



Running at the Mouth

Southeast Roadrunners (SERR)

Juneau, Alaska

Spring-Summer 2011

April 18, 2011

Trail Mix Seeks Volunteers

Trail Mix, Inc. bid farewell to George Schaaf this winter when he moved to the City as the Superintendent of Parks and Landscape. In George's four years with Trail Mix, he oversaw the completion of numerous projects including the installation of a fifty-foot



bridge over Lawson Creek on the Treadwell Ditch and the Auke Lake Trail.

This summer Trail Mix is lining up a series of projects that should prove advantageous to Juneau's runners. As soon as the snow melts, our crew will be out to connect the Under Thunder Trail from where they ended last November at the water tower road of Amalga St. to the existing trailhead at Jennifer Drive. If you haven't been out to the Under Thunder Trail, it can be accessed from the end of Valley Blvd, and is a eight foot wide compacted gravel path that leads all

the way to the Forest Service Power Line Trail that then ties into the Trail of Time at the glacier.

Mount Roberts is overdue for a face lift and we will be out there as well, rerouting the washed out areas, hardening the muddy parts and doing what we can to minimize switchback cutting and the erosion it causes. This is a project where we will need a lot of volunteer help. If you are willing to give up a few hours of your weekend to haul gravel and clear brush, we would love to have you join us. You just need to bring lunch and the



Inside this issue:

<i>Trail Mix Seeks</i>	1
<i>Running Lessons by Sarah Donohoe</i>	2
<i>Frank Maier Marathon</i>	3
<i>Running by Tyrel Kramp</i>	3
<i>2011 SERR Race Calendar</i>	4-5
<i>2011 SERR Membership</i>	6
<i>2011 SERR Membership</i>	7-8
<i>Juneau Triathlon Camp 2011</i>	8

Ben Blackgoat Scholarship Award Winners

We are pleased to announce the two winners of the Ben Blackgoat Scholarship Award, Tyrel Kramp and Sarah Donohoe. The applicants were required to submit a typewritten essay of less than 500 words explaining why they run and how they thought running would

help them to be successful adults. The successful applicants were each awarded \$500 for the academic year (2010-2011). The two winning essays are included in this newsletter. Congratulations to them in their future endeavors.



Trail Mix needs Volunteers continued

necessary southeast appropriate layers and we'll bring hardhats, gloves, and tools.

Some of you might love the straight climb up the last stretch of Mount Juneau, but for the rest of us we will be doing a reroute, throwing in a few large switchbacks and a sweeping turn that will lead to the saddle just to the east of the peak, making the climb gentler, and the decent more considerate to the knees. If you are feeling especially hearty, we will need volunteers for this project as well to

grub out the trail, saving our crew weeks of work, and allowing them to focus their energies on the technical parts of the trail.

If you are interested in coming out for any of our volunteer days keep an eye on our website or facebook page. Better yet become a member and we will contact you. Information can be found at www.juneautrails.org.

Hope to see you on the trails!

Erik Boraas

Executive Director Trail Mix, Inc.



Running Lessons by Sarah Donohoe Ben Blackgoat Scholarship Winner

I run because I love it. It didn't start out that way though. My friends persuaded me to join cross-country my freshman year at JDHS, saying it was a fun way to get fit outside of soccer season. I eagerly looked forward to interacting with the team, but found running itself grueling. Little did I know it would become my favorite school activity.

Whenever Coach Thibodeau planned a particularly difficult workout, we all faced it together, encouraging one another. Race time terrified me but I knew my teammates would be with me, running the same path, while the boys ran the sidelines cheering us just as we cheered for them. The intense support boosted my confidence.

As a junior, I began to view running not as a dreaded ordeal but as a challenge. Never one of the faster runners, I hit a personal record by a whole minute on the first race of the season. The feeling of achievement sent me soaring. I could visibly see I had improved. Running showed me hard work directly leads to improvement. In soccer, no quantifiable

number told me I was getting better from year to year. With running, it was clear. Something clicked inside me and I found complete joy in pushing myself harder and harder. The best part of running is you compete against yourself by trying to break your own record. You are not competing against other runners so much as running your own race, knowing your teammates are doing the same. Together this made us a stronger team.

I learned never to be disappointed in a run. Coach Thibodeau would tell us the only reason we placed where we did in any given race was because no one slower had shown up or no one faster had shown up. This kept us feeling accomplished for simply being there to run while reminding us that running is never a cocky or glorious sport. All you need is a pair of good shoes and a good attitude. Running is not complicated and that is what makes it beautiful to me.

My senior year I was named Captain which motivated me to improve

"Running showed me hard work directly leads to improvement."

even more. In my last season, I broke my own personal record five times—totaling a one and a half minute drop on my 5K time. It was also the season that I worked harder than ever before. The gratification of working hard, not only for yourself, but for the people you deeply care about is a life lesson that will always be with me. As I pursue my dreams, experiencing the direct correlation between hard work and improvement will aid me in persevering, just as in a race. Running taught me to work hard for results, run my own race, encourage others along the way, be humble, have a good attitude, and cherish good friends. As I make the transition into adulthood these are very good lessons to carry with me.

Frank Maier Marathon's 20th Anniversary by Brian Bezenek

This year's marathon in Juneau will be the 20th Annual running of the Frank Maier Marathon. The date of the race is Saturday July 30, 2011. The marathon starts at 7 am and the Douglas Island Half Marathon will start 9 am, with early starts available (6 am and 8 am) for both races. Stavikko Park on Douglas Island is the location of the start and finish of the race.

For anyone who doesn't feel they can run the distance, we are encouraging walkers this year on the course as well and they will be able to start at the early start, or the start time before that one with clearance of the race directors. The course is an out and back on Douglas Highway with the marathoners running past the boat launch on north Douglas Island. Multiple aid stations and portable toilets are planned for the route.

The traditional post race BBQ at Stavikko Park is planned again. In the past there has been burgers, hot dogs, and even salmon, although we normally don't know if we will have salmon until just before the races. The meal is free to the runners, and a small \$5 fee is asked of the non runners to join in the meal. The Awards Ceremony will be around 11:30 am. Early packet pick up will be held Thursday and Friday evening before the race. A no host post race party will be at Bullwinkle's Pizza Parlor Saturday evening at 6 PM. Those registering before May 15, are eligible to get their standard cotton T-shirt or a wicking T-shirt for an additional \$15. Pre-registration will remain open until July 27, with entry fees of \$40 for the full marathon and \$20 for the

half marathon. You can submit entries at both JRC Alaska clubs, Nugget Outfitters, Pavitt's Health and Fitness, or Foggy Mountain. They can also be sent by mail as well. Online entries are accepted through the Active.com website. The marathon website is located at <http://www.southeastroadrunners.org/marathon.htm>

Come on out and support your running community even if you don't plan on running the race. See you there!

Running by Tyrel Kramp Ben Blackgoat Scholarship Winner

Running is a healthy activity that keeps you active, and because of the cardio workout, you will have more energy to do things during the day. I run because I enjoy it and it will keep me in shape for football. I enjoy the feeling I get after I do some good running, I experience a different kind of relaxation, I can breathe easier, and it wakes me up.

If I continue running in my life, I think I will be able to keep me focused on my daily tasks. After I have a good run I feel like I have more energy as long as I keep moving. When I come home after workout, I have energy to do my homework, chores, and I stay focused and don't get distracted away from what I am doing at the moment.

I believe that if I keep running as

an adult, I will be a healthy individual and not become an overweight individual that will become dependent on a scooter chair in 10 years. Running will keep me from becoming lazy and keep me focused on tasks that are important. For example, my job, paying attention to my family, and possibly an instrument.

Saying I am in somewhat good shape is important to me because I like being active and I enjoy moving around and I don't want to get any fatter than I am. I also run because I plan on doing sprints for track and field as well as throwing and attempting high jump. High jump is for fun though.

I really do enjoy running. I do not run because I am forced to for any

"Running is something I do to stay in shape and socialize with others and because it's an enjoyable activity."

sport. I do it because of the great unexplainable feeling I get after I go through a hard workout. Some of my friends like to run too so I'll run with them too and then we often hang out after our run. Running is something I do to stay in shape and socialize with others and because it's an enjoyable workout.

2011 SERR Race Calendar

race calendar key:

(EC) = included in the Empire Cup Series

(R) = restricted to ages 16 and older

(P) = partner required for ages 13 and under

(NS) = not a SERR event - SERR does not sponsor fundraising events. (Race Directors are approved by the SERR Board.)

times listed below indicate the starting time of each race. Race day registration will begin about 30-45 minutes earlier unless otherwise indicated. The entry fee for most races is \$8 on the day of the race. If available, registration is \$5 at the Alaska Club (valley and downtown) until 5 PM the day before the race.

Jan 1 (Sat) – New Year’s Day

START TIME: 10:00 AM, parking garage under Douglas library

CONTACT: none, no director, this is an open fun run. DISTANCE: 4 miles or more

Jan 18 (Tue) – Tuesday Nights at the Track

START TIME: 6:00 PM, Diamond Park Field House

DISTANCE: All-comers track meet!

CONTACT: Tristan, 723-1772, tkl1289@gmail.com

Jan 28 (Fri) - SERR Potluck & Awards

START TIME: 6:00 PM, DIPAC

CONTACT: Tristan, 723-1772, tkl1289@gmail.com

Please bring a dish to share! Empire Cup Awards distributed, slideshow, life-time achievement awards, entertainment, SERR gear for purchase, official release of new SERR website, and more!

Feb 12 (Sat) - Sweethearts' Relay (EC)

START TIME: 10:00 AM, Douglas fire hall

DISTANCE: 2 mile & 3 mile legs

CONTACT: Dan Robinson, 364-2521 robid-anc@gmail.com

Feb 15 (Tue) – Tuesday Nights at the Track

START TIME: 6:00 PM, Diamond Park Field House

DISTANCE: All-comers track meet!

CONTACT: Tristan, 723-1772, tkl1289@gmail.com

March 15 (Tue) – Tuesday Nights at the Track

START TIME: 6:00 PM, Diamond Park Field House

DISTANCE: All-comers track meet!

CONTACT: Tristan, 723-1772, tkl1289@gmail.com

March 19 (Sat) - Flannagan’s Run (EC)

START TIME: 10:00 AM, Douglas Fire hall

DISTANCE: 5 miles or 1 mile

CONTACT: JANEANN AND ERIC TWELKER, 789-6800, TWELKER@ALASKA.NET

March 23 (Wed) - Race Director Clinic

START TIME: 6:00 PM, Downtown Library

THIS IS A MANDATORY CLINIC FOR ANYONE DIRECTING A SERR EVENT OR ANYONE USING SERR EQUIPMENT FOR A FUNDRAISING EVENT. OTHERS INTERESTED IN DIRECTING A RACE, OR HAVE EXPERIENCE DIRECTING, ARE WELCOME TO JOIN OR SHARE THEIR KNOWLEDGE.

CONTACT: Tristan, 723-1772,

tkl1289@gmail.com; or Paul, 586-6709, pde-sloover@yahoo.com

March 26 (Sat) - Glacier 10K and 1 Mile (EC)

START TIME: 10:00 AM, Mendenhall Glacier parking lot. DISTANCE: 10K or 1 Mile

CONTACT: Scott May, 790-4544, smay21@mac.com

Fundraiser for the JDHS track team

April 2 (Sat) - Juneau Family Health & Birth Center’s Salmon Creek Run/Walk (NS)

START TIME: 9:00 AM, Juneau Family Health & Birth Center (1601 Salmon Creek Lane)

DISTANCE: 5 K & 1 Mile Kids Run

CONTACT: Katherine Paulick, 586-1203, katherinepaulick@gmail.com

Proceeds benefit the JFHBC.

April 9 (Sat) - Waterfront Awareness Run (EC)

START TIME: 10:00 AM, Juneau Arts and Culture Center

DISTANCE: 5K

CONTACT: Paul DeSloover, 586-6709, pde-sloover@yahoo.com

Proceeds benefit AWARE.

April 16 (Sat) - Hospice Race (NS)

START TIME: 9:00 AM, Twin Lakes

DISTANCE: 5K and 1 mile run/walk

CONTACT: Lori or Tony Yorba, 463-3987, tl Yorba@gci.net

Proceeds benefit Hospice & Homecare of Juneau

April 23 (Sat) - Magnificent Mendenhall Mud Puddle Meet (EC)

START TIME: 9:00 AM, UAS Parking Lot

DISTANCE: 8 miles or 1 mile

CONTACT: Glenn Frick, 789-7279

April 30 (Sat) – Rotary Park Fun Run for Kids (EC)

START TIME: 10:00 AM, Rotary Park, Mendenhall Valley

DISTANCE: Youth choose from 1, 2 or 3 lap races around the Rotary Park Pond

CONTACT: Colleen Jardell, 364-2600, jardello@yahoo.com

May 7 (Sat) - Spring Tide Scramble (EC) (P)

START TIME: 9:00 AM, Fish Creek Bridge (North Douglas Hwy)

DISTANCE: 3 miles (out & back across wetlands) or 7 miles (out & back + Fish Creek Trail)

CONTACT: Suzanne McGee, 364-5264, takublue@gci.net

May 14 (Sat) - The Cameron Clark Memorial Run, Sponsored by NAO (EC)

START TIME: 10:00 AM, Lena Beach picnic area

DISTANCE: 5k and 1k Fun Run

CONTACT: Dan Robinson, 364-2521 robid-anc@gmail.com

May 21 (Sat) - Seacoast Relay

START TIME: 9:00 AM, at Lena Picnic Area
FINISH: UAS

Five Person Relay with varied distances

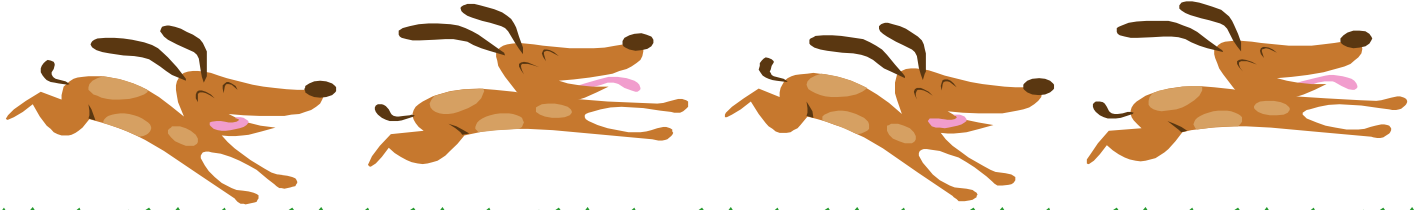
CONTACT: Sherry Tamone, 321-8559, sherry.tamone@uas.alaska.edu

June 7 (Tues) - Eagle River Scout Trail Run (EC)

START TIME: 6:00 PM, Eagle River Boy Scout Trailhead

DISTANCE: 6K

2011 SERR Race Calendar Continued



CONTACT: Zane Clark, 789-2583,
zark78@gmail.com

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

START TIME: 9:00 AM Windfall Lake Trail Head (mile 26), finish at Skater's Cabin
DISTANCE: About 13 miles
Contact: Christy Terry, christyandsean@yahoo.com

DISTANCE: 5K run or 1 mile walk
CONTACT: Southeast Alaska Independent Living, 586-4920, tlombardo@sailinc.org; registration forms/info at www.sailinc.org. Proceeds benefit SAIL, costumes encouraged!

June 22 (Wed) - East Glacier Trail Tangle (EC)

START TIME: 6:00 PM, trailhead past Garnet Street off Mendenhall Loop Road
DISTANCE: approx. TBA - trails
CONTACT: Karlynn Welling, 790-7215, rkwell@gci.net

June 25 (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

July 4 (Mon) - Douglas 2 Mile Fun Run

START TIME: 2:30pm, pre-register starting at 1:30 (No entry fee!)
DISTANCE: 2 mile run, start at the roundabout, end in front of Douglas Library
CONTACT: Paul Voelckers, 364-3265

July 6 (Wed) - Midsummer Night Run (EC)

START TIME: 6:00 PM, False Outer Point Recreational Area
DISTANCE: 10K or 1 mile
CONTACT: SALLY AND BRUCE WANSTALL

July 16 (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
1 mile race - 10:00 AM at the 5K finish area (next to the Juneau Bone & Joint Center)
CONTACT: Jim Grammel, 586-6126
james.grammel@mcdowellgroup.net

July 23 (Sat) - Eaglecrest Road Race (EC)

START TIME: 9:00 AM, 0.9 miles up Eaglecrest Road
DISTANCES: 5 miles or 1 mile
CONTACT: Anne Johnson, 523-9336, annelj0206@gci.net

July 30 (Sat) - Frank Maier Memorial Marathon and Douglas Island Half Marathon (EC)

START TIMES: 7:00 AM (Full) or 9:00 AM (Half) - Savikko Park, Douglas
1 hour earlier starts available only for slower runners and walkers
DISTANCE: 26.2 miles or 13.1 miles (certified courses)
CONTACTS: Kimberly Vaughan seejuneaurun@gmail.com or Brian Bezenek Brian.Bezenek@noaa.gov. ENTRY FORMS: www.southeastroadrunners.org

August 6 (Sat) - Sprint Triathlon (NS)

START TIME: 7 AM, Auke Lake
DISTANCE: 750 meter swim in Auke Lake, 19k bike from the UAS campus to the Glacier Parking Lot and back, and 5k run from the UAS campus out onto the Auke Lake trail and back
CONTACT: John Bursell, 789-5997
bursell@gci.net or Tracy Rivera, 463-1529
tracyrivera0@gmail.com

Aug 13 (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 - finishes at the Cross)
CONTACT: Dirk Miller, 463-6751, foymil@gci.net

Aug 20 (Sat) - Nifty 50 (R)

START TIME: 9:00 AM, Eagle River beach recreation 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 27 (Sat) - Prostate Cancer 5K Run (men only) (NS)
START TIME: 8:00 AM, Riverbend Elementary School covered playground
DISTANCE: 5K
CONTACT: Tom Thompson, 789-9193, tjomsland13@yahoo.com
Fundraiser for prevention of prostate cancer.+

Aug 27 (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 24 (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, kanani@gopavitt.com

October 15 (Sat) - Walk a Mile in Her Shoes and 5K (NS)

START TIME: 10:00 AM, Sandy Beach log shelter, Douglas
DISTANCE: 5 K and 1 mile walk
CONTACT: Paul DeSloover, 586-6709, pdesloover@yahoo.com
Fundraiser for the AWARE shelter, \$15 in advance, \$20 day of race. Door prizes and lots of goodies!

Nov 5 (Sat) - Veterans Day Run

START TIME: 10:00 AM, Brotherhood Bridge parking lot
DISTANCE: 8K
CONTACT: Mike McKrill, 789-9116

Please take this opportunity to support your local running club and join SERR!



2011 SOUTHEAST ROAD RUNNERS (SERR) MEMBERSHIP APPLICATION AND 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(s) against the Southeast Road Runners Club, the Road Runners Club of America, and all sponsors, representatives and successors of those entitled, 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 persons named in this waiver.

NAME(S) _____

MAILING ADDRESS _____

PHONE NUMBER _____

SIGNATURE(S) _____

(Parent/guardian signature for members under the age of 18)

(Date)

EMAIL ADDRESS _____

(to be used by SERR to contact you about its activities)

Membership dues for January through December 2011 (circle one):

Individual = \$15

Couple = \$25

Family = \$35

**** (Couples and families may complete one waiver (this form) by listing all members) ****

Include this signed waiver with your membership fee and send to

Southeast Road Runners

PO Box 22203,

Juneau, AK 99802-2203

SERR information: <http://www.southeastroadrunners.org/>

Announcements: <http://groups.yahoo.com/group/SERR/>

SERR Membership Roster 2011

Joel Abbott	David Epstein	De Kostenko	Jordann Moser
Gabrielle Aberle	Sharon Fisher	Jeremy Kostenko	Riley Moser
Lloyd Anderson	Gilleon Fowlkes	Jason Kostenko	Robert Mosley
Jill Anderson	Ben Gage	Karen Kostenko	Loretta Mosley
Josh Anderson	William Gardner	Gary Kostenko	Justine Muench
Cassie Anderson	Kim Gardner	Kallie Kostenko	Dawn Munoz
Carissa Anderson	Olivia Gardner	Samantha Kostenko	Bailey Munoz
Mary Ellen Arvold	Ann Gifford	Tammy Kramer	Keegan Munoz
Maria Anna Bantigue	Dean Graber	Claudette Kreuzenstein	John Nagel
David Barto	Kathleen Graber	Soc Kreuzenstein	Kskyler Nakachi
Fred Baxter	James Grammel	Kaitlin Kreuzenstein	Mark Neidhold
Susetta Beattie	Jeff Gregory	Jake Kreuzenstein	Lucy Nelson
Brian Bezenak	Heather Gregory	Gordon Kruse	Alec Nevalainen
Betsy Breneman	Madison Gregory	Richard Lam	Cydney Norberg
Steve Brown	Elizabeth Gregory	Corey Lessmeier	Connor Norman
Tia Brown	McKie Gregory	Stephen Lewis	Jennifer Norton
Darby Brown	Scott Griffith	Brian Lingle	Jessie Ormsby
Wendy Lee Burke	Dave Haas	Heidi Lingle	Vicky Orozco
Jamie Bursell	Maren Haavig	Andrea Lirette	Brenda Parnell
John Bursell	Kathy Hamblett	John Lohrey	Katie Paulick
Nick Bursell	Eileen Harrington	Emilyanne Lohrey	Sara Peacock
Zack Bursell	Harold Heidersdorf	Michael Lohrey	Catherine Peimann
Greg Busch	Jennifer Heidersdorf	Elena Lohrey	Sara Plotnick-Epstein
Lauren Busch	Samantha Heidersdorf	Diane Lohrey	Beth Potter
Katie Busch	Nicholas Heidersdorf	Rosary Lombardo	Michelle Prebula
Cathy Carney	Noah Heidersdorf	Christian Luna	Mark Pusich
Jan Caulfield	Ken Hoff	Deanne MacPhail	Carrie Pusich
Zane Clark	Kurt Hopewell	Carol Mahara	Jeffrey Pusich
Wayne Coleman	Bryce Iverson	Karen Maher	Hailey Pusich
Charity Coleman	Tara Jeans	Jim Marcotte	Jack Raster
Logan Coleman	Ken Jensen	Darcy Markovich	John Raster
Selena Coleman	Kim Jensen	Pat Marlin	Olivia Raster
Jillian Coleman	Kade Jensen	Bob Marshall	Sara Raster
Deborah Craig	Kwynn Jensen	Michele Masuda	Kim Rivera
Leslie Daughtery	Nancy Jones	Carol May	Tracy Rivera
Christine Dellow	Matt Jones	Mikayla May	Alan Rogers
Paul DeSloover	Katie Jones	Scott May	Lisa Rollin
Diane DeSloover	Addi Jones	Melissa McCormick	William Rosky
Meghan DeSloover	John Jones	Suzanne McGee	Deborah Rudis
Paul Dick	Nancy Jones	Heidi McKeown	Jordan Russell
Victor Djajalie	Emily Kane	Sean McKeown	Ashley Russell
Elizabeth Djajalie	Ashlynn Kay	Mike McKrill	Jed Salazar
Gerry Donohoe	Keela Kelly	Kelly McLean	Michael Schlechter
Rachel Donohoe	Michael Kelly	Breea Mearig	Jennifer Schlechter
Sarah Donohoe	John Kern	Gene Miller	Benjamine Schlechter
Jesse Echave	Matt Knutson	Shawn Miller	Erik Schlechter
George Elgee	Tristan Knutson-	Phillip Mitchell	Michaela Schlechter
Lindsey Ellingson	Lombardo	Fritz Moser	Jarvis Schultz
Khalif English	Shirley Kohls	Patty Moser	Tom Sears

SERR Membership Roster 2011

Continued

Jacob Sears	Kim Titus
Jared Sears	Fred Triem
Jaden Sears	Jim Ustasiewski
Kevin Sellers	Kimberly Vaughn
Ethan Sellers	Larry Vaughn
Annika Sellers	Nick Vogt
Shana Sellers	Terry Vrabec
Savana Sellers	Stephanie Walden
Jie Shao	Jennifer Watson
Dean Shimabukuro	Hugh Watts
Jeren Paul Smith	Jeffrey Watts
Tyra Smith-	Danith Watts
MacKinnon	Abigail Watts
Paul Sprenger	Isabelle Watts
Grace Stauffer	Scott Watts
James Steeves	Elanor Watts
Ann Steinman	Richard Welling
Charlene Steinman	Karlynn Welling
Danielle Steinman	Sebastian Welling
Derec Steinman	Naomi Welling
Scott Steinman	Audrey Welling
Libby Sterling	Mallory Welling
Daniel Stickel	Melanie White
Elizabeth Stickel	Adam Wilkinson
Jack Stickel	Elizabeth Williams
Lorraine Stickel	Shane Williams
Betty Stidolph	Ben Williams
Bob Stone	Joshua Williams
Reed Stoops	Gabriel Williams
Mike Sturrock	Ivan Williams
Martin Suzuki	Billy Williams
Wilson Suzuki	Sandra Woods
Maxwell Suzuki	Lisa Worden
Shafer Suzuki	Angela Wright
Ben Tamone	John Wright
Mali Tamone	Nicolas Wright
Bob Tamone	Glenn Wright
Sherry Tamone	David Wrightson
Rick Thibodeau	Angie Wrightson
Gail Thibodeau	Reuben Yost
Guy Thibodeau	Teresa Young
Matthew Thompson	Anne Zenger
David Thomson	
Cathy Tide	

Juneau Triathlon Camp 2011

by Sandi Woods

Last Sunday, a number of your fellow Juneau athletes participated in a Sprint Triathlon sponsored by the Alaska Peace Officer's Association to raise money for Special Olympics.

This sprint triathlon included a 500 yard (10 laps) swim in the pool, a 12 mile bike course and a 5K run.

The weather was typical for a Juneau event, we experienced rain, sleet, snow, wind and a little bit of sunshine out on the course. Seventeen of us who participated have been training in a triathlon camp coached by one of Juneau's own Ironman triathletes, Tracy Rivera.

Tracy's triathlon training camp, Orca Multisport, starts in January and consists of two groups, the first one with 30 participants, meets on Sunday night for beginning triathletes and the second group with 25 participants meets on Monday night. Those of us in the Monday night camp have a few triathlons under our belt and want to work on generally learning better training skills and just enjoy the group training dynamic. We work on our swimming, biking and running skills and of course the dreaded transitioning brick from bike to run. Anyone who's participated in either a duathlon or a triathlon knows about the dead legs feeling that occurs when you get off your bike and head out for your run.

Both groups of Tri-Camp participants are training for a wide spectrum of triathlons from Sprint to Ironman distances. Some of our upcoming races include the Boise half ironman, Kona Half Ironman, Lavaman Olympic, Gold Nugget (Anchorage) Sprint and of course, Juneau's very own Aukeman Sprint Triathlon. In case you're interested in attending next year's tri-camp, you can contact Tracy Rivera at tracyrivera0@gmail.com. If you think you'd be interested in participating in a triathlon, try the Aukeman in August, you can register online at <http://aukeman.weebly.com>.





PO Box 22203

Juneau, AK 99802

southeastroadrunners.org

J.M. Walsh Co

MR V ARCHITECTS

PAUL VOELCKERS

ROBERT MINCH

