



Winter Newsletter 2008

2008 SERR ANNUAL BANQUET AND AWARDS JANUARY 26, 6PM DIPAC

We'll announce *2007 Empire Cup awards*
have a short meeting to approve new officers and *have fun*.

Suggestions? Willing to help?

Contact Zane Clark at 789-2538

Don't miss it!

Bring your favorite *potluck* dish to share.

(If you bring lots of people, please bring a larger dish – thanks!)

WANTED

Club President

An energetic, organized, creative runner is needed to lead our local running club. An experienced board of directors supports the president and several members are returning to serve for another year. The current president retains a role on the board to support the new president.

Race schedule/ permits/ most directors are already in place for 2008. This position will facilitate regular board meetings, liaison with the community regarding running related issues, represent the club in communicating with other organizations and respond to myriad requests for information. SERR is over two decades old with an established membership, an engaging website, and strong organizational structure (non-profit).

SERR's primary goals of 2008 will be to increase club membership (with an emphasis on Juneau's young adult runners), ensure the club remains fiscally viable and responsive to the running community within the club's means to respond.

We are looking for an innovative leader who will ensure the club retains it's longstanding positive influence in the community and who will creatively grow the club to engage more runners of all ages.

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**"There's no such thing
as bad weather,
just soft people."**

Bill Bowerman

Running at the Mouth



SPONSOR!



**VALLEY SENTRY LUMBER
AND HARDWARE**

Winter Running

By Eric Feldt

New SERR Secretary

Well, winter is here and the jolly holidays have left us ho' ho' ho'ing to the nearest gym with that same annual promise to lose those extra pounds and begin a new workout program for the New Year. Many of us will stick rigidly to a new workout program, helplessly and yet willingly letting it control our lives, until we say "Hell with it." While other people will seek a more relaxed (and sensible) approach to becoming healthier, slimmer, and even more sociable; i.e. running partners/groups. You can find thousands upon thousands of workout programs on-line and at our local gyms. As a writer for this newsletter and past-time runner I cannot fully help but to advocate the power of running. This simple sport is one of the few cheapest, healthiest and easiest ways to lose extra weight yet is probably the most detested in the US! Pair this detestation with wintry weather and I bet you'll see your neighbor driving to the nearest gym with their shiny, tennis shoes that have never seen a dirty day. If you're one of these people you'll understand why you rarely see a runner with dirty shoes in line to use the treadmill, no matter what season it is.

For those runners who completely despise the treadmill and everything it is you may skip to the next paragraph, but to those treadmill-owners and seekers please use the machine to actually challenge you. Those mundane machines can deliver,

sometimes without your control, a real ass-kickin' workout. Most of the exercise places in town have many treadmills and alike, those which elevate (hill-workout) or don't (speed-workout), those that face televisions (fooling your mind that you're actually working out while watching the Food Network), and the few facing the Channel. Running on a treadmill can be quite relaxing and calming, while escaping everything Mother Nature can throw at you, spit or shine. You may find yourself thinking about anything but running, that's fine since the machine knows what you want to do. If you are not spending your entire workout on a treadmill I highly recommend at least warming-up and cooling-down on one, you'll thank me later. There are several diverse running or walking settings and routines on a treadmill – use them, especially if you own one! Lastly, remember others and wipe the machine clean, you're not gaining (or losing) anything if you don't sweat.

Soon, an elevated track will be available at the new indoor recreation building in Dimond Park, next to the Dimond High School off of Riverside Drive in Mendenhall Valley for those who are new to the area. Indoor running tracks can be a refreshing and gratifying experience after going through the motions on a treadmill.

But, once that circular redundancy has lost its shine, the dullness can be re-illuminated in its

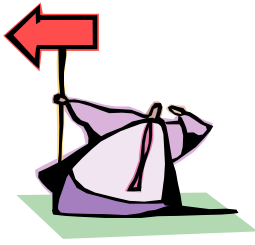
most natural setting, the great outdoors



For the non-treadmill runners and outdoor enthusiasts thank you for the patience. I will take this time to tip my hat to you all. You are what running is truly about. We've seen it all and so have those passing by held in captivity. I, too, have run in blizzards and freezing, pelting rain while squinting down path ahead. Running in cold temperatures takes a strong sense of knowing that a part of your body will be drenched with sweat while another part will be freezing from it. As long as you keep your upper torso warm (and dry), including your head, you should be fine. Hydration, sense of direction, safety, and attentiveness should be equally important as the rest of your runs.

As a new resident of Juneau and an avid runner of both trails and traffic I welcome the New Year with bottomless spirits, intriguing friends, and gluttonous amounts of food to keep us reminded why we chase the urge.

Eric is a planner with CBJ and new to Juneau's running scene. You can catch him on the run and contribute news articles for future newsletters at esf119@hotmail.com



Wanted: President (continued from page 1)

The pay is lousy but the rewards are priceless – you'll join a long list of Juneau runners and past presidents who have helped to keep our community running. Interested? Call any

board member to discuss further or if you wish to be nominated. We invite you to join the fun!

WANTED: RACE COORDINATOR

As they say, all good things come to an end and Dawn Walsh has decided to divert more of her attention to running her already successful retail outlets, Shoefly and Hudsons. Imagine the nerve: wanting to make a living! We hung on to her as long as we could as our SERR Race Coordinator but Dawn is resigning and will mentor a new Race Coordinator.

We need a highly organized, flexible new race coordinator to help up and coming race directors with their individual races. It would be great to have someone take this position with race directing experience and a desire to ensure our robust race schedule continues in Juneau. This position serves on the SERR board, helps with board oversight of our race schedule, helps with necessary forms and information to new race directors and generally is the "go-to" for directors.

If you would like to help keep SERR healthy and vibrant with new energy and new volunteers, please contact Dawn to discuss the position or any board member to volunteer.

WE NEED YOUR HELP TO KEEP RUNNING!

TEAM SURVIVOR PERSEVERANCE

"I cannot have survival as my only goal. That would be too boring. My goal is to come back in my best running form. It is good for me to have that goal; it will help me."

Ludmila Engquist
(Olympic champion hurdler
facing cancer and chemotherapy)

BOARD MEMBERS

President: Vacant

Past President: Deborah Rudis

Vice President: Jan Beauchamp

Treasurer: Jim Grammel

Secretary and Newsletter: Nominee Eric Feldt and Deborah Craig (outgoing)

Race Coordinator: Vacant, Dawn Walsh (outgoing)

EMPIRE CUP: Shawn Miller

KEY VOLUNTEERS

EQUIPMENT MANAGERS: Don Beard , Doug Weaver, & Jim Ustasiewski

WEBSITE GURU: Doug Jones

BEN BLACKGOAT SCHOLARSHIP: Reed Stoops

BANQUET COORDINATOR: Zane Clark

TREASURER'S REPORT

By Jim Grammel

In 2007, Southeast Road Runners lost \$174 compared with a loss of \$367 in 2006. On the plus side, we cut our loss in half year-to-year. But on the negative side.....well, we lost \$174! Our cash at the end of the year totaled \$8,870, so the \$174 loss is not a big deal.

Our races were all profitable, but turnout was less in 2007 versus 2008. In 2007, our race registration revenue totaled \$10,302 while in 2006, race registration revenue was \$12,188. Membership revenue was also down in 2007 compared to 2006. Membership revenue was \$1,729 in 2007 versus \$2,135 in 2006.

Our \$174 loss could have been negated with an additional twelve memberships. So take a moment right now and renew your membership. Remember, it's tax deductible as Southeast Road Runners is a non-profit organization.

Feel free to contact me by e-mail at jimgrammel@yahoo.com if you have any questions regarding club finances. See you on the road in 2008!

Jim Grammel

A Parting Message to SERR Members

By Deborah Rudis, Outgoing President

It has been a lot of fun being SERR President for these past three years. Yikes! Three years - it's definitely time for some new blood for this great organization. We are one great running club! SERR is recognized by our community as an active organization promoting a healthy lifestyle for Juneau. No matter where I travel and participate in a running event, folks are amazed at the number of running events that SERR sponsors. We have hosted over 20 events each year for as long as I can remember! Running clubs many times our size have perhaps 10 to 15 events in a year, although some of them are much larger events and cater to visitor runners. We can be pretty pleased with ourselves for the variety of runs that we direct, sponsor, or are otherwise involved with in some way. A great, HUGE thanks to all of volunteers! All race directors and their helpers need a thank you when you participate in any SERR event.

I want to especially thank the SERR Board members that guided SERR these past years – and many of whom will continue this year (if you vote them in at the annual meeting). If you have not met a board member, introduce yourself and tell us what you like or don't like about SERR. We need to hear from members to keep the club involved in the activities that *you* want. I also want to thank the equipment managers for their diligence in keeping tabs on equipment needs and race supplies.

The SERR Awards and potluck at DIPAC on January 25, is also our annual meeting. (Some of you may remember that we used to have our annual SERR meeting on the Klondike ferry trip, but now with different vessels scheduled, that is no longer happening.) So do come to this all-club event on January 26. Meet your fellow running friends, make new ones, volunteer for a race, cheer the Empire Cup Award winners and enjoy the festivities.

I am once again putting out a plea to folks to help with a couple races a year – *as you all know*, the races do not happen without your help! There will be sign up sheets available for race volunteers at the party. Also – you can renew your membership that evening, so bring your checkbook (or cash).

I know we have all had some great running experiences in Juneau, so if you want to write up a story for the newsletter, we welcome your submissions. It is fun for SERR members to hear about other runners experiences here or traveling to an out-of-town event. If you want to see older newsletters, you can check on the SERR web site, www.southeastroadrunners.org

I am also going to put in another plug for the SERR listserver, <http://groups.yahoo.com/group/SERR> or email at SERR@yahogroups.com. Sign up to get and post messages to club members. This is our venue for race announcements and any other appropriate messages and news. It is moderated so there is no junk mail – guaranteed!

With that I'll just close and say thanks to all of you for keeping SERR an active organization with many, many dedicated members. Keep up the great work and run safe.

Thanks for a great three years!

Deborah Rudis





RENEW YOUR MEMBERSHIP... OR ELSE!

Or else you won't get the newsletter and the club won't be able to pay their insurance so we can have races and we won't be able to keep our time clocks in good working order and the list goes on and on. Our races help keep you healthy. We need your help to keep SERR healthy!!

All SERR memberships for 2007 (Jan thru Dec) have expired! Unless you have already joined for 2008, please use the enclosed application to join or renew your SERR membership.

For more information, visit our web site at <http://www.southeastroadrunner.org>

See next page for membership form!

You can also sign up at the SERR Annual Meeting at DIPAC on Saturday, January 26th

Ben Blackgoat Scholarship Award

Two scholarships will be awarded this year to outstanding youth local runners who submit a winning essay.

The Scholarships, to promote running and individual growth, will be awarded to the winners as they prepare to enter college in 2008. Applicants must be senior Cross Country or Track team members and be enrolled in college for 2008.

Applications can be picked up at the JDHS career center and must be returned to SERR by Friday, February 29. A panel of judges will select, then announce the winner.

Each applicant is asked to submit an essay on the value and meaning of running in their lives.

For more information contact the JDHS Career Center and Reed Stoops (586-2817)

WELCOME NEW SERR OFFICER NOMINEE

SECRETARY : ERIC FELDT After running Track & Cross during high school back home in SE Michigan, he decided to lengthen his distance and race in a trail half-marathon in Hell, MI! During his college years, his running became more sporadic and casual. Shortly after graduation, he moved out to Juneau and began the racing season through the slush and rain. You may see him running along the streets of West Juneau or our infamous trails.

Don't Lose That Runnin' Feelin'

Stay in shape this winter!

1. Remember how hard it is to start up again in the spring.
2. It takes the body 24 hours to replenish glycogen stores—help the recovery process after a hard run by eating carbs and a bit of protein within the first hour after exercise.
3. Hydrate—dry winter runs can leave you as dehydrated as a hot summer run but don't eat yellow snow.
4. Many people run 20 degrees warmer than the ambient temperature—wear layers that can be removed as you heat up.
5. It's important in winter to make sure you're warmed up before a hard workout—particularly if you plan to run in snow (or slog through slush). Cold muscles = potential injury.
6. Run at lunch—the light keeps SAD away.
7. Grab a friend or the dog or join one of our running groups—a friend will get you out the door.

Just do it!



2008 Membership Application Waiver

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 to be on our list serve!

Membership fee for January to December 2008 (Circle one) is:

Individual = \$15

Couple = \$25

Family = \$35

Couples and Families may complete one Waiver (this form) by listing all additional family members:

SERR supports YOUTH RUNNING and we're hopeful to offset the significant expense families absorb to keep kids in sports in Juneau. Feel free to add an extra donation to support youth scholarships and race events for youth: \$_____

It's tax deductible!

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



All events sponsored by SERR unless indicated

Jan 26 SERR Potluck & Awards – Juneau

Sat Meet 6PM – DIPAC Contact: Zane Clark 789-2583
Empire Cup Awards, Please potluck dish!

Feb 16 Sweethearts' Relay

Sat Start 10AM Douglas Firehall
Two-person, 2 & 3 mi legs, Contact: John Kern 789-0903

March 15 Flannagan's Run

Sat Start 10AM Douglas Firehall
1 or 5 miles, Contact: JaneAnn Twelker 789-9895

April 5 Glacier 10K

Sat Start 10AM Mendenhall Glacier parking lot
1mi or 10K Contact: Scott May 790-4544, smay21@aol.com
SERR Sponsored, Fundraiser for JDHS track team

Apr 26 Hospice Race – Juneau

Sat Start 10AM Salmon Creek Trailhead
10K, Contact: Lori or Tony Yorba 463-3987
tyorba@gci.net, Benefit Hospice & Homecare of Juneau

May 3 Mendenhall Mud Puddle Meet – Juneau

Sat Start 9AM – Auke Lake Parking Lot
1 & 9 mile, Contact: Glenn Frick 789-7279

May 17 Lena Loop 5K

Sat Start 9 am – Lena Beach picnic area
Contact: Dan Robinson 364-2521

MAY 24 SEACOAST RELAY NEEDS DIRECTOR!

June 3 Eagle River Scout Trail 6k

Tues Race time 6PM Eagle River Trail
Contact: Zane Clark 789-2583

June 7 Spring Tide Scramble

Sat Start 9 AM – Fish Creek Bridge, N Douglas Hwy
3 & 7 miles – out & back across wetlands
Contact: Dave Thomson 586-1363, thomson@gci.net

June 14 Perseverance Trail Run

SAT - See SERR Website for details

June 18 East Glacier Trail Tangle

Wed Start 6 PM – trailhead past Garnet Street off
Mendenhall Loop Road, approx 6 miles – trails
Contact: Robert Sowers 789-7549 robert-sowers2004@hotmail.com

June 21 Ben Blackgoat Memorial Race

Running at the Mouth

Sat 9am End of Basin Road, 2,4 or 7 mile race

Contact: Paul&Diane DeSloover 586-6708 pollywog@ak.net

June 28 Only Fools Run at Midnight

Sat Start: 11:59PM – Centennial Hall
1 Mi & 5K – walk or run Contact: SAIL 586-4920 Proceeds benefit
SAIL, costumes encouraged

July 4 Douglas 2-mile Fun Run

Fri afternoon start TBD, Contact: Check SERR Website

July 9 Midsummer Night Run

Wed Start: 6 pm – False Outer Point Recreational Area
1 mile & 10K – fast course, Contact: Clayton Hawkes 790-4388

July 19 McDowell Group Governor's Cup Fun Run/Walk

Sat Start: 9 am – Court House, 4th & Main 5K
Start: 10 am kids race – 1 mile & 5K, bike path
Contact: Jim Grammel 586-6126

July 26 Mount Roberts Tram Run

Sat Start: 9 am – Mount Roberts Lower Tram
Ascend 1,800' – run up, ride down
Contact: Dirk Miller 463-6751foymil@gci.net

**Aug 2 Frank Maier Memorial Marathon & Douglas Island
Half Marathon—Certified course!**

Sat Start: 7am (Full), 9 am (Half) - Savikko Park, Douglas
One hour earlier starts available *only* for slower runners
contact: Race Director, Bob Marshall 586-6200 bobm@gci.net,
Registrations: Deborah Craig 586-6200, runjuneau@gci.net
entry forms @ www.southeastroadrunners.org

Aug 16 Eaglecrest Road Race

Sat Start: 9AM 0.5 Eaglecrest Road
5 miles or 1 mile, www.southeastroadrunners.org

Aug 30 Cancer Awareness Runs Mendenhall River School

Sat Prostate Cancer 5K Run

Start: 8AM, 5K race

Fundraiser for prevention of prostate cancer

Sat Beat the Odds Women's Race Against Breast Cancer –

Start: 9 am, 2 mile walk & 5K – race limited to females

Fundraiser for breast cancer awareness

Sept 27 Pavitt Health & Fitness Auke Bay 10K & 1 Mile

Sat Start: 9 am – Auke Rec (large shelter)

Contact: Pavitt Health & Fitness 789-7877

Nov 8 Veteran's Day 8K – Juneau

Sat Start: 10 am – Brotherhood Bridge River Trailhead

Contact: Mike McKrill 789-9116



**P.O. Box 22203
Juneau, AK 99802**

Nonprofit Organization
U S Postage Paid
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We're on the WEB
www.southeastroadrunners.org

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The difference between the mile and the marathon is the difference between burning your fingers with a match and being slowly roasted over hot coals.
Hal Higdon, "On the Run from Dogs and People"