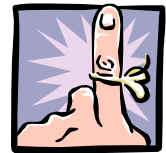


Southeast Road Runners

RUNNING AT THE MOUTH

ANNUAL SERR POTLUCK SATURDAY JANUARY 21 6PM AT DIPAC

Meet the SERR Board for an evening of Empire Cup Awards, good food (bring a dish) and a slide show of 2005 running highlights.



What's an Empire Cup? An award for most points earned in running SERR races. Have a great photo to submit for the slideshow? Submit to deborahlc@gci.net

Juneau Runners Marathon Experiences Running the MDI by Dan McCrummen

"The MDI Marathon, where's the MDI Marathon?" my friends asked. Mount Desert Island is about three-quarters up the Maine coast, the area the locals call "Down East." The race started in downtown Bar Harbor, which most folks have heard of, and ended in the quaint little fishing village of Southwest Harbor.

On a rainy, windy Sunday morning, I stood around with 500+ other marathoners, listening to the race announcer, Steve Zirkilton, the voice of the NBC hit TV show "Law and Order," anxiously hoping for a little less moisture in the air and a little more tail wind. Fortunately, I had trained in Southeast Alaska, where moisture in the air and headwinds are common, especially in the fall. I briefly felt sorry for those poor New Englanders, sporting tanned legs, who most likely trained in sunshine and 70 degree weather (they do claim their region is paradise).

My mental preparation was interrupted with fanfare accompanying the introduction of Martha Stewart at the starter's podium. Yes, Martha, the domestic diva, and part time MDI resident, was the honorary starter and would crown the race winners, although well before I would finish. She said she was honored to

participate and congratulated us for our efforts. I thought I heard her say something about my matching red ball cap and shorts coordinating well with my white Klondike Road Relay shirt, but I was likely lapsing in to my pre-race mental state and thinking "God, what am I doing here?" With hands ready on my sport watch, I awaited the sound of the starter's pistol, only to hear the squeal of a hand held air horn. Martha, as a convicted felon, couldn't use a starter's pistol.

The first mile was a breeze, well actually breezy, but it was relatively flat. Then came the first of the notorious MDI hills. Did I mention this course was hilly? The next three miles found me climbing to 150' and hoping this race would not be uphill, in the rain, with a head wind! The rain let off and the wind was mostly blocked by the trees as the course wound it's way around the island, along the coast and Somes Sound, going through the tiny communities of Seal Harbor, Northeast Harbor, and then reaching Somesville, where the real fun began.

(CONTINUED ON PAGE 6)

DECEMBER MEMBERSHIP DRIVE

INSIDE THIS ISSUE OF *RUNNING AT THE MOUTH*

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2006 Southeast Road Runners (SERR) Sponsored Event Schedule

For in season updates and details go the SERR website @ <http://www.juneau.com/serr>.

All area codes (907)

Jan 1 Sun New Year's Day Resolution Run – 4 mi or so - Start 10AM Douglas Library Parking Garage - No host – Info: Deb Rudis 789-4260 akwildlife@gci.net

Jan 21 Sat SERR Potluck & Awards DIPAC @ 5PM
Deborah Rudis 789-4260, akwildlife@gci.net

Feb 11 Sat Sweethearts' Relay – 2 persons/2 & 3 mi legs - Start 10AM Douglas Firehall – INFO John & Jamie Bursell 789-599, bursell@gci.net

Mar 18 Sat Flannagan's Run –1 or 5 mi, Start 10AM Douglas Firehall – INFO Becca Braun, & John Caouette 586-1448, rbraun@alaska.com

Apr 1 Sat Glacier 10 K – 1mi or 10K, Start 10AM Mendenhall Glacier Parking Lot - INFO 790-4544, smay21@aol.com SUPPORT CRIMSON BEARS TRACK TEAM

Apr 22 Sat Mendenhall Mud Puddle Meet – 1 or 9 mi - Start 9AM UAS Auke Lake Prk Lot – **NEED DIRECTOR**

Apr 29 Sat Hospice Herbert River Trail Race –various distances, walk & run. Start 9:30 at Herbert River Trailhead, INFO Lori & Tony Yorba 463-3987, tyorba@gci.net

Apr 30 Sun Kid's Rotary Park Run –1, 2, or 3 laps around Duck Pond – Start 1PM Rotary Park – INFO Shelly Saviers 790-2566, saviers@gci.net

May 13 Sat May Mud & Mountain Run – Approx 3 or 7 mi – Start 8AM (-2.04 tide) - Fish Cr. Bridge, No Doug Hwy – INFO Dave Thomson 586-1363, Thomson@gci.net

May 20 Sat Nugget Alaskan Outfitters Lena Loop 5K & Kids' 1 K Fun Run –Start 9AM Lena Beach Picnic Area – INFO Nancy Potts 789-52119, kmaas@gci.net or Sandy Pahlke 789-1799, pahlkes@jsd.k12.ak.us

May 27 Sat Sea Coast Relay - 5 legs from 3.5 to 5.5 mi - Start 9, 9:30 & 10:30 AM - Mendenhall River School – INFO: Ken Maas 789-5119, kmaas@gci.net

June 3 Sat Windfall Lake Trail Challenge Run - 14 mi - Start 9AM Windfall Trail access road off Vet. Mem Hwy INFO: Ben Haight 780-4215, benpat@gci.net

June 6 Tues KTOO Fun Run 5K - Start 6PM KTOO Bldg, Whittier Street just off Egan INFO: Cheryl Levitt (907) 586-1670, Cheryl@ktoo.org

June 10 Sat Douglas Treadwell Ditch Trail Work Day with Trail Mix - Help with needed safety improvements so we can resume this exciting race in 2007 INFO Deb Rudis 789-4260 akwildlife@gci.net

June 17 - Kluane Bike race

June 24 Sat Ben Blackgoat Memorial Perseverance Trail Run - 2, 4, or 7 mi – Start 9AM End of Basin Rd - Dianne DeSloover 586-6709, polywog@ak.net

July 1 Fri Only Fools Run At Midnite 5K – INFO: Tristan Knutson-Lombardo 790-6400, tristan@juneaumedia.com, Sierra Kaden 586-4920

July 4 Tues Douglas 2 Mile Fun Run - Start 2:30PM - Douglas Bridge (west end) **NEED DIRECTOR**

July 11 Tues Midsummer Night 10K & 1mi – Start 6PM False Outer Point No Douglas **NEED DIRECTOR**

July 9 Sun * weather permitting* Tom Casey Memorial Mt. Juneau Ridge Run – 15 mi +/- Start 7:30AM - Perseverance Trailhead parking lot INFO about race and restrictions Dave Pusich 780-4525, dpusich@gci.net

Jul 15 Sat JRC/The Alaska Club Governor's Cup 5K & Kids' ½ & 1 mi – 5K Start 9AM Court House (4th and Main) ends bike path just S. of Hospital Drive - Kids Run Start 10AM - INFO Caro Rosier-Polley (907) 586-8161, rosier-polley@gci.net

July 19 Weds East Glacier Trail Tangle - 6 mi +/- Start 6PM Trailhead past Garnet St off Mendenhall Lp Rd – INFO: Robert Sowers, robertsowers2004@hotmail.com, Joann Quigg 789-7549

July 22 Sat Mt Roberts Tram Run – Ascend ~1800 ft. Mt Roberts Trail – Start 9AM. Lower Mt. Roberts Tram INFO: Paul Dick (907) 586-3469, Dirk Miller 463-6751

July 29 Sat Wes Coyner Memorial Duathlon – 2-mi run/16-mi bike/2-mi run – Start 9AM False Outer Pt. **EVENT CONTINGENT UPON INSURANCE - NEED DIRECTOR**

Aug 5 Sat 15th Frank Maier Marathon & Douglas Island Half Marathon – All start Savikko Park, Douglas 7AM/Full, 9AM/Half, Early starts for slow runners - Certified Marathon - Marathon finisher metals, shirts for all, custom awards for top 3 winners in Open and Masters Divisions (both races)- Entry forms www.juneau.com/serr/marathon.htm INFO Bob Marshall 586-6200 and runjuneau@gci.net. On-line registration@ Active.com

Aug 13 or 20 Sun (TBA) Eaglecrest Blueberry Festival Road Race –1 or 5 mi - Start 9AM 0.5 mile Eaglecrest Rd. (5 mi) or Ski Lodge (1 mi) Host: Friends of Eaglecrest & SERR INFO: Deb Rudis 789-4260 akwildlife@gci.net

Aug 15 Tues Eagle River Scout Trail 6K Start 6PM Eagle River Scout Trail parking lot - INFO Zane Clark 789-2583, zaneak@yahoo.com, Mike McKrill., 789-9116

Aug 19 Sat Treadwell Twosome Traverse –2 persons, 5K's - Start 9AM Savikko Park, Douglas INFO: Paul DeSloover (907) 586-6709, polywog@ak.net SUPPORT CRIMSON BEARS CROSS COUNTRY TEAM

Aug 26 Sat Nifty Fifty Relay – (1, 2, or 3 persons) 50K total - Start 9AM Mile 36.4, Veterans Memorial Hwy **NEED DIRECTOR**

Sept 2 Sat Beat the Odds Women's Race Against Cancer –2 mi walk or 5K run – Start 9AM Mendenhall River School **Prostate Cancer Run** – 5K run Start 8AM Mendenhall River School INFO Ruth Johnson 463-8712

Sept 23 Sat Action Rehab 10K & 1 Mile - Start 9AM Auke Rec (large shelter) Chris Chiles (907) 790-4880, chris@actionrehab.com

Nov 11 Sat Veterans' Day 8 K – 8 K – Start 10AM River trail-head @ Brotherhood Bridge



From the President

Another full year of running events in Juneau is complete. Yikes, weren't we just out running in crisp spring weather, sunny summer evenings, and on the wet fall leaves that were just starting to cover our favorite trails? I hope that we will soon see snow (that doesn't wash away) in order to provide good traction on winter runs and, of course, great skiing. In the meantime, we can all plan our next year's running goals. While you ponder where the year took you in your running activities, here are some summary statistics for SERR events in 2005. I took these numbers from races that were included in the 2005 Empire Cup series. These totals do not include non-Empire Cup events, only because I do not have any participation summaries for these races. Events such as the *Only Fool's Run* and *Beat the Odds* bring out hundreds of participants, but are not part of the Empire Cup series.

We held 29 adult length races and 10 youth distance races (1 mile, etc.). Participation in these events was 72 boys and 106 girls in the age 13 and under category. Moving up to the youth 14 - 18 year age class, the participation dropped to 27 boys and 21 girls who entered events. Our adult participation was almost an even split between under- 40 age divisions and masters level runners (49.6 % masters and older runners). The participation numbers for under-40 were 101 men and 114 women; masters level participation was 131 men and 81 women. Overall there were 653 participants in Empire Cup races; 178 under 14, 48 youth 14 - 18, and 427 adults.

I find our running event participation very impressive for a community of our size. Thanks to all for getting out on the trails and the roads and making an effort to support SERR events. As always, volunteers are what make all of our events possible, so make sure to thank them. Get out and volunteer for next year's events. WE NEED YOU!

Also, while I have your attention—it's out annual **MEMBERSHIP DRIVE!** Please send in your 2006 membership form. To see where our money goes, see Jim Grammel's Treasurer report in this newsletter. See you on January 21st at DIPAC!

Deborah Rudis, SERR President



new zealand—runner's paradise

Run New Zealand is offering trail running tours from October 2005 through to April 2006. All tours begin and end in Christchurch, New Zealand in the South Island.

The following is an example of one of our 4 tours South Sea Adventure : This 5 (or 7 day) tour includes New Zealand's most beautiful sea and lake reserves. Run on forest mountain trails by a glacial lake, experience coastal tracks above golden sand beaches and sea views, see unique sea and bird life and soak in natural hot pools. The tour travels through some of the most delightful scenic highways in the South Island. (7 day tour includes 2 more days on a beach paradise.)

- Run around a beautiful bush clad mountain lake

- Enjoy the golden beaches by sculptured granite cliffs on a world-famous coastal track
- See seals and other wildlife
- Lie back in hot pools
- Try wine tasting in a premier wine region
- Enjoy pleasant accommodation and catering with continual coach support
- If cycling, you can ride selected scenic roads which highlight this region.

Interested? Please contact on the web, via phone or email. Run NZ offers discounts for clubs or groups. 10% discount for 5 or more people, 5% discount for 3 people on a tour.

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Visit our website:
www.run.co.nz
Or email
runnz@run.co.nz



RUNNING ON MY MIND... SNOW ON THE GROUND **STAYING HEALTHY RUNNING IN WINTER**

Update your shoes—make sure you have good tread or you are

Take a little extra time to warm up—really cold temps mean cold muscles.

Wear reflective gear so that you can be seen by other pedestrians and motorists. This is extremely important if you run at dawn or dusk. Reflective gear can be worn on your torso, arms, your legs, head and shoes.

Wear Sunscreen to avoid a snow reflection burn—skin cancer knows no season.

If it's bright, wear sunglasses. Okay this is not such a big deal in Juneau but sunglasses provide protection against snow glare and wind.

If the light is flat, keep your eyes on the road to avoid taking a spill on icy patches. Shorten your stride and run a bit slower to maintain control.

wearing grippers (studded rubber units that fit over your shoe—you can find these at Alaska Nugget Outfitter). Get a larger shoe to accommodate thicker socks.

If trail running, go with a friend or tell somewhere where you are going and when you'll be back. An injury can be life threatening anytime but particularly in winter.

You lose 40% of your body heat through your head—get a hat—again, a synthetic is best.

Take your inhaler—cold weather exacerbates Exercise Induced Asthma. Wear a light silk face mask.

Runners tend to have lower body fat so dress appropriately. Few people die of layered overdressing, many have expired from hypothermia.

DRESS FOR SUCCESS IN WINTER—Think layers

Remember the wind chill factor and consider location, location, location. There can be more wind downtown than on a protected trail run.

Forget cotton—stick to synthetics. Even in winter, you sweat on a hard run and nothing will chill you faster than a drippy cotton t-shirt under those layers.

Try glove liners to prevent wind chapping if your hands get too warm and you want to take mittens off.

Carry a couple of hand warmers to slip in between glove warmers and mittens—some gloves have pockets on the outside to help keep hands toasty and protected from the wind.

Hydrate—wind and cold sucks moisture and you still need as much hydration as on a hot day.

Less than 30° but more than 10°
Medium weight tights or pants, long sleeve shirt, nylon shell or fleece pullover, mittens, headband or hat.

Less than 10° - more than -10°
Medium to heavy weight tights or pants or light weight pants with tights or long underwear underneath, long sleeve shirt, light fleece pullover, nylon shell, mittens for hands, and a hat or balaclava. Consider extra coverage of those private parts.

Less than -10° -we're talkin' cold
Are we in Fairbanks? Heavy weight pants or light weight pants with expedition weight long underwear, wind briefs and a warm pair of shorts to protect private areas, long sleeve shirt, fleece pullover, nylon shell, glove liners or very warm mittens for hands, balaclava with headband for ears. Maybe a run

on the treadmill is in order but for those hearty individuals who can't give up an outdoor run... layer up and to prevent chapping. After your run, you deserve a cup of hot chocolate and a warm bath.

SCREW YOUR SHOES FOR EXTRA TRACTION

For winter traction, buy 20-#6 hex head sheet metal screw 3/8" in length (hex head with recessed screwdriver slot). The top has a sharp circular ridge ideal for grabbing in ice. (Try **Alaska Nugget Outfitter** in their shoe section or a hardware store. Carefully screw into the outsole of your running shoes, as close to the outer edge of the sole as possible avoiding air bladders, flashing lights, etc. (May void your warranty but will give great traction on ice/snow.)



From the Treasurer

2005 was financially successful for SERR. Revenues totaled \$19,991, expenditures \$19,395. The bulk of our revenue, \$14,560, comes from race registration. We received \$4,400 in donations thanks to Juneau Sports Medicine and Rehabilitation, Minch Ritter Voelckers Architects, Valley Lumber, Family Practice Physicians, JM Walsh & Company, Edward M. McKrill DDS, Nugget Alaskan Outfitters, Baxter Bruce & Sullivan, Juneau Medical Clinic, Elgee Rehfeld Mertz, Juneau Racquet Club, Juneau Glacier Valley Rotary, and American College of Sports Medicine.

100 people joined SERR in 2005 and membership revenue totaled \$1,140. Thanks to our members! Sadly, 249 members in previous years did not renew in 2005. Please be sure to join the 2006 season. Check our website (www.juneau.com/serr/member.htm) to see if your name is there for 2005. If it is, stand up and take a bow—BUT DON'T FORGET TO SIGN UP FOR 2006. Fill out the 2006 form in this newsletter or click on www.juneau.com/serr/join.htm, print the form and mail it in with your **tax deductible** donation and you'll be credited for next year!!

On the expenditure side, race expenses totaled \$7,500. Bibs, pins, shirts, post-race food, spray chalk and all those other things that make a race fun and safe made up the bulk of race expenses. The remainder paid for gear storage space, the Ben Blackgoat Scholarship awards, postage, printing, race permits, advertising, Empire Cup Awards and the end of the season banquet.

All of our races made money this year!! That's a great sign that the running community in Juneau is strong and our race directors are AWESOME!!!! Keep up the good work you all and we'll see you on the road, the trail or the treadmill in 2006.

Jim Grammel, SERR Treasurer

DECEMBER MEMBERSHIP DRIVE - JOIN TODAY

EARN 10 EXTRA EMPIRE CUP POINTS JUST BY JOINING SERR

All 2006 SERR Members will automatically earn 10 additional Empire Cup points just for being a member during the 2006 running season. See our membership form on the next page!



From the New SERR Board

SERR bylaws requires an annual meeting to elect the next year's board. We traditionally held an annual fall membership meeting and election in the lounge on the Klondike Relay Race return ferry but the fast ferry has become a popular Klondike return trip option in addition to the regular ferry. As an alternative, we held our general membership meeting for the past two years at the Alaska Club – JRC.

We elected a new board last November but participation by members at these meetings has been minimal and we are seeking input from SERR members on what you want from your club. Our membership survey of 2003 gave us goals to work toward and SERR has done well to meet requests that included more youth activities, support for school running programs (cross-country and track) and member workshops. This winter we will have a short survey on the SERR web site for member input. Please send us your thoughts so that we direct club activities to meet member needs. Thanks!

2006 SERR Board

President: Deborah Rudis	Past President: Nancy Thomas
Vice President: Debbie Groves	Race Coordinator: Dawn Walsh
Treasurer: Jim Grammel	Empire Cup Coord: Shawn Miller
Secretary and Newsletter Editor: Deborah Craig (Send articles, race results and newsletter information to Deb at deborahlc@gci.net)	

Juneau Marathon Experiences (continued)

(Cont Pg1) Somesville is at mile 20 and the start of the last hill, an elevation gain of 200'. At this point North Douglas highway seemed like a cakewalk and I vowed to never complain of those undulating hills again. Passing the 20 mile mark at just over three hours I also realized my 4 hour goal had to be adjusted. After a brief discussion with myself, I agreed to finish between 4:15 and 4:30. Concessions come easy at mile 20 in a marathon.

As I was closing in on mile 23 I let the steady uphill stretch get the best of me and I started walking. Yes, I'll admit it. I walked. I'm not ashamed. I knew Martha was proud of me, and my cap and shorts still matched! I walked 50 yards when I came upon a gentleman playing an accordion. I figured, if this guy is willing to come out in this weather and share his love of the accordion, I could keep running. Perhaps I just wanted to get away from the sound of the accordion (I prefer bagpipes). Anyway, with all of the effort I could muster, which wasn't much, I trudged on.

As I crested the final hill, at mile 25, I was challenged again, this time with an awful headwind and a drenching downpour. Displaying the grace of a semi-controlled forward fall I managed to complete that final 1.2 miles, soaking wet, but with a smile. I didn't set a PR (4:15:40), I wasn't even in the top half of my age group (19/35), but I finished - with a smile. I did it for me. I did it for my dad.

"Why all the way to MDI, there's a perfectly good marathon here?" my friends asked. 25 years ago, at age 25, while living in the quaint little fishing village of Southwest Harbor, I quit smoking and started running. What better reason to return there and run 26.2 miles at the not so young age of 50? (And I've run the Douglas marathon!)

If you want to run a grueling marathon, with beautiful scenery, and friendly folks, try the MDI in October with the foliage in full color. And besides, maybe Martha will complement you too on your coordinated running gear! (For more info go to www.mdimarathon.org)

MORE RACE TIMES

John Bursell - Spokane Marathon - 2:54:35
1st Place Overall!

Shawn Miller - Detroit Marathon - 2:29:00
8th place Overall (13,000 runners) & 1st in Age Group Men

Merry Ellefson-Whistle Stop Half Marathon 1:26:32
4TH Place Overall Women

Kenneth Maas-Portland Marathon-2:57:56 and then
Calif. Intl Marathon 2:49:15 53rd Place Overall

IT'S THOSE GEEZERS AGAIN

Glenn Frick - Humboldt Redwoods Half Marathon
1:27:40 1st in Age Group Men

Andy Grossman - Humboldt Redwoods Half Marathon
1:28:32 4nd in Age Group Men

Jerry Buckley - Humboldt Redwoods Half Marathon
1:31:28 5th in Age Group Men

Bob Marshall-Twin Cities Marathon - 3:16:55
5th in Age Group Men

Brian Goettler-Twin Cities Marathon-3:13:11

Keith Levy - Lake of the Sky 50K (Tahoe)
Snowed Out on Race Day!!!

John Kern-Twin Cities Marathon- 3:44:37

BILL CROMPTON'S PORTLAND MARATHON OCT 9

3:57:10 Nice city course. Support stations every 1-2 miles, music and good crowd support along the way, excellent support in the finish area. It was a crowded, congested start and the course went thru a construction zone at the 1 mile mark. Course was relatively flat except a good climb at the end of Mile 16 and a descent around Mile 24. Portland is still a nice city to visit.

Nancy Potts-Portland Marathon-4:01:29

Heather Johnson-Smith -Portland Marathon 4:01:29

Anne Johnson-Portland Marathon-3:51:24

Lucy Potter-Portland Marathon-3:56:50

Caro Rosier-Polley - Portland Marathon 3:29:30 (!)

Tom Thompson - Equinox Marathon 4:00:20, then
Portland Marathon 3:26:05

Steve Kullander - Portland Marathon 4:41:06

Sadie Wright - Portland Marathon 4:20:04

Julie Machakos - Portland Marathon 4:20:42

John Walsh - New York Marathon - First Marathon!
3:29:14 Congratulations, John!

Dawn Walsh - New York Marathon - Bizillanth Marathon 3:54:51 (Good hot and humid day in NY!)



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