



South East Road Runners

Running At The Mouth

Winter 2006 Newsletter

ANNUAL DIPAC POTLUCK AND AWARDS CEREMONY

Saturday January 20, 5:00PM

PARTY TIME!!! Join us for the Empire Cup Awards, JDHS new running video , short membership meeting. And Race Volunteer prize drawing! Bring a yummy potluck dish appropriate to the size of your family. (bring lots of people, bring more food!). We'll have drinks and lots of fun to share.

AND - we are looking for accomplishment and humorous awards to present. Do you have a running friend who deserves an honor? Please send any ideas to Jan Beauchamp janmark@gci.net for official certificates to be presented at the potluck. Join us for a night of fun!

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2006 SERR Annual Meeting and Elections

SERR held our annual fall meeting on October 22 at Pavitt's Health & Fitness Club. We received a warm welcome from Corey Pavitt and all present were given complimentary passes as well as an after-meeting tour of the wonderful facility.

Business conducted included election of officers for the next calendar year (see listing right), voting on a number of by-law amendments including the addition of Empire Cup Coordinator, Race Coordinator and Past President as voting members of the board. We also discussed changes to the by-laws to increase flexibility for our annual meeting.

UAS Chancellor John Pugh presented plans for the Auke Lake Trail with SERR voting to endorse this trail plan.

JDHS Coach Guy Thibodeau presented SERR with a big thank-you from the JDHS X-C team for our efforts to provide extra funds for the women's team participation in the Addidas Northwest Classic in Portland, OR this October (see article on page 4).

Due to many discussions of race equipment use for non SERR events (see page 2 for our clock story), SERR voted to now charge for use of equipment with a \$20 minimum, 10% of the race receipts up

to a \$100 maximum and the caveat that if your group "breaks it, you fix it" at your groups expense. Groups will also be responsible for any additional charges incurred in putting on their race such as DOT permits, fees, insurance, etc.

SERR also reissued the call to runners to assist with various races that still need race directors (see page 5 for race schedule). If we don't have volunteer directors, we don't have races.

Do your part by joining up and volunteering to help keep our running schedule vibrant.

2007 OFFICERS

- *President: Deborah Rudis*
- *Vice President: Jan Beauchamp and Debbie Groves*
- *Treasurer: Jim Grammel*
- *Secretary and Newsletter: Deborah Craig*
- *Race Coordinator: Dawn Walsh*
- *Empire Cup Coordinator: Shawn Miller*
- *Past President: Nancy Thomas*



SAGA OF THE CLASSIC CLOCK (or why we need your dues)

SERR owns a lot of valuable equipment that is used at our race events each year. Some of these items must be replaced or resupplied on a regular basis, such as marking chalk, event bibs, and timer batteries. Race timers cost over \$400 each and our, 'runner on road' signs are \$60 for the sign part and \$25 for each base! SERR owns over \$6,000 in equipment. In the past, there had not been a fee for outside groups to use our equipment.

As an example of equipment care, our race clock stopped working last summer. We heard comments from race participants at these events that they could not see what their time as they approached the finish and

where was our clock? Thanks to our equipment manager Don Beard's perseverance, this tale has a happy ending.

The race clock is worth about \$3,000, so we had to carefully look at our bank account and the process was daunting. A local vendor said we likely couldn't repair it. Next Don contacted the manufacturer for their decision to repair or replace. Our clock is a classic (1980's vintage) and the manufacturer was stumped. We shipped this heavy and fragile clock to them in a sturdy wooden crate had to be constructed for shipping. There was serious contemplation of a new clock... But over time, our clock was deemed repairable and returned to us, repaired and fully functional. Yeah! We are also looking into getting a waterproof cover for it made to keep rain (rain in Juneau???) off the clock. Next time you see Don Beard

please thank him for his extraordinary effort to get our clock back in working order.

Because of wear and tear and usual maintenance costs, we have voted on charging a fee for others to use our equipment. This is a nominal fee but will help with paying for repairs and/or replacement of club equipment. Race directors note – take EXTRA good care of this clock at your event!!!

So, this is the type of cost that is unpredictable but happens, and can really take a chunk out of our club account, and although small, outside user fees can help defray these expenses.

Paying your dues is also a way to keep our account in the black – so please remember to do that— you can sign up for 2007 with the form inside the newsletter.

REMEMBER TO CHECK THE WEB FOR CURRENT EVENTS, PHOTOS AND OTHER FUN RUNNING NEWS!

www.southeastroadrunners.org

2006 was another financially successful year for SERR! All of our races turned a profit and as of November 25, we have a profit for the year of \$475. With some expenses for the year still to be paid like the cost of this newsletter and the repair bill for our big race clock, we should be just about even for the year.

Our race registration revenue was \$12,150 for 2006 which was about \$2,500 less than 2005. But in 2006, we had less races overall – the Nifty Fifty was

canceled as was the Flanagan's run in March because it was too cold and windy. Remember that!!!

Membership revenue increased \$1,000 in 2006 to \$2,135!! The board made a big push to get everyone on the team and you all responded as we knew you would! Remember, your membership dues are tax deductible.

The financial success of our club is dependent upon member involvement. With such a full race calendar, we rely on

our race directors to make each race a success. If you haven't already, make it a point in 2007 to volunteer as a race director or to help a race director.

Check our website for contact information for each race director. Having been a race director for the first time this year, I can assure you that your help is greatly appreciated.

See you at the start line in 2007!

Jim Grammel

Treasurer's Report Jim Grammel

Race Age-classes update

The final Empire Cup standings for 2006 are posted on the web site.

The following age categories for all races, including EC races, will be changed in 2007

Male 50-59 ----> Male 50-54, Male 55-59, Female 50-59 ----> Female 50-54, Female 55-59

Male 60-69 ----> Male 60+

Triathlon There are some folks interested in organizing a Juneau Triathlon this summer. If you are interested in helping to get this event started, please contact Bob Koenitzer at robert.koenitzer@mcdowellgroup.net

Race directors take note—A template for each race entry form is posted on the web page (see race directors link). This allows race directors to modify race information when needed and create improved race entry forms. If a race date needs to be changed, race directors must contact the club race coordinator (Dawn Walsh) in advance as permits and

bits&pieces

SOUTH EAST ROAD RUNNERS

2007 MEMBERSHIP FORM

WE NEED YOU TO HELP KEEP US ON THE ROAD!
FILL OUT AND SEND IT IN!
THANKS!

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official in order to safely complete the run. I assume all risks associated with running and volunteering to work in club races. I am aware of the risks, which include falls, contact with other participants, the weather, road or trail conditions, and traffic. I have read this waiver and know the facts about running and road and trail races. In consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive any right I may have to pursue an action against the Southeast Road Runners Club, the Road Runners Club of America, and all sponsors, and the representatives and successors of these entities, for liabilities of any kind arising out of my participation in club activities, even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver

Name(s)

Mailing Address

Phone Number

Signature(s)

Date

Signature of Parent if (1 or more) Members is under 18 years of age

E-mail address (for SERR to contact you about its activities)

Membership fee for January to December 2007 (Circle one) is:

Individual = \$15

Couple = \$25

Family = \$35

Couples and Families may complete this one Waiver (this form) by listing all members.

Include this waiver with your membership fee and send to
Southeast Road Runners, P.O. Box 22203, Juneau, AK 99802.

CRIMSON BEARS GROWLIN'

JIM GRAMMEL

It was perfect running weather on Saturday when the Juneau-Douglas Crimson Bears Girls cross country team took on the best in the Northwest in the Adidas Northwest Classic. Temperatures had cooled off from the mid 70's down to the low 60's with cloud cover and no wind. The race was held at Fernhill Park in Northeast Portland. The park takes up about several blocks so the runners covered about 2 ½ laps around the park. The girls had to deal with a few small hills, but nothing like the home course at Treadwell.

Focused and determined, the girls lined up with approximately 140 runners from 20 elite teams for the 3 PM start. As the gun sounded the stampede began and Leah Francis joined the immediate front runners for the first lap around the park. Somewhere in the first lap, Leah took the lead....and never gave it up!

There were many opportunities for fans to cheer on their teams throughout the race given the laps that had to be run. While Leah Francis held the lead, Juniors Kirstin Jorgensen and Katie Krehlik ran together in the top 15. Junior Leigh Miller was close behind also running in the top 20 followed by Freshman Annika Ord and Alice Otteson-McKeen and Senior Brittany Leinhart.

The second time around the course, Leah built her lead to what seemed about 5 or 10 seconds and looked stronger than the second place runner from Sheldon High School in Eugene who is the reigning state champion of Oregon. Kirstin and Katie continued running together in the top 15 which was a bit more spread out than the big pack that ran by that included Leigh, Alice and Annika.

The runners were preceded by a biker whose job it was not only to show the way to the lead runner but to make sure that fans were off the course as the racers came by. As spectators, we learned to look for the guy on the bike as he was easier to spot from a distance. We picked up the biker once again with less than ½ mile to go. Leah had maintained if not increased her lead and looked super strong! She made the final turn and headed down the track for the last 100 meters with what I think has become her signature look – mouth wide open taking in as much oxygen as possible. She crossed the line in 17:42 completely dusting the field and setting what we later learned was a course record!

Kirstin put some distance on Katie in the last lap and finished 11th in 18:45 followed by Katie in 13th place in 18:59. Leigh finished 17th in 19:15 followed by Annika in 38th and Alice and Brittany. Juneau Douglas had put four girls in the top 20 including the overall winner!! After a brief recovery, Leah Francis answered reporter's questions and had the press taking photos of her. When that was done, she called home to tell her family that she had won in her seemingly understated manner.

Annika Ord was upset about her race feeling as if she hadn't done as well as she had hoped. She had been tripped in the first lap and was still struggling a bit to recover from the fall while shedding a few tears. In wonderful fashion, both Merry and Guy assured her that she had done great and continued words of encouragement echoed by her teammates.

After the elite boy's race finished, we moved on to the award ceremonies. More than 400 runners along with coaches and family assembled at the end of the track while the Concordia University coach presented the top 20 in 8 separate races along with the top 3 teams in the Invitational and Elite categories. ALASKA WAS WELL REPRESENTED!!

The Elite Boys race was won by Alaska 4A state champ Kodiak besting the top teams in Oregon including Jesuit and Central Catholic one of which might very well be the Oregon state champ once the state meet is run in Oregon in November. Kodiak had two runners in the lead for more than half the race. In the end, a runner from Central Catholic won the race, but Kodiak placed 3 or 4 runners in the top 20!

As the order of finish was announced for the Elite Girls race, a certain tense feeling overcame the Juneau team when the Concordia coach got down to 5th and then "in third place from Alaska,.....West High School in Anchorage!"

The Juneau girls were absolutely beaming!!! They had beat West! The team they lost to by the tie breaker at the State meet two weeks ago! "In second place from Alaska.....Juneau-Douglas High School." The girls shot up to accept their trophy and pose for pictures next to Jesuit, the first place team and West. As they made their way to accept their trophy, Merry Ellefson was hugging Annika Ord and seemed to be saying "I told you, you did great, we beat West in part because you gutted it out."

After the team results were announced, the top 20 girls were presented and they lined up in order of finish... Leigh Miller, Katie Krehlik, Kirstin Jorgenson and Leah Frances all in the top 20! Before accepting her award for being the overall winner, Leah shook the hand of the other 19 girls! To my knowledge, this didn't happen with the overall winner of the previous races. Leah showed tremendous sportsmanship and poise for a 9th grader!

Throughout the awards ceremony for all of the races, the Alaska runners stood and cheered for each of the Alaska teams and individuals. When the awards ceremony was complete, the Alaska schools posed for a group photo and basked in the glow of spanking the top teams from Oregon!!

Your contributions were greatly appreciated. Merry Ellefson thanked me several times for my efforts....which are really your efforts! Also, Katie Krehlik's parents came to the race along with Brittany Leinhart's mom. They all thanked me, which again was thanking you! The kids were all so happy to be there and to get the chance to race

2007 Race Schedule

www.southeastroadrunners.org

Jan 1 (Mon). New Year's Day Resolution Run
4 MI +/- 10 a.m. Parking Garage under Douglas Library
Bring hot beverages to share. Open run – no director

Jan 20 (Sat.) Annual SERR potluck and awards
DIPAC – 5pm Jan Beauchamp 586-1984

Feb 10 (Sat), Sweethearts' Relay
Two persons, 2 & 3 MI legs, 10 AM Douglas Firehall.
John Kern 789-0903, Suzetta Beattie 523-2903

Mar 17 (Sat), Flannagan's Run
1 or 5 miles, 10AM Douglas Firehall.
Rebecca Braun & John Caouette 586-1448, rbraun@alaska.com

March 31 (Sat), Glacier 10 K Run
1 MI or 10K, 10AM Mendenhall Glacier Parking Lot.
[Scott May \(907\)-790-4544, smay21@aol.com](mailto:Scott.May@alaska.com)
Fundraiser for the JDHS track team

April 28 (Sat) Herbert River Trail Hospice Run 10K
10 AM Lori & Tony Yorba (907)463-3987 tlyorba@gci.net
Fundraiser for Hospice & Homecare of Juneau

April 29 (Sun), Kid's Rotary Park Run
1, 2, or 3 laps around the Duck Pond, 1PM Rotary Park.
Director TBD

May 5 (Sat), Mendenhall Mud Puddle Meet
1 or 9 MI, 9AM UAS Auke Lake Parking Lot.
Glenn Frick (907) 789-7279

May 12 (Sat), Nugget Alaskan Outfitters Lena Loop 5K & Kids' Kilometer Fun Run – **Juneau**
1K fun run or 5K, 9AM Lena Beach Picnic Area
Sandy Pahlke (907) 789-1799, pahlkes@jsd.k12.ak.us

May 19 (Sat), May Mud (and Mountain) Run
2 distance options - about 3 or about 7 miles,
9AM Fish Cr. Bridge, North Douglas Hwy.
Dave Thomson 586-1363, Thomson@gci.net

May 26 (Sat), Sea Coast Relay
5 legs, varying from ~3.5 to 5.5 miles each,
9AM, 9:30, 10AM STARTS Mendenhall River School.
Event coordinator TBD

June 2 (Sat) Treadwell Ditch Trail Work Day Details TBD
June 9 (Sat), Windfall Lake Trail Challenge Run
About 14 mi., 9AM Windfall Trail access Rd off Vet. Mem. Hwy.
Ben Haight (907) 780-4215

June 12 (Tues), KTOO Fun Run
5K and uphill 6PM KTOO Bldg, on Whittier Street just off Egan
[Cheryl Levitt \(907\) 586-1670, Cheryl@ktoo.org](mailto:Cheryl.Levitt@ktoo.org)

June 23 (Sat), Ben Blackgoat Memorial Perseverance Trail Run
2, 4, or 7 MI run, 9 AM End of Basin Rd.
Dianne DeSloover (907) 586-6709, polywog@ak.net

June 29 (Fri), Only Fools Run at Midnight
5k and 1-mi walk or run, 11:59 PM! Centennial Hall
Fundraiser for SAIL; costumes encouraged SAIL office 586-4920

July 4 (Weds), Douglas 2-Mile Fun Run **3PM Douglas Bridge (west end)**.
2 miles, Paul Voelckers 364-3265, paul@mrvarchitects.com

Jul 14 (Sat), JRC/The Alaska Club Governor's Cup 5K and Kids' ½- and 1-mile runs 9AM (5K), Court House (4th and Main) or 10 a.m. (Kids runs), 5K end (bike path just South of Hospital Dr).
Caro Rosier-Polley (907) 586-8161, rosier-polley@gci.net

July 18 (Weds), East Glacier Trail Tangle
About 6 mi, 6PM Trailhead past Garnet St off Mendenhall Lp Rd.
Robert Sowers robertsowers2004@hotmail.com
Joann Quigg (907) 789-7549

July 24 (Tues), Midsummer Night 10K and 1-Mile Runs
10K or 1 mile, 6PM False Outer Pt. Director TBD

July 28 (Sat), Mt Roberts Tram Run Ascend ~1800 ft. on the Mt Roberts Trail, 9AM Lower Mt. Roberts Tram. Paul Dick (907) 586-3469, Dirk Miller (907)463-6751

Aug. 4 (Sat), Frank Maier Memorial /Douglas Island Half Marathon
7 am (Full), 9 AM (Half) - Savikko Park, Douglas, 1 hour earlier starts available for slower runners; Certified course;
Bob Marshall 586-6200; bobm@gci.net, Registrations, Deborah Craig 586-6200; runijuneau@gci.net Finisher metals (Full); Shirts, awards for winners Entry forms @ www.southeastroadrunners.org/marathon.htm

Aug 11 (Sat), Treadwell Twosome Traverse Two persons, 5K's,
Start @ 9 a.m. Savikko Park - Sandy Beach. Fundraiser JDHS XC team
Paul DeSloover (907) 586-6709, polywog@ak.net

Aug 21(Tues) Eagle River Scout Trail 6 K
6K Start @ 6 p.m., parking lot at beginning of Eagle River Scout Trail
Zane Clark (907) 789-2853, zaneak@gci.net

Aug 26 (Sun), Eaglecrest Road Race
1 or 5 MI, 9AM 0.5 mile Eaglecrest Rd. (5 mile) or Ski Lodge (1 mile)
Anne Johnson (907)523-9336 annelj0206@gci.net

Sept. 1 (Sat), Prostate Cancer Run 5K run, 8AM Mendenhall River School.
Jim Grammel (907)780-4912 jimgrammel@yahoo.com
AND Beat the Odds Women's Race Against Cancer, 2-mile walk or 5K run, 9AM Mendenhall River School. Info: www.cancerconnectionak.org

Sep 22 (Sat), Auke Bay 10K /1MI 9AM Auke Rec (large shelter).
Director TBD

Nov 10 (Sat), Veterans' Day 8 K, 8 K, 10AM River trailhead @ Brotherhood Bridge. Mike McKrill (907) 789-9116



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Give our sponsors the business!! Show your appreciation for all they do for SERR!!!

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