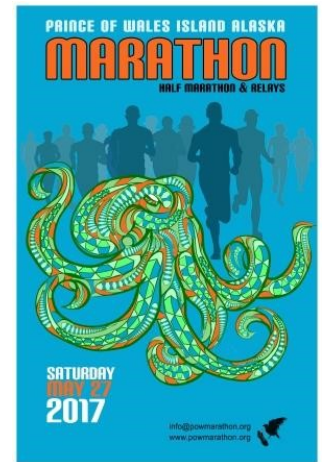


# Chamber POWer

PRINCE OF WALES  
CHAMBER OF COMMERCE

SPECIAL MARATHON EDITION  
MAY 2017



## ***From the Chamber Office!***

***The Prince of Wales Chamber of Commerce is one of the many proud sponsors of the 2017 Marathon, Half Marathon and Marathon Relays. This special edition newsletter is just one of the ways we support this annual event.***

***Enter into these pages to find the jam-packed list of events happening during the Memorial Day weekend. These articles are just a sample of what the participants will find featured in the Race Program booklets!***

***Whether you are a runner/walker or spectator, you are invited to participate in all of the supporting events.***

***Start at Race Headquarters on Friday, May 26th at 6:00 p.m. for the annual carb loading Spaghetti Feed and motivational speaker Carlyn Shaw at 7:30 p.m.***

***The day ends with the popular Heads or Tails game with a coveted prize and thanks for spending the evening with us.***

***Join an excited crowd of runners and walkers at the starting line at 8:00 a.m. on Saturday, May 27th. They will meet under the arch at Craig High School! Come and add your cheers to give them all a great send-off! For the very first time, this year the start will be livestreamed on the Prince of Wales Island Facebook page, compliments of Johnny Rice of Tongass Communications.***

***Drive carefully along the route on Saturday for the safety of our 350+ participants and more than 100 volunteers!***

***Honk your appreciation to all the faithful volunteers who will be on the roadsides cleaning up the marathon miles before race day! Some started in April before the grass and the skunk cabbage hid the target of their efforts.***

***Participants will receive their medal at the finish line upon completion of their event!***

***Lanyards will be the same for all events. In addition, each finisher will receive a pin corresponding with their event...to wear or place on the lanyard!***



# Prince of Wales Island

## Marathon Race Weekend Schedule

### Friday, May 26

**2:00-8:00 p.m.**

**Race Packet Pick-Up—CTA Hall**

**2:00-8:00 p.m.**

**Registration at CTA Hall in Craig**

**6:00-7:30 p.m.**

**Spaghetti Feed—CTA Hall in Craig**

**7:00 p.m.**

**Opening Ceremonies at CTA hall in Craig**

**7:30 p.m.**

**Guest Speaker Carlyn Shaw**

### Saturday, May 27

**7:00 a.m.**

**Participants Check-in opens at Craig HS**

**8:00 a.m.**

**Official Start for all participants—Craig HS**

**10:00-5:00 p.m.**

**Quilt Show—Craig High School Gym**

**11:00-3:00p.m.**

**Mini-massages at Craig High School Lobby**

**11:00-4:00 p.m.**

**Local Seafood or Burger Feed**

**at Finish Line—Free for participants**

**Hamburgers may also be purchased by  
non-participants**

**1:00-4:00p.m.**

**Dash and Splash at Craig Aquatic Center**

**6:30 p.m.**

**Awards Ceremony, Prize Drawings—CTA Hall**

**Veggie and Fruit platter, dessert, and**

**Beverages prepared and presented by**

**St. John by the Sea Catholic Community**

**9:00 p.m.**

**Celebration Party at Hill Bar-Adults only**

### Sunday, May 28

**10:00—4-00 p.m.**

**Quilt Show—Craig High School Gym**

**3:00 p.m.**

**Raffle Drawing at Quilt Show**

**OVER \$5000 WORTH OF RAFFLE PRIZES AND DOOR PRIZES WILL BE AWARDED**

**TO LUCKY WINNERS AT THE AWARDS CEREMONIES**

**SATURDAY, MAY 27TH AT THE CTA RACE HEADQUARTERS**

## AID STATION SPONSORS



Start/Finish Area: Craig HS Honor Society

Aid Station 1: Betty's Hair & Nails

Aid Station 2: Melendrez Chiropractic Clinic & Moose Club

Aid Station 3: Naukati EMS

Aid Station 4: Veterans of Foreign War Post 12151-Prince of Wales

Aid Station 5: Prince of Peace Assembly of God Church

Aid Station 6: SEARHC

Aid Station 7: First Bank

Aid Station 8: Craig Ranger District

Aid Station 9: The Nature Conservancy and POW Watershed Association

Aid Station 10: AP&T

Aid Station 11: Inter-Island Ferry Authority

Aid Station 12: POW PAWS

Aid Station 13: Presbyterian Church

Aid Station 14: Echo Ranch Bible Youth Team

# Multiple Prizes!!

## Prince of Wales Island Marathon Raffle

1st and 2nd Prizes— Alaska Airlines Round Trip Ticket

3rd prize—Quilters By the Sea Historical Marathon Shirt Quilt

4th prize—Set of IFA tickets, 1 vehicle & 2 passengers

5th & 6th Prizes-- Taquan Air Round Trip Ticket

PLUS MORE PRIZES

**The drawing is at the Marathon Ceremonies on the evening of May 27.**

**You need not be present to win.**

**Money raised from this raffle goes to fund Marathon events and future fun runs/walks.**

**Raffle Permit 763**

**Tickets available at the Chamber Office Sponsor locations and at CTA on Friday and Saturday**

**Tickets are \$5 or 5 for \$20**

**Full Marathoners receive one free ticket**

**Heads or Tails game after Speaker on Friday!**

**Many door prizes to be awarded at the Awards Event on Saturday. Must be present to win.**

## MENU

### SPAGHETTI FEED FRIDAY, MAY 26th

6:00—7:30 pm

CTA HALL

(RACE HEADQUARTERS  
IN CRAIG)

Spaghetti  
(Meat or Vegetarian Sauce)  
Tossed Salad  
Bread  
Dessert  
Beverages  
\$10.00

SPONSORED BY  
CRAIG WAVERUNNERS  
SWIM TEAM

## GRILLED Local Seafood or HAMBURGER FEED!

SATURDAY, MAY 27th

CRAIG HIGH SCHOOL

11:00AM – 4:00 PM

SIDE DISHES

BEVERAGES

FREE FOR PARTICIPANTS

**\$10 Hamburger Option for purchase  
by non-participants**

FUND-RAISER FOR  
TANZANIA MEDICAL REACH



## FULL MARATHON RESULTS

<u>YEAR</u>	<u>WOMEN</u>	<u>TIME</u>	<u>MEN</u>	<u>TIME</u>
2016	Beth Hill	3:49:49	Tyler Bryce	3:32:09
2015	Grace Wasielewski	3:48:14	Jeff Arndt	3:24:31
2014	Jessica Goodrich	3:52:45	<u>Jesse Agner</u>	<u>2:58:01</u>
2013	<u>Debbie Cropper</u>	<u>3:33:49</u>	Johnathon Kreiss-Tomkins	3:01:40
2012	Nancy Lombardo	3:38:29	Jacob Dillon	2:57:45
2011	Erin Riddle	3:17:57	Houston Laws	3:02:18
2010	Cassidy Scholar	4:00:51	Kelly Woodke, Dustin Johnson	3:20:09
2009	Linda Behnken	3:42:07	Bob Barney	3:25:38
2008	Stephanie Smiley	3:35:36	Aaron Prussian	3:27:45
2007	Anne Heintz	3:33:57	Jesse Agner	<b>2:52:11</b>
2006	Molly McGee	3:41:02	Jesse Agner	3:07:06
2005	Amelia Ingersoll	3:35:19	Aaron Prussian	2:59:56
2004	Susan Doherty	<b>3:16:42</b>	Kyle Herbert	2:59:30
2003	Jane Lanford	3:31:19	Aaron Prussian	2:59:38
2002	Susan Doherty	3:35:39	Willis Ferenbaugh	3:18:14
2001	Susan Doherty	3:37:55	Willis Ferenbaugh	3:28:05
2000	LeClerc-Davidson	4:10:49	Joe Viechnicki	3:23:46

## HALF MARATHON RESULTS

<u>YEAR</u>	<u>WOMEN</u>	<u>TIME</u>	<u>MEN</u>	<u>TIME</u>
2016	Marketa Ith	1:45:02	Dale McMurrin	1:41:29
2015	Jennifer Claffey	1:42:18	Jesse Agner	1:27:24
2014	<u>Trina Nation</u>	<u>1:30:02</u>	Johnathon Kreiss-Tomkins	1:25:50
2013	Tansy Christ	1:34:26	Alex Daniels	1:36:35
2012	Jean Jackson	1:45:12	<u>Ian McDougall</u>	<u>1:21:21</u>

### RECORD PURSUIT!

#### FULL MARATHON

The table at the right contains the finishing times for the Full Marathon.

Runners will be pursuing the finishing time by Jesse Agner, who finished the out-and-back course in 2014 with a time of 2:58:01. Women's out-and-back record was set in 2013 by Debbie Cropper at 3:33:29.

#### HALF MARATHON

The Half Marathon will be featured in its sixth year with participants at the starting line. The latest roster contains 89 names: 63 women and 26 men.

Note: The out-and-back course was started in 2013.



**Madelaine Voegeli**, our 2017 Awards Artist, found herself in Alaska by fateful accident in 2014. Never having lived near the ocean, she finds constant inspiration in the abounding nature and sea life all around Southeast Alaska. Her inspiration for the award design came from an experience she had with an octopus during her first summer on Prince of Wales. It came up in a crab pot and ever since, Madelaine has been entranced by this creature and their representation of resilience, agility, creativity, knowing, and adaptability. Using Spruce wood sourced from local Alaska Specialty Woods, she sawed each slab to size before hand painting each award individually. Using frames crafted by Donna Halvorsen from locally felled cedar and Alaska Laser Maid to engrave the boards, each award is a true representation of what POW's local resources can offer. Supporting local economy through promotion of local artistry and craftsmanship is a passion of Madelaine's; one she humbly exemplifies in her shop, Strictly Local, newly relocated to the Westwind Plaza in Craig. Stop by for a selection of 75+ local Prince of Wales and Alaska artists as well as community art classes and events."



**18TH ANNUAL  
2017 POW Island Marathon**

**6TH ANNUAL  
Half Marathon**

**Sponsors and Supporters**

**Gold Level**

Alaska Airlines  
First Bank  
Alaska Power & Telephone  
AC Thompson House  
Prince of Wales Chamber of Commerce  
Tongass Trading Company  
B-3 Contractors, Inc.  
Southeast Alaska Regional Health Consortium  
Taquan Air  
PeaceHealth

**Silver Level**

Alaska Marine Lines  
Inter-Island Ferry Authority  
Outer Otter Sportfishing  
Southeast Roadbuilders, Inc.  
Cleary Computer Services  
R&M Engineering – Ketchikan  
Mitsy Enterprises  
City of Craig  
Wells Fargo  
Tongass Communications  
Petro Marine Services  
Tyler Rental, Inc.  
North Star Group  
Island Air Express  
Camo Shop, LLC  
Whale Tail Pharmacy  
Wells Fargo

**Bronze Level**

Klawock RV Park, LLC  
Diversified Investment  
Ernie Anderson Family  
Log Cabin Sporting Goods  
James-Smith, RRC  
Black Bear Store  
Treasure Hunter Lodge  
Ketchikan Daily News  
Salmon Sez  
Island Christian Academy  
ZAT'S Pizza

**Supporters**

NAPA Service Auto Parts  
McFarlands Floatel  
Craig Bar & Liquor, Inc  
Silver Sea Adventures  
The Landing Hotel  
Davies Barry Insurance

**Prince of Wales Island Marathon GUEST SPEAKER**



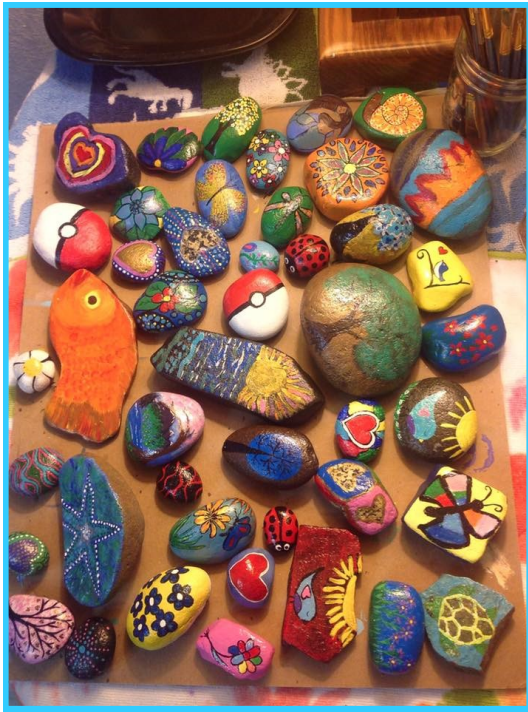
Hi! I'm Carlyn Shaw.  
Story teller, Motivational Speaker,  
Life-lover and Stranger to Friend Maker.

**A FEW FUN FACTS:**

- \* I love to travel. Highlights include living with a family in Peru, eating my way through Thailand and working/backpacking in Australia.
- \* I blow bubbles and believe they make anything better.
- \* I'm a human garbage disposal. I'll eat almost anything.
- \* I love helping others achieve their own goals.
- \* I'm a sucker for cute animals, especially dogs and cats.
- \* I have a very strong intuition. And I listen to it.
- \* I am a connector. I get feelings to approach people!
- \* I'm a runner with 17 Half Marathons and 3 Marathons under my belt.
- \* I am my own best friend.
- \* I'm not afraid to say I am wrong, even though I fight hard to be right.
- \* I believe in angels.
- \* I'm a manifesting machine— though I must be careful what I wish for!
- \* I know the power of forgiveness.
- \* I Love Life so much... I tattooed on the back of my neck. It's my bumper sticker.
- \* I believe miracles happen every day.

**“We can not control what happens to us but we can control  
how we respond to it”**

To learn more about Carlyn Shaw, visit  
[www.strangerstofriends.com](http://www.strangerstofriends.com)



## **WHAT DO POW ROCKS AND THE CRAIG, ALASKA TRAILS HAVE IN COMMON?**

### **THEY ARE SOMETHING A MEMORABLE TRIP TO PRINCE OF WALES ISLAND MIGHT INCLUDE!!**

The POW ROCKS were inspired by the Fidalgo Island Rocks Facebook Page (check out their Facebook page) and all of the fun that they are having. POW Island residents decided to start our own painted rock community here on Prince of Wales Island.

The idea is to decorate rocks or other found items in nature and hide them in various locations to brighten someone's day. You can use paint, sharpies, or whatever- as long as it has a coat of sealer over it to help preserve the art. On the back of your masterpiece write in Sharpie- Post a picture to the Facebook Page "POW Island ROCKS". You can also write- Keep or Re-Hide Me.

Perhaps a Marathon visitor would like to bring a painted rock from home to leave behind on POW?

Our POW visitors are almost guaranteed to find these treasures on the Sunnahae Trail or the Cemetery Island Trail, both within walking distance from the Marathon Registration Headquarters that is located at the Craig Tribal Association facility in the middle of Craig, Alaska. From the opening of Race Headquarters at 2PM on Friday, May 26th, until the 7PM program start, there is ample time to head to one of these trails.

On Saturday, depending on the finish time of your Marathon event, there is another window to "stretch" out your legs until the 6:30 Awards ceremony.



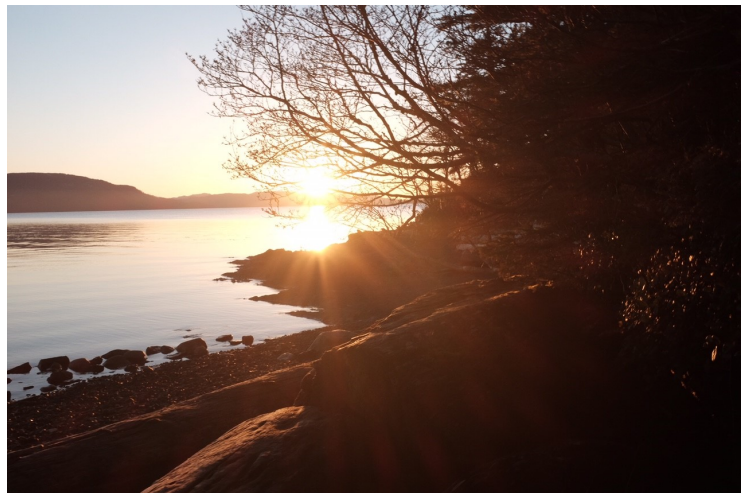
*The view from the Sunnahae Trail pleases the senses no matter what time of day!  
Photos courtesy of Emily Harding*

**Ask a local how to get to the head of the trail or anything else you want to know about it!**



**At your feet, or from the  
view of your eyes, there are  
treasures to behold on  
Prince of Wales Island.**

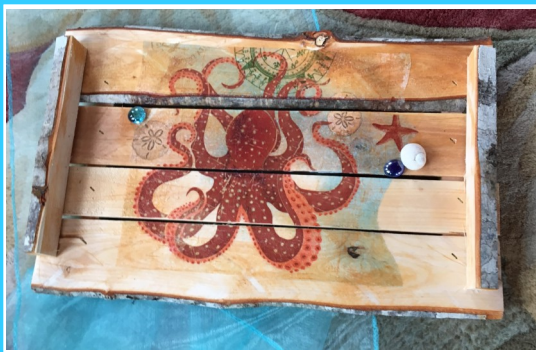
**Photos by Cathy McIntosh.**





When Joan Wargi first arrived in Alaska in 1987, she did not see how she would be able to survive our Southeast Alaskan weather and soon left Alaska for Hawaii. However, she moved back to Alaska in 1999 and now says she cannot imagine living anywhere else in the world and loving it so much.

Joan drew inspiration for the 2017 Prince of Wales Island Marathon from indigenous materials that are common in our community. She handcrafted decorations for the marathon, including table runners, table trays, and potted plants. Her husband, Tom, assembled the trays, and she decorated them using the octopus which is the 2017 marathon theme. She and Tom, also an eminent local artist, used alder wood and other materials salvaged from our local area. Joan has decorated for a variety of venues and events around Prince of Wales Island. In addition to creating from scratch, she often prefers to take things people already love and rearrange them in new ways to make them flow together. She is always excited about her work, and many local residents are inspired by her accomplishments.



**CENTERPIECES TO BE OFFERED FOR SALE  
FIRST COME, FIRST CHANCE TO PURCHASE!**

The 2017 Marathon Registration Headquarter centerpiece ensembles, made by Joan and Tom Wargi, will be offered for sale to the first Marathon participants or volunteers to pay \$20 to the Marathon Store beginning at 2PM on Friday, May 26th. The ensemble, in addition to the tray pictured at the left, will also include a fern plant in a specially decorated container.

Names of purchasers will be added to the centerpieces as each is bought, and they can be taken home after the close of the awards ceremonies on Saturday, May 27th. The proceeds will go toward purchase of materials needed to craft the centerpieces for the 2018 Marathon which will feature the hummingbird!

**Tell your family & friends!**

**Marathon Start on May 27, 2017 at 8:00 AM  
will be live-streamed on Facebook!**

**Thank you, Johnny Rice!**