



# FINISH LINE

## Newsletter Of The Anchorage Running Club

Volume 22 Number 2 -- April 2010

### President's Corner



Spring has arrived along with a new year for Anchorage Running Club members.

For the year 2010 the club will continue to provide the same running events as prior years. See the club event calendar included in this newsletter or the Alaska Runner's

Calendar for 2010 which has been mailed to members. Again the Anchorage Parks and Recreation Department (Cindy Liggett and other staff) have put together a listing of all major and minor races in Alaska. This calendar is a great source of information. The Anchorage Running Club website also provides information and links to many events. Use both to plan your training and trips for 2010.

The club has two events which are in dire need of race directors. If you or someone you know is interested, please contact any Anchorage Running Club Board member.

1) Mugwumps 10K scheduled for June 16 does not have a director. Those of you who have been disqualified for running the event in less than 45 minutes are ineligible to participate, so please consider volunteering.

2) Octoberfest 5K and 10K September 25 is the other event without a director. This is a fundraiser for Bean's Café and Brother Francis Shelter. It is a fun race with the ARC annual meeting held after the race. It is also one of the few events which provides after the race shelter, food and drinks, with tables and

chairs at the Snowgoose Restaurant. Thank you in advance for "stepping up to the plate".

To each of you I say, train hard, run fast and enjoy all 2010 events.

Betty Cronin  
President



**Five Fingers - Is Less More?**

### Table of Contents

President's Corner .....	1
Anchorage Running Club .....	2
Minutes ARC Board Meeting .....	2
ARC Big Wild Life Runs .....	4
Running Science & Sports Medicine .....	5
ARC Free Race Entry Form .....	9
ARC Membership Application .....	10
Anchorage Area Running Groups .....	11
2010 Running Events Sponsored By ARC .....	12



**One  
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### **Anchorage Running Club**

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Anchorage, Alaska 99524-3362

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President: Betty Cronin  
Vice President: Mike Halko  
Secretary: Donna Pedersen  
Treasurer: Debbie Cropper

Board of Directors: Betty Cronin  
Debbie Cropper  
Donna Pedersen  
George Gates  
Gregory Dixon  
Lisa Smith  
Mike Halko  
Paul Verrier  
Todd List

Membership: George Gates  
Newsletter Editor: Jim Lieb  
Webmaster: Greg Dixon

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

### **Minutes of March 16, 2010 ARC Board Meeting**

The meeting was held at the King Career Center.

**Call to Order:** ARC President Betty Cronin called the meeting to order at 6:05 p.m. and provided the meeting agenda.

**Board Members in Attendance:** Betty Cronin, George Gates, Todd List, Mike Halko, Gregory Dixon, Debbie Cropper, Donna Pedersen

**ARC Members in attendance:** Charles Utermohle, Dustin Hawes

**Introductions & Review of Minutes of 02/16/10 meeting:** Introductions were made. Minutes of the 02/16/2010 board meeting were reviewed. George Gates motioned to approve the minutes as written. Donna Pedersen seconded. Board approved the motion unanimously.

**Financial Report:** Gregory Dixon and Debbie Cropper presented the ARC Financial statement, current through February 28, 2010 for review and reported that current income and expenses are as

*cont. page 3*

projected, with no new items to report.

**Tax Return:** Betty Cronin presented a draft of the ARC 2009 tax return form, which was prepared by Billie DeVore, for board review and approval. The following changes were suggested and unanimously approved by the board:

- Land and Building figures to be moved to “fixed assets”
- Hours per weeks to be adjusted from three to five for Mike Halko
- Pg. 10, listed contributor name “Humpy’s” may need to be corrected. Gregory Dixon will clarify this information, and change if needed.

Gregory Dixon will review all draft tax return figures against those submitted. Once verified, he will inform the tax preparer that the board has reviewed the tax documents and approved them with the changes noted above. Once complete, the final copy of the 2009 990 will be noted as “Available upon Request” in the ARC newsletter.

**Timing Equipment purchase:** Mike Halko moved to table the discussion of purchasing new timing equipment until next board meeting when all quotes are expected to be in for our consideration. Todd List seconded the motion. The board unanimously approved.

**DoRunRun:** Gregory Dixon requested updated DoRunRun information for the ARC website. Race Director George Gates will review the information and provide the needed updates, including the parking permit information. He will also inquire about the availability of a Diamond parking lot downtown for BWLR volunteers on 8/15/10.

**Other Parking:** Parking can be an issue for ARC events that require on-street parking. Members are urged to be sensitive to parking limitations and to carpool (or run!) to these events whenever possible to limit impact on neighborhoods.

**Membership:** George Gates reported that 2010 Runner’s Calendars have been mailed to all current members. Gregory Dixon reported that our most viewed webpage is now the ARC home page.

**Shamrock Scramble:** Mike Halko reported on the Shamrock Scramble. The race had a good turnout and raised \$1800 for Team in Training. Our Facebook page highlighting the race, manned by Ed Wilson and Sara Turner, was popular and has received lots of positive feedback.

**ARC Database improvements:** Charles Utermohle reported that we are still working on putting basic member information (name/gender/age) from the ARC database into fields that can be easily exported to a race database. Debbie Cropper volunteered to work on this project with Charles, in an effort to bring this project on-line for the 2010 ARC events.

**BWLR Report:** Mike Halko reported that Alaska Air has provided a discount code for air tickets for race participants, and has agreed to transport our VIP speakers for the event. Sharon is coordinating hotels for event participants & speakers. Shirts and hats have been designed. Katie Sevigny has completed a design for the poster, which will also be on the mugs. ACVB has waived our fee for the Pasta Feed at the Dena’ina Center.

ARC has joined the downtown partnership. For our membership fee, we receive discounts on tents, stages and other equipment. In addition, members of the downtown partnership will help with hauling water to the turnaround, help set-up and tear down equipment, and will be one of our finish line sponsors. As of 3/15/2010, we have 92 registrants for BWLR/ 40 for the marathon. Both figures are up from same time last year.

Jeff Galloway will be guest speaker at BWLR. Report is that his website contains some incorrect information about the run. Mike Halko will verify and will have a BWLR committee member send in any needed corrections.

**Faster than a Falcon:** Dustin Hawes reported on preparations for the inaugural Faster than a Falconrun coming up on May 1. Informational flyers will be circulated at the Heart Run. ARC e-mail blast will include FTAF event.

**Dome Run:** Betty Cronin suggested that ARC look at increasing our Dome Run membership benefit for 2010-2011 to include 2 Wednesdays each month and to run for 6 months duration. She will work with the

*cont. page 4*

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

Dome staff to get a quote to present for board discussion/approval.

**Odd & Ends:** Betty Cronin circulated the new Rainbow Running Catalog for review.

The ARC board received an invitation to attend the ACVB Annual Membership Meeting on 4/16/2010. The meeting is followed by a convention with workshops and keynote speakers. There is a charge for the Convention.

**April Board Meeting** will be held Monday, April 19, at the office of George Gates, 741 Sesame Street.

**Adjourn:** Betty Cronin moved to adjourn the meeting at 6:40 p.m. Mike Halko seconded. Meeting adjourned by unanimous approval of the board

Donna Pedersen  
Secretary



## 2010 Big Wild Life Runs Update

Humpys Marathon, Marathon Relay and Walk  
Skinny Raven ½ Marathon  
Snow Café 5 K  
The Children's Hospital at Providence Kids 2K

Thanks to the efforts of the BWLR race committee we continue to build a wonderful multi-distance event for our community and visitors. Here are ten exciting new reasons to be part of the Big Wild Life Runs as a

participant or volunteer.

1. Runners World's Bart Yasso returns as our race host; and Olympian Jeff Galloway brings his clinic to town, and plans to run the marathon with his wife Barb.
2. Alaska Airlines joins us as our premiere travel partner, providing discount travel to the event and a free round trip ticket for one lucky runner or volunteer.
3. Our new youth sponsor in 2010 is the Children's Hospital at Providence.
4. Our new certified courses will provide exciting spectator viewing opportunities in front of all our sponsors from the start on E Street through 4th Avenue.
5. A number of new entertainment experiences along the course to keep you moving.
6. A spectacular new poster by local artist Katie Sevigny.
7. Two new aide stations will be added, one at Valley of the Moon Park and the other a Lake Otis and Chester Creek.
8. Quality long sleeve technical shirts for marathon, ½ marathon, and 5K; and kids get a cool hat.
9. Multiple divisions in the marathon relay, plus the coveted *ACVB Cup* and *Downtown Partnership Trophy* are to be contested.
10. And last but not least, our Pasta Feed for Marathon, ½ marathon and volunteers will be at the new Denaina Center.

I could go on about the new medals, about our event fees being anywhere from 10 to 30 dollars less than at events in the lower 48 where you get a cotton shirt and have to pay for your pasta dinner, and our wonderful volunteers... but you'll just have to sign up for this great community event and help us break the 3,000 mark this year! See you there.

Keep Striding and Smiling

Mike Halko  
BWLR Race Director

## **Running Science & Sports Medicine**

### **Wiggling Their Toes at the Shoe Giants**

Todd Byers was among more than 20,000 people running the San Francisco Marathon last month. Dressed in shorts and a T-shirt, he might have blended in with the other runners, except for one glaring difference: he was barefoot. Even in anything-goes San Francisco, his lack of footwear prompted curious stares. His photo was snapped, and he heard one runner grumble, “I just don’t want the guy without shoes to beat me.” Mr. Byers, 46, a running coach and event manager from Long Beach, Calif., who clocked in at 4 hours 48 minutes, has run 75 marathons since 2004 in bare feet. “People are kind of weird about it,” he shrugs. Maybe they shouldn’t be.

Recent research suggests that for all their high-tech features, modern running shoes may not actually do much to improve a runner’s performance or prevent injuries. Some runners are convinced that they are better off with shoes that are little more than thin gloves for the feet — or with no shoes at all. Plenty of medical experts disagree with this notion. The result has been a raging debate in running circles, pitting a quirky band of barefoot runners and researchers against the running-shoe and sports-medicine establishments. It has also inspired some innovative footwear. Upstart companies like Vibram, Feelmax and Terra Plana are challenging the running-shoe status quo with thin-sole designs meant to combine the benefits of going barefoot with a layer of protection. This move toward minimalism could have a significant impact on not only running shoes but also on the broader \$17 billion sports shoe market. The shoe industry giants defend their products, saying they help athletes perform better and protect feet from stress and strain — not to mention the modern world’s concrete and broken glass.

But for all the technological advances promoted by the industry — the roll bars, the computer chips and the memory foam — experts say the injury rate among runners is virtually unchanged since the 1970s, when the modern running shoe was introduced. Some ailments, like those involving the knee and Achilles’ tendon, have increased. “There’s not a lot of evidence that running shoes have made people better off,” said Daniel E. Lieberman, a professor of human evolutionary biology at Harvard, who has researched the role of *‘running in human evolution’*.

Makers of athletic shoes have grown and prospered

by selling a steady stream of new and improved models designed to cushion, coddle and correct the feet. In October, for example, the Japanese athletic-shoe maker Asics will introduce the latest version of its Gel-Kinsei, a \$180 marvel of engineering that boasts its “Impact Guidance System” and a heel unit with multiple shock absorbers. Already offered by Adidas is the Porsche Design Sport Bounce:S running shoe, with metallic springs inspired by a car’s suspension system. It costs as much as \$500. Some question the benefit of all that technology. Dr. Craig Richards, a researcher at the School of Medicine and Public Health at the University of Newcastle in Australia — and, it should be noted, a designer of minimalist shoes — surveyed the published literature and could not find a single clinical study showing that cushioned or corrective running shoes prevented injury or improved performance. His findings were published last year in *The British Journal of Sports Medicine*. Other experts say that there is little research showing that the minimalist approach is any better, and some say it can be flat-out dangerous. “In 95 percent of the population or higher, running barefoot will land you in my office,” said Dr. Lewis G. Maharam, medical director for the New York Road Runners, the group that organizes the New York City Marathon. “A very small number of people are biomechanically perfect,” he said, so most need some sort of supportive or corrective footwear.

Nevertheless, a growing number of people now believe in running as nature intended — and if not barefoot, then as close to it as possible. They remain a tiny segment of the population — some would say fringe. But popular training methods like ChiRunning and the Pose Method that promote a more “natural” gait, as well as “Born to Run,” a best-selling new book about long-distance running by Christopher McDougall, have helped spur interest. Proponents of this approach contend that naked feet are perfectly capable of running long distances, and that encasing them in the fortress of modern footwear weakens foot muscles and ligaments and blocks vital sensory input about terrain. “The shoe arguably got in the way of evolution,” said Galahad Clark, a seventh-generation shoemaker and chief executive of the shoemaker Terra Plana, based in London. “They’re like little foot coffins that stopped the foot from working the way it’s supposed to work.”

Spend some time in Concord, Mass., and you might catch a glimpse of a fit 51-year-old man in a pair of funny-looking socks running down the bucolic streets.

*cont. page 6*

That would be Tony Post, the president and C.E.O. of Vibram USA, on a lunchtime run. And those socks? They're actually thin rubber "shoes" with individual toe pockets. Called Vibram FiveFingers, they've been selling briskly to runners and athletes looking to strengthen their feet and sharpen their game. When Vibram, an Italian company known for its rugged rubber soles, designed the FiveFingers a few years ago, company officials figured that they would appeal to boaters, kayakers and yogis. Instead, the shoes, which sell for \$75 to \$85, caught on with runners, fitness buffs and even professional athletes: David Diehl, the New York Giants tackle, trains in them. Mr. Post, a shoe industry veteran, said he believed that the business was poised for a shakeup. "It used to be all about adding more," he said. "Now, we're trying to strip a lot of that away."

Strange as they look, the FiveFingers shoes hark back to a simpler time. Humans have long run barefoot or in flat soles. Professor Lieberman's research suggests that two million years ago, our ancestors' ability to run long distances helped them outlast their prey, providing a steady diet of protein long before spears and arrows. More recently, at the 1960 Summer Olympics in Rome, Abebe Bikila, an Ethiopian runner, caused a stir when he ran the marathon barefoot and won.

Things changed in the early 1970s, when Bill Bowerman, a track coach turned entrepreneur, created a cushioned running shoe that allowed runners to take longer strides and land on their heels, rather than a more natural mid- or forefoot strike. Mr. Bowerman and his business partner, Phil Knight, marketed the new shoes under the Nike brand, and the rest is history.

At the same time, millions of Americans began taking up running as a pastime. Those twin trends ushered in a golden age of biomechanics research. "There was a lot of concern about injuries because of the boom," said Trampas TenBroek, manager of sports research at New Balance. The logic, he said, was that "if you build a heel lift and make it thicker, you take stress off the Achilles' tendon." Walk into a sports store today and you'll see the results: shoes with inch-thick heels and orthotics designed to correct overpronation, supination and a host of other ills.

"Born to Run" author McDougall, on the other hand, said manufacturers, doctors and retailers were doing runners a disservice by pushing such shoes. "People are buying it thinking it's going to do something for

them, and it's not," he said. Mr. McDougall's book is centered on the Tarahumara Indians of Mexico, known for epic 100-mile runs with nothing on their feet but strips of rubber. The book has become something of a manifesto for barefoot runners. After suffering chronic foot pain and being advised by sports medicine doctors to give up running, Mr. McDougall tried thin-soled shoes. Now, he said, he runs long distances without shoes — or pain.

That seems to be a common experience among barefoot converts. "When people get it, it's almost biblical," said Mr. Clark at Terra Plana. His initial line of minimal shoes, the Vivo Barefoot, is intended for walking; a performance model, the \$150 Evo, is due at year-end. Sales of minimalist shoes, while still tiny, are growing at a rapid clip. Mr. Clark figures that he will sell 70,000 pairs of minimal shoes this year, double last year's volume. The shoes have sold mostly online and through 10 Terra Plana stores worldwide. Vibram says sales of its FiveFingers have tripled every year since they were introduced in 2006, and Mr. Post said he expects revenue of \$10 million this year in North America alone.

Many professionals agree that while barefoot running may have some benefits, those who are tempted to try running barefoot — or nearly so — should proceed slowly, as they should with any other significant change to their running habits. They also say that more research is needed. Sean Murphy, engineering manager for advanced products at New Balance, says that there have been many studies suggesting "that shoes can correct biomechanical abnormalities and risk factors, therefore minimizing the likelihood of injury." When asked for an example, Mr. Murphy pointed to a 2006 study by three doctoral students that found that wearing the appropriate type of running shoe for one's foot could reduce the shock of impact or unwanted rotation of leg bones. The study did not address injury rates.

Amid all the controversy, barefoot running and natural gaits continue to be the subject of intensive research across the shoe industry. Companies don't want to miss out if it turns out to be more than just a fad. At New Balance's sports research lab in Lawrence, Mass., Mr. TenBroek and Mr. Murphy are studying the biomechanics of running barefoot and in soles of varying thickness, while designing a "lower profile" shoe. Asics, too, sees promise in this area. "As technology improves, we will definitely go to a

more minimal style,” Danny Dreyer, the founder of ChiRunning, which uses the tai chi principles of harnessing energy and core muscles to promote a more effortless way of running, said he had worked with a few shoe companies to help design minimalist shoes. In each case, he said, marketing and profit concerns trumped design: “Their profit and direction is based on ‘More shoe is better,’ ” said Mr. Dreyer, who is also a long-distance runner. Mr. Bartold of Asics, which has not worked with Mr. Dreyer, believes the industry does have runners’ best interests in mind. “It’s all about trying to protect the athlete,” he said. Nike describes the Free, its minimalist shoe, as a “training tool.” It offers models with varying degrees of cushioning; they are priced at \$55 to \$110. “The key is to offer a range of options, because every runner has different needs,” said Derek Kent, a Nike spokesman. “If you want that sensation of barefoot running, there is the Free, but if you want a product with a little more cushioning and support, we have that, too.” While Nike would not disclose detailed sales information, Mr. Kent said sales of the Free grew at double-digit rates in the last two fiscal years, with sales in Japan and China especially strong.

Curt Munson, co-owner of Playmakers, a running shop in Okemos, Mich., said that in his conversations with major shoe companies lately, “they see the need to provide ‘less’ but they’re just not sure how much.” But, he said, I bet they’re thinking, “If we say less is better, then are we saying that what we’ve done before is not so good?” The back-to-basics movement is more than a fad, said Mr. Munson, who runs in FiveFingers. “Most people are not ready to run barefoot,” he said, “but I do think they are ready to move towards ‘less is more’ ”.

Amy Cortese  
New York Times  
August 30, 2009

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*Another Perspective:*

### **Sea Change Coming to Wash Your Shoes Away**

I’m sure you’ve seen it. It’s all over the news. People are finally beginning to come around to that inconvenient truth about our feet, that dirty little secret that shoe companies would prefer to keep under wraps: barefoot is better.

There has been media coverage of the barefoot trend in the past, mostly intermittent, in running magazines and always taking a patronizing tone. It follows the

same formula: more idle speculation on a bizarre fad that a select few crazies are promoting, with plenty of “balance” from stuffy foot specialists expressing doubt that the inherently fragile, gentle human foot could ever withstand the rigors of walking unshod without “serious injury,” than any serious consideration of the merits. But now we’ve got a nice, juicy study to hang our hats (or our shoes) on, and media outlets are falling over themselves to get the scoop.

Witness the Boston Globe’s take on the whole thing, or the LA Times feature. The Edmonton Journal got into the action, too, as did the Telegraph, while even San Jose’s Mercury News mentioned the study. Popular Science did a piece on it. And others picked up on it, too: Open Water Chicago, Conditioning Research, and Chi Running, to name just a few.

The study in question was Harvard evolutionary biologist Daniel Lieberman’s on “Foot strike patterns and collision forces in habitually barefoot versus shod runners. The difference between shod heel strike running and barefoot forefoot strike running has been visually and graphically captured. For more on this check out NPR’s coverage. It’s hard to believe that this is the first study of its kind, though, probably because it actually isn’t. Last year, researchers ran a similar study and decided that “Footwear Alters Normal Form and Function of the Foot” by exerting acute pressure to sensitive areas of the foot, whereas barefoot walkers enjoyed wider forefeet and more evenly distributed locomotive stress. Interesting, but probably because it didn’t make any bold pronouncements and because it dealt with the relatively mundane act of walking (rather than running), the study didn’t get any press. They could have recommended people throw off their shoes, but that wouldn’t be prudent. It wouldn’t be responsible. I can’t fault them for that, really. Researchers need funding, and you don’t want to make bold pronouncements if it means getting cut off or reprimanded. Unfortunately, scientists need to be bold to effect real change.

Even when the “experts” get it so, so right, they do their best to get it wrong in the end, or they hedge their bets and stick with the safe answer, rather than question Conventional Wisdom entirely (even if the data contradicts CW directly). I’m reminded of when Gary Taubes famously lamented a similar mindset in physicians and obesity researchers who, although they understood (and even witnessed in a clinical setting)

*cont. page 8*

*cont. from page 7 -- Running Science & Sports Medicine*

the chronic insulin/body fat connection, continued to recommend the standard low-fat, high-carb, low-calorie diet to their patients. They connect all the dots, but fail to see the bigger picture clearly outlined by those dots. To their credit, though, researchers can and do make sensible recommendations within the context of Conventional Wisdom. The researchers from that walking study did ultimately call for the design of “quality footwear” that doesn’t “hamper the foot’s biological normal function.” Better than nothing, I suppose.

Now, even though I agree with Lieberman’s conclusions (actually, because I’m such a huge fan of barefoot), it pays to be critical. I know Lieberman has affiliations with Vibram – in fact, he may have even helped them design the Fivefingers – and that they probably funded the study, and I know that we hem, haw, and cast skeptical eyes on Pfizer when they fund yet another statin paper. There’s a major difference between the two, though: Lieberman is right. His data is strong. He isn’t hiding anything or fudging the results. We’re right. Barefoot is better! There’s no shame in that, you know – being right. There are objective truths out there, and the objective truth is that most people aren’t born with genetically defective feet. Everyone’s imperfect, sure, but for the most part we’ve all got the same basic equipment with the same basic biomechanics working under the hood. Unless you have a birth defect, no one is born with feet that “won’t work right” or that “require shoes”. The flat footed (no arch) argument doesn’t stand up as an excuse, except when you’ve already spent a lifetime coddling your feet in supportive casts. A cautionary word that anyone transitioning to a barefoot lifestyle should take it VERY easy at first.

There was one more response to the barefoot running study that bears mentioning: Brooks (famous running shoe company) CEO Jim Weber’s scrambling. You know – I feel for the guy. It’s gotta be tough to make a reasonable response to a scientifically sound piece of research that refutes almost everything you’ve built your business on. I mean, what is he supposed to do? Admit that he’s been wrong this whole time? Admit that his shoes are basically coffins for the feet? Naturally, he goes with the entirely unsubstantiated claim that the “vast majority of runners” should race “in a performance running shoe, not barefoot.” Apparently, we barefooters are a genetically gifted breed of athlete who are “bio-mechanically blessed” with “natural healthy gaits.” Hmm. So, the natural, normal gait is

actually somehow rare and precious. It doesn’t occur naturally. Got it. Jim, did you ever stop to think why so many of your runners seem to lack that natural healthy gait? Perhaps it’s the shoes. Our “unique biomechanical needs” are only unique because we’ve been smashing, smushing, and confining our feet to too-small, too-constrictive, too-structured footwear for years. Check out your comments section, dude. The people have spoken. You can’t ignore anecdotal evidence pouring in from all sides forever. I eagerly await your upcoming, inevitable barefoot-analogous running shoe model.

When the CEO of a major running shoe company makes a public acknowledgment, that’s a sign. A sea change is undoubtedly occurring here, folks. The media may help spur things along, but they’re just reporting what’s really happening out there. If there wasn’t a massive audience for the barefoot message present and willing to get out there and experiment for themselves, there’d be no story. Just check out the comment sections and all the newspaper articles dealing with the study. In previous barefoot articles, most of the comments were either dubious or dismissive of the “fad”; now, the naysayers clinging to their Nikes are being drowned out by barefoot evangelists. I applaud them.

Mark Sisson  
*Author of The Primal Blueprint, 2009*  
February 5, 2010



**Frostbite Start, February 27, 2010**





## Anchorage Area Training Groups

### 1) Peak Performers Track Club [PPTC]

**Meet:** Tuesday 6PM at APU Moseley Sports Center, April 06; West High track, mid April through September.

**Cost:** \$50 one, \$85 family of two, \$110 three or more

**Membership:** approx. 75

**Coaches:** Jason Hofacker, 338-7087 and Chester Franz, 274-5050

**Contact:** Kim Baldwin, 274-1061

[www.peakperformerstc.org](http://www.peakperformerstc.org)

Training and conditioning for adults and high schoolers, all levels of fitness, with individualized programs available.

### 2) Multisport Training of Alaska

**Meet:** April 6 - August 11. Group 1: Tuesdays 9:15AM at The Dome through May 18, then noon at West High track. Group 2: Tuesdays 630PM at The Dome through April, then Service High track.

**Cost:** both groups are \$125 and you can switch back and forth. Registration ongoing through the summer.

**Membership:** approximately 150 between the two groups.

**Coach:** Lisa Keller, 563-5804 or [lisa@gci.net](mailto:lisa@gci.net)

[www.multisporttrainingak.com](http://www.multisporttrainingak.com)

Track workouts focusing on technique, pace, and speed for runners and triathletes. Men and women of all abilities are welcome.

### 3) Exceed Women's Running Team

**Meet:** Tuesday, 6:00 PM, April through August at various locations. Track workouts at East High track. Various trail runs.

**Cost:** \$100

**Membership:** approx. 75

**Coaches:** Kristi Waythomas and Jill Follett

Contact Pam Barbeau, 346-3427 or Bonnie Lind, 522-8889. [www.runexceed.org](http://www.runexceed.org)

### 4) Valley Women's Running Team

**Meet:** Tuesday, 6PM, mid-March through mid-August at Palmer High track; Thurs, trail runs at various locations through September.

**Cost:** \$120

**Membership:** approx. 60

**Coaches:** Rhonda Knopp, 373-3975;

[knopp@mtaonline.net](mailto:knopp@mtaonline.net); Norm Rousey;

[coachrousey@hotmail.com](mailto:coachrousey@hotmail.com). [www.vwrt.org](http://www.vwrt.org)

Runners of all ability levels welcome.

### 5) Team Alaska Track Club [TATC]

During the summer, informal workouts for the emerging elite; times and locations vary.

Contact Joe Alward, [alward\\_joe@asdk12.org](mailto:alward_joe@asdk12.org)

### TATC Winter Training Program

**Meet:** 3:30PM - 5PM at The Dome

Session 1: Mid-October to Mid-December;

Session 2: Mid-January to Mid-March;

**Cost:** \$50/per session, pays for TATC membership; each member is responsible for their own Dome fees.

**Membership:** approx. 25-50

**Coaches:** Joe Alward, [alward\\_joe@asdk12.org](mailto:alward_joe@asdk12.org),

and Ruth Barndt, [rbarndt@pualaska.com](mailto:rbarndt@pualaska.com)

USATF Certified Level I coaches directing training for distance running. Open to all ages and abilities.

### 6) Alaska Mountain Runners [AMR]

AMR does not charge a membership fee and does not have organized training workouts. AMRers informally, but regularly, do get together for training runs. Contact AMR at [akmntnrun@hotmail.com](mailto:akmntnrun@hotmail.com).

[www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)

### 7) Skinny Raven Marathon/HalfM Training Grp

**Meet:** Speed/Threshold Workouts: Wednesdays @ 6PM, W.Park Strip/Westchester Lagoon/Coastal Trail. Group Long Runs: Sundays 9AM - Location Varies.

**Cost:** \$150/May 5th – October 6th

**Membership:** limited to first 50 applicants

**Coaches:** Jerry Ross: [jerome@skinnyraven.com](mailto:jerome@skinnyraven.com);

351-6683 Todd List: [todd@skinnyraven.com](mailto:todd@skinnyraven.com)

**Minimum Requirement:** Must be able to run 3 miles/5K in under 30 minutes.

Personalized Training Plan designed to meet a Spring or Fall Marathon/1/2M goal. And meet new training partners with goals similar to your own.

In addition to these groups there are a number of running related groups that train in the area. These require skills in addition to those used in running. There is triathlon training -- if interested, contacting Bill or Sheryl Fleming, [moflem@acsalaska.net](mailto:moflem@acsalaska.net). And there are a couple of eco-challenge type of training groups in the area, including Adventure Racing, [www.egadalaska.com](http://www.egadalaska.com), and Hammer Adventure Racing, [www.hammeradventurerace.com](http://www.hammeradventurerace.com).



**Start of the Shamrock Scramble 5K, March 13, 2010**

**2010 Running Events Sponsored By  
The Anchorage Running Club**

May 12, Wed. - Do Run-Run 4 Miler  
May 29, Sat. - T/W Glacier Half Marathon  
June 16, Wed. - Mugwumps 10K  
July 11, Sun. - Boondocks Breakaway 5K  
July 21, Wed. - Masters' 5K / 10K  
Aug.15, Sun. - Big Wild Life Runs: M, 1/2M, 5K  
Sept 25, Sat. - BBNC Oktoberfest 5K / 10K  
Oct.23, Sat. - Zombie Half Marathon

**Editor's Note:**

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

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

Send to: Newsletter Editor, [warringorking@gci.net](mailto:warringorking@gci.net)  
or Phone: 907-677-1336

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