



# Running at the Mouth

Southeast Alaska Road Runners Club

## Upcoming Races:

- \* Aug 9 (Sat) (EC)  
Treadwell Twosome Traverse  
5k for both team members
- \* Aug 16 (Sat) (EC)  
Windfall Lake Trail Run 14 miles
- \* Aug 23 (Sat) (EC)  
Eaglecrest Road Race 5 or 1 mile
- \* Aug 30 (Sat) (NS)  
Prostate Cancer 5k Run (men only)
- \* Aug 30 (Sat) (NS)  
Beat the Odds 5k run or two mile walk (women only)
- \* Sept 27 (Sat) (EC)  
Pavitt Health & Fitness 10k and 1 mile run
- \* Nov 8 (Sat)  
Veteran's Day Run 8k

## Inside the Newsletter:

**Page 1:** Races and Letter from SERR President

**Page 2:** Merry Ellefson discusses the Ben Blackgoat Essay Winners. Information on Upcoming CC Events. Frank Shorter is coming to Juneau.

**Page 3:** Dawn Walsh's recent marathon. Information on Juneau's Indoor Running Track and SERR access.

## A Letter from SERR's New President, Clayton Hawkes

I was elected at the last board meeting as your new president and was asked to provide SERR readers with a few words, including my "vision" for the future of SERR.

First, I must congratulate the current and past board and race directors for doing a fantastic job over the past year. The web site looks great and is very functional, the equipment locker is tidy, we have a full calendar and variety of races, and the club is fiscally healthy to keep things going into 2009. However, board members are feeling angst about the numbers of members, which dropped in 2006 and haven't bounced back. Membership fees are a big portion of the club's income. Numbers might be down for several reasons, but none having to do with the popularity of running. It could be the current state of the economy or perhaps the club has not adequately promoted memberships at races. Nevertheless, annual membership fees are very affordable (\$15 for individuals, \$25 for couples, and only \$35 for an entire family) and the benefits are great. We hold a huge number and variety of races for a community this size.

Second, as with most nonprofits, it often seems to be a challenge to get people to serve on the board or to direct races. SERR's current officers and race directors do an excellent job and most of them have been at it, volunteering their time to keep the running club active, for several years. However, turnover is inevitable and new blood must be recruited.

At first, it may seem a little intimidating to step up and assume a club officer position or to direct a race. Co-directing a race with a new person is a great way to break in gently. Attend our board meeting to learn more. Someone's got to do it, or else we'll lose the continuity and knowledge that is essential for the club's future. Club work takes up little time in a year: a few phone calls and e-mails, or a morning to direct a race.

*Continued on p. 2*

*SERR President C. Hawkes, cont. from p. 1*

Anyone interested in becoming more involved should get in touch with me or other board members listed on the website.

Lastly, I envision that running is going to become even more important in our lives as occupations become more desk-bound and our children become more at risk of obesity and health risks later in life. Juneau is a fantastic setting for running with all its trails and community running events. Get the kids off the couch and make the next race a family event!

**1972 Olympic Gold Medalist Frank Shorter will present  
a clinic on August 15, 6:30—8:00 p.m. at the Valley JRC  
in the upstairs aerobic studio.**

**Topic: *Keys to Lifetime Recreational Running.*  
His book will be available for purchase.**

[Coach Merry Ellefson Comments on the Winners of the Ben Blackgoat Essay Contest:](#)

Each year the cross country team joins a special group of amazing runners who happen to be even better human beings. The 2008 graduating class contributed 4 years of fun ideas, hard work, support and leadership, and we're especially proud of Ben Blackgoat scholarship winners Nathan Ord and Leigh Miller.

Nathan brought his hard work ethic and his smile to every practice. He came to practice committed to the hill climbs, intervals and watermelon-finding workouts, and he inspired others with his drive, his compassion, and the way he treated his sister/ runner Annika. Nathan will be moving on to attend Whitman University in Washington, and his dedication, curiosity, and smile will be an asset for the college community. Leigh dedicated four years to cross country and track. The team of Leigh and other departing senior girls represented JDHS with second-place finishes at competitive meets including the Anchorage Adidas Meet, the State Meets, and the Adidas Classic in Portland. Leigh's varsity squad also won the academic award two years in a row at the state meet. We wish her the best as she moves on to Miguel University in Montreal. Nathan's and Leigh's essays were published in SERR's winter newsletter and are available online at <http://www.southeastroadrunners.org/>.

#### **UPCOMING CROSS COUNTRY EVENTS**

Don't miss the zany, Toilsome Twosome relay at Sandy Beach on Saturday, August 9th. It's a fun(d) raiser for the whole family. And don't forget to attend our home meet September 20th. It's your one LOCAL chance to see these amazing Southeast Runners. See you there!

## The Inspirational Prince Wales Marathon by Dawn Walsh

This past May my son Blake graduated from college; to celebrate his girlfriend Megan and I decided to run a marathon. We set out to find a fast, flat course that was not too far away or too hot. We decided on the 9th annual Prince of Wales Marathon in Craig, Alaska. We were excited yet in for some unexpected surprises!

The day before the marathon we caught the red eye to Ketchikan and from there jumped on a float plane and landed in Craig by 10 a.m. After a day of rest, relaxation and a little shopping we headed to the pre-race banquet to pick up our race package and to listen to guest speaker, Helen Klein. Helen is 85 years old and holds numerous age group records for marathons and ultra marathons. In 2002, she set a new record for women over 80 by running her home town marathon, Sacramento, in 4:31! I was so inspired by her and excited that she would actually be running the marathon. It was the banquet that we got our first clue that it was going to be a “challenging” course. Amazingly enough we failed to research the course profile and mistakenly thought that this certified course was flat and fast.

The next morning we were picked up at our door by the local school bus and driven 26.2 miles to Hollis. Between the marathon and relay there were 300 participants.

The course was a bit hillier than I had anticipated—15 hills to be exact, and one was over 1/2 mile long.

**Do you have stories for the Newsletter?  
Contact Anne Johnson at  
[annelj0206@gci.net](mailto:annelj0206@gci.net)**

With a little assistance Helen fired the starting gun and joined us as we took off. Under normal South-east weather conditions the 9 a.m. start would have been ideal; however this Memorial Day weekend, the temps reached a balmy 78 degrees, meaning we were going to cook! Although the race was tough and we were suffering from the head and wicked sunburns, the point to point course was absolutely Gorgeous. Thankfully, the people of Craig were there to offer us their support. Volunteers cheered us on as they offered us water, Gatoraid, fresh fruit, candy and cookies. Later we would vote on our favorites— which was tough!

Our names were called as we crossed the much anticipated finish line into the park where we were greeted by more volunteers with thousands of home-baked cookies.

After the race, we attended the awards dinner and banquet where Helen presented every runner a medal and the top finishers, a cedar plaque. The POW was not the easiest marathon I’ve done, not to mention one of the hottest, but I will remember it as one of my favorites. All three of us fell in love with the town and the people of Craig and actually changed our flight and stayed an extra day. For more information on the POW marathon go to [www.powmarathon.org](http://www.powmarathon.org).

### **Juneau’s Indoor Running Track will open in September!**

**The next Club meeting is Sept. 22 at  
the new facility. SERR is contributing  
\$1000 this year and more in 2009.  
We may raise dues slightly to offset  
this cost.**

**If you are a club member you may  
run on the track for free! If not, be-  
come a member.**



**John P Bursell MD**

*Diplomate American Board  
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& Rehabilitation*

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**J.M Walsh Co.**

