



# Alaska Winter Stars



*Champions for life*

## 2008 Summer recap

2008 has been a great summer for the Alaska Winter Stars group. The group just came off of one of the best winters ever in terms of race results and fitness goals met. The juniors did very well at the World Junior Championships, the Scandinavian Cup, and the Arctic Winter games and also at the 2008 Junior National Championships here right here in Anchorage. The seniors and masters had a great season of racing in the AMH Anchorage Cup series, the Alaskan marathon races, and several AWS masters even medaled at the Masters World Championships. Some of the masters even conquered the tremendous challenge of getting back into shape! Good Job! Talk about a great end to one season and a good reason to train for the next ski season coming up right around the corner.

It must be the lack of that thing called sunshine, but the AWS athletes and coaches seemed to have trained harder than ever this summer, and had a ton of fun at the same time. Without providing fun and diverse training schedules, even the most dedicated of athletes can become bored and lose focus. That has not been the case here. From the younger juniors to the older masters, AWS strives to make training fun, while at the same time helping everyone to achieve their training goals. Below is a recap of some of the fun activities on top of the everyday training sessions.

After the "ski racing" season officially ended, winter kicked in and it really started to snow in April. That led to lots of Powder days skiing in the woods and up in the mountains. There were some great spring skiing tours on the weekends and even a rare sunny day in May crust-skiing up at Glen Alps that made it onto [www.Fasterskier.com](http://www.Fasterskier.com) courtesy of Eric Packer. For those that were into Telemark skiing, there was some great on-your-own training to be had in April and May. May's big event for many of the AWS women was the Gold Nugget Triathlon, a women's only event with over 1,200 racers. June's special activities started off with the "Roll for the Waves" Roller ski race around the Park Strip in Downtown Anchorage in conjunction with the Alaska Oceans Festival. It was a great party to attend and a fun time to be had by all. In the middle of June, the juniors went on a weekend camping trip to Eklutna Lake and had a blast running and kayaking around the lake. June's big activities ended with a fun time at the Mayor's Marathon. Junior Lex Treinen had an awesome race and finished 5<sup>th</sup> overall and right behind the leaders. In a tough race, that was not too bad for a guy just out of high school. Lauren Hess deserves a lot of credit for organizing our Mayor's feed Station at Mulcahey Park. Thanks to Lauren and her creative costume ideas, AWS even won the prize for the "best feed station," which earned AWS an extra \$500! (See the pictures our web page.)

July was a really big month for the entire AWS group. It started off with a bang on the 4<sup>th</sup> and then went immediately to Sheep Mountain for the start of the Fireweed bicycle race across Alaska. The event featured 50, 100, 200, and 400 mile races, and had over 700 racers this year.

The 200 miler had the biggest field and finished in Valdez, while all the other races finished back in Sheep Mountain. Many of the juniors, seniors and masters athletes participated and had a great time. Congratulations to all finishers in the race, and a big congrats to Junior Greta Anderson, who won the 100 mile solo time trial in convincing fashion. The 2 man team of juniors Cole Talbot and Eric Packer placed 2<sup>nd</sup> in the 200 mile relay and the 4 man team containing seniors Mike Hinckley and Zach Melms placed 1<sup>st</sup> in the 400 mile race and had the fastest overall time this year. Even coach Jan Buron raced, teaming with master Ira Edwards in the 200 mile race. While they did get beat by a couple of AWS teams, they did break the 10 hour barrier and place pretty well overall. That is a tough feat for 2 big guys...



2008 Roll for Waves

The next week started off with the USSA Regional Elite Group Development camp at Hatcher Pass. Almost the entire Junior Elite team participated, and USST development team coach Pat Casey said that the Alaska Winter Stars juniors were some of the fit and mentally prepared he has seen all year in visiting the REG camps around the country. Next on the activities list was the 25<sup>th</sup> annual Crow Pass Crossing, a marathon length wilderness event running over the mountains and through the rivers from just outside of Girdwood to the Eagle River Nature Center. Junior Max Treinen placed 3<sup>rd</sup> overall in his second attempt at the event, a huge improvement. Senior Mike Hinckley earned Rookie of the Year status and masters Chris Woods and Ira Edwards raced in the middle of the pack as rookies this year. Finally, July's activities ended with the Potter Valley Hill Climb Rollerski race. Our juniors showed again that they can hang with the top skiers in the country for a long time and our masters again put in solid performances.



**CCAK Elite Team at Hatcher Pass**

Now it is August, which means we are heading towards fall and our activities are not done yet. The Cuddy Park roller ski race is Saturday, August 23 and will be part of the official reopening of Cuddy Park. The "pursuit" morning classic distance race and afternoon skate sprint race courses both take advantage of the new speed skating oval. We hope many AWS race and our excellent volunteers help out with this event even though Jan will be in Poland during that time. The last roller ski race will be the

Kincaid Stampede in September. Because of our busy summer, the AWS "summer" BBQ will be in September this year and we look forward to even more weekend hiking adventures.



Staying fit in the fall transition period is very important, and you must remember to keep up on your core and upper body strength, along with the running, rollerskiing and biking you do. Keep training and check our website at [www.alaskawinterstars.com](http://www.alaskawinterstars.com) for more details. The fall training session starts right after Labor Day, so remember to be there and start thinking about SNOW... Remember, you are all "Champions for Life!"

**Cuddy Family Midtown Park Grand Opening Rollerski race, August 23**

## Thank you to all Alaska Winter Stars Supporters!

We want to send a big THANK YOU to all the athletes, Booster Club, parents, spouses, friends and sponsors who have supported AWS this year. Without your help, we could not do what we do. You support the athletes every day through fundraising efforts, event help, and just being there for us. THANK YOU for supporting our dedication and hard work!

At several events around Alaska, the Alaska Winter Stars help out in event timing and with feed stations. These events act as both a community service and a fundraiser for the club. We use this money to buy waxes and to give our athletes as much support as possible as they train and race to the best of their ability. We would like to thank the following people for their help in organizing and volunteering at these events. Please forgive us if we forget someone:

**Gold Nugget Triathlon Feed Station:** (Our volunteer helped AWS earn \$1,000 for this race)

Phyllis Roger, Coordinator; Jill Hess, Lies Packer, Robin Kornfield, Tamra Kornfield, Jerry Cosgrave, Pam Mamrol, Bruce Talbot, Jay Butler, Narda Butler, Vanya Butler, Heidi Rogers, Megan Ryan, Ali Butler, Eric Packer, Scott Patterson, Steve Ryan, James Crimp, Steve Patterson, Greta Anderson, Tyler Kornfield, Neil Liotta, Janet Dougherty, Kyle Todd, Cole Talbot, Silas Talbot, Bruce Ross and Lex Treinen.

**12K Twilight Timing Crew:** Jane Sauer, Coordinator; Ed and Robin Kornfield, Pam Mamrol, Lies Packer, Steve Patterson

**Roll for the Waves Rollerski race:** (Thanks to our wonderful sponsors and all our volunteers and racers, AWS made almost \$2,000 on this race)

Jane Sauer, coordinator; Jay Butler, Narda Butler, Steve Patterson, Robin Kornfield, Ed Kornfield, Celia Rozen, Pam Mamrol, Lies Packer, Paula Cullenberg, Judy Kanady, Randy Kanady, Kathy Hagen, Anne Monaco, Andy Monaco, Janet Dougherty, James Dougherty, Aliesha Todd, Shane Todd, Bruce Talbot, Bob Glen, Peter Crimp, Paula Cullenberg, Pam Dunlap-Shohl, Marta Ziembinska

**Mayor's Marathon:** Lauren Hess (we also won the costume contest at this event for the feed station with the "wildest" outfits. That was a \$500 Prize for AWS in addition to the \$500 that each feed station received!!!)

Lauren Hess, coordinator: Steve Patterson, Jack & Debbie Anderson, Jill Hess, Pam & Andy Mamrol, Lies Packer, Aliesha Todd,

**Fireweed400 Bicycle Race Feed Station and Timing Crew:** (last year AWS received \$2,500 from this race); Phyllis Rogers, Pam Mamrol, and Jane Sauer, coordinators; Chris Kennedy, Kelsey Coolidge, Shelley Coolidge, Jill Hess, Ed Kornfield, Robin Kornfield, Pam Mamrol, Max Shayer, Nick Treinen, Marta Ziembinska-Buron  
Feed station: Pam Mamrol-coordinator; Vanya Butler, Anne Monaco, Andy Monaco, Mary Beth Falcone, Anna Price, Maggie Price, Mike Price, Peter Mamrol, Forest Tarbath, Bruce Ross, and Phyllis Rogers.



2008 Mayor's Marathon

**Cuddy Park Rollerski Race (August 23<sup>rd</sup>):** Jane Sauer (this is a Parks & Rec race and not a fundraiser for AWS)

**The Following Companies and Organizations have supported us as well this year:**

**Rossignol (LOGO):** Rossignol has provided top level skis, boots, bindings, poles and equipment for testing waxes and structures to AWS and they support many of our top Junior and Collegiate athletes in achieving their skiing goals.

**TOKO (Logo):** TOKO provides us with the best waxes and ski tuning tools to allow our athletes to perform at their best.

**Alaska National Insurance Company  
Orthopedic Physicians Anchorage  
Manley & Brautigam  
Alaska Mountaineering & Hiking  
Municipality of Anchorage**

## **Cuddy Family Midtown Park Grand Opening Rollerski race, August 23**

Jane Sauer is helping to organize this race at the grand opening of the new and remodeled Cuddy Family Park in Midtown. It is a Fantastic park right in the middle of our city and this event is a great showcase. The event will feature a classic distance race and a sprint relay. Everyone should put in on their calendar and show up for the event, as there will be a lot of other people at the event. As it is the Grand Opening of the new park, there will be members of the Cuddy family, the Mayor and other Politicians and Civic Leaders, as well as newspapers and TV news crews on site. This is your chance to be famous by participating!!!

Keep watch for upcoming details and if you have any questions on the event, email Jane at [sauerjane@gmail.com](mailto:sauerjane@gmail.com)

## **AWS Clothing and Uniform orders**

AWS has ordered some very nice insulated winter parkas from Rossignol and we will have the AWS logos put on them. The cost to all AWS athletes and families will be \$150.00 and they will be ready to go by the time snow is here. Jan has a sample jacket that he got this winter if you wish to see the quality again.

We will be putting together another order for AWS Warmups from TOKO this fall. It will be the same jacket and pants that you saw on many of us this last season, and it is one of the nicest sets of gear we have ever had. An order form will be coming out soon.

Thanks to Tyler Kornfield for design work on the AWS cycling uniforms this summer. Who knows, we may just see his work on other AWS gear in the future...



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## **Congrats and good luck to AWS athletes that Graduated and are heading to college.**

Lex Treinen – University of Alaska Anchorage (UAA)

Amy Glen – UAA

Rachelle Kanady – UAA

Cole Talbot – University of Vermont (UVM)

Caitlyn Patterson – UVM

Eric Packer – Dartmouth

Wiley Dunlap-Shohl – Dartmouth

Ali Butler- CU

Megan Ryan-DU

Brian Kirchner-Williams

Dana Tower-Middlebury

Heidi Rogers- MSU

Brenna Egeland-MSU