

RUNNING AT THE MOUTH

SOUTHEAST ROAD RUNNERS

Winter 2009

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SERR Banquet Fast Approaching:

The annual SERR banquet will be held on **January 24, 2008, at 6:00 p.m. at DIPAC**. Please bring a dish to share. The Empire Cup Awards will be held and a short meeting led by SERR President Clayton Hawkes. Come to the banquet and share your favorite 2008 running story with the Southeast running community. See you there!

Sprint Triathlon Coming to Juneau
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A brief history of marathoning in Juneau (and a farewell note from the current Frank Maier Marathon Race Director)

By Bob Marshall (bobm@gci.net)

The Juneau Parks and Recreation department sponsored marathons in Juneau from 1971 through 1988. Each race started at the Mendenhall Glacier, but course layouts changed several times. Jack Beedle won the first marathon in Juneau, on a course that traversed the Loop Road twice, included a section of Montana Creek Road, and returned to the glacier. Jack was entering his junior year at JDHS at the time, and was running less than 10 miles at a time. His time of 2:53:43 remained a record for several years. Pat Watson won the first women's race, though Carol Hogin's time of 3:31:10 the next year (1972) reset the women's record for several years.

One youth in the running scene at this time was Kevin Strain, whose father Floyd supervised the Juneau Park and Recreation track program the early 1970's and was a PE teacher at Floyd Dryden. In 1972, five-year-old Kevin ran the marathon in 6:56:39, setting the age-class *world record*. Returning in 1975, Kevin ran 3:34:30, setting the world record for 7 and 8 year-olds, and edging out another young standout runner, Rick Thibodeau (then 17). Careful observers of the Juneau running scene have noted that Rick never ran another marathon.

Around 1977, Dave Hayes and Steve Davis arrived on the Juneau running scene, and quickly became known for their high mileage, fast-paced workouts. Dave won the marathon in 1978 in a record 2:32:00 and Steve won in 1980 with a 2:34:30 (a logistical mishap in the 1978 race led to a glass of Kerosene being served to 3rd place runner Tom Loatman at an aid station!). Not to be outdone by these fast times, Guy Thibodeau won the 1981 race with a record 2:31:53. But, this high mark fell again in 1982 when Coast Guardsman Tom Bernard ran 2:30:56. Also, Rosemary Gute (39) ran her first marathon in 1981, setting a mark of 3:03:52 which remains the fastest time by a woman in a Juneau marathon. Sadly, a series of knee-ligament ski injuries that began in 1982 curtailed Rosemary's running career. The last two "Park and Rec." marathons in Juneau (1987 and 1988) were won by Glenn Frick, making his tally of 3 wins in the series (he won in 1975 as well) equal to that for Guy Thibodeau (1972, 77, 81). Glenn's time of 2:42:27 in 1987, at age 48, is the Masters (over 40) record for a Juneau marathon.

Bob Marshall's History of Juneau's Marathon, continued:

In the late seventies the marathon route changed, to traverse the Loop Road once and include out-and-back traverses of the Fritz Cove and Engineer's Cutoff roads. Then in 1981, the course traversed the Loop Road 1.5 times, and finished at the Lena Recreation area. In the mid-late 1980's, the course was from the Glacier Visitors Center to town (circling Centennial Hall) and back. No courses were certified, and the unpredictable route changes sometimes left actual race distances in question. Participation in these early Park and Recreation marathons was typically 6-14 men and 0-3 women.

The current version of the Juneau Marathon began in 1992, about a year and half after a fishing accident claimed Frank Maier. As a tribute to Frank, the Southeast Road Runner Club planned a race in his memory; an out-and-back route from Sandy Beach out North Douglas Highways to just past False Outer Point parking area. The first FMM event included a half marathon and an 8 KM race (only run the first year). Bob Deal certified the new marathon route through the United States Track and Field (USTAF) organization, via a process requiring precise, calibrated measurements of the course. Bob admits to vastly underestimating the labor required and incorrectly performing a preliminary calculation that placed the marathon turn-around at the *beginning* of the big hill at False Outer Point not the top of the hill. The Douglas Island Half Marathon (DIHM), utilizing the first half of the marathon course, has been run every year since 1992.

Juneau runners John Day and Joan Herbage won the first FMM. In 1993, US Army National Guard Marathon Team runner John Snoozy won the marathon in 2:44:14, just ahead of 44 year-old local Jim Douglas who ran 2:45:56 (a FMM record for runners 40 and over). Also, 35 year-old Rick Thibodeau bested older-brother Guy (then 42) to win the DIHM in 1:13:51 (Guy's 1:14:16 is still a FMM record for runners 40 and over). From 1998 through 2000, Juneau runner Paul Pusich raced and won the FMM three times, and Anchorage runner Bridget Storm raced and won twice, setting the women's record at 3:19:04 in 1999. Recently, 22 year-old local Shawn Miller torched the FMM course in 2:34:45 in his *first attempt at running a marathon* (2002), and then ran it in 2:31:30 in 2003. In 2004 Shawn turned to the DIHM (1:11:37) prior to returning in 2005 to best Ramon Colon Malave's 1996 DIHM record with a 1:09:33. 2005 saw Glenn Frick, then 66, run 3:08:25 to win second place overall behind a determined Seattleite, Peter Cleary. Local Merry Ellefson, 39, set the DIHM open division mark at 1:25:19 in 2001, and the record for women 40 and over (1:27:26) in 2007. The latest addition to FMM and DIHM was a Wheelchair Division.

Participation in both races has grown steadily over the years, from 8 marathon finishers in 1992 to 53 in 2005, and from about 50 half marathon finishers in 1992 to 119 in 2008. In the early years, most runners were locals. Now, both races attract many non-Alaskans. Keys to the success of these events has been the wide community support, financial sponsorship (MRV Architects, Valley Medical, Valley Lumber, and J.M. Walsh Co.), and non-financial sponsorships (Gastineau Hatchery, Taku Smokery, GU sports, McDonalds, the Douglas Volunteer Fire Department, the Zach Gordon Community Center and others). Ben Van Alen survived as Race Director from 1993 through 2000, and was "in charge" of the critical finish-line timing task through 2008. Deborah Craig organized race registration, tee-shirt production, and the BBQ since 2001. And I took over where Ben left off, in 2001. Each of these folks donated days-to-weeks of labor annually to the event.

SERR President Clayton Hawkes, asked me for thoughts on the future of these races, and SERR is publishing on its website in February seven of my ideas on the future of the FMM and DIHM and a possible new course. **SERR is looking for a new race director.** I for one hope the FMM-DIHM will continue in its present form, and hopefully even grow. The FMM-DIHM is the premier running event in Juneau. Unlike the host of shorter road and trail runs that make Juneau a true standout running community in the US, the marathon and half marathon seek much greater commitments, especially to training and life style. I will help a new director(s) plan to make the events happen in 2009, or later. I have substantial materials and information on *how* to pull this event off, and hope to pass that on. Happy marathoning!

Have you joined SERR's Yahoo Group? If not, go to SERR's website and click on the link to join today. It's easy and connects you with other runners in your community.

TRAIL MIX REPORT TO SOUTHEAST ROADRUNNERS

By Mike McKrill

I have recently joined the board of directors of Trail Mix and am pretty excited about the organization. I plan to represent the running community point of view to that board, and I hope to keep SERR newsletter readers up to date with any trails news.

The big project for 2008 was construction of the trail on Auke Lake. It is almost completed needing only a layer of D1 gravel to finish. That will be done as soon as possible this spring. The new trail is 1.1 miles along the East side of the lake. Total distance around the lake is about three miles including the trail, Back Loop Road, through the University and along the highway. The trail is nice and there are great views along the way.

In 2009, Trail Mix intends to work on reconstruction of Treadwell Ditch trail. Community hearings were held last fall to help us get a sense of what people want. It is a huge project and will require several years to finish but we hope to get some sections completed this year.

Planning continues to eventually build a trail along the edge of Thunder Mountain from the visitor center at the glacier all the way to Egan Drive. The trail has been dubbed the Under Thunder Trail and will incorporate some sections that already exist such as the Powerline Trail. Survey work was started last fall on that portion of the trail from the Power Line Trail to Glacier Valley School.

We monitor the status of all the trails including Perseverance, which needs regular maintenance since its reconstruction. If you find a problem with any of the local trails, contact Trail Mix at 790 6406 and let them know. We will make every effort to remedy the problems.

If you have questions about Trail Mix, please feel free to contact me at 7899-9116. Trail Mix is a non-profit organization that gets funding from grants and memberships. If you use the trails and like what we are doing, I encourage you to join Trail Mix. Annual membership for an individual is \$25. You can find a membership application at www.juneautrails.org.



SERR MEMBERS HAVE FREE ACCESS TO NEW INDOOR TRACK

In November, SERR pledged \$2000 supporting the indoor track at the new Dimond Park Field House. Reed Stoops, president of Dimond Park Field House, Inc., acknowledged SERR's support and informed SERR that its members will have free access to the indoor track during normal operating hours until September 1st. The field house will also place a SERR banner in the facility. See you on the indoor track!



WHOOOPS! DID YOU FORGET TO JOIN SERR THIS YEAR?

SOUTHEAST ROAD RUNNERS WAIVER AND MEMBERSHIP FORM

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 but are not limited to 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 in 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

City

State

Zip

Phone #

Signature of Member or Parent (1 or more) if any members under 18 years of age

Date

Email Address for SERR to contact you about it's activities

Membership Fee for January to December 2009 (check one) is:

Individual = \$15

Couple = \$25

Family = \$35

Couples and Families may complete one waiver (this form) by listing all members
Send this waiver and your membership fee to

Southeast Road Runners, PO Box 22203, Juneau AK 99802

SERR'S 2009 RACE CALENDAR

Feb 14 (Sat) - Sweethearts' Relay (EC)

****WE NEED A DIRECTOR, Call Clayton at 465-6198, claytonha@yahoo.com to volunteer****

Start Time: 10:00 am, Douglas fire hall; Distance: 2 mile & 3 mile legs; Contact: TBD

March 14 (Sat) - Flannagan's Run (EC)

Start Time: 10:00 am, Douglas Fire hall; Distance: 5 miles or 1 mile; Contact: JaneAnn Twelker, 789-9895

April 4 (Sat) - Glacier 10K and 1 Mile (EC)

Start Time: 1 mile race @ 10:00 am; 10 K race @ 10:30 am; Mendenhall Glacier parking lot; Contact: Scott May, 790-4544, smay21@mac.com; Fundraiser for the JDHS track team

April 11 (Sat) - Waterfront Awareness Run (NS)

Start Time: 10:00 am, Juneau Arts and Culture Center; Distance: 5 K; Contact: Paul DeSloover, 586-6709; pdesloover@yahoo.com; Proceeds benefit AWARE

April 18 (Sat) - Hospice Race (NS)

Start Time: 9:00 am, Twin Lakes; Distance: 5K; Contact: Lori or Nick Yorba, 463-3987, tyorba@gci.net
Proceeds benefit Hospice & Homecare of Juneau

April 25 (Sat) - Spring Tide Scramble (EC) (P)

Start Time: 8:30 am, Fish Creek Bridge (North Douglas Hwy); Distance: 3 miles (out & back across wetlands) or 7 miles (out & back + Fish Creek Trail); Contact: Suzanne Hebert, 364-5264, takublu@gci.net

May 2 (Sat) – Rotary Park Fun Run for Kids

Start Time: 9:00 am, Rotary Park, Mendenhall Valley; Distance: 1 mile; Contact: Colleen Jardell, 364-2600, jardellc@yahoo.com

May 9 (Sat) - Magnificent Mendenhall Mud Puddle Meet (EC)

Start Time: 9:00 am, UAS Parking Lot; Distance: 9 miles or 1 mile; Contact: Glenn Frick, 789-7279

May 16 (Sat) - Nugget Alaskan Outfitters Lena Loop Run (EC)

Start Time: 9:00 am, Lena Beach picnic area; Distance: 5K; Contact: Dan Robinson, 364-2521

May 23 (Sat) - Seacoast Relay

Start Time: 9:00 am, Location: UAS; Five Person Relay with varied distances; Contact: Sherry Tamone, 321-8559, sherry.tamone@uas.alaska.edu

June 9 (Tues) - Eagle River Scout Trail Run (EC)

Start Time: 6:00 pm, Eagle River Boy Scout Trailhead; Distance: 6K; Contact: Zane Clark, 789-2583, zark78@gmail.com

June 20 (Sat) - Ben Blackgoat Memorial Race (EC)

Start Time: 9:00 am, on Perseverance Trail, meet at end of Basin Road; Distance: 2, 4, or 7 miles; Contact: Paul & Dianne DeSloover, 586-6709, pdesloover@yahoo.com

June 24 (Wed) - East Glacier Trail Tangle (EC)

Start Time: 6:00 pm, trailhead past Garnet Street off Mendenhall Loop Road; Distance: approx. 6 miles of trails; Contact: Robert Sowers, 789-7549, robertsowers2004@hotmail.com

June 27 (Sat) - Only Fools Run at Midnight (NS)

Start Time: 11:59 pm, Centennial Hall; Distance: 5K run or 1 mile walk; Contact: Southeast Alaska Independent Living, 586-4920; Proceeds benefit SAIL, costumes encouraged

July 4 (Sat) - Douglas 2 Mile Fun Run

Start Time: TBD; Contact: Paul Voelckers, 364-3265

July 8 (Wed) - Midsummer Night Run (EC)

Start Time: 6:00 pm, False Outer Point Recreational Area; Distance: 10K or 1 mile; Contact: Clayton Hawkes, 790-4388; claytonha@yahoo.com

July 11 (Sat) - Windfall Lake Challenge (EC)

Start Time: 9:00 am Veteran's Highway Mile 27; Distance: About 13 miles; Contact: Sharon Buis 586-4384, bikerpt@alaska.net

July 18 (Sat) - McDowell Group Governor's Cup 5k and Kid's 1 Mile (EC)

Start Times: 5K race @ 9:00 am at the Court House on 4th & Main and 1 mile race @ 10:00 am at the 5K finish area (next to the Red Cross building); Contact: Jim Grammel, 586-6126 james.grammel@mcdowellgroup.net

July 25 (Sat) - Mount Roberts Tram Run (EC) (P)

Start Time: 9:00 am, Mt Roberts Lower Tram parking lot; Distance: approx. 3.5 miles (ascends 1,800 feet and finishes at the Cross); Contact: Dirk Miller, 463-6751, foymil@gci.net ; Paul Dick

Aug 1 (Sat) - Frank Maier Memorial Marathon and Douglas Island Half Marathon (EC)

****URGENT: WE NEED A DIRECTOR! Call Clayton at 465-6198, claytonha@yahoo.com to volunteer****

Start Times: 7:00 am (Full) or 9:00 am (Half) - Savikko Park, Douglas; 1 hour earlier starts available only for slower runners

Distance: 26.2 miles or 13.1 miles (certified courses); Contacts: ?????? (Race Director)

Entry Forms: www.southeastroadrunners.org

August 8 - Treadwell Twosome 5 K race

Start Time: 9 am at Savikko Park (Sandy Beach); Distance: Each person runs a 5K in a 2-person team that can be formed on the day of the race; Contacts: Guy Thibodeau, 463-8442, and Paul DeSloover, 586-6709, pdesloover@yahoo.com

August 9 – Sprint Triathlon (NS)

Start Time: 9 am, Auke Lake; Distance: swim, bike, run, details to be announced; Contact: John Bursell, 789-5857, bursell@gci.net

Aug 15 (Sat) - Eaglecrest Road Race (EC)

Start Time: 9:00 am, 0.9 miles up Eaglecrest Road; Distances: 5 miles or 1 mile (course and start TBD); Contact: Anne Johnson, 523-9336, annelj0206@gci.net

Aug 22 (Sat) – Nifty 50 (R)

Start Time: 9:00 am, Windfall Lake Trailhead Parking Area; Distances: 50K total, 1, 2, or 3 person teams on Glacier Highway, Herbert R. trail and Windfall Lake trail; Contact: Keith Levy, 586-1427, keithlevy@gci.net

Aug 29 (Sat) - Prostate Cancer 5K Run (men only) (NS)

Start Time: 8:00 am, Riverbend Elementary School covered playground; Distance: 5K (men only); Contact: Tom Thompson, 789-9193, tjomsland13@yahoo.com; Fundraiser for prevention of prostate cancer

Aug 29 (Sat) - Beat the Odds (women only) (NS)

Start Time: 9:00 am, Riverbend Elementary School covered playground; Distance: 5K run or 2 mile walk; Contact and Sponsor: Cancer Connection; Fundraiser for breast cancer awareness

Sept 26 (Sat) - Pavitt Health & Fitness 10K and 1 Mile (EC)

Start Time: 9:00 am, Auke Recreation large shelter; Distance: 10K and 1 mile; Contact: Pavitt Health & Fitness, 789-5556, kirk@gopavitt.com

October 3 (Sat) – Walk a Mile in Her Shoes (NS)

Start Time: 10:00 am, Sandy Beach log shelter; Distance: 5 K and 1 mile; Contact: Paul DeSloover, 586-6709, pdesloover@yahoo.com

Nov 7 (Sat) - Veterans Day Run

Start Time: 10:00 am, Brotherhood Bridge parking lot; Distance: 8K; Contact: Mike McKrill, 789-9116

I Looked Death in the Eye and Googled It

By: Ben Van Alen (bvanalen@gmail.com)

Aug. 5, 2008. The first sunny day Juneau has seen in weeks. How was I to know it was also the most dangerous. A morning off work to run the "Juneau Ridge". My two running buddies, Bob Marshall and Guy Thibodeau, must have broken a Cow Parsnip stem going up Perseverance Trail, or an Indian Rhubarb branch going up Mt. Juneau, or a possibly a Wild Celery leaf coming out of the Nugget Basin. Perhaps I even stepped into some Pushki in the parking lot. For I got some of that multi-named plant's sap on and about my lower legs.

Now, all would be well (for me) if I was the lead runner leaving the sappy vapor trail for others. Or the sap was not such an awesome lipid-soluble glucoside phototoxin. By this I mean so readily absorbed by the skin and then made toxic by the sun's rays. We're talking "thermal dermatitis" here. Cow Parsnip (*Heracleum lanatum*), the tall "celery" stemmed white lacy wildflower, is as prevalent as passing through it is unmemorable. Usually. Unless the Earth and Sun line up with someone's skin contacting a broken sap-oozing Cow Parsnip plant.

Anyway, within a couple of days of the trail run I sported a half-inch turned one-and-a-half-inch diameter blister on my right calf and a bunch of blister buddies. They persisted for a few days before they popped and oozed and scabbed over in the course of a couple of weeks. A daily soap and water washing followed by Neosporin and Godzilla-sized Band-aids was my treatment routine. The latter helped keep these itch-hungry sores from my scratch-hungry fingers. In fact, I was irresistibly itchy all over for a few weeks there. – don't know what that was all about but e-mail me if you do.

Now, all would be well (for me) if I wasn't a silly salmon biologist getting wet with the fish in the middle of their spawning and dying season. I did a little wet suit work and handling carcasses at Kanalku on August 12 and 13 and again at Neva August 14 to 16. I was in the middle of doing this again on August 21 when I felt a little swelling and pain around my stiffening right knee accompanied by a flu-like malaise of impending doom.

At the first available doctors appointment the next day, I presented myself with red swollen skin on the inside of my right knee and a slight fever. I also presented my running with cow parsnip story, my itching all over story, my swimming with the fish story, and a past history of infection in the knee following an arthroscopic surgery. Her diagnosis was cellulitis. She had me on an IV antibiotic drip within the hour. The kind nurse in "Infusion Therapy" even faxed the prescription for a powerful antibiotic to my banker so I could get the instant over-the-counter second mortgage needed to pay for the behind-the-counter Rx.

Anyway, all would be well (for me) if this Godzilla-cillin antibiotic worked, but, by the next morning the red and swelling of cellulitis

extended to my upper thigh. After a couple of more IV infusions I was off for my 3rd mortgage and the pharmacist. Now, all would be well (for me) if the dual antibiotic cocktail worked. My kindergarten teacher would have checked "needs improvement" for the antibiotics ability to color cellulitis within the lines. Well, never in my life have I laid so flat for so long on an Olympic weekend with my eyes on the TV and mind somewhere between the disgust of drug resistant infections and exhilaration of winning Olympic gold on my only one leg. A visit back to ER and some ER phone consulting had me back to the doctor first thing Monday morning. But, before I left the house, instead of apportioning my debts to my loved ones on e-will.com, I Googled. First for "cellulites" then "cellulites" and "*Aeromonas hydrophilia*" when the third hit (www.medicinenet.com) said that "*Aeromonas hydrophilia*, *Vibrio vulnificus*, and other bacteria are causes of cellulitis that develops after exposure to freshwater or seawater."

I read that the bacterium (*Aeromonas hydrophilia* or *hydrophila*) is found worldwide in fresh, marine, chlorinated and unchlorinated waters with highest numbers in the warmer months and polluted waters. I read that this ubiquitous, facultatively anaerobic, gram-negative bacterium is pathogenic to fish and humans. In humans, *Aeromonas* wound infections are rare but are appearing more prevalent in the medical literature. I read that Cellulitis is the most frequently encountered *Aeromonas* wound infection and, get this, "These infections predominantly affect the lower limbs of middle-aged males with previous history of injury favoring infection." I resemble that remark. Knowing that finding the right antibiotic is the key, I was now armed with the one page abstract from "The Journal of Allergy and Clinical Immunology" with its specific list of antibiotics known to be active in vitro against *Aeromonas hydrophilia*.

It worked. All symptoms abated with the first *Aeromonas hydrophilia* specific pill. I so appreciated the doctors working with me on this. Now, all is well (for me). Graveside services are planned for Bob and Guy the first sunny day in September...*Just Kidding*...their running with the cow parsnip was unmemorable. Perhaps even lucky. In 1993, of 99 Crow Pass Crossing runners interviewed by the State Section of Epidemiology, 65 developed rashes. And nobody has an antidote for the scratching and burning? Any interest in a sunset to sunrise trail running club?

Lessons learned: 1) avoid Cow Parsnip, bare skin, and sun, especially in the July-August heat; 2) keep open wounds/sores out of lake, pond, river, stream water; 3) avoid scratching sores; 4) seek prompt medical treatment if you think something is wrong; 5) use reputable sites on the world wide web to assist physicians in your diagnosis and treatment; and 6) avoid middle age and past medical histories.



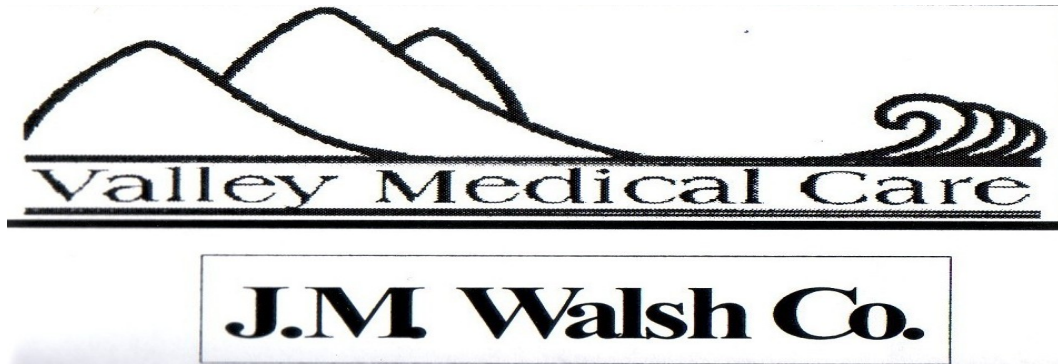
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