



# FINISH LINE

## Newsletter Of The Anchorage Running Club

Volume 19 Number 1 -- January 2007

### President's Corner

At the beginning of 2007 the Anchorage Running Club is well positioned. ARC's financial reserves are adequate, with 2006 being a break even year. ARC's main revenue sources are membership dues and the Humpy's races in August.

ARC members once again will receive free entry in five ARC races in 2007 as well as a discounted entry to the Humpy's races. Members also receive quarterly issues of the club newsletter "Finish Line", plus a free copy of the AK Runners Calendar. Membership runs from January 1 through December 31. Please pay your 2007 dues early so that you can receive full club benefits in 2007.

All members are encouraged to attend the Anchorage Running Club meeting set for February 7<sup>th</sup> when additional board members will be elected. The by-laws of the club allow for 9 board members. The club currently has four board members. If you are interested in serving on the ARC Board, please let us know. I am confident that additional board members will bring new vitality into the club. Come

and get to know the board and club workings. The meeting will be at Guido's Pizza at 549 W. International Airport Rd at 6PM. The club will provide the pizza. There will be time for members to socialize, ask questions and provide comment to the board.

Many of you have volunteered to help with the club's races. Your help is greatly appreciated. Some of you may have volunteered in the past but were never called back. I apologize if that is the case. Some times as a race approaches the director gets busy and may forget to get back to those who make a generous offer to help out. In any case if you have the time to volunteer for one race this year please contact the race director listed on the ARC web site or listed in the 07 Alaska Runners Calendar, which should be available for distribution soon. Assisting at a race could take an hour or two on race day or during the week before a race. It would make a race director very happy to hear from you.

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Winter Running Technology - one of a number of options

**Minutes of January 10, 2007  
ARC Board Meeting**

The ARC Board of directors met in regular session at the offices of the American Cancer Society in the United Way Building on the above specified date. The session was called to order at 6pm. Board members present were John Pontorola, Ed Wilson, and Peggy Cobey. In addition, Jim Lieb, Newsletter Editor, Gregory Dixon, Webmaster, and Bonnie Swanson were present.

The next ARC meeting will be Wednesday February 7 at Guido's Pizza on International Road at 6pm. We plan to elect new board members at that time by a vote from the ARC membership. ARC members that have so far indicated an interest in becoming ARC board members are: Jim Lieb, Gregory Dixon and Bonnie Swanson.

Ed Wilson, Treasurer, presented the 2006 ARC Financial Report. Income totaled \$59168.58 and expenses totaled \$57361.03. Profit for 2006 was \$1807.65. The current treasury balance is \$35458.27.

**Anchorage Running Club**

P.O.Box 243362  
Anchorage, Alaska 99524-3362  
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  
John Pontarolo  
Ed Wilson

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

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



Debbie and Layne Cropper heading up Indian Creek

Insurance for ARC members was discussed. John Pontorola will be comparing costs for USATF versus RRCA insurance. RRCA insurance currently costs \$2200 per year.

Ed Wilson volunteered to apply for and pay for Municipality of Anchorage event permits for ARC races in 2007. Board members voted to have Ed pay all fees associated with the permits from ARC funds.

Humpy's marathon was discussed. The focus was the need for a race director for 2007 and establishment of a race committee. There was agreement that coordination with Humpy's Restaurant is needed to clarify their role in supporting the marathon in 2007.

Gregory Dixon, new webmaster for the ARC webpage, presented a draft of the new improved ARC webpage. Humpy's will continue to have a separate website with a link to the ARC website.

*cont. page 3*

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

I wish you a healthy, prosperous and fun filled 2007.

John Pontarolo  
Acting President  
Anchorage Running Club  
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*cont. from page 2 -- Minutes, ARC Board Meeting*

The meeting was adjourned at 7:45pm.

Respectfully submitted,

Peggy Cobey  
Board Director

**FREE PIZZA**  
**at the Second**  
**Anchorage Running Club**  
**Meeting of 2007**

**GUIDO'S PIZZA**  
**549 W. International Airport Blvd**  
**WEDNESDAY**  
**FEBRUARY 7, 6PM**

**Join your fellow runners and**  
**ARC officers, elect**  
**Board of Directors,**  
**and tell us about**  
**your running wishes and ideas**

## **Running Science & Sports Medicine**

### **Beyond Protein Bars -- 5 Smart Snacks, No Trip To The Health-Food Store Required**

The following are a few snack foods suggested by Cynthia Sass, M.P.H., R.D., a spokesperson for the American Dietetic Association, in a recent presentation.

#### **Dried Figs:**

They take top fiber honors for dehydrated fruit. "Figs will give you slow-burning energy to see you through a workout," says Sass. They're also loaded with potassium, the muscle-repair mineral.

#### **Sunflower Seeds:**

Buy them unhulled and you'll get a mini tongue-and-lip workout trying to pop them open. The tiny seeds also flex some surprisingly large protein muscle--5 grams (g) per half cup.

#### **Soft-Serve Ice Cream:**

"The chief ingredient in hard ice cream is saturated fat. In soft serve, it's milk, which has more whey protein and fewer fat solids," says Sass.

#### **Frozen Waffles:**

"Whole-grain toaster waffles have a near-perfect balance of complex carbohydrates, fiber, protein, and unsaturated fats," says Sass. The blend will boost your energy without causing crash-and-burn blips in your blood-sugar levels--a useful quality in any snack.

#### **Chocolate Milk:**

A University of Washington study found that drinks that blend carbohydrates and protein, such as chocolate milk, are nearly 40 percent more effective than protein alone at helping your muscles repair themselves and grow after a workout.

By: Phillip Rhodes  
Men's Health  
Reviewed 04/18/2005

## Anchorage Running Club Treasurer's Report

by Ed Wilson

The following is a summary of income and expenses for the calendar year 2006.

### Income:

memberships -- \$6,620.00  
7 race events -- \$48,380.06  
bank acct. interest -- \$524.74  
Total Income -- \$59,168.58

### Expenses:

equipment, supplies, newsletter,  
scholarships, runners calendar,  
administration -- \$12,569.47  
7 race events -- \$44,791.56  
Total Expenses -- \$57,361.03

Net 2006 Balance -- \$1,807.55

### Top Three Dietary Performance Inhibitors In Runners

It's well known that nutrition plays a key role in developing and maintaining of top athletic form and overall sports performance. Even so, many athletes solely concentrate on training, neglecting their nutritional program and depriving themselves of true peak performance. Proper nutrition helps an athlete produce and utilize energy more efficiently. Furthermore, a sound nutrition program will help prevent nagging injuries that can interfere with training. Recently, I completed full nutritional analyses on a group of 25 competitive athletes, including elite-level distance runners (12 males, 13 females), to see what nutritional deficiencies existed. The purpose of this research project was to determine the overall metabolic efficiency and adequacy of a runner's diet in relation to the high demands of the sport and the recommendations specified by National Research Council. The following three surprising discoveries were made:

1. The runners weren't eating enough.

Runners, especially those training for the marathon and beyond, expend extraordinary amounts of energy — in some cases over 4,500 calories a day. In fact, the energy needs per pound of body weight are amongst the highest of any endurance sport; it's estimated that runners require 16-30 calories per pound of body weight, an amount dependent on time spent running per day. The calculated needs for the runners in this study were 21 calories per pound of body weight based on the mean calculated daily energy expenditure of 3,105 calories (see below). In contrast, the average energy intake of these runners was only 2,392 calories, over 700 calories short!

### Energy intake vs. energy expenditure in runners:

Gender	Cal. intake	Cal. expenditure
Female	2,007	2,794
Male	2,810	3,441

While a 700-calorie imbalance is suggestive of a 1- to 1.5-pound loss per week, very few of the runners were actually losing weight. Why? The human body has an ability to adapt to a lower level of energy intake, allowing for preservation of weight despite a calorie shortage. Unfortunately, this means the body is less efficient at using the calories and nutrients consumed during training. A lack of calories also depresses immune function, making the athlete more vulnerable to illness and injury during intensive training. So, it's feasible to conclude that these runners would perform at higher levels if they consumed an additional 700 calories. For those runners who want to lose weight during training, a calorie deficit of 250-500 calories a day is more appropriate.

**Solution: Based on approximately an hour of running a day, runners should consume 21 calories per pound of body weight each day.**

2. The runners weren't consuming enough carbohydrates

There's a plethora of sound research showing the profound performance benefits associated with high

carbohydrate intake, including optimal mental functioning, muscle glycogen saturation, enhanced fat burning, protection against protein/muscle breakdown and improved immune function, so it was surprising to find these runners were only consuming 69 percent of their daily carbohydrate needs (see below).

**Mean carbohydrate intake vs. mean carbohydrate goal in runners:**

Gender	Carb. intake	Carb. goal*
Female	250 grams	419 grams
Male	396 grams	512 grams

\*Carbs goal intake was based on 60% of total goal calorie amount as determined by physical activity diary

A significant carbohydrate deficiency like this can negatively affect performance because the athlete is more vulnerable to liver and muscle glycogen depletion, increasing risk for the mental “bonk” and performance-declining “wall.” For optimal performance, athletes should try to consume 3 to 5 grams of carbohydrate per pound of body weight; the runners in this study had a calculated carbohydrate need of 3.2 grams per pound body weight. At meals, try to fill three-quarters of every plate with carbohydrate-rich foods like fruits, starchy vegetables and whole grains; fill the remaining quarter with protein-rich foods like meat, poultry, fish, nuts and dairy products.

**Solution: Based on approximately an hour of running a day, runners should consume 3.2 grams of carbohydrate per pound of body weight.**

3. The runners were following erratic eating patterns

A consistent, balanced intake of nutrients throughout the day will improve metabolic efficiency necessary for peak performance. Breakfast is the most important meal of the day because it kick starts your metabolism, allowing the body to utilize fuel more efficiently. Eating every two to four hours after breakfast keeps the engine running at high levels through

out the day. Sixteen percent (four) of the runners in this study skipped breakfast, with only 20 percent (five) actually eating in two- to four-hour increments. Furthermore, the majority of runners weren’t balancing out their plate properly, ultimately leading to waning energy levels during the day.

So which foods should you choose for meals and snacks? There’s a term in the field of sports nutrition that all runners should become familiar with: glycemic index. Glycemic index refers to how quickly foods enter and leave the bloodstream. High-glycemic foods enter the bloodstream rapidly, giving a quick energy boost, but they also leave the bloodstream rapidly, causing reduced energy levels and increased cravings. In order to prevent the quick drop in energy levels, consume high-glycemic foods with protein. For example, have rice — a high glycemic food — with beans — a protein-rich food with a low-glycemic value. Another example: Mix a banana into yogurt. Moderate-to-low glycemic index foods should be consumed on a more consistent basis due to their ability to sustain energy levels and overall metabolic efficiency for longer periods of times. For a listing of glycemic indices for common foods, visit <http://www.glycemicindex.com/>

*Kim Mueller, M.S., R.D.  
A sports dietitian and competitive endurance athlete who provides nutritional counseling and meal planning to athletes worldwide.  
April, 2006*



**Winter Running Routes  
In The Anchorage Area  
PART II**

:In last winter's 'Finishline', after an article describing various winter running routes in the Anchorage Bowl, I asked the question:

“What is your favorite winter running route? Please tell us what your favorite winter running route is and briefly explain why. Submit by email to the ARC Newsletter Editor, and these will be collected and prepared for a future article on this subject.”

Well, I received only one response. Here it is. Possibly this may stimulate others to submit their favorite routes.

**“My favorite winter running route is Arctic Valley Road.....because 1) it is a beautiful area with great scenic views of the mountains and often various types of wildlife to see; 2) Alpenglw/Fort Rich plows the road regularly; 3) you can choose to go uphill, downhill or both; 4) the uphill portion is a great way to build strength and endurance, and if you limit yourself to just the uphill, you can minimize the pounding stress to the joints while still getting a great aerobic workout.”**

*Author's name withheld by request.*

**Anchorage Running Club's  
Website**

Check out our new website

***www.anchoragerunningclub.org***

A Work In Progress

Let our webmaster, Greg Dixon, know if  
you have any suggestions -- email to  
**gregory.dixon@61north.net**

**HUMPY'S MARATHON  
RACE COMMITTEE**

Humpy's is the Anchorage Running Club's most important race of the year. This is the largest of our seven races and generates the majority of the funding need for ARC to implement its programs each year.

It is critical that we have a sufficient number of people to help do the various things needed for Humpy's to be a success. Over the past couple of years, we have lost a number of key personnel, and these must be replaced.

It is now time to begin putting together a 2007 Humpy's Race Committee.

We are requesting that all ARC members seriously consider helping your running club this year. And where that help is most needed at this time is Humpy's. Many of the tasks and responsibilities of Committee members involved only a day or sometimes only a few hours.

Please contact and talk to John Pontarolo about this, 337-2142 or email at *jpont@gci.net*

**YOUR ARC MEMBERSHIP ENDED  
ON DECEMBER 31, 2006  
RENEW FOR 2007 ASAP  
DON'T MISS OUT ON ANY OF  
YOUR ARC BENEFITS**

ANCHORAGE RUNNING CLUB  
2007 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



**2007 Running Events Sponsored By  
The Anchorage Running Club**

May 16, Wed. - Do Run-Run 4 Miler  
May 26, Sat. - Glacier Half Marathon  
June 20, Wed. - Mugwumps 10K  
July 08, Sun. - Boondocks Breakaway 5K  
July 25, Wed. - Masters' 5K / 10K  
Aug. 19, Sun. - Humpy's Marathon / Half / 5K  
Oct. 06, 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

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