co-founder Tim Middleton was on hand to start the race and to hand out the awards.

- 1) Scott Lockwood 42:41; 2) Jason Brink 42:43;
- 3) Fred Balasi 44:21; 4) Barry Cape 44:28; 5) Shane Wiley 44:35; 6) Cameron Reitmeier 45:46;
- 7) Rich Dale 46:03; 8) Stephen Petersen 47:20; 9) Edward Clawson 48:56; 10) Mark Wiggin 49:19;
- 11) Jocelyn Murchie 50:17; 12) Eric Cline 50:26;
- 13) Ty Kemmer 50:31; 14) Jennifer Duford 51:27;
- 15) Cathy Nugent 51:37; 16) Adam Wiley 51:59;
- 17) AnnaMaria Parkinson 52:35; 18) Colette Slover 53:07; 19) Steven Smithson 53:56; 20) Mike Beller 54:21; 21) Ed Banas 54:35; 22) Lindsay Washer 55:04; 23) Patrice Parker 55:31;
- 24) Sheila Ruf 55:45; 25) Carla Lozano; 26) John Gibbons 56:07; 27) Sandi Woods 56:08; 28) Ken Flynn 56:34; 29) Daniel Bearden 56:35; 30) Romie Deschamps 57:46; 31) Avigail Curry 58:03;
- 32) Westen Curry 58:03; 33) Rust Devon 58:11;
- 34) Kathy Clawson 59:16; 35) Sherri Warnke 1:00:34; 36) S.J. Lee 1:01:18; 37) Lisa Smithson 1:02:00; 38) Kori Engstrom 1:02:08; 39) Nicole Deyampert 1:04:15; 40) Staci Miller 1:04:18; 41) Katie Olson 1:06:34; 42) Kim Baldwin 1:08:15;
- 43) Jon Scudder 1:12:24; 44) Sheila Curran 1:12:25; 45) Bonnie Freeman 1:12:40; 46) Cathie Schumacher 1:13:41; 47) Seth Warnke 1:40:20;

**NOTICE
OF
CANCELLATION
OF
JEFF GALLOWAY
RUNNING SCHOOL**

The Jeff Galloway Running School scheduled to be held in Anchorage on August 12, 2006, has been cancelled due to a lack of preregistration. The Anchorage Running Club Board will review this year's effort and consider whether to try again in the future.

Submitted by

Ed Wilson,
Race Director,
562-7568
ed.wilson@acsalaska.net

DO RUN RUN 4 MILER RESULTS

MEN

| | Name | Time |
|--------------------|------------------|-------|
| Top 3 | | |
| 1 | Bob Davis | 24:08 |
| 2 | Brent Luch | 24:16 |
| 3 | Eric Skidmore | 24:35 |
| Age 10 - 14 | | |
| 1 | Eddie Steger | 31:36 |
| 2 | Tre Sweeney | 43:50 |
| 3 | Seth Warnke | 50:37 |
| Age 15 - 19 | | |
| 1 | Brent Luch | 24:16 |
| 2 | Robert Herendeen | 26:51 |
| Age 20 - 24 | | |
| 1 | James Tolefson | 27:13 |
| Age 25 - 29 | | |
| 1 | Mike Hiller | 25:03 |
| Age 30 - 34 | | |
| 1 | Colin Hawkes | 24:49 |
| 2 | Barry Cape | 28:21 |
| 3 | Jon Jackson | 28:41 |
| 4 | Bill Morrison | 33:03 |
| Age 35 - 39 | | |
| 1 | Thomas Burton | 26:24 |
| Age 40 - 44 | | |
| 1 | Dan Baldwin | 26:44 |
| 2 | Scott Lockwood | 27:42 |
| 3 | Steve Pule | 29:24 |
| 4 | Patrick MulQueen | 29:29 |
| 5 | Jon Scudder | 31:12 |
| Age 45 - 49 | | |
| 1 | Mike Blackhurst | 25:46 |
| 2 | Timothy Johnson | 25:58 |
| 3 | Calvin Shiroma | 26:36 |
| 4 | Chuck Simmons | 26:55 |
| 5 | Ed Banas | 29:38 |
| 6 | Steve Dwyer | 31:21 |
| 7 | Philip Ambrose | 34:51 |
| Age 50 - 54 | | |
| 1 | Bob Davis | 24:08 |
| 2 | Gary Burleson | 25:40 |
| 3 | Rafael Castaneda | 26:41 |
| 4 | Tom Downey | 27:01 |
| 5 | Fred Balasi | 27:33 |
| 6 | Layne Cropper | 28:12 |
| 7 | David Ramseur | 30:14 |
| 8 | Owen Sweeney | 36:01 |
| 9 | Bruce Roberts | 39:37 |
| 10 | Ed Stewart | 54:51 |
| Age 55 - 59 | | |
| 1 | Eric Skidmore | 24:35 |
| 2 | Ric Wilson | 27:31 |
| 3 | Parry Grover | 27:54 |

4

Name

Time

5

George Bryson

33:08

6

Mike Beller

33:24

Jim Soucek

41:55

Age 60 - 64

1

Jim Leonard

28:34

2

Dennis Holway

32:14

3

Ken Flynn

36:35

Age 65 - 69

1

May Kitchens

41:29

2

Jim Johnson

51:03

Age 75 - 80

1

Charlie Brown

54:51

WOMEN

Top Three

1

Esther Jurasek

24:37

2

Debbie Cropper

26:56

3

Megan Jackson

28:40

Age 10 - 14

1

Stephanie Fitzterald

42:12

Age 20 - 24

1

Holly McCune

32:07

2

Jewel Shibley

35:03

3

Heather Stewart

37:01

Age 25 - 29

1

Brittany Hillborn

33:48

2

Katie Olson

38:49

3

Angela Boyle

41:19

4

Sofia Reyes

52:15

Age 30 - 34

1

Megan Jackson

28:40

2

Lisa Mihora

31:43

3

April Watts

34:59

4

Jean Hiller

35:12

5

Nicole DeYampert

41:46

Age 40 - 44

1

Esther Jurasek

24:37

2

Debbie Cropper

26:56

3

Kelly Mazzei

38:21

4

Sherri Warnke

39:10

5

Kim Baldwin

42:17

Age 45 - 49

1

Veronica Beagan

29:19

2

Lisa Smithson

36:25

3

SJ Lee

38:03

Age 50 - 54

1

Susie Holway

31:36

2

Anne Stephens-Denny

52:13

Age 55 - 59

1

Linda Grover

36:35

Age 60 - 64

1

Joan Clark

37:52

cont. from page 1-- President's Corner

We've got a good thing going here, folks – I look to all of you to help keep it that way. If everyone pitches in, it won't take much.

I'll miss our events. Even when I was out at 4:00 a.m. setting up the mile markers for last year's Humpy's Marathon in what seemed (and certainly felt) like tropical depression conditions, I knew in some twisted way that I would miss doing this. I'll miss Newsletter Editor Jim Lieb's keen wit; I'll miss the Octoberfest, with its costumed antics and year-ending bitter-sweetness; I'll miss Betty Cronin's down-home Boondocks Breakaway and the friendly confines of the monolithic Kincaid bunker; I'll miss the Trent-Waldron Glacier Half-Marathon, the city's first notable long-distance run of the year; I'll miss the Mugwumps and the thrill of anyone running a 10-K under 45 minutes being banned forevermore. I'll even miss the time when I was physically threatened by someone who was, to put it mildly, unhappy about not getting a Humpy's Marathon finisher's medallion (and who was subsequently and rightfully banned for life from participating in another ARC event by virtue of egregiously unsportsmanlike behavior). I'll miss directing the finish line at the Alaska Run for Women.

But the good news is that I'll have the memories of so many wonderful friends made over the years. The late and beloved Craig Harpel. Everyone who has ever worked at Skinny Raven. The fabulous Anchorage Parks and Rec staff, most notably Cindy Liggett, Rod Hill, and John McCleary. Past ARC Treasurer Don Clary. Past Membership Chairman Charles Utermohle. Former ARC Presidents Andy Ferguson, Joan Nockels, Mike Halko, and last but not least, Paul Verrier, who is currently serving our country in a foreign land. Running through a make-shift finish chute with my new bride, Sara, at Kincaid Park, set up by my ARC friends when we got married in 1997. Michael Friess and Vern Campbell, who "trained me" for a few summers in the 1990's. Chester Franz, who took over after them. Captaining an FAA "Taildragger" squad in the Klondike Relay for a few years. Getting eaten up by the final hill in Mayor's Marathon in 1996, and then running up it in 1999. Anyone who has ever volunteered to help out

with a club event. I learned a lot from all of these people, something for which I will be forever indebted. I owe each and everyone one of you a huge thanks. The list goes on and on.

Goodbye, folks. It's been a great run.

Sincerely,

David Epstein
President, Anchorage Running Club



CALL FOR HELP

With the recent move of David and Sara, the Anchorage Running Club is now running on less than all cylinders. Currently we have vacancies for the positions of President, Secretary, Webmaster and Haberdasher. ARC has spent many years promoting and supporting the Anchorage Area's running community. Now we are asking you to step up and give a little of yourself. Please contact John Pontarolo, 337-2142, if you are willing to take on an ARC officer position for a while.



Running Science & Sports Medicine

Miracle Mile Race Prediction Formula

The following is a prediction formula for the 5K, 10K, Half Marathon and Marathon distances, based upon a one mile time trial.

After having worked with over 170,000 runners over 30 years, I've compiled hundreds of performances and have established a prediction formula based upon a one mile time trial. In other words, every 2 weeks or so, you can run a measured mile (at a good, hard pace for you) and use the time to predict what you could run at longer distances.

This assumes that:

- 1) You do the training needed for the distance and time goal (See my books *RUNNING, A YEAR ROUND PLAN*, *NEW MARATHON & GALLOWAY'S BOOK ON RUNNING*, 2nd ed).
- 2) The temperature on the race day of your race is 60F or cooler.
- 3) You pace yourself correctly and take the walk breaks necessary for your goal (see the same two books for details).

Take your one mile time and adjust as follows:

add 33 seconds for your pace for a 5K
multiply by 1.15 for 10K pace
multiply by 1.2 for half marathon pace
multiply by 1.3 for marathon pace

Here's how to do the one mile time trial:

1. warm up with a slow one mile run
2. do a few acceleration-gliders
3. pace yourself as even as possible on each quarter mile
4. run about as hard as you could run for one mile - - but no puking! (finish feeling that you couldn't have run an additional football field at the same pace)
5. keep walking after the time trial for 5 minutes, and jog a slow 1-6 miles, as needed for your mileage for that day

Predicting race performance:

- 1) Take your last 4 one mile time trials
- 2) Eliminate the slowest
- 3) Average the other three
- 4) Use the prediction formula for your race

Adjust for heat and humidity: slow down by 30 sec a mile for every 5 degree temperature increase above 60F

Jeff Galloway
Run Injury Free
March 2006

Fitness Club Newbies: Finding the right fit for your workout

The new year has long since passed and so too has the rush of post-holiday want-to-be exercisers. Every year, beginning exercisers storm the local health clubs and fitness centers in an attempt to shed those holiday pounds as fast as they can.

The problem is, without knowing much about the capability of the fitness center staff or quality of service provided by the facility they intend to join, there's no guarantee new exercisers will be successful in accomplishing their goals.

Novice exercisers may assume all health clubs and fitness centers can help them achieve their fitness goals when, in fact, this isn't necessarily the case.

First-time exercisers need to check out the fitness facility they plan to join.

Below is a checklist to help those interested in joining a health club or fitness center for the first time.

1. Determine your fitness goals. Think about what you're trying to accomplish by joining a health club or fitness center. Are you trying to lose weight, reduce your risk for cardiovascular disease, improve

cont. page 8

cont. from p.7, Running Science

aerobic endurance or increase muscular strength?

Rank your goals in order of importance. Establish a fitness baseline upon joining a facility.

A staff person can take you through a fitness assessment and explain how it can be periodically used to evaluate your progress and the achievement of your fitness goals.

2. Visit the fitness facility during the time of day you plan to use it. Call in advance for a tour or stop in the health club or fitness center during the hours you plan to be there. Is it extremely crowded at that time?

What type of people use the facility during those hours? Ask a staff member what days and times are busiest.

3. Check out the atmosphere or workout environment. What type of music is playing? Is nerve-racking, loud music blasted over the speakers? Is the environment pleasant and friendly? Do the members carry workout cards and appear to be concentrating on doing their exercise routine or does it seem like a show place with every member trying to make a fashion statement? Are there TVs to watch? Do people use headsets and listen to their own music?

4. Is there enough equipment to meet your goals? How many treadmills, elliptical trainers, rowers and other pieces of cardio equipment are available? Are the machines always in use? If toning or building muscle mass and increasing muscle strength is a goal, is there enough strength training equipment to meet your needs?

5. Is the facility clean? Does the equipment appear to be well maintained and clean? Does the facility provide cleaning spray, rags or towels for members to wipe down the equipment after use? Do you see staff cleaning the equipment?

6. What are the credentials of the staff who will work with you? Look for three things: a fitness degree, experience working in a fitness center and certification.

At the top of the list is an academic degree. An undergraduate or graduate degree ensures the person has taken all the necessary courses (Exercise Physiology I and II, Principles of Personal Training, Exercise Testing and Assessment, Kinieslogy, etc.) to work in a fitness center.

In addition, most students in a degree program are required to spend one or two semesters in a fitness center getting hands-on experience learning to work and communicate with all types of people. Certification is a helpful credential, but it doesn't take the place of a degree and real-life experience.

7. Is there a staff person with whom you will feel comfortable working? Degrees and credentials aside, find a facility that has the type of personal trainer you think you need.

Do you want a drill sergeant-type standing over you and barking out orders, or do you prefer someone with a much gentler disposition? Find out who will work with you and make sure it's a good fit.

8. Does the facility offer specialty classes or incentive programs? If you like yoga, make sure it's offered at the health club or fitness center you plan to join. Also, find out when the class is offered and if it's free to members or is there an extra charge?

9. What does it cost to become a member? What types of memberships are available? Is there an initiation fee? Do you have to sign a contract? Is the electric transfer of funds the only way you can pay your club dues? Is there an additional fee for personal training?

10. Is the location convenient? Find a facility close to home, work or school or someplace that lends itself to easy access. If the health club is three minutes from your house or close to where you work, it makes exercise compliance much easier. Just like in real estate — location, location, location — is critical to your initial and continued fitness success.

John Bobalik, Exercise Physiologist and Coordinator of Purdue University Calumet's Fitness Center. March 2006

Four Steps to Perfect Marathon Fueling

New Year's resolutions have been set and many are embarking on their first marathon training program as a result. In order to maximize performance, it's essential to fuel yourself properly during training and racing, especially when runs are prolonged (90 minutes or more).

As a nutritionist, I've found that many runners tend to overestimate how much they need, causing them to overeat during the day and gain unwanted weight during the season. And eating too much during training can trigger a multitude of stomach issues (e.g., nausea, diarrhea, vomiting, side stitches, sloshing) and ultimately hinder your performance.

Below is a step-by-step guide to help you determine your total calorie needs during training runs, and your target calorie replacement needs based on your race pace. Happy running trails!

Determining your total calorie needs

Step 1: Determine running calorie expenditure per mile

$0.63 \times \text{body weight (pounds)}$

Step 2: Determine goal race pace or how many miles per hour you'll cover

Example: An eight-minute miler will cover 7.5 miles/hour

Step 3: Calculate hourly expenditure based on goal race pace

Example: An eight-minute miler would multiply 7.5 by the figure from step 1.

Step 4: Determine hourly calorie replacement needs

$0.3 \times \text{the figure from step 3}$ (*Note: Research shows runners can physically absorb about 30 percent of what they expend.*)

Sample case study:

John is a 200-pound marathoner preparing for the Rock 'n' Roll Arizona Marathon with a goal of breaking the three-hour mark. He's had issues with

premature muscle fatigue and cramping during previous marathons, which has led him to seek nutritional advice for race-day fueling. We used the guidelines specified above to help calculate and devise the perfect nutrition plan for his needs.

Step 1: John's calorie burn each mile:

$0.63 \times 200 \text{ lbs} = 126 \text{ calories/mile}$

Step 2: John's goal marathon pace:

John's goal marathon pace to break three hours is 6:50 per mile, which means he'll be running 8.78 miles per hour.

Step 3: John's hourly expenditure based on his goal marathon pace:

$8.78 \text{ miles per hour} \times 126 \text{ calories per mile} = 1,106 \text{ calories burned per hour}$

Step 4: Goal calorie replacement after 60-90 minutes of racing:

$0.3 \times 1,106 \text{ calories} = 331 \text{ calories/hour}$

Step 5: John's calorie replacement:

The first 90 minutes of the marathon, John plans to use the course-provided water at aid stations to maintain hydration. After 90 minutes, John's goal is to consume approximately 330 calories per hour until he finishes, which means he'll need approximately 500 calories.

In order to simplify his nutrition, John customized his sports drink through a company called InfinIT Nutrition (www.infinnutrition.com). Each serving of his sports drink contains 160 calories, 40 grams of carbohydrate, 375 mg. sodium, 110 mg. potassium, 30 mg. magnesium and 15 mg. of calcium.

John will carry three heaping servings of his InfinIT in a large gel flask topped off with water. He'll take shots of the concentrate every 10 minutes along with course-provided water so that he'll consume two servings between 1:30 and 2:30 and the final serving between 2:30 and the finish line.

Kim Mueller, M.S., R.D.
February 2006

ANCHORAGE RUNNING CLUB
MEMBERSHIP APPLICATION
Membership term is January 1 to December 31
complete and mail

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

HOME PH: _____ WORK PH: _____

FAMILY MEMBERS: _____

DATE(S) OF BIRTH: _____

E-MAIL ADDRESS: _____

\$15 for Individual Membership (NEW member ___ RENEWAL ___)

\$25 for Family/Couple Membership (NEW member ___ RENEWAL ___)

All events are run by volunteers. WE NEED YOUR HELP! Please help your club
and check below to volunteer!

(YES, I will help this year ___)

Make checks payable to and mail to:
Anchorage Running Club
PO Box 243362
Anchorage, AK 99524-3362

2006 HUMPY'S ENTRY FORM

Entry Fee Information

All entry fees are non-refundable

Early Registration * thru July 28, 2006

ARC Members
 We will be using the "Chip Timing" system for this race.
 MARATHON\$50
 HALF-MARATHON ...\$40
 5-K\$32

Non-ARC Members
 An additional \$35 charge will be made for lost chips.
 MARATHON\$55
 HALF-MARATHON ...\$45
 5-K\$37

* Entry fee includes free T-shirt for first 1,000 runners and pre-race Pasta Feed on Saturday at Humpy's Ale House, 610 W. 6th Avenue.

Late Registration ** July 29 - Aug. 19

MARATHON\$60
 HALF-MARATHON ...\$50
 5-K\$42

The will be NO Race-Day registration.
 NO changing event on race day.
 Marathon walk is a non-competitive category. It will be timed, though. Course open for 8 hrs from Marathon race start.



Online Registration

Closes at noon AKDT on Aug. 18th

Register online at active.com or go to our website at: <http://humpysmarathon.com>

BEFORE THE RACE

Bib Pick-up and Pasta Feed at Humpy's
 Saturday, August 19, 11am-3 p.m.

AT THE RACE

PLEASE REMEMBER, SAFETY FIRST!

NO Strollers, Bike Support, dogs, bicycles, roller blades, roller skis, wagons or skateboards.

Apply for or Renew your ARC Membership
 Individual\$15/year
 Family\$25/year

T-Shirt Guarantee

Everyone whose registration is in our hands on or before July 29, 2006 is guaranteed their requested shirt size (*When it is postmarked is irrelevant*). After this date you may not get the shirt size you requested.

Awards Ceremony

Awards ceremony to be held in the finish area following the races.

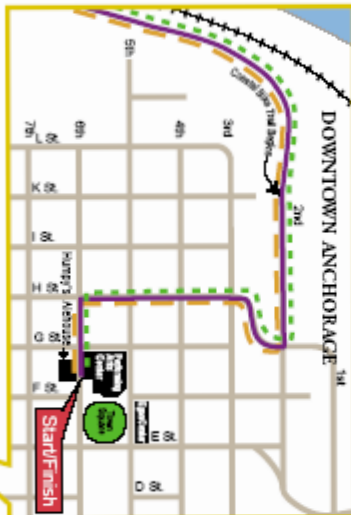
Marathon Medals:

All half and full marathon participants will receive a finisher's medal. Humpy's Marathon merchandise will be available at the packet pick-up and the finish area.

COURSE

All races will begin and end on 6th Avenue in front of Humpy's Ale House. See below for details.

All courses USATF-Certified



Humpy's Marathon Entry Form

Register Online at www.active.com and save money \$\$\$

| | | | | |
|--|---|-------|---|------|
| First Name: | | MI: | Last Name: | |
| Mailing Address: | | City: | State: | Zip: |
| Date of Birth: | Age on 8-20-2006: | | Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female | |
| Phone: | Email Address: | | | |
| T-Shirt Size: <input type="checkbox"/> Sm <input type="checkbox"/> Med <input type="checkbox"/> Lg <input type="checkbox"/> XL <input type="checkbox"/> XXL | Choose Your Event: <input type="checkbox"/> Marathon Walk ONLY <input type="checkbox"/> Marathon <input type="checkbox"/> Half-Marathon <input type="checkbox"/> 5-K | | | |

ARC Membership

- Individual \$15 py
- Family \$25 py
- New Member
- Renewal

ARC Mem. Amount

\$

Race Entry Fee

\$

TOTAL AMOUNT ENCLOSED*

(U.S. funds only)

\$

WAIVER (must be signed): In consideration of my entry, I, for myself, my executor, administrators and assignees, do hereby release and discharge Humpy's Great Alaskan Ale House, 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: _____ Date: _____ Marathon Est. Time: _____
 (Parent's signature if participant is under 18) Make race and/or ARC membership fees payable to "ARC"

Mail/w/cheek to: Anchorage Running Club/Humpy's Marathon • P.O. Box 243362 • Anchorage, AK • 99524-3362



**2006 DoRunRun 4 Miler
On Your Mark !**

**2006 Running Events Sponsored By
The Anchorage Running Club**

May 17, Wed. - Do Run-Run 4 Miler
May 27, Sat. - Glacier Half Marathon
June 21, Wed. - Mugwumps 10K
July 09, Sun. - Boondocks Breakaway 5K
July 26, Wed. - Masters' 5K / 10K
Aug.20, Sun. - Humpy's Marathon / Half / 5K
Oct. 07, Sat. - BBNC Octoberfest 5K / 10K

Editor's Note:

In addition to local running news about recently completed races, upcoming races and special events and issues, the *Finish Line* will attempt to provide one or two relevant *Running Science & Sports Medicine* articles in each of this year's newsletters, provided there is available space.

Readers are encouraged to provide feedback, suggestions and running-related photos.

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

ANCHORAGE RUNNING CLUB
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ANCHORAGE, AK 99524-3362