



# FINISH LINE

## Newsletter Of The Anchorage Running Club

Volume 21 Number 1 -- January 2009

### President's Corner

The thermometer barely registered 4 degrees on a recent dark Saturday morning as a dozen or so of us reluctantly left the warmth of our cars to huddle in the Postmark parking lot for our regular weekend run. Dogs hooked to waistbands and stocking caps pulled down low, off we trudged up the Woronzof Hill, our spikes seeking a grip in the icy roadway. If we can run in these conditions, I mumbled, we can run in just about anything.

Actually, not exactly true... I had discovered just a week earlier. That's when the Florida humidity and winds strong enough to force the Space Shuttle to land in California did me in during the Space Coast Half-Marathon over Thanksgiving. Borrowing its theme from nearby Cape Canaveral, this year's full and half marathon attracted 1,800 runners, including at least one astronaut. To beat the heat, the race blasts off at 6 am and is launched by a shuttle takeoff projected on a giant TV screen suspended over the starting line. Barely half way in, I was longing for a good old chilly Totem run on Northern Lights around the Anchorage airport. In the right conditions, we Alaska runners are a hearty bunch.

An equally hearty bunch is the Anchorage Running Club

board, which has invested considerable time and energy this winter preparing for another great running season next year. In a long evening retreat in November, the board established goals to professionally operate the club, provide even better service to both members and the community, and attract new runners.

For a modest \$20 annual membership (\$30 for families and \$15 for active-duty military), you get great benefits: six free professionally managed races; discounted membership to the fabulous indoor Dome plus a free week at the Dome; quarterly "Finish Line" newsletters; the annual Runner's Calendar, published by the Anchorage Parks & Rec Department; and the right to call yourself a real Alaska runner.

The club is making even greater contributions to our community. Thanks to Oktoberfest Race Director Ed Wilson, several carloads of food, clothing and \$3,000

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**ARC Board of Directors Betty Cronin and Ed Wilson present a check for \$1500, money raised from the Oktoberfest, to Susan Bomalaski for the Brother Francis Shelter**



**Hello everyone, just a note from our home here in the sunshiny desert to let you know we miss you and all the fun AK running and races. We wish you the best in 2009. If you get close to Yuma, Arizona pls call us 541-207-6458 so we can meet you for coffee and show you around.**

**love from us,**

**ken and maria cobb**

### **Anchorage Running Club**

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

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

Webmaster: Gregory Dixon  
 Newsletter Editor: Jim Lieb

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

**YOUR 2008 ARC MEMBERSHIP ENDED ON DECEMBER 31, 2008**

**RENEW FOR 2009 ASAP  
 DON'T MISS OUT ON ANY OF  
 YOUR ARC BENEFITS**

### **Minutes of November 13, 2008 ARC Board Meeting**

The Anchorage Running Club held a "retreat" to discuss the future direction of the club. All Board members were in attendance, including David Ramseur, Betty Cronin, Bonnie Swanson, Debbie Cropper, Ed Wilson, Gregory Dixon, Jim Lieb, Lupe Marroquin and Mike Halko. Others in attendance included Charles Utermohle, Sharon Fisherman and Bill Fisherman. The meeting was called to order at 5:30 pm.

Overall direction of the club – the board discussed whether it is providing the appropriate mix of events and services to members and the community. Ideas for expanding club activities included:

- 1) Holiday events – Valentines Day or other holiday-specific runs.
- 2) Breakfast in conjunction with the Octoberfest race.
- 3) Volunteer appreciation events.
- 4) Non-running social events for members.
- 5) Focus on ways to recruit more younger members.

The board discussed how to increase participation in ARC events and cited the example of the fall Tuesday Night runs as successful events. Ideas for future consideration included:

- 1) More family oriented events with varied race distances to involve the entire family.

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were presented to Brother Francis Shelter and Bean's Café following this year's Oct. 4 race – all donated by race participants and ARC.

The board also voted to increase ARC's annual scholarships, given to worthy high school and college students who demonstrate a commitment to running and excellence in their academic careers.

Even though his Big Wild Life Runs are eight months away on Aug. 16, race director Mike Halko is spending the winter hustling even more sponsors and perks for runners in connection with one of Alaska's premier marathons and the related BWLR races.

As you adjust those long-johns and headlamps this time of year, remember you're preparing for another great running season starting May 13 with the Do-Run-Run 4-miler, brought to you by the Anchorage Running Club.

A quick note of personal privilege: this is my final column as ARC president. As you read this, I'm heading to Washington, D.C. to work for Alaska's new U.S. senator, Mark Begich, for whom as Anchorage mayor, I previously worked. My short tenure as club president has been rewarding and great fun, and I hope to remain on the board as long as I can make a contribution.

See you on the trails – David Ramseur

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

2) Trail runs, especially where the route and distance is a surprise.

3) Races in different parts of the city instead of the old stand-by, the Coastal Trail.

Jim Lieb, past AK 10K Classic race director, suggested ARC consider assuming management of the AK 10K Classic. He said it has a well established race committee of eight key people who can perform most race duties but needs an overall race director. The board took the request under advisement.

The board discussed whether the club needs a more professional operation, with a state of the art timing system and possibly paid-staff to help perform key functions, such as timing, book-keeping and web management.

As the new treasurer, Debbie Cropper will work with the club's tax preparer, Wayne Cates, to set up a club budget and books using Quicken. Out-going treasurer Ed Wilson will assist. The board agreed to pay a Gates' bookkeeper to set up those systems and review whether continued professional bookkeeping assistance will be necessary.

The board agreed to buy an additional laptop to supplement the one the club bought last year. One laptop will be used primarily for bookkeeping and the other for race timing. Greg will research laptop costs.

Several board members, including Ed, Mike Halko, Charles Utermohle and Sharon Fisherman, agreed to further research timing systems and report back to the board no later than end of February on their recommendations on whether the club should purchase or contract for a timing system.

The board discussed the club website, ably maintained by Greg. It discussed a number of possible improvements, such as ways to reach younger runners through Facebook and MySpace, regular email blasts of club developments to members and updated content. David Ramseur and Lupe Marroquin agreed to assist Greg in producing and editing content. A benefit of the club's partnership with Active.com is the availability of training programs it can offer club members. The board agreed to make those programs available at a modest cost, and to possibly include free training programs as well.

The board discussed the club newsletter and ways to improve it and distribute it. Editor Jim Lieb requested updated software which Greg will help secure as he explores purchase of an additional laptop. The board agreed to establish firm publication dates for the newsletter. It also agreed to explore whether the newsletter should be published electronically, on paper or both.

Another idea proposed by Lupe Marroquin was an advice column, either in the newsletter or on the website, where experienced runners from the club could answer questions posed by fellow runners. Debbie and Mike both agreed to serve as experts that would respond to such questions if and when such an advice column was brought to fruition.

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*cont. from page 3 -- Minutes, ARC Board Meeting*

An idea gleaned from the Nordic Ski Club is making the ARC newsletter a statewide running newsletter to help serve other clubs which currently have more modest newsletters or websites. Jim and David agreed to explore this.

The board discussed ways to raise the club's profile, through various public relations initiatives. Through the club's relationship with Active.com, the company has offered \$500 worth of marketing, which Greg and David agreed to explore. David agreed to look for more media opportunities for the club, such as press releases about club events and donations. He and Ed will work to present checks and gifts of appreciation to various organizations, including Bean's Café and BBNC for sponsorship of Octoberfest.

The board discussed making its races more "green." Board members were receptive to an idea from Charles Utermohle to issue one running bib for the season which runners could use at different events, with a calendar of those events listed on the back.

The board agreed to establish regular dates for its meetings for greater predictability and so other club members could attend. The board will meet, for the most part, the last Monday of each month – every other month during the winter and monthly during the summer season.

Upcoming meetings are scheduled for: Jan. 26, 2009, March 30, April 27, May 18, June 29, July 27, Aug. 31, Sept. 28 and Nov. 30.

The board discussed reforming the way it awards scholarships. Currently, the club awards two college scholarships annually to high school students. Bonnie Swanson proposed a number of changes to that system, including diversifying the qualifications for scholarship recipient, including financial need as a criteria, expanding the program beyond high school students to college students, and making a commitment to the University of Alaska Foundation for scholarships.

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number of changes to that system, including diversifying the qualifications for the scholarship recipients, including financial need as a criteria, expanding the scholarship program beyond high school students to college students, and making a longer term commitment to the University of Alaska Foundation for scholarships. The board approved their proposed new scholarship application, agreed to make a \$1,500 scholarship to a male and female high school student in the future, and agreed to a \$5,000 commitment over three years to UAA for scholarships and future partnering opportunities.

The meeting adjourned at 8:40 pm.

Respectfully submitted,

Lupe Marroquin  
Secretary  
Anchorage Running Club

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### **Change Comes to the ARC and Washington**

Well Obama is not the only new face in D.C. this January. Our former President David Ramseur will be logging miles around the Capitol supporting Senator Begich's agenda on behalf of Alaska. We know he has the stamina to go the distance since he has proven himself locally and of course with our club. He quietly rose to service as ARC President when John Pontoralo departed the state a year ago, then championed the much needed revision of the organization's by-laws. Add volunteering for most of 2008 ARC events, including course marking of the marathon with Rod Shipley, it is safe to say his service will be missed. One can see that having a friend of running in city government goes a long way when it comes to promoting community wellness initiatives. I'm confident we shall be seeing him on the trails since he will undoubtedly be returning to town to share Senator Begich's message...., and besides he'll miss us and his wife, Susan.

### **Change Also Comes to the Anchorage Running Club's Signature Event - The Big Wild Life Runs**

Our August 16th event has several new sponsors that will appear on the shirts. Providence Hospital's Sports Medicine Rehabilitation Clinic is our official media spon-

sor helping with the publishing of our event guide by the Coast Magazine plus they are sponsoring one of our scholarship awards to the sum of 1500 dollars to a deserving high school student. Pre-registration bib pick-up will also be at their building on Laurel Street off of Lake Otis. Our thanks to Wally Wilson the supervisor of that fine health care facility.

The Hotel Captain Cook's Athletic Club has also joined the BWLR event as a place to train downtown and recover afterwards too. Add Kaladi Brothers Coffee and the Dome and we are continuing to grow the event that should bring 2200 to 2500 folks downtown.

The Bear Tooth Grill will also host Runners World's Chief Running Officer Bart Yasso's presentation of "My Life on the Run" a humorous slide show.

Finally if you see Greg Dixon, Webmaster, Bonnie Swanson Volunteer Coordinator, or Sharron Fisherman Special Assistant to the RD thank them for their efforts. We will have a great event again especially with the folks that have stepped forward to be on the race committee. A meeting will be forth coming.....

Keep Striding and Smiling

Mike Halko  
BWLR Race Director

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## Running Science & Sports Medicine

### Tips for the Final Week before a Marathon

**Get the most from your taper.** Don't worry about losing fitness during your taper. You can't build more endurance or speed during the last weeks before the marathon, but you can increase your body's capability by fully recovering, re-energizing, and focusing. Give yourself plenty of recovery time between each run. If any of the runs you do in the final two weeks taxes you, take an extra day off before the next run. Or go extremely easy. Trust that your cut-back in training is advantageous to your marathon performance.

**Eat healthy.** Concentrate on eating natural foods and getting the most nutrition from every calorie. Cut back on soft drinks and fruit juices that offer empty calories, and coffee, which is a diuretic.

**Pass the pasta.** Carbohydrate-loading doesn't need to ramp up until 3 or 4 days before your race. By mid-

week, start to increase carbohydrates as a percentage of overall calorie consumption. By running less during the final week, your muscles will more fully absorb the carbs that you would otherwise burn off when training. But don't overeat. Proper carbohydrate loading means fueling your muscles without eating too much. To help your muscles absorb the maximum energy, also increase your fluid intake with water and sport drinks.

**Create a race plan.** The most effective method of running the marathon is to run as even splits (to run every mile at approximately the same pace) as possible.

Set two goals for your race: a realistic goal that should be achieved predictably by your training, and a dream goal that will result by great conditions, executing flawlessly, and having a banner day. Write down your goals and splits.

**Take time to focus on your race.** Rehearse how you expect to feel at various portions of the race. Visualize different stages of the marathon — warming up, managing the pace of the start, navigating the water stations, settling into goal pace, holding back in the middle miles, confronting fatigue mentally, staying focused, and running your best in the final miles to execute your plan successfully.

### Optimal Race Preparation

**Know your course.** If possible, try to drive the marathon course to learn the turns, hills and challenging spots. Running the final three to five miles is also recommended. Knowing the course is an advantage if you tire in the final miles because you'll have a sense of where you are and how much running remains.

**Create a checklist.** Plan ahead to minimize the stress at the 11th hour. Include every item you will need in the final 24 hours before the race. Also plan for your gear bag with items you'll need immediately after the race.

**Dress rehearsal.** Set the stage for success for your marathon by doing a trial run through with the same details you'll use on race day. Beginning the night before your last long run, practice carbo-loading with foods you intend to eat that evening followed by the same foods you'll eat on race morning as well as the same sports drink and energy gels. Wear the same shoes

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and any gear, including shorts, singlet, sports bra, hats, sunglasses, socks, as well as fuel belts and hydration packs you have planned for your marathon. Some marathons forbid wearing headphones for MP3 players, so consider running without them.

**Get several nights of good sleep.** Tossing and turning the night before the marathon is common for any runner. Restless or lost sleep the night before the race won't harm your marathon. The important sleep actually comes the several nights before the night before race day.

**Fill up your tank.** Wake up early enough on race day to eat 400 to 500 calories with at least 100 grams of carbohydrate, from simple, easy-to-digest foods like toast, bagels, bananas, energy bars, pancakes, juice or whatever you're accustomed to eating before long runs.

**Observe the cardinal rule of marathon running:** Never try anything new on race day that you haven't tested in training. That includes food, drinks, new shoes, socks, shorts, caps, sunglasses and singlet. One new untested detail can affect muscles, digestion, plus cause chaffing, blisters, nausea and distractions that you don't need after months of training and preparation. There are no magical food or gear items on race day.

**Relax to the max.** Pre-race days are the time to let go of the anxiety, put your feet up and bask in confidence. Avoid pre-marathon hype by managing how much time you spend at the expo, which can be exciting but also can consume your energy and focus. Watch a game on TV, rent a movie, read a book. Be careful with naps that might inhibit your night's sleep. Don't become a tourist, go shopping or get overstimulated by attending a major event. Stay off your feet.

**Wear your name.** Invite spectators to cheer for you by wearing your name on your running singlet. Use a permanent marker to write your name on the back side of an old race number (made from Tyvek), and pin it above your official race number. You'll enjoy hundreds, even thousands of fans shouting for you, and your fellow race participants will wish they had done the same.

**Lay it all on the line.** Or on the dresser, floor or kitchen table. Lay out all your clothes the night before. Your tasks on race morning should be simply getting ready, not spent searching for gear and getting organized. Double check to make sure you have your shoes with

the timing chip attached and your race number pinned to your shirt.

**Prepare for the weather.** Plan to wear some extra layers of clothes in the early miles, especially if the weather is bad. Runners call them "throwaway clothes." Having a long sleeve shirt, sweat pants, sweatshirt, cap and gloves to toss off as you warm up is a great idea. Often marathon organizers provide discarded clothes to shelters and to those in need. Wearing a garbage bag with holes for your head and arms will keep you dry.

## **Executing Your Marathon Plan**

**Final mental check in.** Take time in the last hour before the start to review and recommit to your race plan. Remind yourself of your quality training and preparation. Affirm your capability and visualize executing your race relaxed yet focused. Breathe deep, relax your face, roll your shoulders, shake out your arms and legs and get ready for your adventure.

**Find the right starting position.** Line up on the starting line appropriately where you belong by pace. Look for signs displaying the pace times, and run with others who also intend to run your pace. If you're too far forward, you'll slow other runners, and also start too fast. By marathon day, you should know your intended pace.

**Start slow.** If you asked 10 or 10 million marathoners, every last one would shout the same two words. The most common mistake is starting too fast. The excitement at the start can grip runners with untamable energy. Contain your exuberance and pay strict attention to your pace. The rule of thumb is: 1) if you think your starting pace feels right, it's too fast; 2) If you think your starting pace feels slow, you're probably right on pace. Trust the millions of veterans who learned the hard way and bonked, didn't reach their goal, or didn't finish.

**Ease into goal pace.** In crowded marathons, don't worry if you miss your goal pace in the first few miles. If it takes 4 to 5 miles for you to settle into marathon pace, you still have 21 to 22 miles to make it up!

*Runners Lounge  
April 2008*

ANCHORAGE RUNNING CLUB  
2009 MEMBERSHIP APPLICATION

Membership term is January 1 to December 31

complete and mail

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

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

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

HOME PH: \_\_\_\_\_ WORK PH: \_\_\_\_\_

FAMILY MEMBERS: \_\_\_\_\_

DATE(S) OF BIRTH: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

\$20 for Individual Membership: New member-\_\_\_\_ Renewal-\_\_\_\_  
[\$15 for Active Military]

\$30 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



**12-6-2008**

**A few  
Anchorage  
area women  
runners  
gather for  
brunch and  
camaraderie  
after their  
Saturday  
morning runs**

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

May 13, Wed. - Do Run-Run 4 Miler  
May 23, Sat. - T/W Glacier Half Marathon  
June 17, Wed. - Mugwumps 10K  
July 12, Sun. - Boondocks Breakaway 5K  
July 22, Wed. - Masters' 5K / 10K  
Aug. 16, Sun. - Big Wild Life Runs: M, 1/2M, 5K  
Oct. 03, 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.

Contact ARC Newsletter Editor:

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**ANCHORAGE RUNNING CLUB**

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