

ALASKA RUNNER'S CALENDAR



2014



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biking...



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The running community is extremely proud to have selected this outstanding candidate for the cover of the 2014 Alaska Runner's Calendar. (Photo courtesy of Anchorage Running Club)

Cindy Liggett

Cindy has been involved in the running community for the last 35 years, whether running in a race or volunteering for one. From timing the Snow Goose Marathon in the pouring rain, scrambling up Mt. Marathon just slightly ahead of the first junior for timing at the half and yelling out to spectators “hey, does anyone know how to use this thing”, doing race registration and working the finish line in sub-zero temperatures for the Frostbite Footrace, to building balloon arches for the Alaska Run for Women, Mens' Cancer Race and the Mayors Marathon, to counting laps at the very first Womens' Gold Nugget Triathlon then competing in the next ten. Her goal was to do the Seward Mt. Marathon Race ten times so she could reach veteran status, but due to several sprained ankles, a broken ankle and bad knees, she only attained seven finishes. Her most memorable and favorite races have been Turnagain Arm Trail Run, Mt. Marathon, Lost Lake and oh yeah, let's not forget Power Line Pass where she failed to tell her running partner, Susan Leamy, until they were at the start, ‘Oh BTW, I got an email that there is so much snow at the top we have to go down via rope’.

Cindy has also been part of the Alaska Runner's Calendar since 1983, starting out as proofer in the 80's, moving up to Assistant Editor in the 90's and becoming Editor in 2000 up until her retirement from Anchorage Parks and Recreation in 2014. It is because of her tenacity and love of the calendar that it has grown and become what it is today.

Though Cindy declined the initial nomination, members of the running community overruled her, feeling that her years of service to the community warranted this honor. We wish her all the luck in the world as she opens up a new chapter in her life when she leaves Alaska and plants new roots in Georgia.

RUNNING TIPS

- The race calendar is a good starting point for planning your personal race schedule. Race directors reserve the right to change dates, locations or cancel races. Use the race calendar for preliminary planning purposes only.
- To find out whether a race is still on, check with the race director and/or be on the alert for any newspaper announcements. Race directors can help by having an announcement in the local newspaper(s), usually a few days before race. Some races may require more lead time, especially if there is an entry deadline.
- If you fill out a racing form, please read the instructions before asking questions.
- When you arrive at race start, be careful where you park. Observe all traffic regulations and do not park too close to the start.
- Allow ample time for check-in and warm-up.
- Pay close attention to all pre-race instructions.
- Use only your assigned running number and display it proudly.
- Run on the side of the road facing traffic unless race course directs you otherwise.
- You are responsible for your warm-up clothes & personal items.
- Leave your pets at home unless race allows them!
- Slower runners please start behind the faster runners.
- Be at least two strides ahead before cutting in front of another runner.
- No pacing by non-race participants.
- Follow instructions after your cross the line.
- Unofficial runners **do not** cross the finish line. Do not hassle race officials – wait patiently for posted results!

Cindy Liggett, Editor

Ruth Kvernplassen, Layout & Computer Graphics

Printed by ASAP Printinging

Produced by Anchorage Parks & Recreation

Distributed to over 6,500 running enthusiasts

Note: All area codes are 907 unless otherwise listed

Contacting Alaska Runners Calendar

343-4355 (voice) 343-6523 (fax) 343-6457 (TDD)

e-mail: runnerscalendar@muni.org

webpage: www.muni.org/parks



IT'S A RONDY TRADITION

Frostbite Footrace & Costume Fun Run

9:30am, Saturday, February 22nd

Register at
www.furrondy.net



5K or 2.5K Fun Run

Grab the entire family and join the fun!

"Studies show participating in the Frostbite Footrace while wearing a costume may lead to a prolonged sense of contentment and satisfaction. This effect may be exaggerated when participating in groups. If this feeling persists, contact your local Rondy office and sign up for next year!"

DON'T MISS THE COSTUME CONTEST

GREAT FUN & PRIZES!

- Jan 20 Mon *** **The Monday Mile Series – Anchorage**
 Meet 6:30-8:30 pm – The Dome
 Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes
- Jan 25 Sat** **Wolf Run ½ Marathon - Anchorage**
 Meet 9 am – UAA Central Parking Garage
 ½ Marathon, Race time 10 am, Entry fee: \$30/\$40 race day
 Contact: Bob 786-4914
www.AEclubUAA.com
 Proceeds benefit Habitat for Humanity
- Jan 25 Sat** **Wolf Run 5K - Anchorage**
 Meet 10 am – UAA Central Parking Garage
 5K, Race time 11 am, Entry fee: \$25/\$35 race day
 Contact: Bob 786-4914
www.AEclubUAA.com
 Three Little Pigs & Little Red Riding Hood theme.
 This is a three stage start race; first to start are costumed
 pigs and red riding hoods (wearing flags), then the wolves,
 then everyone else. 3 min staggers. See the rules. The Wolf
 that gathers the most flags will win a dinner for 2 at Simon
 and Seafort's (\$100 gift card)
 Proceeds benefit Habitat for Humanity
- Jan 25 Sat** **Chilly Buns Mid-Winter Run – Fairbanks**
 Race time 10 am – UAF Bus Center (across from Patty Center)
 6.5 miles – Miller Hill loop, run regardless of temperature
 Contact: George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
- Jan 27 Mon *** **The Monday Mile Series – Anchorage**
 Meet 6:30-8:30 pm – The Dome
 Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes
- Feb Wed** **Trail of Remembrance 5K Early Registration – Wasilla**
 Bike, run or walk – May 3
 Contact: Kim Carney 352-0150
kimberly.carney@matsuk12.us
<http://matsuk12.us/domain/2880>
 Sponsored by: American Charter Academy, multiple
 community organizations
 Start Training Now! Cash prizes, medals and BBQ

**Race organizers and sponsors interested in advertising
 in the 2015 Alaska Runner's Calendar should contact
runnerscalendar@muni.org**

- Feb Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Feb Wed** **ARC Wed Night Run at The Dome – Anchorage**
 Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Feb Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Feb 1 Sat** **Snowshoe Classic – Fairbanks**
 Race time 12 Noon – Goldstream Sports
 5 & 10K, Entry fee: None, prizes
 Contact: Erika Burr 978-4481
 Sponsored by: Running Club North
www.runningclubnorth.org
LathropRunning.com
 Regional Qualifier for US National Snowshoe Series
 A Snowshoe Series Event
- Feb 1 Sat *** **Frostbite 5K – Willow**
 Meet 9 am – Willow Community Center
 5K – winter trails, Race time 10 am, Entry fee: \$15
 Contact: Andrea Hambach 495-2205
andreahambach722@yahoo.com
www.willowraceseries.com or Facebook
 Sponsored by: Willow Running Club
 Participant prizes and pink cheeks guaranteed
- Feb 3 Mon *** **The Monday Mile Series – Anchorage**
 Meet 6:30-8:30 pm – The Dome
 Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes



Feb 8 **United Way's 4th Annual Walk for Warmth – Anchorage**
Sat Registration 9:30 am – First United Methodist Church,
 725 W 9th Ave
 * Walk time 11:45 am – starts & ends at church
 Rally with speakers 10:30 am, Entry fee: Donations
 Contact: Sue Brogan sbrogan@ak.org
www.liveunitedanchorage.org
 Snacks, entertainment & door prizes. Walkers are
 encouraged to fundraise. Raise money for rent and utility
 assistance. Visit www.walkforwarmth.stayclassy.org
 for additional information
 Proceeds benefit struggling Anchorage families, keeping
 them housed & warm

Feb 8 **15th Ballaine Ridge Snowshoe Trail Run – Fairbanks**
Sat Race time 12 Noon – 834 Goldfinch (Keith's house)
 3, 6 & 9K, Run regardless of temperature
 Contact: Keith Pollock 479-0779
www.runningclubnorth.org
 Sponsored by: Running Club North
 Extra snowshoes available, hot chocolate & snacks

Feb 10 **The Monday Mile Series – Anchorage**
Mon Meet 6:30-8:30 pm – The Dome
 * Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes

Feb 14 **Valentines Day**
Fri



Feb 14 **Full Moon Run – Fairbanks**
Fri Race time 5:45 pm – UAF Patty Center
 4 miles, Run regardless of temperature
 Contact: George Berry 687-8769
 Sponsored by: Running Club North
www.runningclubnorth.org

*Children's age groups/ability levels available



SKINNYRAVEN
EVENTS & TIMING

NOW 7 EVENTS

RUNNING SERIES

DATE	EVENT
2/9	Valentine's Day 5K
3/15	Bear Tooth & Skinny Raven Shamrock Shuffle
5/30	Twilight 12K & Skinny Mini 6K
7/20	Her Tern Women's Half Marathon
9/2	Alaska 10K Classic
10/25	The Frightening 4K
11/27	Skinny Raven Turkey Trot

Registration and information for all races at

www.skinnyraven.com

ALASKA'S PREMIER RUNNING SERIES

*Children's age groups/ability levels available

Feb 15 Little Su 50K – Big Lake

Sat Meet 10 am – Big Lake Area

XC course across lakes & woodlands

Race time 11 am, Entry fee: Check website

Kim & Erin Kittredge 746-5959

info@susitna100.com

Pam Richter 346-1220

www.susitna100.com

1 checkpoint with warm water, check website for required gear. T-shirt, finisher award & post-race pizza party

Feb 15 - Susitna 100 – Big Lake

Feb 17 Meet 8 am – Big Lake Area

Sat - 100 miles – XC across rivers & woodlands

Mon Race time 9 am, Entry fee: Check website

Contact: Kim & Erin Kittredge 746-5959

info@susitna100.com

Pam Richter 346-1220

www.susitna100.com

5 checkpoints with warm water available

15# of survival gear & food required to be carried over entire course. T-shirt, finisher award & post-race pizza party

Feb 15 Snow Run – Fairbanks

Sat Race time 11 am – Bus Shelter across from Patty Center

***** 4.1 miles flat, 7.2 miles hilly, Entry fee: None

Contact: Mary Brunner 699-1496

www.runningclubnorth.org

Sponsored by: Running Club North

Feb 17 Presidents' Day

Mon



Feb 20 Frostbite Footrace Reg/Bib Pick Up – Anchorage

Thu 3:30 - 7:30 pm – Glacier BrewHouse

Entry fee: \$25/\$10 youth/\$125 teams thru Feb 1

\$27/\$10 youth/\$150 team thru Feb 20

\$22 thru Jan 31/\$25 thru Feb 20 if adult runner in 2013

\$30/\$15/\$175 race day, registration 7:30 – 9 am

Contact: Fur Rondy Headquarters 274-1177

info@furrondy.net

Sponsored by: Fur Rondy & Glacier BrewHouse

Register on-line @ www.furrondy.net

Timing & registration supported by Skinny Raven Sports

T-shirts to first 700 runners to pick up bibs

Feb 20 Trail of Remembrance 5K Early Registration Ends – Wasilla

Thu Bike, run or walk – May 3

Contact: Kim Carney 352-0150

kimberly.carney@matsuk12.us

<http://matsuk12.us/domain/2880>

Sponsored by: American Charter Academy, multiple community organizations

Start Training Now! Cash prizes, medals and BBQ

*Children's age groups/ability levels available

- Feb 22 Frostbite Footrace & Costume Fun Run – Anchorage**
Sat Race time 9:30 am – Glacier BrewHouse
 * Entry fee: \$25/\$10 youth/\$125 teams thru Feb1
 \$27/\$10 youth/\$150 team thru Feb 20
 \$22 thru Jan 31/\$25 thru Feb 20 if adult runner in 2013
 \$30/\$15/\$175 race day, registration 7:30 – 9 am
 2.5 & 5K – Downtown Parade Route
 Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net
 Sponsored by: Fur Rondy & Glacier BrewHouse
 Register on-line @ www.furrondy.net
 Timing & registration supported by Skinny Raven Sports
 T-shirts to first 700 runners to pick up bibs
 Cash prizes (\$25-\$100) for the costume contest
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Feb 22 Fur Rondy Outhouse Race – Anchorage**
Sat Meet 3 pm – Downtown, 4th Avenue between E & F
 100' - down & back pushing an outhouse on skis
 Entry fee: \$100/team – 10 person teams, 5 at a time on course
 Contact: Bob 786-4914
www.AEclubUAA.com
 Sponsored by: AE Club at UAA
 Double elimination tournament brackets with 3 races
 guaranteed, trophies for top finishers
- Feb 24 The Monday Mile Series – Anchorage**
Mon Meet 6:30-8:30 pm – The Dome
 * Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes
- Mar Trail of Remembrance 5K Pre-registration – Wasilla**
Wed Bike, run or walk – May 3
 Contact: Kim Carney 352-0150
kimberly.carney@matsuk12.us
<http://matsuk12.us/domain/2880>
 Sponsored by: American Charter Academy, multiple
 community organizations
 Start Training Now! Cash prizes, medals and BBQ
- Mar “Run or Walk With Friends” – Anchorage**
Wed Meet 6 pm – Westchester Lagoon
 Meet Wednesdays throughout year
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends for 1 hour on Coastal Trail
- Mar ARC Wed Night Run at The Dome – Anchorage**
Wed Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March

*Children's age groups/ability levels available

Mar **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Wed Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
 Sponsored by: Running Club North
 Training held every Wednesday thru March

Mar 1 **7th Annual Running of the Reindeer – Anchorage**
Sat Race time 4 pm – 4th Avenue at H Street
 3 blocks – city streets, Entry fee: \$30 includes t-shirt
 Contact: Fur Rondy Headquarters 274-1177
 info@furrondy.net
 Sponsored by: Fur Rondy, KWHL 106.5, Bob & Mark Show
 Register on-line @ www.furrondy.net
 Come out for some whacky, Alaskan-style fun! See if you
 can outrun the reindeer. Must be 18 yrs or older to participate.
 Proceeds benefit Toys for Tots

Mar 1 **2nd Annual Troth Yeddha Snow Shoe Scramble – Fairbanks**
Sat Race time 11 am – Troth Yeddha Park, UAF & Yukon Drive
 * ¼ mile loop, Entry fee: \$20, free for UAF students w/ID
 Contact: Pete Pinney 978-0425
 Sponsored by: Running Club North

Mar 1 **Eldorado Hill Challenge – Fairbanks**
Sat Race time 11:30 am – 1369 Molly Road Cabin
 1 hour time limit, out & back road & packed snowmachine
 trail, Entry fee: None, 40 person limit, prizes
 Contact: Bruce Sackinger 385-7792
 www.trickyraven.com
 www.runningclubnorth.org
 Sponsored by: Running Club North & Goldstream Sports

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*Children's age groups/ability levels available

www.healthyfuturesak.org



PRESENTING SPONSORS



Active Kids –
Healthy Futures

2014

Healthy Futures

Empowering Alaska youth to be active for life.

Looking for fun ways to be more
active with your family?

Join us at one of **Healthy Futures** community events – where every child is a winner. With **42 community events** throughout Alaska, you are sure to find one that is right for your family.

For up-to-date event information and tips
on staying active:



Find us on
Facebook

www.healthyfuturesak.org



Healthy Futures is the signature
program of the Alaska Sports
Hall of Fame.



*Children's age groups/ability levels available

- Mar 1** **Tri the Trails Triathlon – Palmer**
Sat Open Registration Begins
 * 800M swim, 13 mile bike, 4 mile run
 Entry fee: \$50 /\$105 relay teams
 Children's Duathlon (ages 5-13 yrs) \$20
 Contact: Joseph Hawkins 745-4357
 bionic@mtaonline.net
 www.smartenergyalaska.com/tri_the_trails
 Sponsored by: Bionic Chiropractic
- Mar 1** **Why Not Tri & Why Not Tri Kids - Wasilla**
Sat Registration opens
 * Contact: www.whynottriwasilla.net
- Mar 3** **The Monday Mile Series – Anchorage**
Mon Meet 6:30-8:30 pm – The Dome
 * Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes
- Mar 8** **Snow Canoe Loop Run – Willow**
Sat Meet 9 am – Winter Parking Lot, Mile 2 Nancy Lake State Pk
 11 miles – canoe loop run, groomed trail
 Race time 10 am, Entry fee: check website
 Contact: wilrunco@gmail.com
 www.willowrunningcompany.com
 Sponsored by: Willow Running Company
 Visit website for details and to sign up

PASSION

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 Team In Training sets the standard for endurance
 sports training programs for charity.

Team In Training has trained hundreds of
 Alaskans to do the Mayor's Marathon.

Join us this season, train for Mayor's Marathon
 and help find a cure for cancer.

Join us when we kick off the season

6:30 p.m. January 29th

BP Energy Center (900 E Benson Blvd)

Find more on our website:
www.teamintraining.org/wa

Visit our facebook page
<https://www.facebook.com/waak.tnt>

*Children's age groups/ability levels available

Mar 9 **Daylight Saving Time Begins**
Sun Don't be late to your race!



Mar 9 **Mini Mukluk Marathon – Nome**
Sun Meet 1:30 pm – Nome Recreation Center
* 5K – road race, Race time 2 pm
 Entry fee: \$10, t-shirts included
 Contact: Lew Tobin 443-5549
 lew@kawerak.org
 Adam Lust 443-2865
 www.nomerotary.org

Sponsored by: Nome Rotary Club
Run/walk with your dogs, kids & neighbors
Race is timed, but walkers encouraged
Proceeds benefit the Iditarod

Mar 14 **Pi Day Run – Fairbanks**
Fri Race time 6:28 pm (2π) – 1686 Bluegrass
 ~ 3.14 miles
 Contact: Tim Estes 451-0817
 Sponsored by: Running Club North
 www.runningclubnorth.org
 Free “Pi” potluck afterwards

Mar 15 **Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage**
Sat Meet 8:30 am – Bear Tooth Theatrepub
* 5K - loop course, some hills, Race time 9:30 am
 Contact: timing@skinnyraven.com
 www.skinnyraven.com
 Sponsored by: Bear Tooth Theatrepub, Mizuna, Skinny Raven
 Free Mizuno t-shirt & free pint glass filled once with beer
 or soda on race day

Mar 15 **Saint Patrick's Run – Fairbanks**
Sat Race time 11:30 am – Goldstream Sports
 7.1 miles – on Saint Pat's Rd, Entry fee: None
 Contact: Bruce Sackinger 385-7792
 Sponsored by: Running Club North & Goldstream Sports
 www.runningclubnorth.org
 Leprechaun chase & prizes!

Mar 16 **Fairy/Leprechaun 5K Run – Anchorage**
Sun Meet 8 am – Location TBA
* 5K, Race time 9 am, Entry fee: \$25/\$35 race day
 Contact: Bob 786-4914
 www.AEclubUAA.com

Sponsored by: AE Club at UAA
Leprechauns go first and the Fairies try to catch them. The
Leprechauns will wear flags and the Fairies will accumulate
flags. The one with the most will be crowned: King and
Queen of the Fairies!

Mar 16 Full Moon Run – Fairbanks

Sun Race time 5:45 pm – UAF Patty Center
4 miles, Run regardless of temperature
Contact: George Berry 687-8769
Sponsored by: Running Club North
www.runningclubnorth.org

Mar 22 Matsu March for Babies – Palmer

Sat Meet 9 am – AT&T Sports Center, 1507 N Double B Street
* 40 laps – indoor track, Walk time 10 am
Entry fee: Donation
Contact: Janie Odgers
jodgers@marchofdimes.com
www.marchforbabies.com/alaska
Sponsored by: March of Dimes
Proceeds benefit March of Dimes

Mar 29 Glacier 10K & Mile Run – Juneau

Sat Registration 9:30 am – Glacier Visitors Center
* 1 Mile & 10K – fast & flat, out & back
Race time 10, Entry fee: Varies
Contact: Scott May 723-8138
Smay21@mac.com
Carol May 790-4544
www.southeastroadrunners.weebly.com
Sponsored by: Healthy Futures & Thunder Mountain
Track & Field Team
Pre-register at Pavitt's Health & Fitness, Nugget Alaskan
Outfitters or either location of JRC/The Alaska Club, or
register on-line @ www.southeastroadrunners.org
Fundraiser for Thunder Mountain High School T&F Team
A Healthy Futures Series Event – www.healthyfutures.ak.org

Mar 31 Seward's Day
Mon



Apr Trail of Remembrance 5K Pre-Registration – Wasilla

Wed Bike, run or walk – May 3
Contact: Kim Carney 352-0150
kimberly.carney@matsuk12.us
<http://matsuk12.us/domain/2880>
Sponsored by: American Charter Academy, multiple
community organizations
Start Training Now! Cash prizes, medals and BBQ

Apr – Peak Performers Track Club – Anchorage

Aug 6 pm – APU Moseley Sports Center thru mid April
Tue Central Jr High Track late April thru Aug –
APU – paved roads, Central – track
Membership fee: \$65, \$110 family (2)/\$160 3 or more
Contact: Jason Hofacker 240-6982
Kim Baldwin 274-1061
and in spirit, Chester Franz
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

*Children's age groups/ability levels available



2014 Flint Hills Cup Series

Races in this Fairbanks' eight race series include:

May 3rd

33rd Annual Chena River Run 5K

June 21st

32nd Annual Midnight Sun Run 10K

June 27th

Jim Loftus Mile

July 12th

Run of the Valkyries 8K

July 20th

49th Annual Gold Discovery Run 16.5 Mile

August 2nd

Flint Hills 21st Santa Claus Half-Marathon

August 23rd

7th Annual Golden Heart Trail Run

September 20th

52nd Annual Equinox Marathon

& 6th Annual 40 Mile Ultra Marathon

Visit the RCN website at www.runningclubnorth.org



Earn your patch on the most challenging race in Alaska!

52nd Annual Equinox Marathon

& 6th Annual 40 Mile Ultra Marathon

Saturday, September 20, 2014

Considered one of the toughest marathons in the country, the Equinox takes runners over a scenic rolling trail course up to the top of Ester Dome. There is also a relay division, and hikers/walkers are encouraged to participate as well.

Thursday, September 18th

Bib pick-up and spaghetti feed at the Pump House Restaurant from 5-8 pm. Last chance for early registration fee.

Friday, September 19th

Equinox eve bib pick-up and spaghetti feed at the Pump House Restaurant 5-8 pm.

September 20th

RACE DAY! 8 am at the UAF Patty Center.

For race info, contact Race Directors Susan Kramer at 907.590.5086 or John Estle at 907.347.1061 or visit the **Equinox Website:** www.equinoxmarathon.org
Registration online!

Apr Tue **Exceed Women's Running Team – Anchorage**
 Meet 6 pm – Various locations
 Coached workouts, track with some trail runs
 Membership: \$100/season
 Contact: Paola Banchemo 223-5102
 paolabanchemo@gmail.com
 Kayse Ericksen 425-422-5326
 kayseericksen@yahoo.com
 www.runexceed.org
 Sponsored by: Exceed Women's Running Team
 Every Tuesday April through August
 Check website for location and planned workout
 All levels of runners welcome

Apr Tue & Thu **Valley Women's Running Team – Palmer**
 Meet 6 pm – Colony High School
 Tue track work out, Thu trail runs –
 various locations around the valley
 Contact: Rhonda Knopp 355-6258
 rhondaknopp@hotmail.com
 Norm Rousey
 coachrousey@hotmail.com
 <https://sites.google.com/site/valleywomensrunningteam>
 Sponsored by: Valley Women's Running Team
 Runners of all ability levels welcome
 Coached training held each week thru
 mid-August with trail runs thru September

Apr Wed **"Run or Walk With Friends" – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
 www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail

Apr 1 Tue * **Tri the Trails Triathlon – Palmer**
 Late Registration Begins
 800M swim, 13 mile bike, 4 mile run
 Entry fee: \$60 /\$135 relay teams
 Children's Duathlon (ages 5-13 yrs) \$20
 Contact: Joseph Hawkins 745-4357
 bionic@mtaonline.net
 [www.smartenergyalaska.com/tri the trails](http://www.smartenergyalaska.com/tri_the_trails)
 Sponsored by: Bionic Chiropractic

Apr 5 Sat * **Spring Break Up Run – Anchorage**
 Meet 7 am – UAA Parking Garage
 2, 5 & 10K – loop courses, bike path & trails around
 Goose Lake & UAA/APU Campuses
 Entry fee: Check website
 Race time 8:45 am 2K, 8:30 am 5K, 8 am 10K
 Contact: Bob 786-4914
 www.AEclubUAA.com
 Sponsored by: AE Club at UAA
 Proceeds benefit Habitat for Humanity

*Children's age groups/ability levels available

SEWARD



Parks & Recreation

"Mountains of Recreation"

Polar Bear Pink Cheeks Triathlon

Saturday, May 3rd

Terry Pollard Memorial Exit Glacier Race

5K or 10K

Saturday, May 17th

Bear's Den B & B

Bear Bell Run

1 mile youth race

Friday, June 7th

Subway Tri-Harder-Thon Seward's 1st Adventure Challenge!

Kayak/Trail Run/Road Bike

Saturday, July 26th

Alaska SeaLife Center Wildlife Rescue Run 5K

Saturday, August 2nd

2014 Race Schedule



Contact:

(907) 224-4054

jwelchans@cityofseward.net

www.cityofseward.us

*Children's age groups/ability levels available

Apr 5 **Spring Fling – Fairbanks**
Sat Race time 11 am – UAF Patty Center, 5K
***** Entry fee: None - \$5 suggested donation, prizes
Contact: Kevin Brinegar 378-8897
 www.runningclubnorth.org
Sponsored by: Running Club North
Proceeds benefit Lathrop High School XC Team

Apr 5 **Sourdough Stampede – Ketchikan**
Sat Meet 7:45 am – VFW Hall, 3133 Tongass Avenue
***** 1 mile & 5K – flat, bus drive to start, walkers welcome
Race time 8:30 am 1 mile, 5K after 1 milers finish
Entry fee: \$10, free for students & KRC members
 Bill Elberson 225-6191
 billelbertson@remax.net
 www.ketchikanrunningclub.org
Sponsored by: Re/Max & Ketchikan Running Club
T-shirts \$30, pancake feed after race

Apr 7 **Beat Beethoven Bib Pick-Up – Fairbanks**
Mon 5 - 7 pm – UAF Patty Center
Entry fee: \$20/\$30 after Apr 7/\$40 Race Day
Contact: George Rydlinski 474-5733
 www.FairbanksSymphony.org
Sponsored by: Fairbanks Symphony Orchestra

COME JOIN US!


**Orienteering is a fun and challenging
activity for all ages and abilities.**

Weekly meets throughout the summer.



<http://www.oalaska.org>

*Children's age groups/ability levels available

- Apr 12 Beat Beethoven 5K – Fairbanks**
Sat Race time 11 am – UAF Patty Center
 * Entry fee: \$20/\$30 after Apr 7/\$40 Race Day
 Contact: George Rydlinski 474-5733
www.FairbanksSymphony.org
 Sponsored by: Fairbanks Symphony Orchestra
 Beat Beethoven & get a free concert ticket
 T-shirts to participants
 A Healthy Futures Series Event - www.healthyfuturesak.org
- Apr 13 5th Annual Kidney Walk – Anchorage**
Sun Meet 1 pm – Sullivan Arena (inside)
 * 5K – mezzanine level, Walk time 2 pm
 Entry fee: Fundraise for donations
 Contact: Kristie Lemmon 333-2257
kristie@alaskakidney.org
www.alaskakidney.org
 Sponsored by: Alaska Kidney Patients Association
 Fun, non-competitive for all ages & abilities.
 Proceeds benefit Alaska Kidney Patients Association to raise awareness of kidney disease & to promote organ donation
- Apr 19 5th Annual Run For Relief – Fairbanks**
Sat Race time 2 pm – Pioneer Park
 * 5K walk/run, Entry fee: \$20
 Contact: Kathy Petersen 388-6830
 Corky Hebard 474-0289
friendsofpartners@gmail.com
 Sponsored by: Running Club North
 T-shirts to first 300 entrants
- Apr 19 34th Annual Tok Trot - Tok**
Sat Race time 1 pm – Visitors Center
 * 10K walk/run, Entry fee: TBA
 Contact: Paul Kelley 883-5393
 Corky Hebard 474-0289
 Sponsored by: Running Club North
 Ribbons & prizes, picnic at Kelley's afterwards
- Apr 19 Healthier You Pre-Finale Run – Valdez**
Sat Meet 9 am – Teen Center
 * 5K – Multi-terrain, out & back, hills
 Race time 9:30 am, Entry fee: varies
 Contact: Wendy Clubb 835-2531
wclubb@ci.valdez.ak.us
 Final Healthier You event prior to the Finale later in day
- Apr 20 Easter**
Sun 
- Apr 24 Chena River Run Bib Pick-up – Fairbanks**
Thu 4 - 7 pm – Pioneer Park (Alaskaland) Civic Center
 Entry fee \$25/\$20 youth/\$30 race day
 Contact: Tim Jones 750-0307
 Sponsored by: Rotary Club of Fairbanks
 T-shirts, certified course
 A Flint Hills Cup Series & Junior Series Event

*Children's age groups/ability levels available

- Apr 25 Fri** **Who Let The Girls Out 5K – Palmer**
 Race time 6:30 pm – Downtown
 Contact: Kenna kloyer1@mtaonline.net
 Vera 355-0222
 Sponsored by: Valley Women's Running Team
 Visit <https://sites.google.com/site/valleywomensrunningteam/>
 or FB for updates. A fun, women only, run/walk event
- Apr 26 Sat *** **Alaska Heart Run – Anchorage**
 Meet 9 am – UAA Arts Building
 3 & 5K – city streets, Race time 9:30 am
 Entry fee: varies, check the website for race day details
 Contact: Kristin Willersdorf 865-5300
kristin.willersdorf@heart.org
 Alaina Burton 865-5300
www.heartrunkintera.org
 Sponsored by: American Heart Assn., Alaska Heart Institute
 One of the largest, non-profit, 5K general participation footrace in the state. Proceeds benefit AHA & raises funds for the fight to eradicate heart disease & stroke
 A Healthy Futures Series Event - www.healthyfuturesak.org
- Apr 26 Sat *** **MS Walk – Ketchikan**
 Meet 9 am – South Tongass Highway Rest Stop
 3.5 mile, Walk time 10 am, Entry fee: Pledge based
 Contact: Lacey Vinson 1-206-515-4564
lacey.vinson@nmss.org
www.WalkMS.org
 Sponsored by: The National Multiple Sclerosis Society
 Proceeds benefit the MS Society Greater NW Chapter

Chester Creek Trail Closure Alert!

Parks and Recreation will be rehabilitating the Chester Creek Trail during the summer of 2014. Due to the technical difficulty of this project, segments of the trail will be closed during construction.

The construction schedule will accommodate major summer events, including the Mayor's Marathon, the Alaska Run for Women, the Alaska Men's Run and the Big Wild Life Runs.

The goal is to have the trail usable during these events with construction completely stopped.

All other Chester Creek Trail events will be re-routed or accommodated to the best of our ability.

Event coordinators are urged to please contact C.B. Stewart for alternative route assistance at:

(907)-343-4040 or e-mail: StewartCB@ci.anchorage.ak.us.

To see a detailed construction phasing plan visit:
<http://www.muni.org/departments/parks/pages/chestercreektrailimprovements.aspx>

For questions, please contact the Project Manager:
 Maeve Nevins, Park Planner, Municipality of Anchorage
 907-343-4135 or NevinsMV@ci.anchorage.ak.us



- Apr 27 Sun 2nd Annual Knit-n-Run – Fairbanks**
 10 am – UAF Alumni Lounge
 Entry fee: None
 Contact: Tracey Martinson 474-8353
 Caroline Brown 452-6900
 Sponsored by: Running Club North
 Teams of runners take turns knitting/running for
 2 hours. Items donated
- May – Aug Tue Peak Performers Track Club – Anchorage**
 6 pm – Central Jr High Track thru Aug
 Membership fee: \$65, \$110 family (2)/\$160 3 or more
 Contact: Jason Hofacker 240-6982
 Kim Baldwin 274-1061
 and in spirit, Chester Franz
 Sponsored by: Peak Performers Track Club
 Training & conditioning program led by coaches
- May Tue Exceed Women's Running Team – Anchorage**
 Meet 6 pm – Various locations
 Coached workouts, track with some trail runs
 Membership: \$100/season
 Contact: Paola Banchemo 223-5102
paolabanchemo@gmail.com
 Kayse Ericksen 425-422-5326
kayseericksen@yahoo.com
www.runexceed.org
 Sponsored by: Exceed Women's Running Team
 Every Tuesday April through August
 Check website for location and planned workout
 All levels of runners welcome
- May Tue Women's Training – Fairbanks**
 Meet 5:30 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Bruce Miller 479-5585
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer



Faster than a Falcon 5K
 Saturday, May 10, 2014
 Starts @ Clark Middle School

Flat and fast run, and kids run for free!
[**www.fasterthanafalcon.info**](http://www.fasterthanafalcon.info)



Proceeds benefit the
 Mountain View Boys & Girls Club

GREAT FUTURES START HERE.

*Children's age groups/ability levels available

- May Tue** **Men's Training – Fairbanks**
 Meet 6 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer
- May Tue & Thu** **Valley Women's Running Team – Palmer**
 Meet 6 pm – Colony High School
 Tue track work out, Thu trail runs – various locations around the valley
 Contact: Rhonda Knopp 355-6258
rhondaknopp@hotmail.com
 Norm Rousey
coachrousey@hotmail.com
<https://sites.google.com/site/valleywomensrunningteam>
 Sponsored by: Valley Women's Running Team
 Runners of all ability levels welcome
 Coached training held each week thru mid-August with trail runs thru September
- May Sun** **Women Walks – Fairbanks**
 Meet 10 am – UAF Patty Center
 Contact: Dee Gard 347-7277
www.runningclubnorth.org
 Sponsored by: Running Club North
 1-2 hour fitness walks, moderately fast when above 0 degrees
 Visit Facebook @ [rcnwomenwalks](https://www.facebook.com/rcnwomenwalks)
- May Wed** **"Run or Walk With Friends" – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- May - Aug Wed** **Arctic Orienteering Club – Anchorage**
 Info for courses & locations available on website
 Entry fee: \$8/\$2 kids
 * Contact: www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Beginner thru advances courses available
 A Healthy Futures Series Event - www.healthyfuturesak.org
- May Wed** **Trail of Remembrance 5K Pre-Registration – Wasilla**
 Bike, run or walk – May 3
 Contact: Kim Carney 352-0150
kimberly.carney@matsuk12.us
<http://matsuk12.us/domain/2880>
 Sponsored by: American Charter Academy & Others
 Start Training Now! Cash prizes, medals and BBQ

- May 1- May 6** **Water Walk & Run Bib Pick-up – Fairbanks**
 8 - 5 pm – Utilities Svcs of AK (3691 Cameron St)
Thu - Tue Entry fee: \$15/\$10 youth, t-shirts to first 350
 Contact: Steve Offenborn 479-3118
 Sponsored by: Golden Heart Utilities
- May 2** **Race Judicata Reg/Bib PU – Anchorage**
Fri 4 - 7 pm – Skinny Raven Sports
 5K, Entry fee: \$20/\$20 canines/\$30 race day
 Contact: Bonnie Calhoun 264-0679
 Sponsored by: Young Lawyers Section of the Anchorage Bar Association
 Register on-line @ www.active.com
- May 3** **Salmon Run – Anchorage**
Sat Meet 9 am – Inlet View Elementary School
 * 2, 5 & 10K – begins & ends at Inlet View Elementary School, out & back on Coastal Trail
 Race time 10 am, Entry fee: \$35
 Contact: Cathy Opinsky 223-7184
info@anchoragesalmonrun.com
 Wendy Shem 742-7630
www.anchoragesalmonrun.com
 Sponsored by: Inlet View PTA
 A Healthy Futures Series Event - www.healthyfuturesak.org
- May 3** **Walk & Roll for Hope – Anchorage**
Sat Meet 8:30 am – Delaney Park Strip (west end)
 * 5 & 16K – 5K walk, 16K walk/run/bike
 Event time 9 am, Entry fee: \$25 minimum pledges/person or \$100/family
 Contact: 433-4915
developmentoffice@hopealaska.org
 Sponsored by: Hope Community Resources
 Register on-line @ www.hopealaska.org and show your support of Alaskan's experiencing a disability
 Proceeds benefit Hope Community Resources
- May 3** **Alaska Zoo Kids Fun Run – Anchorage**
Sat Meet 8:30 am – Alaska Zoo, 4731 O'Malley Road
 * 1K – gravel trails, hill, animals
 Race time 9:30 am 3-4 yrs, 9:45 am 5-6 yrs
 10 am 7-8 yrs, 10:15 am 9-10 yrs, Entry fee: \$15
 Contact: Shannon Jensen 346-2133
sjensen@alaskazoo.org
 Pat Lampi 346-2133
www.alaskazoo.org
 Sponsored by: McDonalds of Alaska
 A Healthy Futures Series Event - www.healthyfuturesak.org
- May 3** **33rd Annual Chena River Run – Fairbanks**
Sat Race time 10 am – Woodriver Elementary School
 * 5K – school to Princess Hotel, certified course
 Entry fee: \$25/\$20 youth/\$30 race day, t-shirts
 Contact: Tim Jones 750-0307
 Travis Lewis 479-3831
 Sponsored by: Rotary Club of Fairbanks
 A Flint Hills Cup Series Event

*Children's age groups/ability levels available

ALASKA



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MAY 17th, 2014

Everyone is Welcome!

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www.specialolympicsalaska.org

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Mat-Su Valley • Nome • Seward • Sitka • Valdez

Thank You to our Sponsors



Alaska
magazine

Alaska magazine proudly supports Special Olympics Alaska

*Children's age groups/ability levels available

- May 3 MS Walk – Fairbanks**
Sat Meet 9 am – Pioneer Park
 * 4 miles, Walk time 10 am, Entry fee: Pledge based
 Contact: Lacey Vinson 1-206-515-4564
lacey.vinson@nmss.org
www.WalkMS.org
 Sponsored by: The National Multiple Sclerosis Society
 Proceeds benefit the MS Society Greater NW Chapter
- May 3 Polar Bear Pink Cheeks Triathlon – Seward**
Sat Meet 10 am – Seward High School
 * 5K run, 10K bike, 900Y swim – varied terrain
 Race time 11 am, Entry fee: See website
 Contact: Jori Welchans 224-4054
jwelchans@cityofseward.net
www.cityofseward.us
 Sponsored by: Polar Bear Festival & Seward Parks & Recreation
 Recommend off-road bike, helmets required
 Registration remains open, space permitting
 Annual pass, family, volunteer & military discounts
- May 3 Trail of Remembrance (Run, Bike, Walk) – Wasilla**
Sat Meet 9:30 am – Mile 52 Parks Highway
 * 5K – paved bike trails, Race time 11 am, Entry fee: \$35
 Contact: Becky Huggins 354-4885
becky.huggins@matsuk12.us
 Kim Carney 352-0150
www.matsuk12.us/domain/2880
 Sponsored by: American Charter Academy students & staff
 CASH prizes!! Medals & t-shirts. Sign honoring your
 Veteran is Placed along trail. 'The Trail' honors &
 remembers our US Veterans & Active Duty members of all
 US military branches. BBQ after event.
 A Healthy Futures Series Event - www.healthyfuturesak.org
- May 4 Race Judicata – Anchorage**
Sun Race time 10 am – Westchester Lagoon
 * 5K – flat, out & back,
 Entry fee: \$20/\$20 canines/\$30 race day
 Contact: Bonnie Calhoun 264-0679
anchorageracejudicata@gmail.com
 Sponsored by: Young Lawyers Section of
 the Anchorage Bar Association
 Register on-line @ www.active.com
 Bib pick up available 4-7 pm at Skinny Raven Sports
 May 2. Race day registration closes at 9:30 am
- May 4 Cap & Gown Run – Anchorage**
Sun Meet 7 am – UAA Central Parking Garage
 * 5K – UAA to Sullivan Arena, Race time 9 am
 Entry fee: \$5 in cap & gown/\$15 without
 Contact: Bob 786-4914
www.AEclubUAA.com
 Sponsored by: AE Club at UAA
 Bust out your cap & gown! Registration begins at 6:30 am
 Shuttle bus to return to UAA

*Children's age groups/ability levels available



Amblin' for Alzheimer's

**Walk, run or amble to support Alaska's
frail elders and those with Alzheimer's or
a related dementia until a cure is found.**

May 17th, 2014 at Kincaid Park
Visit www.AlzAlaska.org for info

10th
Anniversary

May 4 The Breakup Tri – Fairbanks

Sun

Race time TBD – UAF Patty Center

500 yd pool swim, 13.1 mile bike, 3.1 mile run

Entry fee: \$30 + \$12 USAT one day membership

Contact: Tyson Flaharty

Amber Barlow 322-4321

thebreakuptri@hotmail.com

T-shirt & swim cap included, 82 max participants

Great 1st triathlon! USAT sanctioned event

May 4 Mat-Su Rotary 5K (aka Menard Run) – Palmer

Sun

Meet 1 pm – Colony High School

5K – mostly flat, some hills, loop

Race time 2 pm, Entry fee: \$25

Contact: Sondra Kaplan 227-3486

mfbjak@mtaonline.net

Daryl Lowe 351-0829

Joni Gerharz 354-3382

www.matsurotary5k.com

Sponsored by: Mat-Su Rotary Clubs

Proceeds benefit the Rotary Valley High School

Scholarships Program

May 6 Bonny Sosa Kidz Mile – Anchorage

Tue

Meet 3 – 7 pm – Wendler Middle School

1 mile – timed track event, Start time 3:30 pm

Entry fee: \$5 – run as many laps as you want

Contact: Cristy Hickel 351-5545

crusher@gci.net

Sponsored by: Skinny Raven & Healthy Futures

18 & under run multiple times in timed heats every

15 minutes, snacks & medals provided.

A Healthy Futures Series Event - www.healthyfuturesak.org

May 7 Do Run-Run – Anchorage

Wed

Meet 5:30 pm – Check website

4 miles – Ship Creek Trail

Race time 6:30 pm, Entry fee: ARC Membership

Contact: www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

*Children's age groups/ability levels available

Join thousands of women and raise funds for breast cancer awareness, education, early detection, research and prevention!

Every donation directly supports the fight against breast cancer.
ALL ABILITIES ENCOURAGED AND WELCOME!



2014

ALASKA

.....RUN FOR WOMEN

5 Mile Run/Walk * 1 Mile Fun Run/Walk

JUNE 7th
SATURDAY

START:
Sullivan Arena
Parking Lot



Register online or in person at our **Bib Pick-Up Events!**



- **Wasilla - The Alaska Club**
Wednesday, May 28: 4pm - 7pm
- **Anchorage - University Center Mall**
Saturday, May 31: 10am-1pm
Tuesday, June 3: 4pm - 7pm
Thursday, June 5: 4pm - 7pm

To volunteer contact: volunteer@akrfw.org

Decorate your own Port-a-Potty contact: potties@akrfw.org

Online Race Registration Opens April 15, 2014

www.akrfw.org

For more information contact: run@akrfw.org

*Children's age groups/ability levels available

- May 7** **23rd Annual GHU Water Walk & Run – Fairbanks**
Wed Race time 6:30 pm – Golden Heart Water Plant
 * 5K, Entry fee: \$15/\$10 youth, t-shirts to first 350
 Contact: Steve Offenborn 479-3118
 Sponsored by: Golden Heart Utilities
 Pre-race family activities 5:30 pm
 Awards & prize drawings after race
- May 8** **Care2Run – Soldotna**
Thu Meet 5:30 pm – 44175 K-Beach Road
 * 4 miles – flat, paved, Race time 6 pm
 Entry fee: \$30
 Contact: Janice Habermann 398-4364
 100wells.teamalaska@gmail.com
 Susan Pfaffe 260-3884
 Sponsored by: 100 Wells Team Alaska
 Each entry fee provides 1 person with clean water in Sudan.
 Proceeds benefit drilling permanent wells in Sudan.
- May 10** **MS Walk/Run – Anchorage**
Sat Meet 9 am – Lake Hood
 * 4 miles - flat course around Lake Hood
 Walk time 10 am, Entry fee: Pledge based
 Contact: Lacey Vinson 1-206-515-4564
 lacey.vinson@nmss.org
 www.WalkMS.org
 Sponsored by: The National Multiple Sclerosis Society
 Proceeds benefit the MS Society Greater NW Chapter
- May 10** **Walk to Cure Diabetes – Anchorage**
Sat Meet 9 am – Delaney Park Strip, 10th & P
 * 5K – loop course, paved streets, Coastal Trail
 Walk time 10 am, Entry fee: Donation
 Contact: Stephanie Lee 240-8249
 slee@jdrrf.org
 Mark Doyle 249-6110
 www.jdrrf.org/anchoragewalk
 Sponsored by: JDRLF
 Family fundraiser to raise money to find a cure for T1D
- May 10** **Faster than a Falcon 5K Run – Anchorage**
Sat Meet 8:30 am – Clark Middle School
 * 5K – fast & flat, Race time 9:30 am
 Contact: Jennifer Brown 382-1669
 jbrown@bgcalaska.org
 Marnie Schlaht 742-4700
 www.fasterthanafalcon.info
 Sponsored by: Enstar Natural Gas, Cook Inlet Housing
 Authority & Anchorage Running Club, Alyeska Resort,
 Skinny Raven Sports & ML&P
 Proceeds benefit the Mountain View Boys & Girls Club

TRI *the* TRAILS



JUNE

2014

800 M

The CHALLENGE awaits

May 10 **Birchwood Camp 1 miler - Chugiak**
Sat Meet 9:15 am – Birchwood Camp
 * 1 mile – scenic trail run, rolling terrain
 Race time 10 am
 Entry fee: \$20/\$15 race day, children ½ price
 Contact: Marie or Stephen Sweezey 688-2734
manager@birchwoodcamp.org
www.birchwoodcamp.org
 Sponsored by: Birchwood Camp
 Military and family discounts available

May 10 **6th Alaska Walk/Run for Autism – Fairbanks**
Sat Race time 11 am – Pioneer Park
 * 5K, Entry fee: check website – includes t-shirt
 Contact: Heidi Haas 388-1912
 Joanne Healy 978-9119
www.asagoldenheart.org
 Sponsored by: Autism Society of Alaska

May 10 **March for Babies Walk – Fairbanks**
Sat Meet 9 am – 1 Doyon Place
 * 2 miles – bike trail
 Walk time 10 am, Entry fee: Donation
 Contact: Janie Odgers
jodgers@marchofdimes.com
www.marchforbabies.com/alaska
 Sponsored by: March of Dimes
 Proceeds benefit March of Dimes

*Children's age groups/ability levels available

BigWildLife.com



RACE TO ADVENTURE

From marathons to fun runs, youth events to mountain races — Anchorage is the perfect place to lace up!

Signature running events include:

Mayor's Midnight Sun Marathon & Half-Marathon

June 21, 2014

Big Wild Life Runs

Aug. 16–17, 2014

For more running events visit

BigWildLife.com/running



anchorage[™]
100 years of big wild life

*Children's age groups/ability levels available

May 10 March for Babies – Juneau

Sat Meet 9 am – Dimond Field House, 2961 Riverside Dr
* 40 laps – walk around indoor track
Walk time 10 am, Entry fee: Donation
Contact: Janie Odgers
jodgers@marchofdimes.com
www.marchforbabies.com/alaska

Sponsored by: March of Dimes
Proceeds benefit March of Dimes

May 10 Totem to Totem Half Marathon – Ketchikan

Sat Meet 7:30 am – Totem Bight State Park Parking Lot
* 13.1 miles – point to point, Totem Bight State Park
to Rotary Beach, Race time 9 am, 8 am walkers
Runners 12 years & under must participate as a team
Entry fee: \$30, includes t-shirt, relayers welcome
Contact: Gretchen Klein 617-7635
gretchenklein48@gmail.com
www.ketchikanrunningclub.org

Sponsored by: Ketchikan Running Club
Great food, great prizes, great cause
Proceeds benefit Ketchikan Medical Center Diabetes
Education Program

May 10 Moose River Hustle – Sterling

Sat Meet 8:30 am – Sterling Senior Center, MP 83.5
* 1 mile, 5 & 10K – mostly flat, out & back
Race time 10 am, Entry fee: \$15/\$10 youth
Contact: Kurt Strausbaugh 262-1721
wrestle@acsalaska.net

Sponsored by: Sterling Senior Center
Drawings for door prizes, awards, t-shirts to all participants
Proceeds benefit Sterling Senior Center's
Meals on Wheels Program

May 11 Mother's Day
Sun



Joseph Hawkins DC

108 East Arctic Ave.

Palmer, AK 99645

745-4357

Workers' Comp
Auto Accident
Personal Injuries
Sports Injuries
Pregnancy



BIONIC Chiropractic
"Believe It Or Not I Care"

*Children's age groups/ability levels available

May 11 17th Migration Run – Homer

Sun

Race time 9 am – Fishing Lagoon/Homer Spit
5K – flat, point to point along Homer Spit
Entry fee: \$20/\$15 10 -17 yrs/Free under 10 yrs
Contact: Bill Steyer 399-1078

shorebird@homer.alaska.org

www.kachemakbayrunningclub.org

Sponsored by: Homer Chamber of Commerce &
Kachemak Bay Running Club

USATF Certified course

Proceeds benefit local youth running sports programs

May 11 Mother's Day Fun Run - Palmer

Sun

Meet 8 am – Amazing Grace Academy

1 mile & 5K – out & back, flat

Race time 9 am 1 mile kids, 9:30 am 5K

Entry fee: \$25/\$10 12 & under, mothers run for
free with participating children

Contact: alaskaaga@gmail.com

Amazing Grace Academy 745-2691

www.amazinggraceacademy.org

Sponsored by: Amazing Grace Academy

Walkers & baby strollers welcome

May 13 Turnagain Arm Trail Run – Anchorage

Tue

Meet 5:30 pm – McHugh Creek (4 miles) or

Rainbow Peak Trailhead (8 miles), a point to point race

Rolling terrain with roots, rock & mud

Both races finish at Potter Marsh Trailhead

Race time 6:30 pm, Entry fee: \$25

Contact: Nicole De Yong 230-0518

nadeyong@uaa.alaska.edu

Julie-Pierre Leclerc 830-9623

Sponsored by: UAA Ski Team

Register on-line @ www.signmeup.com

Proceeds benefit UAA Ski Team Scholarships

No Race Day Registration - 200 person limit

May 17 Armed Forces Day

Sat



May 17 March for Babies – Anchorage

Sat

Meet 9 am – Westchester Lagoon (15th & U Street)

3 miles – bike trails, Walk time 10 am

Entry fee: Donation

Contact: Janie Odgers

jodgers@marchofdimes.com

www.marchforbabies.com/alaska

Sponsored by: March of Dimes

Proceeds benefit March of Dimes

*Children's age groups/ability levels available

May 17 Amblin' for Alzheimer's Walk - Anchorage

Sat

*

Meet 10 am – Kincaid Outdoor Center

4 miles – paved trails, Walk time 11 am

Entry fee: \$25/\$10 children

Contact: Lorraine Guyer 561-3313

lguyer@alzalaska.org

Angela Anderson 561-3313

aanderson@alzalaska.org

Sponsored by: Alzheimer's Resource of Alaska

Register on-line @ www.alzalaska.org

Proceeds benefit Alzheimer's Resource of Alaska

May 17 Bear Valley 5K Challenge – Anchorage

Sat

*

Meet 8:30 am – Bear Valley Elementary School

5K – Storck Park, various terrain; roads, trails, hills & creek bed, Race time 10 am

Entry fee: \$9/\$6 children thru high school

Contact: Bear Valley Community Assn 345-0434

www.akbvca.org

Sponsored by: Bear Valley Community Association

Scholarships available, family fun run/walk for all

A Healthy Futures Series Event - www.healthyfuturesak.org

May 17 MS Walk/Run – Copper Valley

Sat

*

Meet 9 am – Hub of Alaska

4 miles, Walk time 10 am, Entry fee: Pledge based

Contact: Lacey Vinson 1-206-515-4564

lacey.vinson@nmss.org

www.WalkMS.org

Sponsored by: The National Multiple Sclerosis Society

Proceeds benefit the MS Society Greater NW Chapter

May 17 Fairbanks Heart Walk – Fairbanks

Sat

*

Meet 9 am – Veteran's Memorial Park

1 & 2.75 miles – start & finish at park

Walk start 10 am, Entry fee: \$25 min donation

Contact: Janet Bartels 456-3659

janet.bartels@heart.org

Meadow Bailey 347-0464

www.fairbanksheartwalk.org

Sponsored by: American Heart Association, Fairbanks

Memorial Hospital & ConocoPhillips

Fun, non-competitive event for all age & abilities

Proceeds benefit the American Heart Association

May 17 March for Babies – Ketchikan

Sat

*

Meet 9 am – A&P Markets, 38116 Tongass Avenue

3 miles – city streets

Walk time 10 am, Entry fee: Donation

Contact: Janie Odgers

jodgers@marchofdimes.com

www.marchforbabies.com/alaska

Sponsored by: March of Dimes

Proceeds benefit March of Dimes

*Children's age groups/ability levels available

- May 17 Sat** **MS Walk Mat Su Valley – Mat-Su/Wasilla**
 * Meet 9 am – Charlene Moss Realty Offices
 4 miles, Walk time 10 am, Entry fee: Pledge based
 Contact: Lacey Vinson 1-206-515-4564
lacey.vinson@nmss.org
www.WalkMS.org
 Sponsored by: The National Multiple Sclerosis Society
 Proceeds benefit the MS Society Greater NW Chapter
- May 17 Sat** **Terry Pollard Memorial Exit Glacier Race – Seward**
 Meet 8 am – Resurrection Road House, Exit Glacier Rd
 5 & 10K – gradual incline on paved road
 Race time 10 am, Entry fee: Check website
 Contact: Jori Welchans 224-4054
jwelchans@cityofseward.net
www.cityofseward.us
 Sponsored by: Kenai Fjords National Park, National Forest
 Service, Kenai Fjords Tours, Windsong Lodge, Resurrection
 Roadhouse & Seward Parks & Recreation
 Registration closes at 8:30 am. Annual pass, family,
 volunteer & military discounts available.
- May 17 Sat** **MS Walk – Soldotna**
 * Meet 10 am – Soldotna High School
 4 miles – flat, sidewalk thru town & back
 Walk time 11 am, Entry fee: Pledge based
 Contact: Lacey Vinson 1-206-515-4564
lacey.vinson@nmss.org
www.WalkMS.org
 Sponsored by: The National Multiple Sclerosis Society
 Proceeds benefit the MS Society Greater NW Chapter
- May 17 Sat** **Alaska Law Enforcement Torch Run – Statewide**
 * Race 10 am – Various cities (see below)
 5K – fun run format
 Entry fee: \$15-\$25, + pledges encouraged
 Contact: SO-AK State Office 1-888-499-7625 x609
www.SpecialOlympicsAlaska.org
 Sponsored by: Alaska Law Enforcement
 Proceeds benefit Special Olympics Alaska (SO-AK)
 This is a simultaneous run organized thru Alaska
 Races held in Anchorage, Barrow, Delta Junction,
 Fairbanks, Homer, Juneau, Kenai, Ketchikan, Kodiak,
 Mat-Su Valley, Seward, Sitka & Valdez.
 Check website for updates and additional runs.
 Go to www.firstgiving.com/SO-AK to begin pledging now
- May 18 Sun** **Gold Nugget Triathlon – Anchorage**
 Meet 7:30 am – Bartlett High School
 500 yard swim, 12 mile bike, 4 mile run
 Swim Bartlett Pool, followed by rolling bike/run course
 Race time 9 am, Entry fee: \$75
 Contact: Betsy Haines 346-3706
info@goldnuggettriathlon.com
 Sheila Swanson 242-0600
www.goldnuggettriathlon.com
 Sponsored by: Gold Nugget Triathlon, Inc
 All women sprint triathlon set up for first timer or the elite
 racer. Helmets required, t-shirts to finishers
No Race Day Registration

*Children's age groups/ability levels available

- May 18 Sun *** **Cooper Landing Trail Run – Cooper Landing**
 Meet 9:30 am – CL Community Hall, 0.6 mile Bean Creek Rd
 6K – 1K paved/5K gravel/dirt trail, some hills
 Race time 11 am, Entry fee: donation
 Contact: Karl Romig 595-1232
cooperlandingtrailrun@gmail.com
 Deb Carlson 595-1455
www.cooperlandingwalkablecommunity.org
 Sponsored by: Cooper Landing Walkable Community Project
 Race starts at Kenai R., ends overlooking beautiful Kenai Lake
 Shuttle provided back to start area
- May 18 Sun *** **Presbyterian Hospitality House Fun Run – Fairbanks**
 Race time 10 am – UAF Patty Center
 5K – flat & fast, Entry fee: \$15
 Contact: Ty Tigner 378-9918
 Naomi Tigner 354-7900
 Sponsored by: Presbyterian Hospitality House
 T-shirts to first 100 entrants, prizes
- May 18 Sun** **17th Murphy Dome Roam – Fairbanks**
 Race time 9 am – Gravel pit, Mile 8 Murphy
 Dome Rd, 11 miles – hilly back roads
 Contact: Jane Lanford 687-0769
 Donna Hawkins 455-9017
 Sponsored by: Running Club North
 Potluck follows race
- May 18 Sun *** **Great Strides - Wasilla**
 Meet 2 pm – Larson Elementary
 3 miles – family walk, Walk time 3 pm
 Entry: None, donations accepted
 Contact: Anna Lester 800-647-7774
alaska@cff.org
 Washington CF Chapter 206-282-4770
<http://alaska.cff.org>
 Sponsored by: Cystic Fibrosis Foundation
 Taking steps to cure Cystic Fibrosis. This is a family
 fundraising walk everyone can enjoy!
- May 19 Mon** **Alaskan Girls Walk & Wine Bib Pick-up – Fairbanks**
 5 – 7 pm – Pioneer Park Square Dance Hall
 5K – flat, out & back, Entry fee: \$20/\$25 after 5/19
 Contact: Susan Kramer 590-5086
 Denise Irish 322-5646
 Sponsored by: Golden Heart Rotary Club
- May 22 Thu** **Trent/Waldron Glacier ½ Marathon Pre-Registration & Bib PU – Anchorage**
 Meet 4:30-6:30 pm – Skinny Raven Sports
 Entry fee: Check ARC website for details
 Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club

*Children's age groups/ability levels available

- May 22 Alaskan Girls Walk & Wine – Fairbanks**
Thu Start time 6 pm – Pioneer Park Civic Center
 5K – flat, out & back, Entry fee: \$20/\$25 after 5/19
 Contact: Susan Kramer 590-5086
 Denise Irish 322-5646
 Sponsored by: Golden Heart Rotary Club
 Women only, entry fee includes wine tasting (must be 21 for wine tasting), t-shirts \$10 extra
- May 24 Trent/Waldron Glacier ½ Marathon – Anchorage**
Sat Meet 8 am – Westchester Lagoon, flat & fast
 13.1 miles – Chester Creek & Coastal Trails, Race time 9 am, Entry fee: Check ARC website for details
 Contact: info@anchorage Running club.org
www.anchorage Running club.org
 Sponsored by: Anchorage Running Club
- May 24 Ruckus in the Muckus – Fairbanks**
Sat Race time 10 am – Birch Hill Recreation Area
 * 2K kids, 5K adults, Entry fee: \$25/\$15 17 & under/\$10
 5 & under, discounts for early entries
 Contact: Liam Ortega 479-2739
liamortega@gmail.com
driventomove@gmail.com
 Sponsored by: Driven to Move Running Club
 Obstacle course mud run
 A Healthy Futures Series Event – www.healthyfuturesak.org
- May 24 Annihilator - Nenana**
Sat Meet 11 am – gravel pit 1.5 miles N of Nenana
 10K – hilly trail, Entry fee: \$5 includes BBQ potluck
 Contact: Drew Harrington 451-6604
drew.harrington@live.com
 Andy Hutten 832-5561
 Road will be marked on race day
 Toughest 10K in the Interior! BBQ afterwards
 Northern Trail Series Event #1

13 MILE BIKE

800M SWIM **4 MILE RUN**



TRI THE TRAILS PALMER TRIATHALON

JUNE **Are you ready for the** **2014**
CHALLENGE?

*Children's age groups/ability levels available

**May 24 Prince of Wales Int'l Marathon & Inaugural Half
Sat Marathon – Prince of Wales**

Meet 7 am – Craig High School

13.1 & 26.2 miles – out & back, stunning scenery

Race time 8 am, Entry fee: \$50 Marathon/\$45 Half

Contact: Ann James 254-1884

annjames326@gmail.com

Jean Jackson 401-0805

www.powmarathon.org

Sponsored by: Prince of Wales Runners Club

Supported by numerous, well staffed, aid stations

**May 26 Memorial Day Observed
Mon**



May 27 Climb for Relief – Anchorage (PENDING PERMIT)

Tue Start 6 pm – Prospect Heights Parking Lot

***** 4.62 miles – 3,500' up Wolverine Peak

3.2 miles junior course to Ridge, 1,800'

Entry fee: Donation

Contact: Bob Arnold eyedoc@alaska.net

www.runforreliefburma.org/Locations/Climb_for_Relief/

[Climb_for_Relief-Anchorage.html](http://www.runforreliefburma.org/Locations/Climb_for_Relief-Anchorage.html)

Must pass half way (1,800') station within one hour.

Proceeds benefit the relief efforts in war-torn Myanmar (Burma)

May 28 Alaska Run for Women Registration – Wasilla

Wed 4 – 7 pm – The Alaska Club – Valley (Run held June 7)

***** Entry fee: Donation

Contact: Kristin Folmar run@akrffw.org

Sponsored by: Alaska Run for Women Board of Directors

Register on-line @ www.akrffw.org

Additional registration/bib pick-up dates May 31, June 3 & 5

Proceeds benefit the fight against breast cancer

THREE BARONS

RENAISSANCE 5 K

RUN/WALK

JUNE 13 6:30 PM

START AT THE FAIRGROUNDS

TOZIER TRACK ON TUDOR RD

RUN THE SCENIC CAMPBELL CREEK

TRAIL— GREAT FLAT COURSE!

SEE SIGN UP AT ACTIVE.COM OR ON SITE

\$15 ENTRY FEE MID-FAIR FEAST FOLLOWS

A THREE BARONS FAIR FUNRAISER!

THREE BARONS FAIR JUNE 7/8 & 14/15

*Children's age groups/ability levels available

www.heidishomesak.com

Heidi Clement
(907) 727-0816



HEIDI'S
R HOMES

REAL ESTATE
BROKERS of ALASKA

*Children's age groups/ability levels available

May 29 Thu Kal's Knoya Ridge Hill Climb - Anchorage
 Meet 5 pm – Klutina St, Chugach Foothills,
 2.5, 5.6 & 8.5K – 1,200, 2,900 & 4,300 elevation gains,
 rolling climb along forest trail with finishes on top,
 Race time 6 pm, Entry fee: Donation
 Contact: Bill Spencer 306-0077
billspencerak@gmail.com
 Marianne Pedersen 333-8836
marianne_peders@hotmail.com
www.alaskamountainrunners.org
 Sponsored by: Alaska Mountain Runners, HDR Alaska,
 Skinny Raven Sports & JBER
 When parking be respectful of neighbors, don't block driveways.
 Course utilizes JBER property. You must have a current
 iSportsman Recreational Access Permit & be signed in to
 train on trails, **NO EXCEPTIONS.**
 Contact <http://jberisportsman.net/access> to register.
 If race shortened due to snow, longest race offered will be
 awarded AK Mt Runners Grand Prix points.
 Proceeds benefit Tom Besh Memorial Scholarship Fund

May 30 Fri Skinny Mini 6K - Anchorage
 Meet 6 pm – Skinny Raven Sports
 * 6K - loop course, some hills, Race time 7 pm
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Adidas, Bear Tooth, Kaladi Brothers
 & Stellar Design
 Pizza, beer, refreshments, live DJ & sweet prizes after race

May 30 Fri Twilight 12K - Anchorage
 Meet 6 pm – Skinny Raven Sports
 * 12K - loop course, some hills, Race time 7 pm
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Adidas, Bear Tooth, Kaladi Brothers
 & Stellar Design
 Pizza, beer, refreshments, live DJ & sweet prizes after race

May 30 Fri Relay For Life – Anchorage
 Start time 6 pm – Cuddy Family Midtown Park
 * 24 hour walk through night
 Contact: Joe Debets 273-2070
joe.debets@cancer.org
www.relayforlifeofanchorage.org
 Sponsored by: American Cancer Society
 Celebrating those who have won their battle against cancer,
 remembering those who we have lost & fighting back
 against the disease

- May 30 Relay For Life – Central Peninsula**
Fri Start time 6 pm – Kenai Central High School
 * 24 hour walk through night
 Contact: Meghan Mackey 273-2075
www.relayforlifeofcentralpeninsula.org
 Sponsored by: American Cancer Society
 Celebrating those who have won their battle against cancer,
 remembering those who we have lost & fighting back
 against the disease
- May 30 Relay For Life – Delta Junction**
Fri Start time 6 pm – Delta Junction Fairgrounds
 * 24 hour walk through night
 Contact: Tristan Walsh 273-3068
tristan.walsh@cancer.org
www.relayforlifeofdeltajunction.org
 Sponsored by: American Cancer Society
 Celebrating those who have won their battle against cancer,
 remembering those who we have lost & fighting back
 against the disease
- May 31 Alaska Run for Women Reg/Bib PU – Anchorage**
Sat 10 am - 1 pm – University Center Mall (Run held June 7)
 Entry fee: Donation
 Contact: Kristin Folmar run@akr fw.org
 Sponsored by: Alaska Run for Women Board of Directors
 Register on-line @ www.akr fw.org
 Additional registration/bib pick-up dates June 3 & 5
 Proceeds benefit the fight against breast cancer
- May 31 Two-Way Torture Test – Fairbanks**
Sat Race time 9 am – Pump House Restaurant
 13.1 miles, Entry fee: None
 Contact: Karen Harris 378-8504
www.runningclubnorth.org
 Sponsored by: Running Club North
 Two person teams run in opposite directions
- May 31 40th Annual Arctic Valley Run – Ft. Richardson**
Sat Meet 7:30 – 8:45 am – Moose Run Golf Course
 12.6 & 5 miles – 800' gradient (5 M)/2,500'
 gradient (12.6 M), Race time 9 am
 Entry fee: \$15/\$20 race day, \$15 for t-shirt
 Contact: Ellis Alston 384-1304
ellis.alston@us.af.mil
 Sponsored by: Ft. Richardson Sports & Fitness
 Mens, Womens & Military Team
 Register at Buckner 9 am – 4 pm thru May 30, or mail
 registration w/entry fee (check payable to 673d Buckner
 Fitness Center) to: Buckner Physical Fitness Center,
 D Street Bldg 690 Attn: Ellis Alston, JBER, AK 99505,
 Postmarked by May 24

*Children's age groups/ability levels available

Providence Imaging Center



*“May the road rise up to greet you,
and the wind always be at your back”*

—Irish proverb

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907-260-6501 for Soldotna

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*Children's age groups/ability levels available

- May 31 Sat *** **Bite Back 5K – Valdez**
 Meet 10 am – John Kelsey Dock/Plaza
 5K, Race time 11 am, 10:45 am kids 1 mile run
 Entry fee: \$5 kids mile/\$10/\$20 family
 Contact: Sheri Beck 835-2903
sheribeck33@hotmail.com
rfool.blogspot.com
 Sponsored by: Compassion Int'l & Valdez Parks & Rec
 Proceeds benefit Compassion International Malaria Fund
- June Sun** **Women Walks – Fairbanks**
 Meet 10 am – UAF Patty Center
 Contact: Dee Gard 347-7277
www.runningclubnorth.org
 Sponsored by: Running Club North
 1-2 hour fitness walks, moderately fast when above 0 degrees
 Visit Facebook @ [rcnwomenwalks](https://www.facebook.com/rcnwomenwalks)
- June – Aug Tue** **Peak Performers Track Club – Anchorage**
 6 pm – Central Jr High Track thru Aug
 Membership fee: \$65, \$110 family (2)/\$160 3 or more
 Contact: Jason Hofacker 240-6982
 Kim Baldwin 274-1061
 and in spirit, Chester Franz
 Sponsored by: Peak Performers Track Club
 Training & conditioning program led by coaches
- June Tue** **Exceed Women's Running Team – Anchorage**
 Meet 6 pm – Various locations
 Coached workouts, track with some trail runs
 Membership: \$100/season
 Contact: Paola Banchemo 223-5102
paolabanchemo@gmail.com
 Kayse Ericksen 425-422-5326
kayseericksen@yahoo.com
www.runexceed.org
 Sponsored by: Exceed Women's Running Team
 Every Tuesday April through August
 Check website for location and planned workout
 All levels of runners welcome
- June Tue** **Women's Training – Fairbanks**
 Meet 5:30 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Bruce Miller 479-5585
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer
- June Tue** **Men's Training – Fairbanks**
 Meet 6 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer

*Children's age groups/ability levels available

ConocoPhillips

Presents



41st Annual

MAYOR'S MIDNIGHT SUN

**A
R
A
T
H
O
N**

June 21, 2014 Bartlett High School
to

West High School
Anchorage, Alaska

Race Time: 8:00 a.m.

Walker Start: 8:00 a.m.

Relay Start: 8:00 a.m.

Other Races Provided:

1/2 Marathon, 5 Miler - Race Start: 9:00 a.m.

Kid's Cup - Race Start: 9:00 a.m.

Walkers Welcome

Registration Deadline June 18

No Race Day Bib Pickup



Mayor's Marathon
Anchorage, Alaska
(907) 786-1325
www.mayorsmarathon.com
Email: track@uaa.alaska.edu



*Children's age groups/ability levels available

- June
Tue &
Thu** **Valley Women's Running Team – Palmer**
 Meet 6 pm – Colony High School
 Tue track work out, Thu trail runs –
 various locations around the valley
 Contact: Rhonda Knopp 355-6258
 rhondaknopp@hotmail.com
 Norm Rousey
 coachrousey@hotmail.com
<https://sites.google.com/site/valleywomensrunningteam>
 Sponsored by: Valley Women's Running Team
 Runners of all ability levels welcome
 Coached training held each week thru
 mid-August with trail runs thru September
- June
Wed** **"Run or Walk With Friends" – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
 www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
- June -
Aug
Wed** **Arctic Orienteering Club – Anchorage**
 Info for courses & locations available on website
 Entry fee: \$8/\$2 kids
 * Contact: www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Beginner thru advances courses available
 A Healthy Futures Series Event - www.healthyfuturesak.org
- June 1
Sun** **Great Strides - Anchorage**
 * Meet 11 am – Delaney Park Strip
 3 miles – family walk, Walk time 12 Noon
 Entry: None, donations accepted
 Contact: Anna Lester 800-647-7774
 alaska@cff.org
 Washington CF Chapter 206-282-4770
 <http://alaska.cff.org>
 Sponsored by: Cystic Fibrosis Foundation
 Taking steps to cure Cystic Fibrosis. This is a family
 fundraising walk everyone can enjoy!
- June 1
Sun** **Eagle River Triathlon – Chugiak**
 * Meet 7 am – Chugiak High School
 500 yd pool swim, 12 mile bike, 5K run – flat run, hills
 for bikes, Plus Kid's Tri for ages 6-12
 Race time 8 am, Entry fee: Check website
 Reduced fees for early registration
 Contact: info@eaglerivertri.com
 www.eaglerivertri.com
 Sponsored by: Eagle River Triathlon
 A Sprint Triathlon for all abilities, individual & team
 categories. T-shirts for all pre-registered racers in adult tri.
 Medals and racer gift for all kid's racers, fun for all abilities
 Helmets required, race limited to ages 6 & up
 A USAT sanctioned event.
 A Healthy Futures Series Event – www.healthyfuturesak.org

- June 3 Tue Alaska Run for Women Reg/Bib PU – Anchorage**
 4 - 7 pm – University Center Mall (Run held June 7)
 Entry fee: Donation
 Contact: Kristin Folmar run@akr fw.org
 Sponsored by: Alaska Run for Women Board of Directors
 Register on-line @ www.akr fw.org
 Additional registration/bib pick-up date June 5
 Proceeds benefit the fight against breast cancer
- June 3 Tue Masochism on Moose Mountain – Fairbanks**
 Race time 6:30 pm – Base of Moose Mountain
 4 miles – steep 1400' ascent in 1.25 miles, 2.75 mile descent, Entry fee: \$5
 Contact: Emily Schwing 801-550-4752
 Dan Bishop 322-4314
 Sponsored by: Running Club North
 Northern Trail Series Event #2
- June 4 Wed * Mugwumps 10K – Anchorage**
 Meet 5:30 pm – Location TBD
 10K – out & back, Race time 6:30 pm
 Entry fee: ARC Membership
 Contact: www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
- June 5 Thu * Hilltop Ski Area 5K – Anchorage**
 Registration 4-6 pm – Hilltop
 5K – cross country trails
 Contact: Jason Hofacker 337-9575 ext. 7
jhofacker@acsedu.org
www.usatf.org/assoc/ak/events.htm
 Visit website for details & entry forms
 A USA Track & Field Sanctioned Event
- June 5 Thu Alaska Run for Women Reg/Bib PU – Anchorage**
 4 - 7 pm – University Center Mall (Run held June 7)
 Entry fee: Donation
 Contact: Kristin Folmar run@akr fw.org
 Sponsored by: Alaska Run for Women Board of Directors
 Register on-line @ www.akr fw.org
 Proceeds benefit the fight against breast cancer
- June 5 Thu * All-Comers Track Meet – Fairbanks**
 Meet 6:30 pm – West Valley HS Track
 100 meters to 5,000 meters
 Contact: Roger Sayre 699-7100
 Dan Callahan 322-6097
www.runningclubnorth.org
 Sponsored by: Running Club North
 38th Year! All welcome
- June 6 Fri * Relay For Life – Fairbanks**
 Start time 6 pm – UAF Nenana Parking Lot
 24 hour walk through night
 Contact: Tristan Walsh 273-2068
www.fairbanksrelay.com
 Sponsored by: American Cancer Society
 Celebrating those who have won their battle against cancer, remembering those who we have lost & fighting back against the disease

*Children's age groups/ability levels available

June 6 Relay For Life – Juneau
Fri Start time 6 pm – Riverbend Elementary School
* 24 hour walk through night
Contact: Joe Debets 273-2070
joe.debets@cancer.org
www.relayforlifeofjuneau.org
Sponsored by: American Cancer Society
Celebrating those who have won their battle against cancer,
remembering those who we have lost & fighting back
against the disease

June 6 Bear's Den B&B Bear Bell Run – Seward
Fri Meet 10:30 am – Waterfront Park, 6th Ave
* 1 mile – flat, paved, Race time 11 am
Entry fee: Check website
Contact: Jori Welchans 224-4054
jwelchans@cityofseward.net
www.cityofseward.us
Sponsored by: Bear's Den Bed & Breakfast,
Seward Teen & Youth Center & SPRD
Limited to kids 5-12 years. Registration remains
open, space permitting. Annual pass, family,
volunteer & military discounts
A Healthy Futures Series Event – www.healthyfuturesak.org

June 7 22nd Alaska Run for Women – Anchorage
Sat Meet 8 am – Anchorage Football Stadium
* 5K – area streets and Coastal Trail
Race time 8:30 am, Entry fee: Donation
Contact: Kristin Folmar run@akrffw.org
www.akrffw.org
Sponsored by Alaska Run for Women Board of Directors
Benefit run to fight breast cancer, 100% of entry fee goes
towards mammograms, research & education.
Walkers welcome. One of the largest women's run in the US

June 7 USATF Alaska Association Junior Olympics Track
Sat **& Field Championships – Anchorage**
* Registration 9:30 pm – The Dome
Distance varies, Entry fee: \$5, Meet Start 10 am
Contact: David Todd 529-0704
todddm@gci.net
www.usatf.org/assoc/ak/events.htm
Visit website for details & entry forms
A USA Track & Field Sanctioned Event

June 7 Government Peak Climb – Hatcher Pass
Sat Registration 9 - 10:30 am – Government Peak Trailhead
* 3 miles (3,500' gain) - uphill mountain race,
south face of Government Peak, Race time 11 am
Entry fee: \$30 /\$40 May 19-June 3/\$50 race day
Contact: Mark Strabel 746-7547
strabel@mtaonline.net
Register on-line @ www.webscorer.com after May 1
Fundraiser for Colony High School XC Running Team

*Children's age groups/ability levels available

- June 7 Run for the River – Soldotna**
Sat Meet 8 am – Soldotna Creek Park
 * 5K & 10 miles – gravel/paved roads, multiple turn flat loop course, Race time 8:30 & 9 am (5K)
 Entry fee: \$20/pre-registration
 Contact: Rhonda McCormick 260-5449 x1203
rhonda@kenaiwatershed.org
 Lisa Beranek 260-5449 x1205
www.kenaiwatershed.org/krf/runfortheriver.html
 Sponsored by: Kenai Watershed Forum
 Bib pick up and spaghetti feed June 6
 Proceeds benefit the Kenai River Festival
- June 7 Red Shirt Lake Trail Run – Willow**
Sat Meet 9 am – Nancy Lake State Rec Area, Picnic
 * Overlook (mile 6 Nancy Lake Pkwy)
 6 miles – hilly, single track trail – out and back
 Race time 10 am, Entry fee: \$20
 Contact: Andrea Hambach 495-2202
andreahambach722@yahoo.com
 Sponsored by: Willow Running Club
 Carpool recommended, \$5 State parking fee
- June 8 Run Lu Lu Run – Fairbanks**
Sun Race time 10 am – Lu Lu's Bread & Bagels
 * 5K – flat, 10K - hilly, Entry fee: \$10
 Contact: Julie Schwab 374-3804
 Sponsored by: Lu Lu's Bread & Bagels
 Register on-line @ www.active.com
 T-shirt first 100 entrants & bagels
- June 8 Bill Mitchell Fun Run – Palmer**
Sun Meet 9:30 am – MTA Events Center-Palmer Ice Rink
 * 5K adult, 5K youth (19 & under), 1 mile (13 & under)
 Flat course, out & back
 Race time 11 am, Entry fee: Check website
 Contact: Carolyn Hanson 745-2800
bchanson@mtaonline.net
 Palmer Chamber 745-2880
info@palmerchamber.org
www.palmerchamber.org
 Sponsored by: MTA
- June 8 TriTheKenai - Soldotna**
Sun Meet 8 am – Skyview High School
 * Sprint & Intermediate Distance Events
 Race time 10 am, Entry fee: Check website
 Contact: Tony Oliver 252-0558
wahoo@trithekenai.com
 Greg Russell 398-2770
www.trithekenai.com
 Sponsored by: Kenai Peninsula Tourism Marketing Council
 Adult and youth races

June 9 Fossil 5K – Anchorage
Mon Meet 6:15 pm – Kincaid Timing Shack
 * Easy course, moose, mosquitoes
 Entry fee: \$15/\$8 children over 5, Race time 6:30 pm
 Contact: Jeff Attridge 274-2400
dev@alaskamuseum.org
 Katch Bacheller 274-2400
katch22@alaskamuseum.org
www.alaskamuseum.org
 Run to feed the dinosaurs! Snacks, juice, t-shirts provided
 Dress for weather, bug spray if warm. Bib pick up at 201
 North Bragaw until race day, then 5:30-6:30 race day. Early
 Registration closes June 7. Can enter race day from 5:50 pm.
 Proceeds benefit Alaska Museum of Science & Nature
 A Healthy Futures Series Event - www.healthyfuturesak.org

June 9 Tyrannosaurus 10K – Anchorage
Mon Meet 6:15 pm – Kincaid Timing Shack
 * Difficult course, lots of hills & wildlife
 Entry fee: \$20, Race time 6:30 pm
 Contact: Jeff Attridge 274-2400
dev@alaskamuseum.org
 Katch Bacheller 274-2400
katch22@alaskamuseum.org
www.alaskamuseum.org
 The most difficult 10K you will ever do. Snacks, juice,
 t-shirts provided. Early registration closes June 7.
 Sign up race day from 5:30-6:15 pm. Warm – bug spray,
 cold – jacket.
 Proceeds benefit Alaska Museum of Science & Nature

June 12 All-Comers Track & Field Meet #1 – Anchorage
Thu Registration 5:30 pm – The Dome
 * Distance varies, Entry fee: \$5, Meet Start 6 pm
 Contact: Quinton Metcalf 306-9244
qmetcalf@gmail.com
www.usatf.org/assoc/ak/events.htm
 Visit website for details & entry forms
 A USA Track & Field Sanctioned Event

June 12 All-Comers Track Meet – Fairbanks
Thu Meet 6:30 pm – West Valley HS Track
 * 100 meters to 5,000 meters
 Contact: Roger Sayre 699-7100
 Dan Callahan 322-6097
www.runningclubnorth.org
 Sponsored by: Running Club North
 38th Year! All welcome

June 13 Three Barons Renaissance Run – Anchorage
Fri Meet 5:30 pm – Tozier Track, Tudor Road
 * 5K – easy, flat scenic course on bike trail
 Race time 6:30 pm, Entry fee: \$15
 Contact: Mel Kalkowski 694-5203
melkal@gci.net
www.3barons.org
 Sponsored by: Three Barons Fair
 Benefit run for the fair, a family friendly run/walk
 Course features costumed trail guides

*Children's age groups/ability levels available

June 13 Relay For Life – Anchorage

Fri Start time TBD – Homer High School

***** 24 hour walk through night

Contact: Joe Debets 273-2070

joe.debets@cancer.org

www.relayforlifeofhomer.org

Sponsored by: American Cancer Society

Celebrating those who have won their battle against cancer,
remembering those who we have lost & fighting back
against the disease

June 13 Kids' Cross Country Races – Fairbanks

Fri Meet 6 pm – West Valley HS Soccer Field

***** .75 & 1.5 miles, Race time 6 pm, Entry fee: None

Contact: Tracey Martinson 474-8353

Monte Jordan 451-8696

www.runningclubnorth.org

Sponsored by: Running Club North

June 14 Midnight Sun Run Bib Pick-Up – Fairbanks

Sat 11 am - 3 pm – Pioneer Park Civic Center

Contact: FRA 456-8901

Sponsored by: FRA & Daily News Miner

Last chance for \$20 entry fee, credit/debit cards accepted

June 14 22nd Mosquito Meander – Fairbanks

Sat Race time 10 am – Pioneer Park (Alaskaland)

***** 5K walk/run – flat looped course

Entry fee: Check website, t-shirt included

Contact: Camille Connelly-Terhune 456-4729

Sabrina Davis 456-4729

www.fcaalaska.org

Sponsored by: Fairbanks Counseling & Adoption



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694-9202

*Children's age groups/ability levels available

June 14 Why Not Tri - Wasilla

Sat Meet 7 am – Wasilla High School
400 meter swim (pool), 9.25 mile bike (hilly),
3 mile run (out & back), Race time 9 am
Entry fee: \$50 solo/\$105 team (ages 13 and up)
\$60 solo/\$135 team after March 31
Contact: wasillatri@gmail.com
www.whynottriwasilla.net
Sponsored by: Alaska Bicycle Center
Registration March 1 – May 1
A great beginner sprint tri, limited to 500 racers
Proceeds benefit ALS Association

June 14 Why Not Tri Kids - Wasilla

Sat Meet 2 pm – Wasilla High School
* 150 meter swim (pool), 3 mile bike, 1.5 mile run OR
50 meter swim, 2 mile bike, .5 mile run, Race
time 3 pm, Entry fee: \$20/\$25 for optional timed course
Contact: wasillatri@gmail.com
www.whynottriwasilla.net
Sponsored by: Alaska Bicycle Center
For ages 6-12 years, can choose either course
Registration opens Mar 1, limited to 175 entrants

June 14 Mr. Miles 24 Hour of Alaska – Palmer

& 15 Race start 12N – Matanuska State Park
Sat & 4-5 mile loop course thru greenbelt, hilly, single track trails
Sun 6, 12 & 24 hour races, start June 14, end 12N June 15
Contact: Andrea wilrunco@gmail.com
www.willowrunningcompany.com

June 15 Father's Day
Sun



June 15 Robert Spurr Memorial Hill Climb – Bird

Sun Meet 8:30 am - Bird Ridge Trailhead/M.102 Seward Hwy
Please use new parking lot, Race time 10 am
Bib Pickup 8:30 – 9:30 am, Entry fee: \$30
Family discounts available – see details during
on-line registration, Strenuous course, 3 miles,
3400' vertical, up-hill only
Contact: Alaska Mountain Runners
akmtnrun@hotmail.com
On-line registration begins May 1 and ends when full @
www.alaskamountainrunners.org
No Race Day Registration - 250 person limit

Jun 15 Wickersham Dome Trail Run - Fairbanks

Sun Race time 11 am – White Mtns Trailhead (Mile 28 Elliott Hwy)
7.75 miles – hills, scenic, out & back, Entry fee: None
Contact: Drew Harrington 451-6604
drew.harrington@live.com
Sponsored by: Running Club North & Goldstream
Northern Trail Series Event #3

*Children's age groups/ability levels available

2014 ALASKA MOUNTAIN RUNNING Grand Prix



Kalgin's
Knoya
Ridge Run
Thurs., May 29

Government Peak
Hill Climb
Sat., June 7

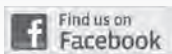
Robert Spurr Mountain Run
(Bird Ridge) Sun., June 15

Mount Marathon
Friday, July 4

Matanuska Peak Challenge
Sat., August 2

Klyeska Mountain Run
Sat., August 16

Please visit: www.alaskamountainrunners.org
for race information, results
and archives.



Sponsors



*Children's age groups/ability levels available

June 18 & 19 Dawn 2 Dusk/Dusk 2 Dawn Part 1 All Night Run – Fairbanks
Race time 12:47 am – UAF Ski Hut (West Ridge)
Wed & Thur 4 mile loop – roads & trails, sunset to sunrise
Contact: George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North
Registration at midnight, run all night, 12:47am to 2:58 am

June 19 Mayor's Midnight Sun Marathon, Marathon
Thu **Relay, ½ Marathon, 5 Miler & Youth Cup Bib Pick-up & Late Registration – Anchorage**
3 - 8 pm – Sheraton Hotel
Contact: UAA 786-1325
track@uaa.alaska.edu
www.mayorsmarathon.com
When picking up your bib/t-shirt, check out the Expo
No Race Day Registration or Bib Pick-up

June 20 Mayor's Midnight Sun Marathon, Marathon
Fri **Relay, ½ Marathon, 5 Miler & Youth Cup Bib Pick-up & Last Change Registration – Anchorage**
10 am - 6 pm – Sheraton Hotel
Contact: UAA 786-1230
track@uaa.alaska.edu
www.mayorsmarathon.com
When picking up your bib/t-shirt, check out the Expo
No Race Day Registration or Bib Pick-up

June 20 Relay For Life – Sitka
Fri Start time 6 pm – Sitka Track & Football Field
* 24 hour walk through night
Contact: Tristan Walsh 273-2068
tristan.walsh@cancer.org
www.relayforlifeofsitka.org
Sponsored by: American Cancer Society
Celebrating those who have won their battle against cancer, remembering those who we have lost & fighting back against the disease

June 20 Relay For Life – Valdez
Fri Start time 6 pm – Kelsey Dock Parking Lot
* 24 hour walk through night
Contact: Tristan Walsh 273-2068
tristan.walsh@cancer.org
www.relayforlifeofvaldez.org
Sponsored by: American Cancer Society
Celebrating those who have won their battle against cancer, remembering those who we have lost & fighting back against the disease

June 21 Mayor's Midnight Sun Marathon – Anchorage

Sat

Meet 7 am – Bartlett High School

26.2 miles – Bartlett to West High School

Race time 8 am, Entry fee: Check website

Registration on-line & save thru June 18

Contact: UAA 786-1325

track@uaa.alaska.edu

www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage & ConocoPhillips

Walkers welcome! Medallions to finishers, t-shirts all

No Race Day Registration or Bib Pick-up

June 21 Mayor's Midnight Sun Relay Race – Anchorage

Sat

Meet 7 am – Bartlett High School

26.2 miles – Bartlett to West High School

Race time 8 am, Entry fee: Check website

Registration on-line & save thru June 18

4 person relay team event, 6 team divisions

Approximate leg distances – 7, 8, 5.6 & 5.6

Contact: UAA 786-1230

track@uaa.alaska.edu

www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage & ConocoPhillips

Walkers welcome! T-shirts for participants

No Race Day Registration or Bib Pick-up

June 21 Mayor's Midnight Sun ½ Marathon – Anchorage

Sat

Meet 8 am – West High School

13.1 miles – West High to Point Woronzof

Race time 9 am, Entry fee: Check website

Registration on-line & save thru June 18

Contact: UAA 786-1325

track@uaa.alaska.edu

www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage, & ConocoPhillips

Walkers welcome! T-shirts for participants

No Race Day Registration or Bib Pick-up

June 21 Mayor's Midnight Sun 5 Miler – Anchorage

Sat

Meet 8 am – West High School

5.6 miles – West High to Earthquake Park

Race time 9 am, Entry fee: Check website

Registration on-line & save thru June 18

Contact: UAA 786-1325

track@uaa.alaska.edu

www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage & ConocoPhillips

Walkers welcome! T-shirts for participants

No Race Day Registration or Bib Pick-up

June 21 Mayor's Midnight Sun Youth Cup – Anchorage

Sat

*

1.6 miles – a run around Westchester Lagoon
Race time 9 am, Entry fee: Check website
Registration on-line & save thru June 18
Contact: UAA 786-1325 track@uaa.alaska.edu
www.mayorsmarathon.com
Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Recreation timed event, completion awards given
Walkers welcome! T-shirts for participants
No Race Day Registration or Bib Pick-up

June 21 32nd Midnight Sun 10K – Fairbanks

Sat

*

Race time 10 pm – UAF Patty Center
Run/walk, certified course
Entry fee: \$20/\$30 June 14-20/\$35 race day
Contact: FRA 456-8901
Sponsored by: FRA & Daily News Miner
Certified course, t-shirts for racers & volunteers
Register on-line @ www.midnightsunrun.us
A Flint Hills Cup Series & Junior Series Event

June 21 New Beginnings Mud Run – Kenai

Sat

*

Meet 9:30 am – New Beginnings Fitness Center
5Kish – mud & obstacles, Race time 11 am
Entry fee: \$30/\$35
Contact: Whitney Hitchcock mudrunkenai@yahoo.com
New Beginnings Fitness Center 283-6462
Sponsored by: New Beginnings Fitness Center
Costumes encouraged. Prizes to top female & male
finisher, best costume, best entrance to mud pit, best mud
pit show, the dirtiest and the cleanest

June 21 Only Fools Run at Midnight – Ketchikan

Sat

*

Meet 10:30 pm – KGB Parks & Recreation Center
Race night registration by 11:30 pm
5K - out & back, Race time 11:59 pm
Entry fee: \$20/\$10 under 18 /\$50 family (4)
\$25/\$12/\$60 race night - t-shirt to first 100 entrants
Contact: Aaron Fong, SAIL Program Manger
ketchikan@sailinc.org
www.sailinc.org
Sponsored by: Ketchikan Running Club & SAIL
Costumes encouraged. Visit the website to
download entry form & additional info
Proceeds benefit Southeast Alaska Independent
Living – Giving Disability a Possibility

June 21 “Nikiski Days” Family Fun Walk/Run – Nikiski

Sat

*

Meet 9 am – Nikiski Community Recreation Center
3 & 5 miles – groomed trails, mostly flat, some hills
Race time 10 am, Entry fee: \$20, t-shirts included
Contact: Tammy Berdahl 776-8800
tberdahl@borough.kenai.ak.us
Jackie Cason 776-8800
www.northpenrec.com
Sponsored by: North Peninsula Recreation Service Area
Visit the website for details & entry forms

*Children's age groups/ability levels available

June 21 Tri the Trails Triathlon – Palmer

Sat

Meet 8:30 am – Matsu Lakes

800M swim, 13 mile bike, 4 mile run

Children's Duathlon (ages 5-13 yrs) \$20

Race time 9 am, Entry fee: \$70 /\$135 relay teams

Contact: Joseph Hawkins 745-4357

bionic@mtaonline.net

www.smartenergyalaska.com/tri_the_trails

Sponsored by: Bionic Chiropractic

Register early, t-shirts not guaranteed for late registration,

Early registration begins March 1, adult & teams only.

Space limited, check the website for updates

A USAT Sanctioned Event

June 21- Midnight Sun Lazyman Triathlon - Wasilla

Aug 2

Sat -

Sat

Event spans 6/21-8/2, entries accepted thru 6/21

140.7 miles – Ironman Tri over 6 weeks

Entry fee: \$30, enter as individual or team

Contact: Traci Sanders 355-6110

htraci@hotmail.com

Christy Hronkin 232-8871

sites.google.com/site/midnightsunlazymantriathlon/

Experience an Ironman Triathlon at your own pace. Goal

Is 112 miles bike, 2.5 miles swimming, 26.2 miles running

(see log sheet for alternative suggestive activities).

Celebration BBQ August 2

June 25 Run From The Cops Bib Pickup – Fairbanks

Wed

4 – 6 pm – Police Department, 911 Cushman Street

5K – paved, Entry fee: \$25, t-shirts included

Contact: Brenda Geier 388-9194

Eric Jewkes 450-6500

Sponsored by: Santana's Flowers

A Flint Hills Cup Series & Junior Series Event

June 26 All-Comers Track & Field Meet #2 – Anchorage

Thu

Registration 5:30 pm – The Dome

Distance varies, Entry fee: \$5, Meet Start 6 pm

Contact: Ben Bachand 903-8249

Bachand777@yahoo.com

www.usatf.org/assoc/ak/events.htm

Visit website for details & entry forms

A USA Track & Field Sanctioned Event

June 26 Jim Loftus Mile – Fairbanks

Thu

Meet 6:30 pm – West Valley HS Track

Entry fee: \$5, all welcome

Contact: Bob Vitale 322-0117

Tracey Martinson 474-8353

www.runningclubnorth.org

Sponsored by: Running Club North

A Flint Hills Cup Series & Junior Series Event

June 27 Kids' Cross Country Races – Fairbanks

Fri Meet 6 pm – West Valley HS Soccer Field
* .75 & 1.5 miles, Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353
Monte Jordan 451-8696
www.runningclubnorth.org
Sponsored by: Running Club North

June 27 Relay For Life – Mat-Su

Fri Start time 7 pm – Palmer High School
* 17 hour walk through night
Contact: Joe Debets 273-2070
joe.debets@cancer.org
www.relayforlifeofmatsu.org
Sponsored by: American Cancer Society
Celebrating those who have won their battle against cancer,
remembering those who we have lost & fighting back
against the disease

June 28 3rd Annual ACMHS Mud Run – Anchorage

Sat Meet 9 am – Chuck Albrecht Memorial Softball Complex
* 5K – obstacle run, trails, Race time 9:30 am
Entry fee: \$45 early bird discount includes t-shirt
Contact: Jennifer Smerud 261-5395
www.acmhs.com
Sponsored by: Anchorage Community Mental Health
Mini-muddy event for kids 7-13 years
Proceeds benefit Community Mental Health Services

June 28 Kilted Mile – Eagle River

Sat Meet 11 am – Eagle River Lions Park
* 1 mile – track, Race time 11:30 am, Entry fee: \$15
Contact: Chris Anderson 243-7255
anderson_ak@yahoo.com
Kerry Howard 338-1123
www.alaskascottish.org
Sponsored by: Alaska Scottish Highland Games
Must wear a kilt to participate, kilts available for
use. Games admission & concert included in fee

June 28 Still Kickin' Asphalt in E.R. – Eagle River

Sat Meet 9:30 am – Location TBD
* 1 mile – downtown area, Race time 10 am
Entry fee: Suggested donation \$20
Contact: Michelle Harmeling 688-2676
cscgrants@mtaonline.net
Sponsored by: Chugiak-Eagle River Senior Center
Vendors & entertainment outside. Pre-race Zumba warm-up.
Community post race cool down & BBQ

June 28 Run From The Cops – Fairbanks

Sat Race time 11 am – Police Department, 911 Cushman Street
* 5K walk/run – paved, Entry fee: \$25, t-shirts included
Contact: Brenda Geier 388-9194
Eric Jewkes 450-6500
Sponsored by: Santana's Flowers
A Flint Hills Cup Series & Junior Series Event

*Children's age groups/ability levels available

Saturday, July 12, 2014



**New Trunk Road Bike/Foot Path
Entry Fee \$25**

Register on-line at:

www.HeartReachAlaska.com

907-373-3456

**Early Bib Pick-up at HeartReach Center on Thursday--July 10, 9 to 1
and Friday--July 11, 9 to 1**

Registration & Bib Pick-Up 9:00 am

**At Honda Hartley Motors Frontage Rd. Mile 36.5 Parks Hwy.
Vehicle parking at Valley Church of Christ Parking Lot at Mi. 36.6 Parks Hwy.**

Race starts at 10:00 am, Sat. July 12, 2014

Runners-Walkers-Strollers-Bikes Welcome!

T-Shirts available for purchase



***Children's age groups/ability levels available**

June 28 Spruce Tree Classic – Fairbanks

Sat Race time 10 am – UAF Patty Center
7.2 miles – trail run, Entry fee: None
Contact: Roy Strandberg 378-7111
rtstrandberg@alaska.edu
David McDowell 488-6068
www.runningclubnorth.org
Sponsored by: Running Club North

June 28 Sluice Box 100 – Fairbanks

& 29 Race time 7 am – Mushers Hall (Farmers Loop)
Sat & 100 miles – run or bike on trails
Sun Contact: Joel Homan 388-9560
www.sluicebox100.com
Sponsored by: Endurance North
36 hour cutoff, solo or 2-5 person relay teams

June 28 The Spit Run – Homer

Sat Race time 10 am – Homer High School
***** 10K – flat, fast, point to point, certified course
Entry fee: \$30/\$40 after June 20, t-shirt included
Free ages 10 & under
Contact: Bill Steyer 399-1078
steyerbill@yahoo.com
www.kachemakbayrunningclub.org
Sponsored by: South Peninsula Hospital, Homer Community
Recreation, Homer News & Kachemak Bay Running Club
USATF certified course
Proceeds benefit youth running sports programs

June 28 MTA Race for Technology – Palmer

Sat Meet 8:30 am – Palmer Public Library
***** 5K, 1 mile youth & Team Challenge/Relay
Race time 10 am
Contact: Palmer Library 745-4690
Sponsored by: Matanuska Telephone Association
Proceeds benefit Big Lake, Palmer, Sutton, Talkeetna,
Trapper Creek, Wasilla & Willow Libraries

July Women Walks – Fairbanks

Sun Meet 10 am – UAF Patty Center
Contact: Dee Gard 347-7277
www.runningclubnorth.org
Sponsored by: Running Club North
1-2 hour fitness walks, moderately fast when above 0 degrees
Visit Facebook @ [rcnwomenwalks](https://www.facebook.com/rcnwomenwalks)

July – Peak Performers Track Club – Anchorage

Aug 6 pm – Central Jr High Track thru Aug
Tue Membership fee: \$65, \$110 family (2)/\$160 3 or more
Contact: Jason Hofacker 240-6982
Kim Baldwin 274-1061
and in spirit, Chester Franz
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

*Children's age groups/ability levels available

July **Exceed Women's Running Team – Anchorage**
Tue Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Paola Banchemo 223-5102
paolabanchemo@gmail.com
Kayse Ericksen 425-422-5326
kayseericksen@yahoo.com
www.runexceed.org
Sponsored by: Exceed Women's Running Team
Every Tuesday April through August
Check website for location and planned workout
All levels of runners welcome

July **Women's Training – Fairbanks**
Tue Meet 5:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

July **Men's Training – Fairbanks**
Tue Meet 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

Joseph Hawkins DC

108 E. Arctic Ave.

Palmer, AK 99645

745-4357



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*Children's age groups/ability levels available

Anchorage Club



**May
7th**

Do Run Run

ARC's First event of the season.
Free with ARC membership

24th

Trent Waldron Glacier 1/2 Marathon

A good Tune up for Mayor's or BWLR.

June

4th

Mugwumps 10K

A mid packer's challenge.
Free with ARC membership

July

6th

Boondocks Breakaway 2.5K & 5K

Trail Run with social afterwards.
Free with ARC membership

16th

Master's 5K & 10K

Life begins at 40!
Free with ARC membership

Scan this QR code and
join the club. Become a
member now and save.



Running

www.anchoragerunningclub.org

August

17th

Big Wild Life Runs

Our biggest race event & runners expo.
Full page ad on page 80.

September

27th

Octoberfest Run 5K & 10K

Food and clothing for the needy.

October

11th

Zombie 1/2 Marathon Kids Zombie Mini 2.5K

ARC is proud to PARTNER with these races.

**May
10th**

Faster than a Falcon 5K

Support The Mountain View Boys and Girls Club

TBA

Girls on the Run 5K

Kincaid Park

The Anchorage Running Club (ARC)

is a non-profit member organization whose goals are to promote fitness and fun through running and walking.

ARC is a member of the following:
Road Runners Club of America • USAT&F Alaska

Mail Us At: P.O. Box 243362 • Anchorage, AK 99524-3362

- July
Tue &
Thu** **Valley Women's Running Team – Palmer**
 Meet 6 pm – Colony High School
 Tue track work out, Thu trail runs – various locations around the valley
 Contact: Rhonda Knopp 355-6258
 rhondaknopp@hotmail.com
 Norm Rousey
 coachrousey@hotmail.com
 <https://sites.google.com/site/valleywomensrunningteam>
 Sponsored by: Valley Women's Running Team
 Runners of all ability levels welcome
 Coached training held each week thru mid-August with trail runs thru September
- July
Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
 www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- July -
Aug
Wed
*** **Arctic Orienteering Club – Anchorage**
 Info for courses & locations available on website
 Entry fee: \$8/\$2 kids
 Contact: www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Beginner thru advances courses available
 A Healthy Futures Series Event - www.healthyfuturesak.org
- July 4
Fri** **Independence Day** 
- July 4
Fri
*** **29th Annual Independence Day Run – Fairbanks**
 Race time 10 am – SE Corner Pioneer Park
 5K –fast course, Entry fee: \$20/\$25 race day, t-shirts to first 100 entrants
 Contact: Kevin Brinegar 378-8897
 www.lathroprunning.com
 Sponsored by: Running Club North
 Pre-register at Beaver Sports & Play It Again Sports
- July 4
Fri** **Anvil Mountain Run – Nome**
 Meet 7:45 am – City Hall, Race time 8 am
 17K – Start +18' above sea level to the top of Anvil Mountain & back
 1134' elevation gain, Entry fee: None
 Contact: Leo Rasmussen 304-2573
 leaknome@alaska.com
 John Handeland 443-6587
 johnh@njus.org
 www.leaknomeak.com
 Sponsored by: Rasmussen's Music Mart
 The 2nd oldest run in Alaska

*Children's age groups/ability levels available

The 19th Annual

ALASKA MEN'S RUN

PROCEEDS BENEFIT MEN AND AGENCIES FIGHTING
PROSTATE AND TESTICULAR CANCER

Who will you run for?

SATURDAY, JULY 19th 10 AM

START/FINISH: ANCHORAGE FOOTBALL STADIUM

MEET AT 8:30 AM • START AT 10:00 AM

5 mile
run

2 mile
walk

**MEN, WOMEN, CHILDREN, TEAMS, FAMILY AND
MILITARY PARTICIPATION ENCOURAGED!**

Online Registration: Available Until July 18, 2014

In-person Registration:

Wed., July 16th & Thurs., July 17th

Skinny Raven Sports (800 H St.), 4:00 PM - 6:30 PM

Race Day Registration: 8:30 AM - 9:30 AM at
Anchorage Football Stadium

Free Post-Race BBQ!

Includes tech shirt (while supplies last) & eligibility
for great door prizes!

All proceeds benefit Alaska men with prostate
or testicular cancer. Grants available for
individuals and organizations supporting
advocacy, education, and early detection.
Every year we make a difference.

For information on volunteer opportunities, donor
categories and/or race information contact:

Dave Fisher: 622-9243 or visit us at:

www.alaskamensrun.com

*Children's age groups/ability levels available

- July 4 Salmon Shuffle - Seldovia**
Fri Meet 8 am – Main Street
 * 5K – out & back, Race time 10 am, Entry fee: \$20
 Contact: Tobben Spurkland 234-1405
 Sponsored by: Seldovia Arts Council
 T-shirts, cash prizes, men, women, & youth
- July 4 Mount Marathon Race – Seward**
Fri Meet 4th & Adams Street
 * Road/mountain run, 3,022' climb (3.5 miles)
 Junior division only goes to half-way point
 Race times: 9:30 am juniors (7-17 years),
 11:15 am women, 3 pm men
 Entry limits: 350 men, 350 women, 250 juniors
 Entry fee: \$25 juniors/\$65 adults
 Contact: Chamber of Commerce 224-8051
events@seward.net
www.seward.com
 Sponsored by: Seward Chamber of Commerce
 All 1st year runners must participate in a safety
 briefing July 3 or they will not be permitted to run
 Applications accepted thru Mar 31
- July 4 Uncle Salmon Freedom Run - Valdez**
Fri Meet 9 am – Civic Center
 * 5K – multi-terrain, out & back, some hills
 Race time 10 am, Entry fee: None
 Contact: Wendy Clubb 835-2531
wclubb@ci.valdez.ak.us
www.ci.valdez.ak.us/parks
 Sponsored by: City of Valdez Parks & Recreation
 Prizes to top three male & female finishers
- July 4 Freedom 4 Miler – Willow**
Fri Meet 9 am – Willow Community Center
 * 4 miles – flat, some gravel road, bike trails
 Race time 10 am, Entry fee: \$20
 1K kids' race 9:30 am, registration begins 8:30 am
 Contact: Andrea Hambach 495-2205
andreahambach722@yahoo.com
www.willowraceseries.com
 Sponsored by: Willow Running Club
 Prizes for best patriotic costumes!
- July 6 Boondocks Breakaway – Anchorage**
Sun Race time 11 am – Kincaid Outdoor Center
 * 2.5 & 5K – scenic trails thru park
 Entry fee: ARC Membership
 Contact: www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club

- July 9** **Salmon Run Series #1 – Soldotna**
Wed Meet 5 pm – Tsalteshi Trails
 * 5K – multiple loop, hilly, groomed trail course
 Race time 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
rhonda@kenaiwatershed.org
 Josselyn O'Connor 260-5499 x 1201
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week
 5 series race, all ages, walkers welcome
- July 10** **Steve's Equinox Training #1 – Fairbanks**
Thu Meet 6 pm – UAF Patty Center
 8+ miles – Loop thru Equinox start to mile 5 to T-field
 Contact: Emily Schwing 801-550-472
 George Berry 687-88769
www.runningclubnorth.org
 Sponsored by: Running Club North
- July 12** **Bear Paw 5K Run – Eagle River**
Sat Meet 8:30 am bib pick-up/reg.– Main Street Eagle River
 * Race time 10:30 am, Entry fee: \$30, \$80 family of 4
 (immediate only), additional members \$20
 \$40/\$95 family on race day, includes t-shirt
 For entry only, no t-shirt, \$20/\$60 family of 4 (immediate
 only), \$25/\$70 family race day
 Contact: Joey Caterinichio
joeycat@alaska.net
 Bear Paw Hotline 274-6960
info@cer.com
 Sponsored by: Anchorage Women's Clinic, Midas, Skinny
 Raven Sports, Hosted by: ANR/ERNTC
 Sign up at Skinny Raven, Eagle River Chamber of
 Commerce, or register on-line @ www.cer.org or
www.skinnyraven.com. Fun for all ages
- July 12** **Run of the Valkyries - Fairbanks**
Sat Race time 10 am – Pioneer Park
 * 8K – flat, Entry fee: \$20, includes long sleeve t-shirt
 Contact: Thomas Gross 322-7093
www.runningclubnorth.org
 Sponsored by: Fairbanks Opera & First National
 Bank of Alaska
 Costume contest, prizes
 A Flint Hills Cup Series & Junior Series Event
- July 12** **Chena Lakes Triathlon – Fairbanks**
Sat Race time 10 am – Chena Lakes Recreation Area
 .28 mile swim, 10 mile bike, 3.1 mile run, teams available
 Entry fee: \$40 + \$12 one day pass
 Contact: Tyson Flaharty
 Amber Barlow
thebreakuptri@hotmail.com
 USATF sanctioned, 75 participant limit

*Children's age groups/ability levels available

- July 12 Ward Lake Fun Run – Ketchikan**
Sat Meet 10 am – Ward Lake Parking Lot
 * 1 mile & 5K, Race time 10:30 am 1 mile, 11 am 5K
 Entry fee: \$3 12 & under 1 mile, \$7/\$5 KRC members
 \$20 family/\$15 KRC family members
 Contact: Diane Gubatayao 225-9474
 Sponsored by: Ketchikan Running Club
- July 12 5K/10K for Life – Palmer/Wasilla**
Sat Meet 9 am – New Trunk Road bike/foot pathway
 * Walk/run – out & back, rolling hills, scenic byways
 Race time 10 am, Entry fee: \$25/\$50 family
 Contact: Patti Price 373-3456
patti.price@heartreachalaska.com
 Joyce Moropoulos 373-3456
www.heartreachalaska.com
 Sponsored by: HeartReach Center
 Registration/bib pick-up at Honda Hartley Motors Frontage
 Road, mile 36.5 Parks Highway, vehicle parking at Valley
 Church of Christ, mile 36.6 Parks Highway
 Great relaxing place to run/walk, bring your own sack lunch
 Early bib pick up at Heartreach Center July 10 & 11
- July 12 Rotary Unity Run – Soldotna**
Sat Meet 8 am – Soldotna High School
 * 5K & 10 miles – Unity bike trail, Race time 9:15 am
 Entry fee: \$30/\$10 12 & under/\$50 family
 Contact: Dale Bagley 398-1865
dale@redoubtrealty.com
www.soldotnarotary.org
 Sponsored by: Soldotna/Kenai Rotary Clubs
 Awards to top three finishers, men & women.
 Register on-line @ http://www.active.com/event_detail.cfm?event_id=2066242. Bus transportation to start lines,
 t-shirts, gift bags & post race BBQ
- July 12 Hatcher Pass Marathon & Marathon Relay – Willow**
Sat 26.2 miles & 3 person relay – uphill 25 miles, gravel road
 Start Willow side Hatcher Pass Road, finish near
 Independence Mine, Race time TBA, Entry fee: TBA
 Contact: Andrea Hambach 495-2205
andreahambach722@yahoo.com
www.willowraceseries.com & Willow
 Race Series on Facebook
 Sponsored by: Willow Running Club
 Register on-line thru website. Carpool recommended,
 limited parking at start/finish. \$5 parking fee at
 Independence Mine State Park
- July 13 14th Ester Dome Ass Kicker – Fairbanks**
Sun Race time 10 am – Ester Gold Camp
 6.75 miles – very steep trail run
 Contact: Oralee Nudson 252-0530
 Robbin Garber-Slaght 378-4989
 Sponsored by: Running Club North
 Toughest short distance race in the Interior
 Northern Trail Series Event #4

*Children's age groups/ability levels available

- July 13 Sun *** **Bookin' for Books Trail Run - Seward**
 Meet 11 am – 12 Mile Divide Seward Hwy – 3.8 mile race
 Primrose Campground – 6.4 mile race - follows Iditarod Trail, hilly, Race time 12N Noon
 Entry fee: \$30 minimum donation
 Contact: Lidia Petersen 362-6201
Sewardimaginationlibrary@gmail.com
www.AlaskaImaginationLibrary.org
 Sponsored by: Seward PTSA
 Visit website for other Imagination Library races around the state.
 Proceeds benefit Seward/Moose Pass Imagination Library
- July 14 - Gold Discovery Run Bib Pick-up – Fairbanks**
- July 19 Mon – Sat** 10 am - 7 pm – Toy Quest
 Contact: Gary Pohl 452-2128
 Bob Hildebrandt 479-7335
www.runningclubnorth.org
 Sponsored by: Running Club North & Others
- July 16 Wed** **Alaska Men's Run Registration & Bib PU– Anchorage**
 4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 19)
 5 mile run/2 mile walk – Chester Creek paved trails
 Entry fee: \$35/\$70 family, \$45/\$80 race day, includes tech t-shirt & prizes, visit the website for additional info
 Contact: Dave Fisher 622-9243
 Sponsored by: Alaska Men's Run Race Board
 Register on-line @ www.alaskamensrun.com thru July 18
 Race day registration from 8:30–9:30 am
- July 16 Wed** **Masters' 5 & 10K – Anchorage**
 Meet 5:30 pm – Chuck Albrecht Fields
 5 & 10K – flat, out & back on paved trails
 Race time 6 pm, Entry fee: ARC Membership
 Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Limited to runners 40 years of age or older
- July 16 Wed** **Bun on the Run – Fairbanks**
 Race time 6 pm – Creamer's Field Barn
 5K – flat trail, Entry fee: \$20/\$25 race day
 Contact: Kevin Brinegar 378-8897
www.runningclubnorth.org
 Sponsored by: Running Club North
 Race limited to 100 runners, t-shirts included
- July 16 Wed** **Golden Mile Bib Pick-up – Fairbanks**
 5 - 8 pm – Literacy Council of AK (517 Gaffney Rd)
 Entry fee: \$15/\$10 youth/\$25 family
 Contact: Jim Brader 452-4986
 Andy Holland 479-4444
www.runningclubnorth.org
www.literacycouncilofalaska.org
 Sponsored by: RCN & Literacy Council of Alaska
 Leads the Golden Days Parade
 Proceeds benefit the Literacy Council of Alaska

- July 16 Salmon Run Series #2 – Soldotna**
Wed Meet 5 pm – Tsalteshi Trails
 * 5K – multiple loop, hilly, groomed trail course
 Race time 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
rhonda@kenaiwatershed.org
 Josselyn O'Connor 260-5499 x 1201
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week
 5 series race, all ages, walkers welcome
- July 17 Alaska Men's Run Registration & Bib PU– Anchorage**
Thu 4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 19)
 5 mile run/2 mile walk – Chester Creek paved trails
 Entry fee: \$35/\$70 family, \$45/\$80 race day, includes tech t-shirt & prizes, visit the website for additional info
 Contact: Dave Fisher 622-9243
 Sponsored by: Alaska Men's Run Race Board
 Register on-line @ www.alaskamensrun.com thru July 18
 Race day registration from 8:30–9:30 am
- July 17 All-Comers Track & Field Meet #3 – Anchorage**
Thu Registration 5:30 pm – The Dome
 * Distance varies, Entry fee: \$5, Meet Start 6 pm
 Contact: David Todd 529-0704
todddm@gci.net
www.usatf.org/assoc/ak/events.htm
 Visit website for details & entry forms
 A USA Track & Field Sanctioned Event
- July 17 Steve's Equinox Training #2 – Fairbanks**
Thu Meet 6 pm – Ann's Greenhouse pull-out
 8 miles – Equinox Trail Mile 8.5 – 4.5 – 8.5
 Contact: Emily Schwing 801-550-4752
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
- July 18 Relay For Life – Eagle River**
Fri Start time TBD – Location TBD
 * 24 hour walk through night
 Contact: Joe Debets 273-2070
joe.debets@cancer.org
www.CERRFL.com
 Sponsored by: American Cancer Society
 Celebrating those who have won their battle against cancer, remembering those who we have lost & fighting back against the disease



Who Let The Girls Out 5K

Women only race/walk event

Friday, April 25th 6:30 pm

Downtown Palmer

Fair Day 5K Race

Men, Women and Families

Friday, August 29th

Our club meets on Tuesdays for coached track workouts and Thursdays for trail runs starting early April through mid August.

For club info : rhondaknopp@hotmail.com

For event info: kloyer1@mtaonline.net , Vera @ 907-355-0222 or check us out on facebook.

The purpose of the Valley Women's Running Team (VWRT) is to provide an educational and recreational running program for the women of the Mat-Su Valley. It is the responsibility of the organization to provide a healthy and fun running program for women of all abilities.

- July 18 Relay For Life – Ketchikan**
Fri Start time 6 pm – Ketchikan High School
 * 24 hour walk through night
 Contact: Meghan Mackey 273-2075
meghan.mackey@cancer.org
www.relayforlifeofketchikan.org
 Sponsored by: American Cancer Society
 Celebrating those who have won their battle against cancer,
 remembering those who we have lost & fighting back
 against the disease
- July 19 Alaska Men's Run – Anchorage**
Sat Meet 8:30 am – Anchorage Football Stadium
 * 5 mile run/2 mile walk – Chester Creek paved trails
 Entry fee: \$45/\$80 race day,
 Race time 10 am, includes tech t-shirt & prizes
 Contact: Dave Fisher 622-9243
dfisher@gci.net
 John Swartz 349-0906
 Sponsored by: Alaska Men's Run Race Board
 Register on-line @ www.alaskamensrun.com thru July 18
 Race day registration from 8:30-9:30 am, event open to all.
 Men, women, children, teams & military encouraged.
 Grants available for individuals and organizations supporting
 advocacy, education and early detection. Post race BBQ.
 Proceeds benefit Alaska men with prostate or testicular cancer
 Every year we make a difference!
- July 19 AK Salmon Runs/King Salmon Marathon – Cordova**
Sat Meet 6:20 am – Copper River Highway
 * Flat & very scenic; mountains & glaciers line course
 Race time 7 am, Entry fee: \$45
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
 Copper River WILD! Salmon Festival activities feature
 running, music, Small Fry Arts & Educational activities, a
 weekend of singing out salmon. Salmon BBQ Sat night
 Medals for all ½ & Marathon finishers
- July 19 AK Salmon Runs/Sockeye ½ Marathon – Cordova**
Sat Meet 9 am – Copper River Highway
 * Flat, mostly paved, scenic; mountains & glaciers
 line course, Race time 9:30 am, Entry fee \$45
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
 Copper River WILD! Salmon Festival activities feature
 running, music, Small Fry Arts & Educational activities,
 a weekend of singing out salmon. Salmon BBQ Sat night.
 Medals for all ½ & Marathon finishers

*Children's age groups/ability levels available

July 19 AK Salmon Runs/Coho 10K – Cordova
Sat Meet 10 am – Cooper River Highway
 * Flat, ½ gravel/½ paved; mountains & glaciers line course, Race time 10:30 am, Entry fee \$20
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
 Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night

July 19 AK Salmon Runs/Humpy 5K – Cordova
Sat Meet 10 am – Cooper River Highway
 * Flat, paved, scenic; mountains & glaciers line course
 Race time 10:45 am, Entry fee \$20
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
 Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night

July 19 AK Salmon Runs/Smolt One Mile – Cordova
Sat Meet 10:45 am – Cooper River Highway
 * Flat, paved, scenic
 Race time 11:15 am, Entry fee \$15
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
 Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night

July 19 Alyeska Golden Mile – Fairbanks
Sat Race time 9:50 am – Aurora Energy Power Plant
 * Entry fee: \$15/\$10 youth/\$25 family
 \$20/\$15 youth/\$30 family race day
 Contact: Jim Brader 452-4986
 Andy Holland 479-4444
www.runningclubnorth.org
www.literacycouncilofalaska.org
 Sponsored by: RCN & Literacy Council of Alaska
 Leads the Golden Days Parade
 Proceeds benefit the Literacy Council of Alaska

July 19 Jingle in July! – North Pole
Sat Race time 8:30 am – Santa Claus House
 * 5K run/walk, 1K kids
 Entry fee: \$20 early/\$25 regular/\$30 late/\$35 last minute
 Contact: Anna Campione 277-2784
www.jingleinjuly.com
 Sponsored by: Arthritis Foundation
 Fun family run, t-shirts and bells

- July 20 Her Tern Women's ½ Marathon – Anchorage**
Sun Meet 8 am – Delaney Park Strip (West End)
 * 13.1 miles – out & back, Race time 9 am, walkers wave 8 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
 Brent Knight 274-7222
www.skinnyraven.com
 Sponsored by: Her Tern Boutique, Brooks
 Women's only ½ marathon, perfect training opportunity
 for the Big Wild Life Full Marathon
- July 20 Her Tern ¼ Marathon – Anchorage**
Sun Meet 8 am – Delaney Park Strip (West End)
 * 6.55 miles – loop course, Race time 9:10 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
 Brent Knight 274-7222
www.skinnyraven.com
 Sponsored by: Her Tern Boutique, Brooks
- July 20 49th Gold Discovery Run – Fairbanks**
Sun Race time 8 - 9 am – Fox Roadhouse
 16.5 miles, Entry fee: \$30
 Contact: Gary Pohl 452-2128
www.runningclubnorth.org
 Sponsored by: Running Club North
 Unique prizes to 1st 200 entrants, bus to start
 A Flint Hills Cup Series Event
- July 23 Salmon Run Series #3 – Soldotna**
Wed Meet 5 pm – Tsalteshi Trails
 * 5K – multiple loop, hilly, groomed trail course
 Race time 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
rhonda@kenaiwatershed.org
 Josselyn O'Connor 260-5499 x 1201
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week
 5 series race, all ages, walkers welcome
- July 24 Steve's Equinox Training #3 – Fairbanks**
Thu Meet 6 pm – Ann's Greenhouse Pull-out
 8 miles – Equinox trail Mile 8.5 – 12.5 – 8.5
 Contact: Emily Schwing 801-550-4752
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
- July 25 Crow Pass Mandatory Bib P/U & Pre-Race**
Fri Meeting – Anchorage
 Meet 5 pm – UAA Sports Center
 Contact: Mike Friess 786-1325
anmaf@uaa.alaska.edu
 Sponsored by: UAA Milers Booster Club &
 Subway of Alaska
 Entrants not present will lose their race entry

*Children's age groups/ability levels available

16th Annual Wildlife Rescue Run & Walk



**Saturday
Aug. 2, 2014**



**Seward, AK
www.alaskasealife.org
1-888-378-2525**

July 25 Pipeline Run in the Late Night Sun – Delta Junction

Fri

Race time 8 pm – Delta Junction Fairgrounds
5K walk/run - flat, walkers start ½ hour earlier
Entry fee: \$20, cool long sleeved t-shirt
Contact: John Sloan 322-4391
www.deltanafair.com

July 25 Relay For Life – Kodiak

Fri

Start time TBD – Woody Way Football Field
24 hour walk through night
Contact: Joe Debets 273-2070
joe.debets@cancer.org
www.relayforlifeofkodiak.org

Sponsored by: American Cancer Society
Celebrating those who have won their battle against cancer,
remembering those who we have lost & fighting back
against the disease

July 26 XTERRA Hammerman Duathlon – Anchorage

Sat

Meet 8 am – Little Campbell Lake/Kincaid Park
1.2M trail run, 13M mtn bike, 4 mile trail run, off
road duathlon, Race time 10 am, Entry fee: \$77 solo
Contact: Andy Duenow 344-2740
ajdino@gci.net
Jason Lamoreaux 929-4835
www.hammermantriathlon.com

Sponsored by: Chain Reaction Cycles, Kaladi Brothers
Coffee, Skinny Raven Sports & Lead Dog Consulting
Presented by: Alaska Triathlon Club
Use of road, hybrid or 'cross bikes not
allowed, a mountain bike event only
Swimming isn't your thing? Come Do the Du!

*Children's age groups/ability levels available

- July 26 XTERRA Hammerman Triathlon – Anchorage**
Sat Meet 8 am – Little Campbell Lake/Kincaid Park
 .5M lake swim, 14M off road mtn bike,
 4 mile trail run, Race time 10 am, Entry fee: \$77 solo
 Contact: Andy Duenow 344-2740
ajidino@gci.net
 Jason Lamoreaux 929-4835
www.hammermantriathlon.com
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers
 Coffee, Skinny Raven Sports & Lead Dog Consulting
 Presented by: Alaska Triathlon Club
 Use of road, hybrid or 'cross bikes not
 allowed, a mountain bike event only
 Watch for a Hammerman/BLT special
- July 26 Dog Jog – Anchorage**
Sat Registration begins 8:30 am – Location TBA
 * 1 mile & 5K – cross-country trails
 Race time 10 am, Family fair 9 am - 1 pm
 Entry fee: \$25/\$50 family (4 members)
 Late fee for race day registration
 Contact: Michele Girault 333-9534
michele@friendsofpets.org
 Sponsored by: Friends of Pets
 For updated information visit www.friendsofpets.org
 Fun run for people & dogs, leashes required
 Proceeds benefit Friends of Pets
- July 26 Run for Relief - Anchorage**
Sat Meet 9 am – Faith Christian Community, 4240 Wisconsin
 * 5K – flat, fast – West Turnagain, Race time 10 am
 Entry fee: Donation
 Contact: Scott Clemetson 244-1119
miles@alaska.net
www.faithak.com
 Sponsored by: Faith Christian Community
 Increase awareness of the situation in Burma,
 visit www.freeburmarangers.org
 Proceeds benefit the relief efforts in Burma (Myanmar)
- July 26 21st CHS Run & Soak – Fairbanks**
Sat Race time 11 am – Angel Rocks Trailhead
 8.5 miles – trail, Entry fee: TBA
 Contact: Keith Pollock 479-0779
www.runningclubnorth.org
 Sponsored by: Running Club North & Chena Hot Springs
 Free swim & potluck BBQ at finish
 Northern Trail Series Event #5
- July 26 22nd Sourdough Triathlon – Fairbanks**
Sat Race time 10 am – Mile 30.5 Steese Highway
 1.2 mile swim, 56 mile bike, 13.1 mile run – mostly flat
 Entry fee: \$50 + \$12 one day fee
 Contact: Tyson Flaharty
 Amber Barlow
thebreakuptri@hotmail.com
 Sponsored by: Alaska's Sourdough Triathlon
 ½ Ironman, wet suit a must, NO LATE ENTRIES
 USAT sanctioned, 75 participant limit

*Children's age groups/ability levels available

- July 26 Crow Pass Crossing – Girdwood**
Sat Meet 6 am – Crow Pass Trailhead
 24 miles – Crow Pass, Girdwood to Eagle River Visitor's Center, Race time 7 am
 Entry fee: \$60 – Limited to 130 entrants
 Mandatory bib pick-up & meeting July 26
 Rough cross-country & mountain trail
 Contact: Mike Friess 786-1325
anmaf@uaa.alaska.edu
 Sponsored by: UAA Milers Booster Club
 Registration forms available on-line May 4
 @ www.goseawolves.com
- July 26 Subway's Tri-Harder-Thon – Seward**
Sat Meet 8 am – Spring Creek Campground
 * 5 mile kayak, 6.3 mile trail run, 18.6 mile road bike
 Race time 11 am, Entry fee: Check website
 Contact: Jori Welchans 224-4054
jwelchans@cityofseward.net
www.cityofseward.us
 Sponsored by: Subway & SP&R
 Limited to 60 participants, must have 20 participants to hold event. Must provide own kayak, teams must consist of three different individuals, 18 years & older.
 Annual pass, family, volunteer & military discounts
- July 27 Big Lake Triathlon – Big Lake**
Sun Registration 8 am – North Shore Campground
 900 meter swim - open water, 20K bike – out & back, no highway crossings, minimal hills, 5K run – flat
 Race time 10 am, Entry fee: \$60/\$120 team
 Contact: Big Lake Chamber of Commerce 892-6109
biglake@mtaonline.net
www.biglaketriathlon.org
 A USAT sanctioned event
- July 27 Run for the Refuge – Fairbanks**
Sun Race time 1 pm – UAF Ski Hut (W. Ridge)
 * 5 & 10K – trail run
 Entry fee: \$25/\$15 children, \$30/\$20 after 8/23
 Contact: Pam Miller 452-5021
 Stan Justice 479-5017
 Sponsored by: Northern AK Environmental Center
 T-shirt, food, live music, family oriented
- July 27 Alaska Bearfest Marathon, ½ Marathon & 5K - Wrangell**
Sun Meet time 7 am – Nolan Center
 * 26.2/13.1 miles & 5K – paved & dirt roads, out & back, some hills, beautiful scenery, Race time 8 am
 Entry fee: \$50 Marathon/\$20 ½ Marathon/Free 5K
 Contact: Sylvia Ettefagh 206-849-4127/874-3006
 Carol Rushmore 874-2381
fun@alaskabearfest.org
www.alaskabearfest.org
 Sponsored by: Alaska Bearfest
 Pasta feed with campfire Saturday night

*Children's age groups/ability levels available

July 30 Wed Santa Claus ½ Marathon Bib P/U – North Pole
5 - 7 pm – Pioneer Park Pavilion
Entry fee: \$25/\$15 12 & under, t-shirt included
Contact: Charles Patton 799-9645
Sponsored by: Flint Hills Resources
Proceeds benefit non-profit organizations

July 30 Wed Salmon Run Series #4 – Soldotna
Meet 5 pm – Tsalteshi Trails
* 5K – multiple loop, hilly, groomed trail course
Race time 6 pm
Entry fee: \$10 on-line/\$15 in person/\$45 series
Contact: Rhonda McCormick 260-5449 x 1203
rhonda@kenaiwatershed.org
Josselyn O'Connor 260-5499 x 1201
www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
Race course differs each week
5 series race, all ages, walkers welcome

July 31 Thu All-Comers Track & Field Meet #3 – Anchorage
Registration 5:30 pm – The Dome
* Distance varies, Entry fee: \$5, Meet Start 6 pm
Contact: David Todd 529-0704
todddm@gci.net
www.usatf.org/assoc/ak/events.htm
Visit website for details & entry forms
A USA Track & Field Sanctioned Event

July 31 Thu Steve's Equinox Training #4 – Fairbanks
Meet 6 pm – Top of Ester Dome
5 miles – Equinox "out & back"
Contact: Emily Schwing 801-550-4752
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North

Aug Sun Women Walks – Fairbanks
Meet 10 am – UAF Patty Center
Contact: Dee Gard 347-7277
www.runningclubnorth.org
Sponsored by: Running Club North
1-2 hour fitness walks, moderately fast when above 0 degrees
Visit Facebook @ [rcnwomenwalks](https://www.facebook.com/rcnwomenwalks)

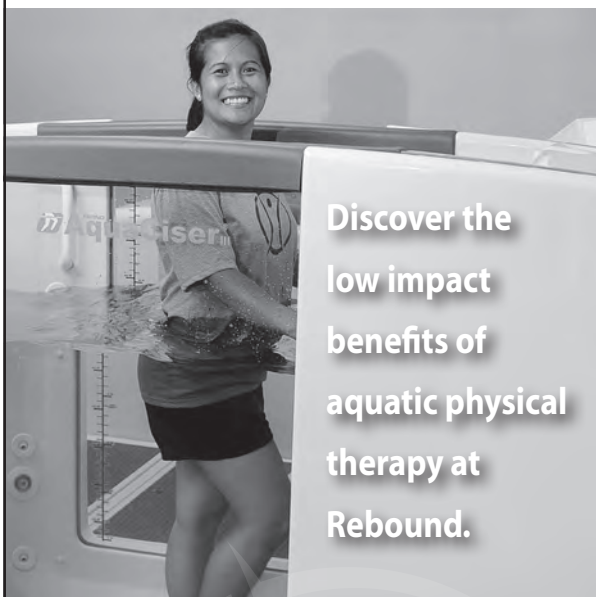
Aug Tue Peak Performers Track Club – Anchorage
6 pm – Central Jr High Track thru Aug
Membership fee: \$65, \$110 family (2)/\$160 3 or more
Contact: Jason Hofacker 240-6982
Kim Baldwin 274-1061
and in spirit, Chester Franz
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

Your Athlete Repair Specialist



Rebound

Sports and Orthopedic Physical Therapy, LLC



**Discover the
low impact
benefits of
aquatic physical
therapy at
Rebound.**

TWO CONVENIENT LOCATIONS

REBOUND SOUTH

O'Malley Square
11260 Old Seward Highway
Anchorage, Alaska 99515
tel: 907.341.5555

REBOUND EAST

7731 East Northern Lights Blvd.
Unit 2
Anchorage, Alaska 99504
tel: 907.245.5555

reboundptak.com

*Children's age groups/ability levels available

Aug **Exceed Women's Running Team – Anchorage**
Tue Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Paola Banchemo 223-5102
paolabanchemo@gmail.com
Kayse Ericksen 425-422-5326
kayseericksen@yahoo.com
www.runexceed.org
Sponsored by: Exceed Women's Running Team
Every Tuesday April through August
Check website for location and planned workout
All levels of runners welcome

Aug **Women's Training – Fairbanks**
Tue Meet 5:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

Aug **Men's Training – Fairbanks**
Tue Meet 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer



27th Annual Kenai Peninsula Run for Women

5K and 10K Courses • 10 a.m. Start
Raising Domestic Violence Awareness
Saturday, August 9, 2014



*Proceeds will benefit victims of
Domestic Violence & Sexual Assault*
Sponsored by: *The LeeShore Center*
325 S. Spruce St. • Kenai, AK 99611
907-283-9479
further information online: <http://www.leeshoreak.org/>

The LeeShore Center is a United Way agency



*Children's age groups/ability levels available

- Aug Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Aug Wed *** **Arctic Orienteering Club – Anchorage**
 Info for courses & locations available on website
 Entry fee: \$8/\$2 kids
 Contact: www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Beginner thru advances courses available
 A Healthy Futures Series Event - www.healthyfuturesak.org
- Aug Sun** **Women’s Walks – Fairbanks**
 Meet 10 am – UAF Patty Center
 Contact: Dee Gard 347-7277
www.runningclubnorth.org
 Sponsored by: Running Club North
 1-2 hour female fitness walks, moderately fast when above 0 degrees
- Aug 2 Sat *** **Alaska 10K Classic – Anchorage**
 Meet 9 am – APU, Moseley Sports Center
 Race time 10 am, Entry fee: Check Website
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
 Brent Knight 274-7444
www.skinnyraven.com
 This event run in conjunction with USATF 10K Road Running Championships
 A USA Track & Field Sanctioned Event
 Proceeds benefit Special Olympics Alaska
- Aug 2 Sat *** **10K Road Running Championships – Anchorage**
 Registration 9:30 pm – The Dome
 Entry fee: \$5, Meet Start 10 am
 Contact: David Todd 529-0704
todddm@gci.net
www.usatf.org/assoc/ak/events.htm
 Visit website for details & entry forms
 This event run in conjunction with Alaska 10K Classic
 A USA Track & Field Sanctioned Event
- Aug 2 Sat *** **Blueberry Fun Run & Walk – Ketchikan**
 Meet 8 am – Police Department
 1 mile kids race, 5 & 10K – out & back,
 Race time 9:30 am, 9 am 1 milers & walkers,
 Entry fee: \$10/\$7 KRC members, \$40 family
 Contact: Lori & Dan Ortiz
ortizd@kpunet.net
 Leigh Woodward
leighanastasia@gmail.com
www.ketchikanrunningclub.org
 Sponsored by: Ketchikan Running Club

*Children’s age groups/ability levels available

ANCHORAGE RUNNING CLUB

BIG Wild LIFE

RUNS

2014

August 16-17

START/FINISH DOWNTOWN

SAT:



Kids' 2k Fun Run



Statoil

The Anchorage Mile

USATF Certified

SUN: 49k Ultra

USATF Certified



Marathon

USATF Certified/Boston Marathon qualifier

Marathon Relay



1/2 Marathon

USATF Certified



5 k

Race updates on the BWLR home page or ...



Scan to register.

ARC is a 501(c) (3) organization whose goal is to promote fitness through running and walking. Funds raised from BWLR are used to award scholarships to deserving high school seniors, support Kids running programs and other races in the Anchorage community.

REGISTER ONLINE AT www.bigwildliferuns.org

*Children's age groups/ability levels available

- Aug 2 Sat 21st Santa Claus ½ Marathon – North Pole**
 Race time 8 - 9 am – Flint Hills Refinery
 13.1 miles – flat, out & back, Entry fee: \$20 advance
 Contact: Charles Patton 799-9645
 Sponsored by: Flint Hills Resources
 Awesome post race BBQ!
 A Flint Hills Cup Series Event #6
- Aug 2 Sat Matanuska Peak Challenge – Palmer**
 Meet 8 am – Lazy Mountain Parking Lot
 14 miles, 9,100' vertical gain
 Race time 9 am, Entry fee: \$30
 Contact: Braun Kopsack 746-5133
 Lance Kopsack 745-5966
www.alaskamountainrunners.org
 Sponsored by: Knik Glacier Adventures
 No aid stations available. Mandatory gear (windbreaker/long underwear tops/bottoms, hat, gloves, H2O bottle) required
- Aug 2 Sat * Wildlife Rescue Run/Walk – Seward**
 Meet 9:30 – 11:30 am – Alaska SeaLife Center
 5K – mostly flat, scenic route along waterfront
 Race time 11:15 am walkers, 12 Noon runners
 Entry fee \$25/\$20 15 & under, \$30/\$25 race day
 Contact: Jilian Chapman 224-6333
jilianc@alaskasealife.org
 Carole Tallman 224-6334
carolet@alaskasealife.org
www.alaskasealife.org
 Sponsored by: Alaska SeaLife Center
 Entry fee includes t-shirt & admission to ASLC race day
 Proceeds benefit the rescue, rehabilitation & release of Alaska marine animals
- Aug 2 Sat Midnight Sun Lazyman Triathlon - Wasilla**
 Event spans 6/21-8/2, entries accepted thru 6/21
 140.7 miles – Ironman Tri over 6 weeks
 Entry fee: \$30, enter as individual or team
 Contact: Traci Sanders 355-6110
htraci@hotmail.com
 Christy Hronkin 232-8871
sites.google.com/site/midnightsunlazymantriathlon/
 Experience an Ironman Triathlon at your own pace. Goal is 112 miles bike, 2.5 miles swimming, 26.2 miles running (see log sheet for alternative suggestive activities).
 Celebration BBQ August 2
- Aug 3 Sun * 12th Annual Running With the Bulls – Palmer**
 Bib pick up 11 am – Musk Ox Farm/Mile 50.1
 5K run/walk, 10K, 1K kids – trail run through pastures & rolling hills, Race time 1 pm, Entry fee: \$25/\$15 17 yrs & under/\$20 team member (7 or more), \$10 1K kids fun run
 \$30/\$20 17 yrs & under/\$25 team member, \$15 1K kids fun run after July 27
 Contact: Mark Austin 745-4151
mark@muskoxfarm.org
 Register on-line @ www.muskoxfarm.org
 T-shirt for runners, refreshments, live music after
 Proceeds benefit the Palmer Musk Ox Farm

*Children's age groups/ability levels available

- Aug 3 Sun Yukon River Trail Marathon – Whitehorse**
 Race time 8:30 am – Check website for updates
 Marathon, ½ marathon & relay events – scenic & challenging trails near Yukon River
 Entry fee: \$50/\$60 after July 1
 Contact: Ken Sylvestre 867-668-7592
yukonmarathon@gmail.com
www.yukonmarathon.com
- Aug 6 Wed * Salmon Run Series #5 – Soldotna**
 Meet 5 pm – Tsalteshi Trails
 5K – multiple loops, hilly, groomed trail course
 Race time 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
rhonda@kenaiwatershed.org
 Josselyn O'Connor 260-5499 x 1201
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week
 5 series race, all ages, walkers welcome
- Aug 7 Thu Steve's Equinox Training #5 – Fairbanks**
 Meet 6 pm – Top of Ester Dome
 9 miles – Equinox Trail Mile 17 – 21.5 – 17
 Contact: Emily Schwing 801-550-4752
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
- Aug 7 Thu Great Alaskan Marathon Cruise – Ketchikan**
 Race time ~ 8 am – Ward Lake
 ~ 6 miles – course varies, Entry fee: free for KRC members
 Contact: Leigh Woodward
leighanastasia@gmail.com
 This is the Ketchikan leg of a cruise ship run. Passengers are running a marathon while docking in various SE Alaska cities. Approximately 100 runners from Holland America cruise, The Westerdam, will be bused to Ward Lake for a run
- Aug 9 Sat * All-Comers Track & Field Meet #3 – Anchorage**
 Registration 9:30 pm – The Dome
 Distance varies, Entry fee: \$5, Meet Start 10 am
 Contact: David Todd 529-0704
todddm@gci.net
www.usatf.org/assoc/ak/events.htm
 Visit website for details & entry forms
 A USA Track & Field Sanctioned Event
- Aug 9 Sat AK Int'l Sr Games Track/Field Events – Fairbanks**
 Meet – various times/distances – Location TBD
 Contact: Bad Bob Baker
alaskaisg@gmail.com
www.alaskaisg.org
 Sponsored by: Alaska International Senior Games
 Must pre-register with AISG & be 50 years & up

*Children's age groups/ability levels available

Aug 9 **Alaska Statehood Fun Run/Walk – Fairbanks**
Sat Race time 10 am – Pioneer Park canoe rental area
* 5.5K, Entry fee: \$20, t-shirts to first 55
 Contact: Jill Dolan 978-0112
 Phoebe Bredlie 590-4361
 www.runningclubnorth.org
Sponsored by: Running Club North & Team in Training
Proceeds benefit Leukemia/Lymphoma Society

Aug 9 **Granite Tors Trail Run - Fairbanks**
Sat Race time 10 am – Mile 39 Chena Hot Springs Road
 15 miles, \$5 parking fee at State Park
 Contact: Chris Greene 978-6472
 www.runningclubnorth.org
Sponsored by: Running Club North
Must carry your own water, early race start
Northern Trail Series Event #6

Aug 9 **Kenai Peninsula Run for Women – Kenai**
Sat Meet 9 am – Kenai City Park
* 5 & 10K – multi-looped course thru
 downtown streets, Race time 10 am
 Entry fee: \$20/\$25 race day
 Contact: Kathryn Tomrdle 283-9479
 leeshoreaa@alaska.net
 Jennette Browning 283-9479
 www.leeshoreak.org
Sponsored by: The LeeShore Center
Course is wheelchair accessible & certified



23rd Annual Lost Lake Breath of Life Race August 23, 2014

16 Mile cross country, Mile 18, Seward
Highway (Primrose to Seward)

Sponsored by: Lost Lake Run, Inc.—a
nonprofit organization dedicated to raising
funds to benefit those with Cystic Fibrosis

See website for entry fee—prizes for the
highest donations. Race limited, register
early.

Contact Patrick Simpson, Race Director,
for information, 907.563.3474
www.lostlakerun.org

*Children's age groups/ability levels available

- Aug 10 Sun Breast Cancer Beach Run - Homer**
 Entry fee: Donations
 Contact: Heather O'Connor 235-3436
kbfpc@ak.net
www.kbfpc.org
 Sponsored by: Kachemak Bay Family Planning Clinic
 Entertainment along route, great food afterwards
 Wear pink! Watch for updates on the website
- Aug 10 Sun Alaska State Championship Duathlon – Knik**
 Meet 8 am – Knik Lake & Knik Bar
 5K trail run, 40K paved road bike, 10K mixed trail/
 pavement run, Race time 10 am, Entry fee: \$77 solo
 Contact: Andy Duenow 344-2740
ajidino@gci.net
 Jason Lamoreaux 929-4835
www.akstatetriathlon.com
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers
 Coffee, Skinny Raven Sports & Lead Dog Consulting
 Presented by: Alaska Triathlon Club
 Olympic distance road duathlon open to everyone
 Swimming isn't your thing? Come do the Du!
- Aug 10 Sun Alaska State Championship Triathlon – Knik**
 Meet 8 am – Knik Lake & Knik Bar
 1,500M lake swim, 40K paved road bike, 10K mixed trail/
 pavement run, Race time 10 am, Entry fee: \$77 solo
 Contact: Andy Duenow 344-2740
ajidino@gci.net
 Jason Lamoreaux 929-4835
www.akstatetriathlon.com
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers
 Coffee, Skinny Raven Sports & Lead Dog Consulting
 Presented by: Alaska Triathlon Club
 Olympic distance road triathlon open to everyone
- Aug 10 Sun * 3rd Annual Mineral Creek Half Marathon - Valdez**
 Meet 8:15 am – East Levee on Egan Street
 13.1 miles – gravel road, out & back, scenic
 Race time 9 am, Entry fee: \$10/\$15 after July 7
 Contact: Aaron Brown
aaron@jagostreet.com
 Register on-line @ www.jagostreet.com
 Prizes for top male & female finishers
- Aug 11 Mon Alaska Int'l Senior Games 5K – Fairbanks**
 Race time 6:30 pm – Location TBD
 Contact: Don Kiely 455-6749
 Jane Lanford 687-0769
alaskaisg@gmail.com
www.alaskaisg.org
 Sponsored by: Alaska International Senior Games
 Must pre-register with AISG & be 50 years & up

*Children's age groups/ability levels available

SKINNYRAVENSPORTS



ANCHORAGE, ALASKA



ALASKA'S
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339-9991

Downtown
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274-7222

➤ www.skinnyraven.com



*Children's age groups/ability levels available

- Aug 13 Wed Alaska Int'l Senior Games 10K – Fairbanks**
 Race time 6:30 pm – Princess Hotel
 Contact: Don Kiely 455-6749
 Jane Lanford 687-0769
alaskaisg@gmail.com
www.alaskaisg.org
 Sponsored by: Alaska International Senior Games
 Must pre-register with AISG & be 50 years & up
- Aug 14 Thu Steve's Equinox Training #6 – Fairbanks**
 Meet 6 pm – Top of Ester Dome, 9+ miles
 Equinox Trail Mile 17 to St Pats & up Ester Dome
 Contact: Emily Schwing 801-550-4752
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
- Aug 15 Fri Anvil 59 Minute 37 Second Challenge – Nome**
 Meet 6:45 pm – Base of Anvil Mountain
 2.75 miles – 843' climb, Race time 7 pm, Entry fee: None
 Must finish under 59 minutes & 37 seconds
 Contact: Leo Rasmussen 304-2573
leaknome@alaska.net
 John Handeland 443-6587
johnh@njus.org
www.leaknomeak.com
 Sponsored by: Rasmussen's Music Mart, Leo & Erna Rasmussen, Volys
- Aug 15 Fri Anchorage Running Club's "Big Wild Life Runs" Bib/Package PU & Registration & Expo - Anchorage**
 3 – 7 pm – Egan Center
 Contact: sharron@bwlr.org
www.bigwildliferuns.org
- Aug 16 Sat Anchorage Running Club's "Big Wild Life Runs" Bib/Package PU, Last Change Reg. & Expo - Anchorage**
 9 am – 3 pm – Egan Center
 Contact: sharron@bwlr.org
www.bigwildliferuns.org
- Aug 16 Sat Anchorage Running Club's "Big Wild Life Runs" Pasta Feed - Anchorage**
 12:30 – 2:30 pm – Egan Center
 Entry fee: \$10/free for volunteers
 Contact: sharron@bwlr.org
www.bigwildliferuns.org
 Purchase on-line or at Bib/Package pick-up
- Aug 16 Sat Anchorage Running Club's "Big Wild Life Runs" The Anchorage Mile - Anchorage**
 * Race time 11 am – Delaney Parkstrip
 Contact: sharron@bwlr.org
www.bigwildliferuns.org
 Sponsored by: ARC & Statoil
 Race consists of four heats, each heat limited to 50 runners

*Children's age groups/ability levels available

Aug 16 Anchorage Running Club's "Big Wild Life Runs"
Sat The Children's Hospital at Providence's Kids 2K - Anchorage
* Race time 9:30 am – Delaney Parkstrip
2K - untimed, flat, city streets
Entry fee: Donation, for ages 12 & under
Contact: sharron@bwlr.org
Sponsored by: ARC & The Children's Hospital at Providence
Medals & hats for all
A Healthy Futures Series Event - www.healthyfuturesak.org

Aug 16 Eagle River Challenge – Eagle River
Sat Meet 9 am – Eagle River Nature Center
* 5 & 10K – trail run, scenic
Race time 10 am, Entry fee: \$30
Contact: Asta Spurgis 694-2108
info@ernc.org
www.ernc.org
Sponsored by: Friends of ERNC
Proceeds benefit the Eagle River Nature Center

Aug 16 West Valley Invite Community Race – Fairbanks
Sat Race time 12 Noon – West Ridge, UAF
* 2 & 4 miles, Entry fee: \$10/\$5 kids
Contact: Roger Sayre 699-7100
Dan Callahan 322-6097
Sponsored by: FAST & Fairbanks Youth Track
Proceeds benefit West Valley High School Track
XC Series Event #1

ARE YOU TOUGH ENOUGH

For the

Tuesday Night Races?

There is a race suitable to every skill & ability.



Lightning League for Competitive Runners



Farm League for Recreational Runners



Munchkin League for Elementary School Age Runners

Points are awarded for the top 5 runners of each league at each of the 9 runs. Awards are given based on the top 3 point winners of each league at the conclusion of the series. Race courses are cross-country and various lengths. You won't know the course or the length until you arrive at the race start. Meet 5:30 pm, race starts at 6:30.

Register on-line @

<https://apm.activecommunities.com/municipalityofanchorage/home>

Tuesday Nights from September 10th thru November 4th
Potluck/Awards on November 4th, Kincaid Outdoor Center

Sponsored by: Parks and Recreation
www.muni.org/parks

*Children's age groups/ability levels available

Aug 16 Alyeska Classic Mountain Run – Girdwood
Sat Meet 9 am – Alyeska Tram
2000' – uphill only, Race time 11 am, Entry fee: \$30
Contact: Deb Essex 229-1902
deb@skigirdwood.org
Brian Burnett 754-2536
bburnett@alyeskaresort.com
www.skigirdwood.org
Sponsored by: Girdwood Nordic Ski Club
Awards immediately following at Sitzmark
Final race of AK Mountain Runner Grand Prix

Aug 16 Superhero 5K – Kenai
Sat Meet 10 am – Kenai Park Strip
* 5K – flat, Race time 11 am, Entry fee: \$25
Contact: Tyler Nichols 335-7229
tnichols@kenaitze.org
Joy Petrie 335-7219
[www.facebook.com/#!/](http://www.facebook.com/#!/KenaiSuperhero5kRunWalk)
KenaiSuperhero5kRunWalk
Sponsored by: Kenaitze Indian Tribe
Every child needs a hero, but abused and neglected children need a SUPERHERO! Participants are encouraged to come out in their best superhero outfit (though not required). Fun for the whole family.
Proceeds benefit Kenai Peninsula CASA

Aug 17 Anchorage Running Club's "Big Wild Life Runs"
Sun **49K Ultra Inaugural Race - Anchorage**
* Meet – 6th Avenue near Town Square
Relatively flat, some hills, & paved trails
Race time 8 am, Entry fee: Check website
Discount for ARC members/military
Contact: sharron@bwlr.org
www.bigwildliferuns.org
Sponsored by: Anchorage Running Club
Early registration ends January 31
USATF certified course, professional timing
No Race Day Registration or Bib Pick-up

Aug 17 Anchorage Running Club's "Big Wild Life Runs"
Sun **Moose's Tooth Run/Walk Marathon & Bear**
* **Tooth's 4-Person Marathon Relay – Anchorage**
Meet – 6th Avenue near Town Square
Relatively flat, some hills, & paved trails
Race time 9 am Marathon/Relay, 8 am Marathon Walk
Entry fee: Check website, discount for ARC members/military
Contact: sharron@bwlr.org
www.bigwildliferuns.org
Sponsored by: ARC, Moose's Tooth & Bear Tooth
Early registration ends January 31
USATF certified course, professional timing
No Race Day Registration or Bib Pick-up

climb for a cause

#CLIMBATHON

GIRDWOOD, ALASKA

SEPTEMBER 13

7th Annual Alyeska Climbathon

Challenge your vertical capacity while you climb for a cause. Run or hike the North Face Trail, with friends and family, while raising money to help end womens cancers.

.....
*Check out
the full
events
calendar
online!*
.....



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*Children's age groups/ability levels available

Aug 17 Sun * **Anchorage Running Club's "Big Wild Life Runs"**
Skinny Raven ½ Marathon - Anchorage
 Meet – 6th Avenue near Town Square
 Relatively flat, some hills, & paved trails
 Race time 9:30 am runners/walkers
 Entry fee: Check website, discount for ARC members/military
 Contact: sharron@bwlr.org
www.bigwildliferuns.org
 Sponsored by: ARC & Skinny Raven Sports
 Early registration ends January 31
 USATF certified course, professional timing
No Race Day Registration or Bib Pick-up

Aug 17 Sun * **Anchorage Running Club's "Big Wild Life Runs"**
Snow City Café 5K - Anchorage
 Meet – 6th Avenue near Town Square
 2 loop flat course on downtown streets
 Race time 10 am runners/walkers
 Entry fee: Check website, discount for ARC members/military
 Contact: sharron@bwlr.org
www.bigwildliferuns.org
 Sponsored by: ARC & Snow City Café
 Early registration ends January 31
 USATF certified course, professional timing
No Race Day Registration or Bib Pick-up

Aug 17 Sun **Alaska Int'l Senior Games Triathlon – Fairbanks**
 Race time 9 am – Location TBD
 Contact: Amber Barlow 322-4321
alaskaisg@gmail.com
www.alaskaisg.org
 Sponsored by: Alaska International Senior Games
 Must pre-register with AISG & be 50 years & up

Aug 21 Thu **Steve's Equinox Training #7 – Fairbanks**
 Meet 5:30 pm – UAF Patty Center
 9.5 miles, Equinox Trail Mile 17 – 26.2 finish
 Contact: Emily Schwing 378-8504
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Shuttle from Patty Center to Ester Dome

Aug 23 Sat * **The Milk Run - Anchorage**
 Meet 9 am – Russian Jack Park, 801 N Pine Street
 5K – XC course, dirt & paved
 Entry fee: \$15/\$40 family
 Contact: Arthur Harmon 333-2422
owensmilkmoney@gmail.com
www.owensmilkmoney.org
 Proceeds benefit Owen's Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic

- Aug 23 7th Golden Heart Trail Run - Fairbanks**
Sat Race time 9:30 am – Birch Hill Recreation Area
 * 1K 7 & under, 2.5K 8-14 yrs, 5K 15 yrs +
 Entry fee: TBA, t-shirts
 Contact: John Estle 347-1061
 Sponsored by: Seekins Ford
 A Flint Hills Cup Series & Junior Series Event
- Aug 23 Lost Lake Breath of Life Run – Seward**
Sat Meet 6 am – Bear Creek Fire Station, Mile 6
 Transportation provided to start
 Race time 8 am walkers, 10 am runners
 16 miles – mountain trail, peak elevation 2,100'
 Entry fee: \$100
 Contact: Patrick K. Simpson 563-3474
patrick.k.simpson@gmail.com
 Sponsored by: CF Foundation & Lost Lake Run, Inc
 On-line registration begins April 1 @ www.lostlakerun.org
 Event sells out quickly, so register early
 BBQ and awards afterwards, t-shirts to finishers
 Proceeds benefit those with Cystic Fibrosis
- Aug 24 Equinox Training Run – Fairbanks**
Sun Meet 9 am – Ann's Greenhouse pull-out
 11 or 16 miles – Ester Dome
 Contact: Emily Schwing 801-550-4752
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
- Aug 28 Musk Ox Run – Fairbanks**
Thu Race time 6:30 pm – UAF Musk Ox Farm
 11 miles – hilly, out & back, Entry Fee: \$5
 Contact: Bobbi Jo Katchmar 451-9205
 Drew Harrington 451-6604
www.runningclubnorth.org
 Sponsored by: Running Club North
 Northern Trail Series Event #7
- Aug 29 Fair Day 5K Race – Palmer**
Fri Race time 6:30 pm – Location TBD
 Contact: Kenna klover1@mtaonline.net
 Vera 355-0222
 Sponsored by: Valley Women's Running Team
 Visit <https://sites.google.com/site/valleywomensrunningteam/> or FB for updates.
 Event open to men, women & families
- Aug 30 Birch Hill 10K - Fairbanks**
Sat Race time 12 N – Birch Hill Recreation Area
 * Challenging & interesting, Entry fee: \$15/\$20 race day
 Contact: Roger Sayre 699-7100
rwsayre@hotmail.com
 Sponsored by: FAST & Fairbanks Youth Track
 XC Series Race #2

*Children's age groups/ability levels available

STEP OUT | WALK TO STOP DIABETES®

American Diabetes Association.

Grab your family, friends, and co-workers
and join us for the 5th annual
**Step Out: Walk to Stop Diabetes
Fundraiser!**

Saturday, September 27, 2014
at the Kincaid Outdoor Center.
Doors open at 12:00 pm.

This is an untimed, low impact
walk good for the entire family!
Enjoy the Red Strider Clubhouse, Kids Zone,
Health & Fitness Festival, and much, much more!

Sign up your team at
diabetes.org/anchoragestepout
and begin fundraising today!
Contact Cyrese Gorrin at 907.272.1424
or cgorrin@diabetes.org for more information



VOLUNTEERS NEEDED

*Children's age groups/ability levels available

Aug 30 4H Autumn Amble – Fairbanks
Sat Race time 10 am – UAF West Ridge Trails
* 4 mile run/walk
Entry fee: \$15/\$12 person for families of 3+, includes
t-shirts while supplies last
Contact: Tara Maricle 750-1301
Stephen Rice 347-3571
Sponsored by: 4H UAF Coop Extension, Banner Health

Aug 30 Houston Half Marathon & Relay – Houston
Sat Meet 7 am – Houston Middle School
* 13.1 miles – out & back, flat, Race time 8 am
½ & 1 mile Houston Kids' Dash, 11:30 am
Entry fee: \$40/\$60 relay/\$10 Kids' Dash
\$45/\$65 relay after April 30
Contact: hhalinfo@gmail.com
www.thehoustonhalf.com
2 person relay teams, registration open
Proceeds benefit HHS & HMS cross country teams

Aug 30 McCarthy-Kennicott Half Marathon – McCarthy
Sat Meet time TBD – Downtown McCarthy
5K & half marathon – hilly trails, dirt roads, scenic
Race time TBD, Entry fee: \$30, t-shirts available
Contact: Wrangell Mountains Center 554-4464
info@wrangells.org
www.wrangells.org
Sponsored by: Wrangell Mountains Center
Early dinner provided for participants, non-participants
may purchase dinner


Aug 30 End of Summer Mini Marathon - Seldovia
Sat Meet 8:30 am – Corner of Main & Dock Streets
* 5K – throughout the city, same course as the Salmon
Shuffle, Entry Fee: \$25/\$74 family (immediate, up to 4)
Contact: Jenny Chissus 234-8000
jenny@seldovia.com
www.seldovia.com or www.seldoviachamer.org
Sponsored by: Seldovia Chamber of Commerce
Participation Surprise Gift, prizes for male, female, senior
and youth categories. Walkers welcome!
Proceeds benefit the Seldovia Craft Invitational Chainsaw
Carving Competition going on all Labor Day Weekend

Sept Women Walks – Fairbanks
Sun Meet 10 am – UAF Patty Center
Contact: Dee Gard 347-7277
www.runningclubnorth.org
Sponsored by: Running Club North
1-2 hour fitness walks, moderately fast when above 0 degrees
Visit Facebook @ [rcnwomenwalks](https://www.facebook.com/rcnwomenwalks)

**INTERESTED IN ADVERTISING IN THE
2015 ALASKA RUNNER'S CALENDAR?**

Contact runnerscalendar@muni.org

*Children's age groups/ability levels available

- Sept Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Sept Thu** **Valley Women’s Running Team – Palmer**
 Meet 6 pm – Check website
 Trail runs – various locations around the valley
 Contact: Rhonda Knopp 355-6258
rhondaknopp@hotmail.com
 Norm Rousey
coachrousey@hotmail.com
<https://sites.google.com/site/valleywomensrunningteam>
 Sponsored by: Valley Women’s Running Team
 Runners of all ability levels welcome
 Trail runs every Thursday thru September
- Sept 1 Mon** **Labor Day** 
- Sept 1 Mon** **Labor Day Run - Fairbanks**
 Race time 11am – SE corner Pioneer Park
 * 5K – along Chena River, Entry fee: \$20/\$25 race day
 Contact: Kevin Brinegar 378-8897
www.runningclubnorth.org
 Sponsored by: Running Club North & Local 942
 Register at Beaver Sports, t-shirts to first 100 entrants
- Sept 1 Mon** **The Great Bathtub Race – Nome**
 Meet 11:45 am – City Hall, Front Street
 ~ 123.456 Yards – City Hall to Post Office
 Race time High Noon, Entry fee: \$25/team
 Run with bathtub on wheels down Front Street
 Contact: Leo Rasmussen 304-2573
leaknome@alaska.com
 John Handeland 443-6587
johnh@njus.org
www.leaknomeak.com
 Sponsored by: Rasmussen’s Music Mart, Leo & Erna Rasmussen, Voly
 5 members – 4 propellers & 1 in bathtub
 Trophies for winning team members
- Sept 1 Mon** **Labor Day Fun Run - Valdez**
 Meet 10 am – Black Gold Parkstrip
 * 1, 3 & 5K – multi-terrain, out & back, hilly
 Race time 11 am, Entry fee: None
 Contact: Wendy Clubb 835-251
wclubb@ci.valdez.ak.us
www.ci.valdez.ak.us/parks
 Sponsored by: City of Valdez Parks & Recreation
 Prizes for top finisher in each race distance

*Children’s age groups/ability levels available

Sept 3 Old Murphy Dome Ridge Run – Fairbanks
Wed Race time 6:30 pm – Old Murphy Dome Rd, Elliott Hwy end
~ 10 miles – out & back
Contact: Trent Hubbard trenthubbard@yahoo.com
www.runningclubnorth.org
Sponsored by: Running Club North

Sept 5 & Klondike Trail of '98 International Road Relay –
Sept 6 Skagway, AK to Whitehorse, YT
Fri & Race time 7 pm & 15 min intervals (Pacific Time)
Sat 175K/109 miles, leg distances vary (9K/5.6 miles
to 25.6K/16 miles) 10 legs
Contact: Kevin Patterson 867-393-8334
kpatterson@sportyukon.com
www.klondikeroadrealay.com
Teams of 4-10 depending on category
Awards & dance to follow

Sept 6 Delta Junction 5K – Delta Junction
Sat Race time 2 pm – DJ XC Course off Milton Rd
***** 5K – mostly flat, 4x trails, Entry fee: \$15/\$20 race day
\$50 all four XC series events
Contact: Roger Sayre 699-7100
rwsayre@hotmail.com
Mike Peltó 347-8153
Sponsored by: FAST & Fairbanks Youth Track
XC Series Event #3

Sept 6 Kesugi Ridge Traverse – Denali State Park
Sat Meet mile 147 Parks Highway
27.5 mile crossing of Kesugi Ridge, Little Coal Creek
to Byers Lake, very difficult ridge traverse
Contact: wilrunco@gmail.com
www.willowrunningcompany.com
Sponsored by: Willow Running Company
Visit website for details and to sign up

Sept 6 Alaska Nanooks Ester Dome 5K – Fairbanks
Sat Race time 10 am – St Pat's & Ester Dome Rds
5K – uphill road race, Entry fee: \$15/\$20 race day
Contact: Scott Jerome 474-6802
Bryan Pepper 474-5534
Sponsored by: Alaska Nanooks XC Running Team
Post race refreshments & a UAF keepsake
Proceeds benefit Alaska Nanooks XC Running Team

Sept 9 Bonny Sosa Tuesday Night Race Series - Anchorage
Tue Meet 5:30 pm – Kincaid Park
***** Distances up to 10K, Race time 6:30 pm
Entry fee: \$5/\$2 kids/\$10 family or
\$30 family/\$60 adult/\$16 youth season pass
Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues,
Register on-line @ <https://apm.activecommunities.com/municipalityanchorage/Home>
A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 13 Anchorage Heart Walk – Anchorage

Sat

*

Meet 9 am – Delaney Park Strip

5K – paved, Entry Fee: See website, Walk time 10 am

Contact: Alaina Burton 865-5300

t-alaina.burton@heart.org

Janet Bartels 456-3659

www.anchorageheartwalk.org

Sponsored by: American Heart Association

Fun, non-competitive event for all ages & abilities

Proceeds benefit the American Heart Association

Sept 13 Coyote Classic – Anchorage

Sat

*

Meet Kincaid Elementary School

¾ mile K-2nd grades, 1.5 miles 3rd-6th grades

Race time 10 am K-2nd grades, 10:30 am 3rd -4th grades,

11 am 5th-6th grades – parents welcome to participate

Contact: Tim Akin

akin_tim@asdk12.org

Sponsored by: Healthy Futures

Race designed to get kids ready for Elementary Jamborees

Medals for all kids, snacks provided by Kincaid PTA

A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 13 3rd Annual Troth Yeddha Run for the Park – Fairbanks

Sat

*

Race time 10 am – Troth Yeddha Park, UAF

5K, Entry fee: \$20, Free to UAF students w/Polar Express ID

Contact: Pete Pinney 978-0425

Sarah McConnell 474-6080

Sponsored by: Running Club North



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- Cancer pain management
- Spasticity disorders
- Acute & chronic pain management
- Fibromyalgia management
- Chronic Fatigue Management
- Neck & Back Pain
- Headaches & Migraines

4100 Lake Otis Parkway
Suite 208 & 216
Anchorage, AK 99508

907 563-7246
aapain.com

*Children's age groups/ability levels available

Sept 13 7th Annual Alyeska Climbathon – Girdwood

Sat

Meet 8 am – Base of Alyeska Tramway
2.28 - North Face Hiking Trail
Race time – 9 am – 7 pm, Entry fee: \$50
Contact: Brian Burnett 382-5880
burntski@gmail.com
www.alyeskaclimbathon.com

Sponsored by: Let Every Woman Know
Fundraiser for education, advocacy and
care for those dealing with gynecological cancers.
Proceeds benefit Gynecological Cancer Support Groups

Sept 13 Tustumena Fun Run - Kasilof

Sat

*

Meet 10:30 am – Tustumena Elementary School
5K – paved, gravel roads & dirt trail, scenic route
taken through Johnson Lake Recreation Area
Race time 11:30 am, Entry fee: \$15/\$20 with t-shirt
Contact: Cynthia Fudzinski 631-624-6422
cfudzinski@kpbsd.k12.ak.us

Sponsored by: Tustumena Elementary School
Proceeds benefit student activities at Tustumena
Elementary School

Sept 13 8th Annual Titan Trail Run - Wasilla

Sat

*

Meet 10 am – Teeland Middle School
1 & 1.8 miles – XC trail run, rooted slightly
100 yd Balloon Run – 4 yrs & under
Race time 11 am, Entry: free: \$5
Contact: Kristi Shea 315-2424
kristi.shea@matsuk12.us
David Knopp 352-7500
Sponsored by: Teeland Middle School XC & Track
Elementary kids 1 mile, Middle School & older 1.8 miles

Sept 14 Run Rover Run – Anchorage

Sun

*

Meet 11:30 am – Little Campbell Lake (Kincaid)
Run with your dog, Race time 12:30 pm
2½ miles – hilly loop around Little Campbell Lake
Entry fee: \$7.50
Contact: Becky Voris 243-5234
vorisrebecca@alaska.net
ASC Hotline 349-WOOF (9663)
www.skijoring.org
Sponsored by: Anchorage Skijor Club
One dog on leash, dog license & vaccines required.
Junior class available if 5 participants, men & woman's class
Anchorage's first "cannicross" event

Sept 16 Bonny Sosa Tuesday Night Race Series – Anchorage

Tue

*

Meet 5:30 pm – Check website
Distances up to 10K, Race time 6:30 pm
Entry fee: \$5/\$2 kids/\$10 family or
\$30 family/\$60 adult/\$16 youth season pass
Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues, Register on-line @ <https://apm.activecommunities.com/municipalityanchorage/Home>
A Healthy Futures Series Event – www.healthyfuturesak.org

- Sept 18 Beach Lake Trails Cross Country Jamboree - Chugiak**
Thu Meet 4:30 pm – Chugiak High School Soccer Field/Trails
 * 1.2-1.8K – various terrain, hills & trails, K- 6th grade
 Race time 5 pm, late registration table open 4:30-6:30 pm
 Entry fee: None
 Registration encouraged at student's home school
 Contact: Melanie Sutton 742-4853
sutton_melanie@asdk12.org
www.asdk12.org/depts/HealthPE/
 Sponsored by: Anchorage School District's Health & PE
 Department, Healthy Futures & Eagle River Nordic Ski Club
 Staggered starts for different age groups, medals for all
 runners. Volunteers needed, contact your schools PE
 teacher for information
 A Healthy Futures Series Event - www.healthyfuturesak.org
- Sept 18 Equinox Marathon Bib Pick-Up &**
Thu Spaghetti Feed – Fairbanks
 5 - 8 pm – Pump House Restaurant
 Contact: Susan Kramer 590-5086
 John Estle 347-1061
www.runningclubnorth.org
 Sponsored by: Running Club North
 Register on-line @ www.equinoxmarathon.org
- Sept 19 Equinox Marathon Bib Pick-Up &**
Fri Spaghetti Feed – Fairbanks
 5 - 8 pm – Pump House Restaurant
 Contact: Susan Kramer 590-5086
 John Estle 347-1061
www.runningclubnorth.org
 Sponsored by: Running Club North
 Register on-line @ www.equinoxmarathon.org
- Sept 20 South Anchorage Elementary Cross-Country**
Sat Jamboree – Anchorage
 * Meet 9 am – Service High School
 1-5K – various terrain, rolling hills, trail, K- 6th grade
 Race time 9:30 pm, late registration table open 9 – 9:30 am
 Entry fee: None
 Registration encouraged at student's home school
 Contact: Melanie Sutton 742-4853
sutton_melanie@asdk12.org
www.asdk12.org/depts/HealthPE/
 Sponsored by: Anchorage School District's Health & PE
 Department and Healthy Futures
 Staggered starts for different age groups, medals for all
 runners. Volunteers needed, contact your schools PE
 teacher for information
 A Healthy Futures Series Event - www.healthyfuturesak.org

6th Annual ANCHORAGE RUNNING CLUB

A poster for a zombie-themed running event. The background is dark and textured with splatters. On the left is a large, detailed illustration of a human skull. The text is in various fonts, some with a dripping, blood-like effect. At the bottom, there are several logos for sponsors.

ZOMBIE
HALF MARATHON
& KIDS MINI
ZOMBIE 2.5K
SATURDAY
OCTOBER 11, 2014

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Jamie Harvey
JACK WHITE
REAL ESTATE

The Anchorage Running Club is a not-for-profit association of over four hundred individuals who share a common interest in running and/or walking and brains.

Register online if you dare:
www.anchoragerunningclub.org

*Children's age groups/ability levels available

Sept 20 Dash for Donation Run/Walk – Anchorage

Sat Meet 9 am – Delaney Park Strip (west end)
* 5K – Delaney Park/Coastal Trail, Race time 10 am
Entry fee: \$30 – discounts on website
Contact: Kristie Lemmon 240-2562
kristie@alaskakidney.org
www.alaskakidney.org

Sponsored by: Alaska Kidney Patients Association
Costume run/walk, prizes for best blue & green, best ‘spare part’, best ‘honoring’ donor. Promoting organ and tissue donation, honoring organ donors and celebrating life.
Proceeds benefit Alaska Kidney Patients Association

Sept 20 The Glass is Half Full Equinox 5K Run – Cooper Landing

Sat Meet 9:30 am – Cooper Landing School
* 5K – out & back, some mild hills
Race time 10:15 am, Entry fee: \$25/\$30 after Sept 13
Contact: Heidi Chamberlain 310-3404
equinoxrun@gmail.com
Thomas Gosard 595-1244
Facebook –Equinox Run

Sponsored by: Cooper Landing School
Entry fee includes t-shirt, snacks and prizes

Sept 20 The Glass is Half Full Equinox 10K Run – Cooper Landing

Sat Meet 9:30 am – Cooper Landing School
* 10K – out & back, hills, challenging
Race time 10 am, Entry fee: \$25/\$30 after Sept 13
Contact: Heidi Chamberlain 310-3404
equinoxrun@gmail.com
Thomas Gosard 595-1244
Facebook – Cooper Landing Equinox Run

Sponsored by: Cooper Landing School
Entry fee includes t-shirt, snacks and prizes

**Sept 20 52nd Equinox Marathon, 22nd Marathon Relay
& 5th Annual Equinox Ultramarathon – Fairbanks**

Sat Race time 8 am – UAF Patty Center
26.2 mile relay (x3) & 40 mile Ultra
Contact: Susan Kramer 590-5086
John Estle 347-1061
www.runningclubnorth.org

Sponsored by: Running Club North
Register on-line @ www.equinoxmarathon.org
One of America’s toughest marathons
A Flint Hills Cup Series Event

Sept 20 12th Annual Kid’s Equinox – Fairbanks

Sat Race time 9 am – UAF Patty Center
* Final 1.2 miles of a 5 week times-
5 miles a week effort, Entry fee: \$12
Contact: Tracey Martinson 474-8358
Monte Jordan 451-8696
www.runningclubnorth.org

Sponsored by: Running Club North

*Children’s age groups/ability levels available

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Sept 21 23rd Annual Tony's Run Marathon – Dillingham

Sun

Meet 12:15 pm – Mile 19 Lake Road

26.2 miles – paved, hilly, USAT&F certified

Race time 1 pm, Entry fee: \$25

Contact: Lisa Haggbloom 842-2320

records@safebristolbay.org

www.safebristolbay.org

Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,
N & N Market & AC Company

Register on-line @ www.raceroster.com

Open to runners & rollers

Sept 21 23rd Annual Tony's Run Half-Marathon – Dillingham

Sun

*

Meet 1:15 pm – Mile 5.6 Lake Road

13.1 miles – paved, hilly, USAT&F certified

Race time 2 pm, Entry fee: \$25

Contact: Lisa Haggbloom 842-2320

records@safebristolbay.org

www.safebristolbay.org

Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,
N & N Market & AC Company

Register on-line @ www.raceroster.com

Open to runners & rollers

*Children's age groups/ability levels available

Sept 21 23rd Annual Tony's Run 10K – Dillingham

Sun

Meet 2:15 pm – Mile 3.6 Lake Road

10K – paved, hilly, weather can be windy

Race time 3 pm, Entry fee: \$25

Contact: Lisa Haggbloom 842-2320

records@safebristolbay.org

www.safebristolbay.org

Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,

N & N Market & AC Company

Register on-line @ www.raceroster.com

Open to runners & rollers

Sept 21 23rd Annual Tony's Run 5K – Dillingham

Sun

Meet 3:15 pm – Mile 3.2 Lake Road

5K – paved, hilly, weather can be windy

Race time 4 pm, Entry fee: \$25

Contact: Lisa Haggbloom 842-2320

records@safebristolbay.org

www.safebristolbay.org

Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,

N & N Market & AC Company

Register on-line @ www.raceroster.com

Open to runners & rollers

Sept 23 Bonny Sosa Tuesday Night Race Series – Anchorage

Tue

Meet 5:30 pm – Check website

Distances up to 10K, Race time 6:30 pm

Entry fee: \$5/\$2 kids/\$10 family or

\$30 family/\$60 adult/\$16 youth season pass

Contact: Outdoor Recreation 343-4217

www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues, Register on-line @ [https://](https://apm.activecommunities.com/municipalityanchorage/Home)

apm.activecommunities.com/municipalityanchorage/Home

A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 26 North Anchorage Elementary Cross-Country

Fri

Jamboree – Anchorage

Meet 4:30 pm – Bartlett High School

1-5K – various terrain, rolling hills, trail, K- 6th grade

Race time 5 pm, late registration table open 4:30-6:30 pm

Entry fee: None

Registration encouraged at student's home school

Contact: Melanie Sutton 742-4853

sutton_melanie@asdk12.org

www.asdk12.org/depts/HealthPE/

Sponsored by: Anchorage School District's Health & PE

Department and Healthy Futures

Staggered starts for different age groups, medals for all

runners. Volunteers needed, contact your schools PE

teacher for information

A Healthy Futures Series Event - www.healthyfuturesak.org

Sept 27 Octoberfest – Anchorage

Sat Meet 7:30 am – Snowgoose Restaurant
* 5 & 10K – out & back course on Coastal Trail
 ¼ mile children's fun run, signed waiver required
 Race time 9 am, Entry fee: Check website
 Contact: info@anchoragerunningclub.org
 Sponsored by: Bristol Bay Native Corporation &
 Anchorage Running Club
 Benefit for Bean's Cafe & Brother Francis Shelter
 A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 27 Step Out: Walk to Stop Diabetes – Anchorage

Sat Meet 12N – Kincaid Outdoor Center
* Distance varies – flat, out & back
 Race time 1:30 pm, Entry fee: Donation
 Contact: Cyrese Gorrin 272-1424
 cgorrin@diabetes.org
 Michelle Cassano 272-1424
 www.diabetes.org/anchoragestepout
 Signature fundraising walk of the American Diabetes
 Association. Event open to all ages/fitness levels

Sept 27 Huffman Elementary Family Fun Run – Anchorage

Sat Meet 9:30 am – Huffman Elementary School
* 1 mile – flat to rolling terrain
 A .5 mile loop available for younger runners
 Race time 10 am, Entry fee: \$5 individual/\$20 family
 Contact: Jennifer & Rob Witter 522-0132
 jenwitter@msn.com
 Tasha Bergt
 bergt_natasha@asdk12.org
 Sponsored by: Healthy Futures
 An event suitable for the entire family
 A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 27 Making Strides – Fairbanks

Sat Start time TBD – Location TBD
* 5K – new event, visit the website for details
 Contact: Tristan Walsh 273-2068
 tristan.walsh@cancer.org
 <http://makingstrides.acsevents.org/fairbanks>
 Sponsored by: American Cancer Society
 A breast cancer awareness 5K

Sept 28 Hay Bale & Heath 6K - Fairbanks

Sun Race time 2 pm – Dog Musers Hall
* European style circuit, Entry fee: \$15/\$20 race day
 \$50 all four XC series events
 Contact: Roger Sayre 699-7100
 rwsayre@hotmail.com
 Sponsored by: FAST & Fairbanks Youth Track
 XC Series Event #4



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- ☒ Achilles
- ☒ Tendonitis
- ☒ Knee Pain
- ☒ IT Band Pain



(907) 746-0722

www.BodyInBalanceAK.com

*Children's age groups/ability levels available

- Sept 28 Sun** **Kenai River Marathon – Kenai**
 * Meet 8 am – Kenai Visitors/Cultural Center
 26.2 miles – flat, fast, paved, scenic
 Race time 9 am, Entry fee: Check website
 Contact: Bob Frates 283-3692
bfrates@ci.kenai.ak.us
 KCVB 283-1991
 Sponsored by: City of Kenai, Kenai Visitors & Cultural Center/Chamber of Commerce
 Half & relay marathon courses available
 Register on-line @ www.kenairivermarathon.org
 Toast your accomplishments afterwards with locally brewed beer
- Sept 30 Tue** **Bonny Sosa Tuesday Night Race Series – Anchorage**
 * Meet 5:30 pm – Check website
 Distances up to 10K, Race time 6:30 pm
 Entry fee: \$5/\$2 kids/\$10 family or \$30 family/\$60 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-4217
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation Farm, Lightning & Munchkin Leagues, Register on-line @ <https://apm.activecommunities.com/municipalityanchorage/Home>
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Oct Wed** **ARC Wed Night Run at The Dome – Anchorage**
 Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Oct Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Oct Sun** **Women’s Walks – Fairbanks**
 Meet 10 am – UAF Patty Center
 Contact: Dee Gard 347-7277
www.runningclubnorth.org
 Sponsored by: Running Club North
 1-2 hour fitness walks, moderately fast when above 0 degrees

*Children’s age groups/ability levels available

Oct 4 **Making Strides – Anchorage**
Sat Start time 10 am – Location TBD
 * 5K –visit the website for details
 Contact: Meghan Mackey 273-2075
 meghan.mackey@cancer.org
 <http://makingstrides.acsevents.org/anchorage>
 Sponsored by: American Cancer Society
 A breast cancer awareness 5K

Oct 4 **The Home Run – Anchorage**
Sat Meet 8 am – UAA Central Parking Garage
 * 2, 5 & 10K – loop courses, bike path & trails around
 Goose Lake & UAA/APU Campuses
 Entry fee: Check website
 Race time 9:15 am 2K, 9 am 5K, 8:30 am 10K
 Contact: Bob 786-4914
 www.AEclubUAA.com
 Sponsored by: AE Club at UAA
 Proceeds benefit Habitat for Humanity

Oct 4 **It Ain't Easy Hill Run – Fairbanks**
Sat Race time 10 am – Dog Musher's Hall, Farmers Loop
 * 5 miles – flat, 11.3 miles – hilly, Entry fee: None
 Contact: Andy Sterns 451-7663
 Chris Garber Slaght 455-9198
 www.runningclubnorth.org
 Sponsored by: Running Club North
 Post race refreshments

Oct 4 **Run to the Alter Half Marathon – Homer**
Sat Race time 10 am, 9 am walkers – Homer High School
 13.1 miles – hilly, trails, Entry fee: None
 Contact: Megan Spurland
 megancorazza@hotmail.com
 www.kachemakbayrunningclub.org
 Sponsored by: Kachemak Bay Running Club
 Day of registration day begins 8 am
 Visit the website for registration details

Oct 5 **Readers on the Run – Fairbanks**
Sun Race time 11 am – John Trigg Ester Library Gazebo
 * 5K walk/run - flat, Entry fee: \$15
 Contact: Ed Rouleau 347-1208
 Melinda Harris 378-6744
 Sponsored by: John Trigg Ester Library
 Proceeds benefit John Trigg Ester Library
 Magnetic poetry, bandanas & prizes
 Proceeds benefit John Trigg Ester Library

Oct 7 **Bonny Sosa Tuesday Night Race Series – Anchorage**
Tue Meet 5:30 pm – Check website
 * Distances up to 10K, Race time 6:30 pm
 Entry fee: \$5/\$2 kids/\$10 family or
 \$30 family/\$60 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-4217
 www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @ <https://apm.activecommunities.com/municipalityanchorage/Home>
 A Healthy Futures Series Event – www.healthyfuturesak.org

*Children's age groups/ability levels available

- Oct 8 Wed *** **USATF Alaska Association Cross Country Championships – Anchorage**
 Registration 2:30-4 pm – Anchorage Christian School
 3K – thru age 12, 5K ages 13 and up
 Entry fee: \$10, Race time JO 3K 4:30 pm / 5K 5 pm
 Contact: Jason Hofacker 337-9575 ext. 7
jhofacker@acsedu.org
www.usatf.org/assoc/ak/events.htm
 Sponsored by: Klondike Advertising
 Visit website for details & entry forms
 A USA Track & Field Sanctioned Event
- Oct 11 Sat *** **Zombie ½ Marathon - Anchorage**
 Race time 10 am – Goose Lake to Kincaid Park
 Coastal Trail – run with the zombies
 Contact: info@anchoragerunningclub.org
 Register on-line @ www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club & Skinny Raven Sports
- Oct 11 Sat *** **Kids Zombie Mini 2.5K - Anchorage**
 Race time 12 Noon – Kincaid Park
 Contact: info@anchoragerunningclub.org
 Register on-line @ www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club, Skinny Raven Sports & Girls on the Run
 Costumes and lots of fun
 A Healthy Futures Series Event – www.healthyfutures.ak.org
- Oct 11 Sat *** **Run The Rock – Kodiak**
 Meet 11 am – Bear Valley Golf Course
 5K – flat, paved, Race time 12:30 pm
 Entry fee: \$15/\$20 late
 Contact: Pam Foreman 486-3181
pam@kmxt.org
 Sponsored by: Kodiak Public Broadcasting Corp
 Serious runners, joggers, walkers welcome
 Register on-line @ www.kmxt.org/run_the_rock/
 Post race BBQ included
- Oct 11 Sat *** **Run The Rock – Kodiak**
 Meet 9:30 am – Bear Valley Golf Course
 10K – mountain pass, out & back, unpaved road
 Race time 10 am, Entry fee: \$25/\$30 late
 Contact: Pam Foreman 486-3181
pam@kmxt.org
 Sponsored by: Kodiak Public Broadcasting Corp
 Serious runners, joggers, walkers welcome
 Register on-line @ www.kmxt.org/run_the_rock/
 Pre-race spaghetti feed & post-race BBQ included
- Oct 11 Sat *** **Run The Rock – Kodiak**
 Meet 9:30 am – Bear Valley Golf Course
 13.1 miles – mountain pass, out & back, unpaved road, Race time 10 am, Entry fee: \$40/\$45 late
 Contact: Pam Foreman 486-3181
pam@kmxt.org
 Sponsored by: Kodiak Public Broadcasting Corp
 Register on-line @ www.kmxt.org/run_the_rock/
 Pre race spaghetti feed & post race BBQ included

*Children's age groups/ability levels available

Oct 11 Sat * **Run The Rock – Kodiak**
 Meet 7:30 am – Entrance of Fisheries Research Center
 26.2 miles – varied, challenging, scenic, on road, half paved
 Ends at golf course pro shop
 Race time 8 am, Entry fee: \$60/\$65 late
 Contact: Pam Foreman 486-3181
pam@kmxt.org
 Sponsored by: Kodiak Public Broadcasting Corp
 Register on-line @ www.kmxt.org/run_the_rock/
 Pre race spaghetti feed & post race BBQ included
 USATF Certified Course

Oct 13 Mon **Columbus Day**



Oct 14 Tue * **Bonny Sosa Tuesday Night Race Series – Anchorage**
 Meet 5:30 pm – Check website
 Distances up to 10K, Race time 6:30 pm
 Entry fee: \$5/\$2 kids/\$10 family or
 \$30 family/\$60 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-4217
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @ <https://apm.activecommunities.com/municipalityanchorage/Home>
 A Healthy Futures Series Event – www.healthyfuturesak.org

Oct 15 Wed **RCN Annual Membership Meeting – Fairbanks**
 Meet 6:30 pm – AK Dog Musher's 4M Farmers Loop
 Contact: Gary Pohl 388-8085
 Bob Vitale 322-0117
www.runningclubnorth.org
 Meeting to set 2015 running schedule & election

Oct 18 Sat **RCN Awards Social/Potluck – Fairbanks**
 Meet 6 pm – Birch Hill XC Ski Center, 101 Wilderness Dr
 Contact: Bob Vitale 322-0117
www.runningclubnorth.org
 Sponsored by: Running Club North

Oct 21 Tue * **Bonny Sosa Tuesday Night Race Series – Anchorage**
 Meet 5:30 pm – Check website
 Distances up to 10K, Race time 6:30 pm
 Entry fee: \$5/\$2 kids/\$10 family or
 \$30 family/\$60 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-4217
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @ <https://apm.activecommunities.com/municipalityanchorage/Home>
 A Healthy Futures Series Event – www.healthyfuturesak.org

Oct 25 Sat * **Skinny Raven Frightening 4K – Anchorage**
 Meet 10 am – Captain Cook Hotel
 4K – out & back, Race time 11 am
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven
 Costume contest & trick-or-treat aid stations

*Children's age groups/ability levels available

- Oct 25 33rd Halloween Family Run – Fairbanks**
Sat Race time 10 am – UAF Patty Center
 * 2 & 10 miles, or you pick it – paved, short flat or long hilly
 Great for kids, Entry fee: None
 Contact: Dee Gard 347-7277
 Bruce Gard 378-6200
www.runningclubnorth.org
 Sponsored by: Running Club North
 Time bonus for Halloween costumes!
- Oct 25 2nd Annual Costume Run – Nikiski**
Sat Meet 10 am – Nikiski Community Recreation Center
 * 5K – groomed trails, mostly flat, some hills
 Race time 11 am, Entry fee: Food Items
 Contact: Tammy Berdahl 776-8800
tberdahl@borough.kenai.ak.us
 Jackie Cason 776-8800
www.northpenrec.com
 Sponsored by: North Peninsula Recreation Service Area
 Support the local food drive, canned or non-perishable food items.
 Visit the website for details & entry forms
- Oct 28 Bonny Sosa TNR Series Costume Run – Anchorage**
Tue Meet 5:30 pm – Kincaid Park
 * Distances up to 10K, Race time 6:30 pm
 Entry fee: \$5/\$2 kids/\$10 family or
 \$30 family/\$60 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-4217
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @ <https://apm.activecommunities.com/municipalityanchorage/Home>
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Nov “Run or Walk With Friends” – Anchorage**
Wed Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Nov ARC Wed Night Run at The Dome – Anchorage**
Wed Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Nov Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Wed Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North

Nov 1 **Cache Creek Warm Up – Fairbanks**
Sat Race time 10 am – Cache Crk Rd at Murphy Dome Rd
6.8 miles – out & back on roads in the hills, free
Contact: Jane Lanford 687-0769
www.runningclubnorth.org
Sponsored by: Running Club North

Nov 2 **Daylight Saving Time ends**
Sun It's OK to arrive early. You can help set up!



Nov 4 **Bonny Sosa Tuesday Night Race Awards – Anchorage**
Tue Meet 5:30 pm – Kincaid Outdoor Center
* Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
Potluck - we provide the pizza, you provide the dessert
A Healthy Futures Series Event – www.healthyfuturesak.org

Nov 11 **Veteran's Day**
Tue



Nov 12 **2015 Runner's Calendar Meeting – Anchorage**
Wed Meet 6 pm – Selkregg Chalet
Meeting to set the 2015 running schedule, vote on cover
Race information deadline Dec 4, Ads Dec 17
Contact: Parks & Recreation 343-4355
runnerscalendar@muni.org
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
P O Box 196650, Anchorage, AK 99519-6650
Snacks & drinks provided

Nov 15 **River Walk for Justice – Anchorage**
Sat Meet 7:30 am – H2Oasis Water Park
* River at H2Oasis, Walk time 8:30 am
Entry fee: \$25
Contact: Susan Sullivan 278-0986
ssullivan@victimsforjustice.org
www.victimsforjustice.org
Sponsored by: Victims for Justice
Walk or run in the moving water & enjoy other
activities at the water park. Every participant entered
to win 2 free tickets on Alaska Airlines.
Proceeds benefit Victims for Justice

Nov 15 **Turkey Trot – Fairbanks**
Sat Race time 10 am – UAF Patty Center Bus Shelter
* 6K – staggered starts, flat, Entry fee: \$1
Contact: Jim Brader 452-4986
Andy Holland 479-4444
www.runningclubnorth.org
Sponsored by: Running Club North
Predicted time, no watches, prizes

Nov 15 7th Annual Go for the Gravy - Wasilla

Sat

Meet 9 am – Wasilla High School

5K (outdoor) & Indoor Kids Run, Race time 10 am

Kids Fun Run 11 am, Entry fee: Check website

Contact: Jennifer Ward 745-2223

jennifer.ward@matsuk12.us

Veronica Wolf 745-2223

www.matsuk12.us/frc

Sponsored by: Fronteras Spanish Immersion Charter School

Proceeds benefit My House, serving the needs of the

homeless & runaway teens throughout the Mat-Su Valley

A Healthy Futures Series Event – www.healthyfuturesak.org

Nov 27 Thanksgiving Day

Thu



Nov 27 Skinny Raven Turkey Trot – Anchorage

Thu

Meet 10 am – Skinny Raven

2 & 5K – 2 loop course, Race time 11 am

Contact: timing@skinnyraven.com

www.skinnyraven.com

Sponsored by: Skinny Raven

Win your age class, win a pie. Mini Turkey 2K for kids.

Proceeds benefit Team Alaska Track Club & the Food

Bank of Alaska

Dec

Wed

“Run or Walk With Friends” – Anchorage

Meet 6 pm – Westchester Lagoon

Contact: Anchorage Running Club

www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

Meet Wednesdays throughout year

Run or walk with friends for 1 hour on Coastal Trail

Dec

Wed

ARC Wed Night Run at The Dome – Anchorage

Meet 6 pm – The Dome, Raspberry Rd

Run the track, Entry fee: ARC membership

Contact: Anchorage Running Club

www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

Run or walk with friends every Wednesday thru March

Dec

Wed

Fahrenheit-Be-Darned Winter Training Run – Fairbanks

Meet 5:45 pm – UAF Patty Center

Distances vary, run regardless of weather

Contact: Ed Debevec 978-8961

George Berry 687-8769

www.runningclubnorth.org

Sponsored by: Running Club North

Training held every Wednesday thru March

*Children's age groups/ability levels available

- Dec 6 Sat Heart of Darkness Snowshoe Race – Fairbanks**
 Race time 12 Noon – 1058 Pika Rd off Moose Trail
 4 & 7K – hilly, run regardless of temperature
 Contact: Andy Holland 479-4444
 Jim Brader 452-4986
www.runningclubnorth.org
 Sponsored by: Running Club North
 Extra snowshoes available
 A Snowshoe Series Event
- Dec 13 Sat Jingle Bell Run/Walk – Anchorage**
 Meet 9:30 am – UAA Student Union
 Contact: Anna Campione 277-2784
acampione@arthritis.org
www.AnchorageJingleBellRun.com
www.arthritis.org
 Sponsored by: Arthritis Foundation
- Dec 13 Sat Solstice Snowshoe Shuffle – Fairbanks**
 Race time 12 Noon – Morris Thompson Cultural Center
 1 mile – extra snowshoes available
 Contact: Pete Pinney 978-0425
www.lathroprunning.com
- Dec 14 Sun Colony Christmas Triathlon – Palmer**
 Registration 9 am – The Alaska Club
 5K run, 500 yard swim, 10K bike – bike trail, road side
 Race time 11 am, Entry fee: \$35 solo/\$50 team (2)/\$60 team (3)
 Contact: Ann Riggs 775-1167
 Sarah Anderson 746-3305
palmerchamber.org
 Sponsored by: Mat-Su Health Foundation
 Bike may be substituted with cross country skiing if too much snow. Family friendly & fun, for the enthusiast or the novice
- Dec 20 Sat * Santa/Yeti 5K Run – Anchorage**
 Meet 9:30 am – UAA Central Parking Garage
 5K, Race time 11 am, Entry fee: \$25/\$35 race day
 Contact: Bob 786-4914
www.AEclubUAA.com
 Santa starts first wearing flags then the Yeti start trying to gather as many flags as possible. Male and female Yeti with the most flags will be crowned Yeti King and Queen. Fastest Santa will fill in if Santa gets sick this Christmas! This is a three stage start race; first to start will be the Santa's, then the Yeti, then everyone else. 3 min staggers. See the rules. Proceeds benefit Habitat for Humanity
- Dec 20 Sat 27th Annual George Bloom Memorial Mid-Day Sun Fun Run – Fairbanks**
 Race time 11 am – UAF Patty Center
 6.5 miles – hilly, run regardless of temperature
 Contact: David Bloom 452-5441
 Frank Ganley 452-1369
www.runningclubnorth.org
 Sponsored by: Running Club North

*Children's age groups/ability levels available

- Dec 20 Winter Solstice Distance Festival – Willow**
Sat 5K, 13.1, 26.2 & 50 mile distances
 Groomed winter trails in & around Willow
 Contact: wilrunco@gmail.com
www.willowrunningcompany.com
 Sponsored by: Willow Running Company
 Visit website for details and to sign up
- Dec 21 Dawn to Dusk, Part 2, All Day Run – Fairbanks**
Sun Race time 10:58 am to 2:48 pm – Location TBD
 Contact: George Berry 687-8769
membership@runningclubnorth.org
www.runningclubnorth.org
 Sponsored by: Running Club North
 Run from dawn to dusk
- Dec 25 Christmas Day**
Thu 
- Dec 31 New Year's Eve Run – Fairbanks**
Wed Race time 11:30 pm – The Diner on Illinois Street
 3 miles – run regardless of temperature, Free
 Contact: Paul Reynolds 452-1142
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North



2015 RACES

- Jan "Run or Walk With Friends" – Anchorage**
Wed Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Jan ARC Wed Night Run at The Dome – Anchorage**
Wed Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Jan Fahrenheit-Be-Darned Winter Training Run –**
Wed Fairbanks
 Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Wednesday thru March

*Children's age groups/ability levels available

Jan 1 **New Years Day**
Thu

Jan 3 **Frosty Bottom 50/25 - Anchorage**
Sat Meet 8 am – Kincaid Outdoor Center
50 & 25 miles – run, ski, bike
Race time 9 am, Entry fee: \$45
Contact: Chain Reaction Cycles 336-0383
info@chainreactioncycles.us
www.chainreactioncycles.us
Sponsored by: Chain Reaction Cycles

Jan 3 **Moose Mountain Snowshoe Challenge – Fairbanks**
Sat Race time 12 Noon – 2809 Waldheim Drive
6 & 9K – challenging 1,000' climb first 2 miles, free
Contact: Erika Burr 978-4481
www.runningclubnorth.org
Sponsored by: Running Club North
Limited parking, carpool from Ivory Jacks
Extra snowshoes available, snacks

Jan 5 **The Monday Mile Series – Anchorage**
Mon Meet 6:30-8:30 pm – The Dome
* Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
Senior 51 yrs +, male & female categories
Contact: Dino Sutherland 770-3663
Sponsored by: The Alaska Dome
Weekly prizes & series prizes

Jan 10 **35th Airport Run – Fairbanks**
Sat Race time 11 am – Pike's Landing
* 4 & 8 miles – flat out & back, free
Run regardless of temperature
Contact: Bob Vitale 322-0117
www.runningclubnorth.org
Sponsored by: Running Club North

Jan 12 **The Monday Mile Series – Anchorage**
Mon Meet 6:30-8:30 pm – The Dome
* Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
Senior 51 yrs +, male & female categories
Contact: Dino Sutherland 770-3663
Sponsored by: The Alaska Dome
Weekly prizes & series prizes

Jan 18 **Emily-Oliver Snowshoe Race – Fairbanks**
Sun Race time 12 Noon – Isberg & Cripple Creek Rds
* 5 & 10K, run regardless of temperature
Contact: Ariana Graf 451-0817
www.runningclubnorth.org
Sponsored by: Running Club North
Extra snowshoes available, hot chocolate & more
A Snowshoe Series Event

Jan 19 **Martin Luther King Jr Day**
Mon



*Children's age groups/ability levels available

- Jan 26 Mon *** **The Monday Mile Series – Anchorage**
 Meet 6:30-8:30 pm – The Dome
 Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes
- Jan 31 Sat *** **Frostbite 5K – Willow**
 Meet 9 am – Willow Community Center
 5K – winter trails, Race time 10 am, Entry fee: \$15
 Contact: Andrea Hambach 495-2205
andreahambach722@yahoo.com
www.willowraceseries.com or Facebook
 Sponsored by: Willow Running Club
 Participant prizes and pink cheeks guaranteed
- Feb Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Feb Wed** **ARC Wed Night Run at The Dome – Anchorage**
 Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Feb Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Feb 2 Mon *** **The Monday Mile Series – Anchorage**
 Meet 6:30-8:30 pm – The Dome
 Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes
- Feb 9 Mon *** **The Monday Mile Series – Anchorage**
 Meet 6:30-8:30 pm – The Dome
 Youth 14-17 yrs, Adult 18-35 yrs, Masters 36-50,
 Senior 51 yrs +, male & female categories
 Contact: Dino Sutherland 770-3663
 Sponsored by: The Alaska Dome
 Weekly prizes & series prizes

*Children's age groups/ability levels available

- Feb 14 Little Su 50K – Big Lake**
Sat Meet 10 am – Big Lake Area
 XC course across lakes & woodlands
 Race time 11 am, Entry fee: Check website
 Kim & Erin Kittredge 746-5959
info@susitna100.com
 Pam Richter 346-1220
www.susitna100.com
 1 checkpoint with warm water, check website for
 required gear. T-shirt, finisher award & post-race pizza party
- Feb 14 - Susitna 100 – Big Lake**
Feb 16 Meet 8 am – Big Lake Area
Sat - 100 miles – XC across rivers & woodlands
Mon Race time 9 am, Entry fee: Check website
 Contact: Kim & Erin Kittredge 746-5959
info@susitna100.com
 Pam Richter 346-1220
www.susitna100.com
 5 checkpoints with warm water available
 15# of survival gear & food required to be carried over
 entire course. T-shirt, finisher award & post-race pizza party

**Race Organizers - Don't forget to get your permits early.
 Check your city for their special events/race requirements.**

For Anchorage: 343-4040 or stewartcb@muni.org

For Eagle River: 343-1500 or jordanbj@muni.org

For Girdwood: 783-8146 or tylerms@muni.org

*Children's age groups/ability levels available

Cut out and mail

RUNNER'S CALENDAR ORDER FORM

Name _____ email _____

Address _____

City _____ State _____ Zip _____

Please send me a copy of the 2014 Calendar ☐

Please send me a copy of the 2015 Calendar ☐

Send payment, in the amount you think the calendar is worth to you.

Mail to:

Parks & Recreation

Attn: Alaska Runner's Calendar

P.O. Box 196650

Anchorage, AK 99519

email: runnerscalendar@muni.org

Please make checks payable to the Municipality of Anchorage.

Top 10 Reasons to Connect with Trail Watch

10. Healthy family time
9. Get kids away from T.V.
8. Train for a walk or race
7. Lose weight & feel great



6. I already use the trails to commute
5. Schedule regular exercise with friends
4. Get in touch with nature and gaze at wildlife
3. Multi task- jog, keep fit, stay healthy & volunteer
2. Teach children to help others by volunteering
1. Help keep Anchorage trails safe and hazard free

By wearing a reflective armband and carrying a cell phone, you can help keep Anchorage's trails safe!



Register to Volunteer @
www.muni.org/parks
For more information call 343-4587



This 2014 calendar is brought to you by:

Anchorage Parks & Recreation

343-4355



2014 CALENDAR

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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FEBRUARY						
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MARCH						
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30	31					

APRIL						
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27	28	29	30			

MAY						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
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29	30					

JULY						
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		1	2	3	4	5
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AUGUST						
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					1	2
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31						

SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
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28	29	30				

OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
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NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
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30						

DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
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28	29	30	31			

“This publication, released by the Parks & Recreation Department, was printed at a cost of \$.95 per copy by ASAP Printing, Inc., Anchorage, AK for the purpose of promoting awareness on running, walking and fitness events statewide.”



Event Directors-USATF can help with:

Event Sanctioning
General Liability Insurance
3rd party G.L. Insurance
Medical Volunteer Insurance
Road Race Course Certification

For Clubs, Officials, Athletes & Coaches:

Coaching Education Curriculum
Officials Education/Certification
Secondary Sport Accident Insurance
Practice Insurance
Directors & Officers Insurance
Youth Programs

2014 USATF-Alaska Events

Jun 5: Hilltop Ski Area 5K Fun Run
Jun 7: Junior Olympic Track & Field Meet
Jun 12: All-Comers Track & Field Meet
Jun 26: All-Comers Track & Field Meet
Jul 17: All -Comers Track & Field Meet
Jul 31: All-Comers Track & Field Meet
Aug 2: 10K Road Running Championships
Aug 9: All-Comers Track & Field Meet
Oct 8: Cross Country Championships

Contact USATF-AK via our website at www.usatf.org/assoc/ak or find us on Facebook by searching for USA Track & Field-Alaska and join the group. Or email: todddm@gci.net. USATF is the National Governing Body for track & field, long distance running & race walking in the United States.

Jingle Bell®

Run/Walk
for Arthritis

Arthritis Foundation®
5K Run/Walk
Children's Fun Run

Be there with bells on!

Saturday, July 19, 2014

Santa Clause House
North Pole, AK

www.JingleinJuly.com

Saturday, December 13, 2014

UAA Student Union
Anchorage, AK

www.AnchorageJingleBellRun.com



For More Information:
(907) 277-2784
acampione@arthritis.org





Alaska Runner's Calendar

P.O. Box 196650

Anchorage, Alaska 99519