

18 September 2010

48th Annual Equinox Marathon & 21st Annual Marathon Relay

sponsored by:

**Banner Health Fairbanks Memorial Hospital
Yukon Title Company, Inc
Pump House Restaurant & Saloon
Equinox Orthopedic Physical Therapy
Dr. Christopher Henry DMD MS PC**

Registration Information

Entry forms available at the UAF Athletic/Campus Recreation counter in the Student Rec Center, Beaver Sports and Equinox Orthopedic Physical Therapy. Drop off entries at Beaver Sports, Equinox Orthopedic Physical Therapy or mail in entries to the following address:

Steve Bainbridge, Race Director
Running Club North
P.O. Box 84237
Fairbanks, Alaska 99708

All mail-in entries must be postmarked by Sept. 7th. Register on-line at: <http://www.active.com>

Entry Fees

Through September 7th	\$ 40
September 8th – 16th	\$ 45
Sept. 17th– Friday All Day	\$ 50
Race Day Registration (Individual only–no Relay Team registration)	\$ 60
RCN members deduct \$5 from entry fee!	

Race Information

Tuesday, September 7

Bib Pick-up and Spaghetti Feed at the Pump House Restaurant 5:00 – 8:00 pm

Friday, September 17

Bib Pick-up and Spaghetti Feed at the Pump House Restaurant..... 5:00–8:00 pm

NOTE: T-SHIRT SIZE SUBJECT TO AVAILABILITY

Saturday, September 18

Bib Pick-up at UAF Patty Center Gym 6:00–7:00 am

Marathon Pre-race instructions at Patty Center 7:30 am

Marathon & Relay Start 8:00 am

Potluck Dinner at University Community Presbyterian Church Fellowship Hall 6:30 pm

Awards Ceremony at University Community Presbyterian Church Fellowship Hall 7:30 pm

START & FINISH: UAF Patty Center athletic field

Call Steve at (907) 452-8351 with any questions or email to runner49@alaska.net

There will be approximately 9 water and PowerAde replacement stations along the course and at the finish line. (Support services along the course and at the finish will be phased out by 4:00 pm.)

Showers are available in the Patty Center after finishing. Entrants must present their bib number to the attendant.

Spaghetti Feed

In conjunction with the bib pickups on September 7th & 17th, there will be a spaghetti feed at the Pump House Restaurant, 1.3 Mile Chena Pump Road. This will be a fund-raiser for the Running Club North Equinox Marathon. Adults \$10, Children (14 and under) \$5. All you can eat. All runners and friends are welcome.

All-Time Top Twenty Men

Stan Justice	2:41:30	1984
Patrick Cross	2:42:20	1983
Bob Murphy	2:46:05	1980
Mike Kramer	2:47:02	2005
Kevin Brinegar	2:47:29	1999
Matias Saari	2:49:22	2005
Harald Aas	2:50:12	2008
Daniel Shaw	2:51:26	2002
Everett Rubel	2:52:11	1981
Audun Endestad	2:52:37	1983
Guy Thibodeau	2:53:05	1982
Ole Kristiansen	2:53:59	1976
Gordon Pospisil	2:54:08	1991
Mike Johnson	2:54:27	1986
Kurt Karwoski	2:54:39	1980
Stian Stensland	2:54:50	2009
Arian Gelling	2:55:50	1978
Dan Callahan	2:56:13	1980
Eric Skidmore	2:57:16	1980
John White	2:57:17	1985

All-Time Top Twenty Women

Susan Faulkner	3:18:16	2002
Jane LeBlond	3:19:59	2002
Julie Udchachon	3:20:24	2005
Laura Bosius	3:20:41	2008
Shelley Johnson	3:21:07	2007
Tina Devine	3:21:21	1998
Denise McHale	3:24:13	2007
Nancy Felix	3:25:19	1989
Mari Shirazi	3:25:32	1995
Linda Huyck	3:28:17	2002
Sue Chapman	3:30:15	1985
Kat Betters	3:30:26	2001
Kristen Bartecchi	3:30:34	2000
Michelle Mitchell	3:31:35	2002
Melissa Lewis	3:32:38	2009
Charity Walker	3:33:28	2009
Bobbi Fyten	3:33:30	1986
Blythe Pospisil	3:34:12	1991
Pat Kling	3:35:52	1982
Heidi Harbison	3:36:28	1998

Register Online:
<http://www.active.com>



Check out the Running Club North website:
<http://www.runningclubnorth.org>

and the Equinox Marathon website:
<http://www.equinoxmarathon.org>

Marathon Awards

Overall: Top 5 men and top 5 women.

Age Class: Top 3 men and top 3 women in each class.

Age Classifications (on race day)

Men & Women		
17 & under	40-44	60-64
18-29	45-49	65-69
30-34	50-54	70-74
35-39	55-59	75-79

All runners and hikers finishing before 6:00 pm (under 10 hours) receive Equinox Marathon patches.

Spirit of the Equinox Award

This award is given to the person who has demonstrated sportsmanship, enthusiasm, and the spirit of the running community. This award is in memory of George Bloom and typifies his love of the Equinox.

Past Recipients:

1986 Stan Justice & Bob Murphy
 1987 Mike Faverty
 1988 Dorothy-Sue Barclay
 1989 Jack Townshend
 1990 Corky Hebard
 1991 Dave Bloom & Joy Bloom
 1992 Allen Doyle
 1993 Debbie Bloom-Ganley
 1994 Dan Callahan
 1995 Bobbi Fyten & Guy Williams
 1996 Pat Kling
 1997 Colleen Gordon & Ron Johnson
 1998 Jane Parrish
 1999 Bob & Sharon Baker
 2000 Steve Bainbridge
 2001 Jane Lanford
 2002 Dave & JoEllen Cowee
 2003 Kevin Brinegar
 2004 Bob Eley
 2005 John Estle
 2006 Woody Wenstrom
 2007 Keith Pollock
 2008 Robert Hildebrandt
 2009 Jim Loftus

Course Information

The course starts at the Patty Center athletic field and immediately climbs the university sledding/ski hill. The course then follows a scenic loop north of the university along heavily wooded running and ski trails to the bottom of Ester Dome. From there, runners climb nearly 1800' over the next 4 miles to the top of Ester Dome where they begin an out and back route along hilltops and valleys. The final 9+ miles of the course descend along dirt trails and paved roads. If it is not snowing, the fall colors and vistas from atop Ester Dome make the Equinox a scenic marathon. It is also considered one of the most challenging and difficult in North America!

Hikers follow the same course as runners. The hikers category was once very popular, attracting more than 1,000 entrants during the late 1960's.

FAQ's (Frequently Asked Questions)

- Is the Equinox Marathon a "Boston Qualifier"?
 No – in fact, typically you should take your flatland marathon time and add 1/2 hour to get an approximation of your Equinox time.

Awards Ceremony

The Awards Ceremony will be held at the University Community Presbyterian Church Fellowship Hall. Doors open at 6:30 pm the evening of the race. This is a potluck at 7:00 with pizza provided. Awards presented at 7:30pm.

Prize Money

\$200 to any female runner that breaks the women's record time of 3:18:16

and

\$200 to any runner that breaks the men's record time of 2:41:30

and

\$600 to any relay team that breaks the men's record time of 2:41:30

Marathon Relay Information

NEW THIS YEAR!

Shuttle busses to both exchange zones!

The Marathon Relay is held as an integral part of the Equinox Marathon (same course, same starting time, entry, bib pick-up, deadlines, etc.) Relay runners do not receive Equinox Marathon patches. Relay legs are 8.4, 8.6, and 9.2 miles, respectively.

1. Exchange Zone 1 is located near Ann's Greenhouse at mile 8.4. Exchange Zone 2 is located atop Ester Dome at mile 17.
2. Participants for the 2nd and 3rd legs must check in at the exchange zone table 5 minutes prior to beginning their individual leg of the relay.
3. Relay runners are strongly encouraged to ride the shuttle bus to and from their exchange zone. Vehicle access is limited at each exchange zone.
4. All relay runners must wear their bib number so it is visible at each exchange zone.
5. Marathoners may NOT participate in the Relay.
6. Awards will be presented to the top 2 teams in each category.
7. Relay Race Categories

Men under 40	Men 40 plus
Women under 40	Women 40 plus
Mixed under 40	Mixed 40 plus

All team members in the 40+ category must be 40 or older.

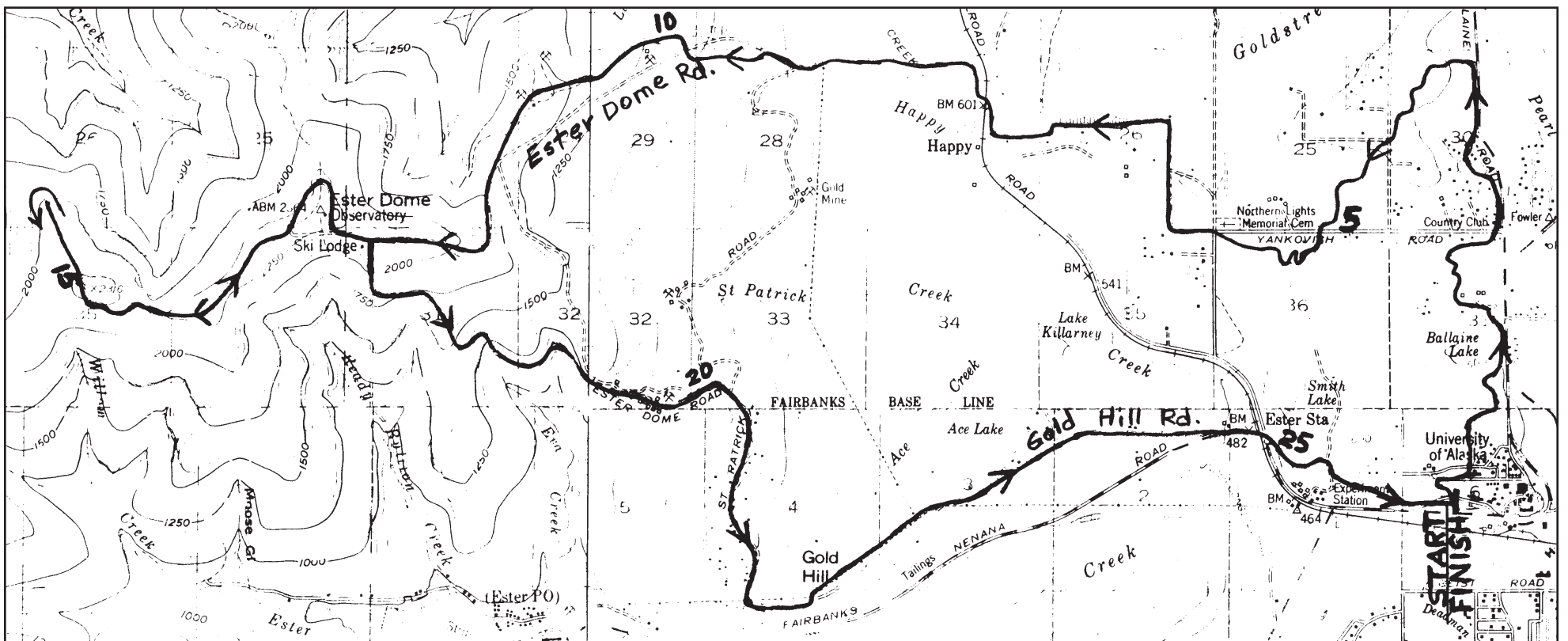
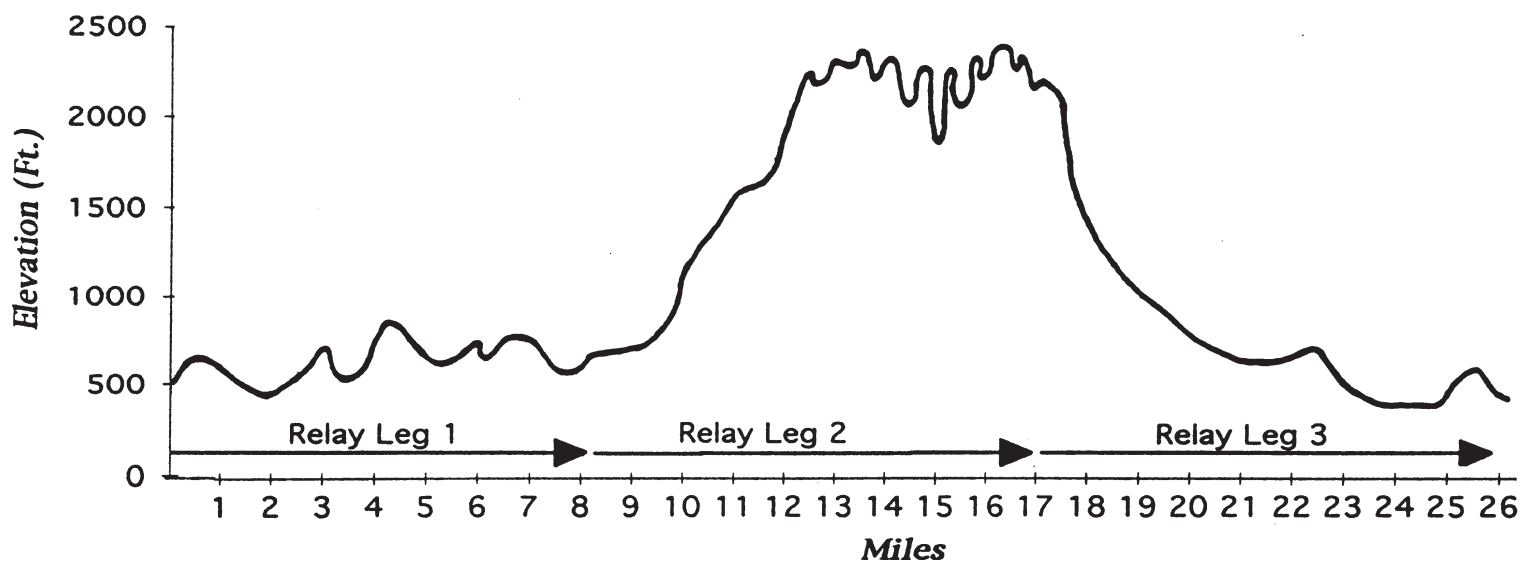
Course Tour

Equinox Marathon Course tour!
 Friday September 17th from 1:00 to 3:00 pm.
 Cost is \$10 --- Meet at the Patty Center steps
 Must Pre Register

A special thanks for helping with communications and course safety goes to:

University Fire Department
 Chena Goldstream Fire & Rescue

Equinox Marathon Course Profile



2010 Equinox Marathon & Relay Entry Form

Bib Number

INSTRUCTIONS: Please print legibly. **You must provide date of birth.**

Last Name	First Name	MI
Mailing Address		
City	State & Zip Code	Email
Phone	Sex M F	<u>Date of Birth</u> / /
	T-Shirt Preference S M L XL	
Emergency Phone	Note: shirt size subject to availability	

COURSE TOUR ---- 1:00 – 3:00 pm, Friday, September 17th. Meet at the Patty Center steps

Fee for course tour: \$10 per person ... please indicate number of course tour participants

Entry Fee is non-refundable	On or before September 7 th bib pickup	September 8 th through September 16 th	Friday, September 17 th	From 6:00-7:00am on race morning, Saturday September 18 th
Race Fee	\$40	\$45	\$50	\$60

- Make checks payable to "Equinox Marathon Fund." **Deduct \$5 from entry fee if RCN member!**
- Entries can be dropped off at Beaver Sports or Equinox Orthopedic Physical Therapy or they may be mailed to Steve Bainbridge, c/o Running Club North, P.O. Box 84237, Fairbanks, AK 99708. Mail-in entries must be postmarked by Sept. 7th
- Registration available on-line at <http://www.active.com>

Race entrants, by signing this entry form, give permission to have their photograph or videotape image used in printed and electronic publications, or video broadcasts, or any similar electronic means. Race entrants also give their permission to have medical information transmitted by emergency response personnel on race day.

RISK WAIVER

I, the undersigned, know that the Equinox Marathon and Relay are events which carry the risk of personal injury. I know that there are natural and man-made obstacles and hazards, surface and environmental conditions and risks, which in combination with my actions can cause severe or even fatal injury. I also know that there will be traffic on the course route, and I assume the risk of running in traffic. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions and hazards, and in the event the race is canceled or postponed, I am responsible for any costs I have incurred to attend the race, including travel expenses. I also agree that I, and not the race officials or the volunteers, the University of Alaska, the Alaska Railroad Corporation, the State of Alaska, Running Club North, RRCA or other sponsors of the events, am responsible for my safety while I participate or train for these events. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature: _____ Date: _____

Parent Signature (for entrants under 21 yrs. old) _____ Date: _____

For Relay Teams:

Relay Team Name: _____ [leg # _____]

Relay partners [specify leg #] _____ leg # _____ & _____ leg # _____

- Each relay team member must complete a separate entry form and pay an entry fee.