

# 2014 Alaska Runners Calendar

(updated 2/14/14)

- 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](http://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](http://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](http://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](mailto: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
- Feb Wed** **“Run or Walk With Friends” – Anchorage**  
Meet 6 pm – Westchester Lagoon  
Contact: Anchorage Running Club  
[www.anchoragerunningclub.org](http://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](http://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](http://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](http://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  
[andreaahambach722@yahoo.com](mailto:andreaahambach722@yahoo.com)  
[www.willowraceseries.com](http://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  
Sat**

**United Way's 4<sup>th</sup> Annual Walk for Warmth – Anchorage**

Registration 9:30 am – First United Methodist Church, 725 W 9<sup>th</sup> 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](mailto:sbrogan@ak.org)  
[www.liveunitedanchorage.org](http://www.liveunitedanchorage.org)  
Snacks, entertainment & door prizes. Walkers are encouraged to  
fundraise. Raise money for rent and utility assistance.  
Visit [www.walkforwarmth.stayclassy.org](http://www.walkforwarmth.stayclassy.org) for additional information  
Proceeds benefit struggling Anchorage families, keeping them housed & warm

**Feb 8  
Sat**

**15<sup>th</sup> Ballaine Ridge Snowshoe Trail Run – Fairbanks**

Race time 12 Noon – 834 Goldfinch (Keith's house)  
3, 6 & 9K, Run regardless of temperature  
Contact: Keith Pollock 479-0779  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Extra snowshoes available, hot chocolate & snacks

**Feb 10  
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 14  
Fri**

**Valentines Day**

- Feb 14 Fri Full Moon Run – Fairbanks**  
 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](http://www.runningclubnorth.org)
- Feb 15 Sat Little Su 50K – Big Lake**  
 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](mailto:info@susitna100.com)  
 Pam Richter 346-1220  
[www.susitna100.com](http://www.susitna100.com)  
 1 checkpoint with warm water, check website for  
 required gear. T-shirt, finisher award & post-race pizza party
- Feb 15 - Feb 17 Mon Susitna 100 – Big Lake**  
 Meet 8 am – Big Lake Area  
 100 miles – XC across rivers & woodlands  
 Race time 9 am, Entry fee: Check website  
 Contact: Kim & Erin Kittredge 746-5959  
[info@susitna100.com](mailto:info@susitna100.com)  
 Pam Richter 346-1220  
[www.susitna100.com](http://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 Sat Snow Run – Fairbanks**  
 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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Feb 17 Mon Presidents' Day**
- Feb 20 Thu Frostbite Footrace Reg/Bib Pick Up – Anchorage**  
 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](mailto:info@furrondy.net)  
 Sponsored by: Fur Rondy & Glacier BrewHouse  
 Register on-line @ [www.furrondy.net](http://www.furrondy.net)  
 Timing & registration supported by Skinny Raven Sports  
 T-shirts to first 700 runners to pick up bibs
- Feb 20 Thu Trail of Remembrance 5K Early Registration Ends – Wasilla**  
 Bike, run or walk – May 3  
 Contact: Kim Carney 352-0150  
[kimberly.carney@matsuk12.us](mailto: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
- Feb 22 Sat Frostbite Footrace & Costume Fun Run – Anchorage**  
 Race time 9:30 am – 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  
 2.5 & 5K – Downtown Parade Route  
 Contact: Fur Rondy Headquarters 274-1177

[info@furrondy.net](mailto:info@furrondy.net)

Sponsored by: Fur Rondy & Glacier BrewHouse  
Register on-line @ [www.furrondy.net](http://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](http://www.healthyfuturesak.org)

**Feb 22**     **Fur Rondy Outhouse Race – Anchorage**  
**Sat**         Meet 3 pm – Downtown, 4<sup>th</sup> 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](http://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](mailto: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](http://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](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club  
Run or walk with friends every Wednesday thru March

**Mar**         **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  
Sponsored by: Running Club North  
Training held every Wednesday thru March

**Mar 1**         **7<sup>th</sup> Annual Running of the Reindeer – Anchorage**  
**Sat**         Race time 4 pm – 4<sup>th</sup> Avenue at H Street  
3 blocks – city streets, Entry fee: \$30 includes t-shirt  
Contact:     Fur Rondy Headquarters 274-1177  
[info@furrondy.net](mailto:info@furrondy.net)  
Sponsored by: Fur Rondy, KWHL 106.5, Bob & Mark Show  
Register on-line @ [www.furrondy.net](http://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**  
**Sat**  
\* **2<sup>nd</sup> Annual Troth Yeddha Snow Shoe Scramble – Fairbanks**  
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**  
**Sat**  
**Eldorado Hill Challenge – Fairbanks**  
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](http://www.trickyraven.com)  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North & Goldstream Sports
- Mar 1**  
**Sat**  
\* **Tri the Trails Triathlon – Palmer**  
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](mailto:bionic@mtaonline.net)  
[www.smartenergyalaska.com/tri\\_the\\_trails](http://www.smartenergyalaska.com/tri_the_trails)  
Sponsored by: Bionic Chiropractic
- Mar 1**  
**Sat**  
\* **Why Not Tri & Why Not Tri Kids - Wasilla**  
Registration opens  
Contact: [www.whynottrivasilla.net](http://www.whynottrivasilla.net)
- Mar 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
- Mar 8**  
**Sat**  
**Snow Canoe Loop Run – Willow**  
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](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://www.willowrunningcompany.com)  
Sponsored by: Willow Running Company  
Visit website for details and to sign up
- Mar 9**  
**Sun**  
**Daylight Saving Time Begins**  
Don't be late to your race!
- Mar 9**  
**Sun**  
\* **Mini Mukluk Marathon – Nome**  
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](mailto:lew@kawerak.org)  
Adam Lust 443-2865  
[www.nomerotary.org](http://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**  
**Fri**  
**Pi Day Run – Fairbanks**  
Race time 6:28 pm (2 $\pi$ ) – 1686 Bluegrass  
~ 3.14 miles  
Contact: Tim Estes 451-0817  
Sponsored by: Running Club North  
[www.runningclubnorth.org](http://www.runningclubnorth.org)

Free "Pi" potluck afterwards

- Mar 15 Sat**  
\* **Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage**  
Meet 8:30 am – Bear Tooth Theatrepub  
5K - loop course, some hills, Race time 9:30 am  
Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://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 Sat**  
**Saint Patrick's Run – Fairbanks**  
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](http://www.runningclubnorth.org)  
Leprechaun chase & prizes!
- Mar 16 Sun**  
\* **Fairy/Leprechaun 5K Run – Anchorage**  
Meet 8 am – Location TBA  
5K, Race time 9 am, Entry fee: \$25/\$35 race day  
Contact: Bob 786-4914  
[www.AEclubUAA.com](http://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 Sun**  
**Full Moon Run – Fairbanks**  
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](http://www.runningclubnorth.org)
- Mar 22 Sat**  
\* **Matsu March for Babies – Palmer**  
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](mailto:jodgers@marchofdimes.com)  
[www.marchforbabies.com/alaska](http://www.marchforbabies.com/alaska)  
Sponsored by: March of Dimes  
Proceeds benefit March of Dimes
- Mar 29 Sat**  
\* **Glacier 10K & Mile Run – Juneau**  
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](mailto:Smay21@mac.com)  
Carol May 790-4544  
[www.southeastroadrunners.weebly.com](http://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](http://www.southeastroadrunners.org)  
Fundraiser for Thunder Mountain High School T&F Team  
A Healthy Futures Series Event – [www.healthyfutures.ak.org](http://www.healthyfutures.ak.org)
- Mar 31 Mon**  
**Seward's Day**
- Apr Wed**  
**Trail of Remembrance 5K Pre-Registration – Wasilla**  
Bike, run or walk – May 3  
Contact: Kim Carney 352-0150  
[kimberly.carney@matsuk12.us](mailto: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 –  
Aug  
Tue**      **Peak Performers Track Club – Anchorage**  
6 pm – APU Moseley Sports Center thru mid April  
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

**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](mailto:paolabanchemo@gmail.com)  
              Kayse Ericksen 425-422-5326  
              [kayseericksen@yahoo.com](mailto:kayseericksen@yahoo.com)  
              [www.runexceed.org](http://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](mailto:rhondaknopp@hotmail.com)  
              Norm Rousey  
              [coachrousey@hotmail.com](mailto: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](http://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](mailto: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](http://www.AEclubUAA.com)

Sponsored by: AE Club at UAA  
Proceeds benefit Habitat for Humanity

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

**Apr 5**  
**Sat**  
\*  
**Sourdough Stampede – Ketchikan**  
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  
[billelberson@remax.net](mailto:billelberson@remax.net)  
[www.ketchikanrunningclub.org](http://www.ketchikanrunningclub.org)  
Sponsored by: Re/Max & Ketchikan Running Club  
T-shirts \$30, pancake feed after race

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

**Apr 12**  
**Sat**  
\*  
**Beat Beethoven 5K – Fairbanks**  
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](http://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](http://www.healthyfuturesak.org)

**Apr 13**  
**Sun**  
\*  
**5<sup>th</sup> Annual Kidney Walk – Anchorage**  
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](mailto:kristie@alaskakidney.org)  
[www.alaskakidney.org](http://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**  
**Sat**  
\*  
**5<sup>th</sup> Annual Run For Relief – Fairbanks**  
Race time 2 pm – Pioneer Park  
5K walk/run, Entry fee: \$20  
Contact: Kathy Petersen 388-6830  
Corky Hebard 474-0289  
[friendsofpartners@gmail.com](mailto:friendsofpartners@gmail.com)  
Sponsored by: Running Club North  
T-shirts to first 300 entrants

**Apr 19**  
**Sat**  
\*  
**34<sup>th</sup> Annual Tok Trot - Tok**  
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**  
**Sat**  
\* **Healthier You Pre-Finale Run – Valdez**  
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](mailto:wclubb@ci.valdez.ak.us)  
Final Healthier You event prior to the Finale later in day
- Apr 20**  
**Sun**  
**Easter**
- Apr 24**  
**Thu**  
**Chena River Run Bib Pick-up – Fairbanks**  
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
- Apr 25**  
**Fri**  
**Who Let The Girls Out 5K – Palmer**  
Race time 6:30 pm – Downtown  
Contact: Kenna [kloyer1@mtaonline.net](mailto: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](mailto:kristin.willersdorf@heart.org)  
Alaina Burton 865-5300  
[www.heartrunkintera.org](http://www.heartrunkintera.org)  
Sponsored by: American Heart Association, 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](http://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](mailto:lacey.vinson@nmss.org)  
[www.WalkMS.org](http://www.WalkMS.org)  
Sponsored by: The National Multiple Sclerosis Society  
Proceeds benefit the MS Society Greater NW Chapter
- Apr 27**  
**Sun**  
**2<sup>nd</sup> 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](mailto:paolabanchemo@gmail.com)  
           Kayse Ericksen 425-422-5326  
           [kayseericksen@yahoo.com](mailto:kayseericksen@yahoo.com)  
           [www.runexceed.org](http://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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Training held every Tuesday thru summer
- 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](http://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](mailto:rhondaknopp@hotmail.com)  
           Norm Rousey  
           [coachrousey@hotmail.com](mailto: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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 1-2 hour fitness walks, moderately fast when above 0 degrees  
 Visit Facebook @ rcnwomenwalks
- May  
Wed**      **“Run or Walk With Friends” – Anchorage**  
 Meet 6 pm – Westchester Lagoon  
 Contact: Anchorage Running Club  
           [www.anchoragerunningclub.org](http://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](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Beginner thru advances courses available  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://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](mailto: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)  
 Entry fee: \$15/\$10 youth, t-shirts to first 350  
**Thu - Tue** Contact: Steve Offenborn 479-3118  
 Sponsored by: Golden Heart Utilities
- May 2 Fri** **Race Judicata Reg/Bib PU – Anchorage**  
 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](http://www.active.com)
- May 3 Sat \*** **Salmon Run – Anchorage**  
 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](mailto:info@anchoragesalmonrun.com)  
 Wendy Shem 742-7630  
[www.anchoragesalmonrun.com](http://www.anchoragesalmonrun.com)  
 Sponsored by: Inlet View PTA  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- May 3 Sat \*** **Walk & Roll for Hope – Anchorage**  
 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](mailto:developmentoffice@hopealaska.org)  
 Sponsored by: Hope Community Resources  
 Register on-line @ [www.hopealaska.org](http://www.hopealaska.org) and show your support of Alaskan's experiencing a disability  
 Proceeds benefit Hope Community Resources
- May 3 Sat \*** **Alaska Zoo Kids Fun Run – Anchorage**  
 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](mailto:sjensen@alaskazoo.org)  
 Pat Lampi 346-2133  
[www.alaskazoo.org](http://www.alaskazoo.org)  
 Sponsored by: McDonalds of Alaska  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- May 3 Sat \*** **33<sup>rd</sup> Annual Chena River Run – Fairbanks**  
 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

- May 3**  
**Sat**  
\* **MS Walk – Fairbanks**  
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](mailto:lacey.vinson@nmss.org)  
[www.WalkMS.org](http://www.WalkMS.org)  
Sponsored by: The National Multiple Sclerosis Society  
Proceeds benefit the MS Society Greater NW Chapter
- May 3**  
**Sat**  
\* **Polar Bear Pink Cheeks Triathlon – Seward**  
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](mailto:jwelchans@cityofseward.net)  
[www.cityofseward.us](http://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**  
**Sat**  
\* **Trail of Remembrance (Run, Bike, Walk) – Wasilla**  
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](mailto:becky.huggins@matsuk12.us)  
Kim Carney 352-0150  
[www.matsuk12.us/domain/2880](http://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](http://www.healthyfuturesak.org)
- May 4**  
**Sun**  
\* **Race Judicata – Anchorage**  
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](mailto:anchorageracejudicata@gmail.com)  
Sponsored by: Young Lawyers Section of  
the Anchorage Bar Association  
Register on-line @ [www.active.com](http://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**  
**Sun**  
\* **Cap & Gown Run – Anchorage**  
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](http://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
- May 4**  
**Sun**  
\* **The Breakup Tri – Fairbanks**  
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](mailto:thebreakuptri@hotmail.com)  
T-shirt & swim cap included, 82 max participants  
Great 1<sup>st</sup> triathlon! USAT sanctioned event
- May 4**  
**Sun**  
\* **Mat-Su Rotary 5K (aka Menard Run) – Palmer**  
Meet 1 pm – Colony High School  
5K – mostly flat, some hills, loop

Race time 2 pm, Entry fee: \$25  
Contact: Sondra Kaplan 227-3486  
[mfjak@mtaonline.net](mailto:mfjak@mtaonline.net)  
Daryl Lowe 351-0829  
Joni Gerharz 354-3382  
[www.matsurotary5k.com](http://www.matsurotary5k.com)  
Sponsored by: Mat-Su Rotary Clubs  
Proceeds benefit the Rotary Valley High School Scholarships Program

**May 6**  
**Tue**  
\* **Bonny Sosa Kidz Mile – Anchorage**  
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](mailto: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](http://www.healthyfuturesak.org)

**May 7**  
**Wed**  
\* **Do Run-Run – Anchorage**  
Meet 5:30 pm – Check website  
4 miles – Ship Creek Trail  
Race time 6:30 pm, Entry fee: ARC Membership  
Contact: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club

**May 7**  
**Wed**  
\* **23<sup>rd</sup> Annual GHU Water Walk & Run – Fairbanks**  
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**  
**Thu**  
\* **Care2Run – Soldotna**  
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](mailto: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**  
**Sat**  
\* **MS Walk/Run – Anchorage**  
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](mailto:lacey.vinson@nmss.org)  
[www.WalkMS.org](http://www.WalkMS.org)  
Sponsored by: The National Multiple Sclerosis Society  
Proceeds benefit the MS Society Greater NW Chapter

**May 10**  
**Sat**  
\* **Walk to Cure Diabetes – Anchorage**  
Meet 9 am – Delaney Park Strip, 10<sup>th</sup> & P  
5K – loop course, paved streets, Coastal Trail  
Walk time 10 am, Entry fee: Donation  
Contact: Stephanie Lee 240-8249  
[slee@jdrf.org](mailto:slee@jdrf.org)  
Mark Doyle 249-6110  
[www.jdrf.org/anchoragewalk](http://www.jdrf.org/anchoragewalk)  
Sponsored by: JDRF  
Family fundraiser to raise money to find a cure for T1D

- May 10**  
**Sat**  
\* **Faster than a Falcon 5K Run – Anchorage**  
Meet 8:30 am – Clark Middle School  
5K – fast & flat, Race time 9:30 am  
Contact: Jennifer Brown 382-1669  
[jbrown@bgcalaska.org](mailto:jbrown@bgcalaska.org)  
Marnie Schlaht 742-4700  
[www.fasterthanafalcon.info](http://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
- May 10**  
**Sat**  
\* **Birchwood Camp 1 miler - Chugiak**  
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](mailto:manager@birchwoodcamp.org)  
[www.birchwoodcamp.org](http://www.birchwoodcamp.org)  
Sponsored by: Birchwood Camp  
Military and family discounts available
- May 10**  
**Sat**  
\* **6<sup>th</sup> Alaska Walk/Run for Autism – Fairbanks**  
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](http://www.asagoldenheart.org)  
Sponsored by: Autism Society of Alaska
- May 10**  
**Sat**  
\* **March for Babies Walk – Fairbanks**  
Meet 9 am – 1 Doyon Place  
2 miles – bike trail  
Walk time 10 am, Entry fee: Donation  
Contact: Janie Odgers  
[jodgers@marchofdimes.com](mailto:jodgers@marchofdimes.com)  
[www.marchforbabies.com/alaska](http://www.marchforbabies.com/alaska)  
Sponsored by: March of Dimes  
Proceeds benefit March of Dimes
- May 10**  
**Sat**  
\* **March for Babies – Juneau**  
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](mailto:jodgers@marchofdimes.com)  
[www.marchforbabies.com/alaska](http://www.marchforbabies.com/alaska)  
Sponsored by: March of Dimes  
Proceeds benefit March of Dimes
- May 10**  
**Sat**  
\* **Totem to Totem Half Marathon – Ketchikan**  
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](mailto:gretchenklein48@gmail.com)  
[www.ketchikanrunningclub.org](http://www.ketchikanrunningclub.org)  
Sponsored by: Ketchikan Running Club  
Great food, great prizes, great cause  
Proceeds benefit Ketchikan Medical Center Diabetes Education Program
- May 10**  
**Sat**  
\* **Moose River Hustle – Sterling**  
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](mailto: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**  
**Sun**

**Mother's Day**

**May 11**  
**Sun**

**17<sup>th</sup> Migration Run – Homer**

\*

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](mailto:shorebird@homer.alaska.org)  
[www.kachemakbayrunningclub.org](http://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**  
**Sun**

**Mother's Day Fun Run - Palmer**

\*

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](mailto:alaskaaga@gmail.com)  
Amazing Grace Academy 745-2691  
[www.amazinggraceacademy.org](http://www.amazinggraceacademy.org)

Sponsored by: Amazing Grace Academy  
Walkers & baby strollers welcome

**May 13**  
**Tue**

**Turnagain Arm Trail Run – Anchorage**

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](mailto:nadeyong@uaa.alaska.edu)  
Julie-Pierre Leclerc 830-9623

Sponsored by: UAA Ski Team  
Register on-line @ [www.signmeup.com](http://www.signmeup.com)  
Proceeds benefit UAA Ski Team Scholarships  
**No Race Day Registration** - 200 person limit

**May 17**  
**Sat**

**Armed Forces Day**

**May 17**  
**Sat**

**March for Babies – Anchorage**

\*

Meet 9 am – Westchester Lagoon (15<sup>th</sup> & U Street)  
3 miles – bike trails, Walk time 10 am  
Entry fee: Donation  
Contact: Janie Odgers  
[jodgers@marchofdimes.com](mailto:jodgers@marchofdimes.com)  
[www.marchforbabies.com/alaska](http://www.marchforbabies.com/alaska)

Sponsored by: March of Dimes  
Proceeds benefit March of Dimes

**May 17**  
**Sat**

**Amblin' for Alzheimer's Walk - Anchorage**

\*

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](mailto:lguyer@alzalaska.org)  
Angela Anderson 561-3313  
[aanderson@alzalaska.org](mailto:aanderson@alzalaska.org)

Sponsored by: Alzheimer's Resource of Alaska

Register on-line @ [www.alzaska.org](http://www.alzaska.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](http://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](http://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](mailto:lacey.vinson@nmss.org)  
[www.WalkMS.org](http://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](mailto:janet.bartels@heart.org)  
Meadow Bailey 347-0464  
[www.fairbanksheartwalk.org](http://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](mailto:jodgers@marchofdimes.com)  
[www.marchforbabies.com/alaska](http://www.marchforbabies.com/alaska)  
Sponsored by: March of Dimes  
Proceeds benefit March of Dimes

**May 17** **MS Walk Mat Su Valley – Mat-Su/Wasilla**  
**Sat** 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](mailto:lacey.vinson@nmss.org)  
[www.WalkMS.org](http://www.WalkMS.org)  
Sponsored by: The National Multiple Sclerosis Society  
Proceeds benefit the MS Society Greater NW Chapter

**May 17** **Terry Pollard Memorial Exit Glacier Race – Seward**  
**Sat** 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](mailto:jwelchans@cityofseward.net)  
[www.cityofseward.us](http://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** **MS Walk – Soldotna**



- Sat**  
\* 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](mailto:lacey.vinson@nmss.org)  
[www.WalkMS.org](http://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](http://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](http://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](mailto:info@goldnuggettriathlon.com)  
Sheila Swanson 242-0600  
[www.goldnuggettriathlon.com](http://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**
- 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](mailto:cooperlandingtrailrun@gmail.com)  
Deb Carlson 595-1455  
[www.cooperlandingwalkablecommunity.org](http://www.cooperlandingwalkablecommunity.org)  
Sponsored by: Cooper Landing Walkable Community Project  
Race starts at Kenai River, 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**  
\* **17<sup>th</sup> 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](mailto: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](mailto:info@anchoragerunningclub.org)  
[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club

**May 22  
Thu** **Alaskan Girls Walk & Wine – Fairbanks**

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  
Sat** **Trent/Waldron Glacier ½ Marathon – Anchorage**

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@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)  
[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club

**May 24  
Sat** **Ruckus in the Muckus – Fairbanks**

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](mailto:liamortega@gmail.com)  
[driventomove@gmail.com](mailto:driventomove@gmail.com)  
Sponsored by: Driven to Move Running Club  
Obstacle course mud run  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**May 24  
Sat** **Annihilator - Nenana**

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](mailto: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

**May 24  
Sat** **Prince of Wales Int'l Marathon & Inaugural Half 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](mailto:annjames326@gmail.com)

Jean Jackson 401-0805

[www.powmarathon.org](http://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](mailto:eyedoc@alaska.net)  
[www.runforreliefburma.org/Locations/Climb\\_for\\_Relief/Climb\\_for\\_Relief-Anchorage.html](http://www.runforreliefburma.org/Locations/Climb_for_Relief/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](mailto:run@akrffw.org)  
Sponsored by: Alaska Run for Women Board of Directors  
Register on-line @ [www.akrffw.org](http://www.akrffw.org)  
Additional registration/bib pick-up dates May 31, June 3 & 5  
Proceeds benefit the fight against breast cancer

**May 29**    **Kal's Knoya Ridge Hill Climb - Anchorage**  
**Thu**  
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](mailto:billspencerak@gmail.com)  
Marianne Pedersen 333-8836  
[marianne\\_peders@hotmail.com](mailto:marianne_peders@hotmail.com)  
[www.alaskamountainrunners.org](http://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**    **Skinny Mini 6K - Anchorage**  
**Fri**  
\* Meet 6 pm – Skinny Raven Sports  
6K - loop course, some hills, Race time 7 pm  
Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Adidas, Bear Tooth, Kaladi Brothers & Stellar Design  
Pizza, beer, refreshments, live DJ & sweet prizes after race

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

**May 30**    **Relay For Life – Anchorage**  
**Fri**  
\* Start time 6 pm – Cuddy Family Midtown Park  
24 hour walk through night  
Contact: Joe Debets 273-2070

[joe.debets@cancer.org](mailto:joe.debets@cancer.org)  
[www.relayforlifeofanchorage.org](http://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](http://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](mailto:tristan.walsh@cancer.org)  
[www.relayforlifeofdeltajunction.org](http://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@akrhw.org](mailto:run@akrhw.org)  
Sponsored by: Alaska Run for Women Board of Directors  
Register on-line @ [www.akrhw.org](http://www.akrhw.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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Two person teams run in opposite directions

**May 31** **40<sup>th</sup> 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](mailto: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

**May 31** **Bite Back 5K – Valdez**  
**Sat** 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](mailto:sheribeck33@hotmail.com)  
[rfool.blogspot.com](http://rfool.blogspot.com)  
Sponsored by: Compassion International & 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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
1-2 hour fitness walks, moderately fast when above 0 degrees  
Visit Facebook @ 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](mailto:paolabanchemo@gmail.com)  
Kayse Ericksen 425-422-5326  
[kayseericksen@yahoo.com](mailto:kayseericksen@yahoo.com)  
[www.runexceed.org](http://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](http://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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Training held every Tuesday thru summer

**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](mailto:rhondaknopp@hotmail.com)  
Norm Rousey  
[coachrousey@hotmail.com](mailto: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](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club  
Meet Wednesdays throughout year

**June - Arctic Orienteering Club – Anchorage**

**Aug  
Wed**  
\* Info for courses & locations available on website  
Entry fee: \$8/\$2 kids  
Contact: [www.oalaska.org](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Beginner thru advances courses available  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://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](mailto: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](mailto:info@eaglerivertri.com)  
[www.eaglerivertri.com](http://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](http://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@akrffw.org](mailto:run@akrffw.org)  
Sponsored by: Alaska Run for Women Board of Directors  
Register on-line @ [www.akrffw.org](http://www.akrffw.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](http://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](mailto:jhofacker@acsedu.org)  
[www.usatf.org/assoc/ak/events.htm](http://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@akrfw.org](mailto:run@akrfw.org)  
Sponsored by: Alaska Run for Women Board of Directors  
Register on-line @ [www.akrfw.org](http://www.akrfw.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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
38<sup>th</sup> 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](http://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
- June 6**  
**Fri**  
\*  
**Relay For Life – Juneau**  
Start time 6 pm – Riverbend Elementary School  
24 hour walk through night  
Contact: Joe Debets 273-2070  
[joe.debets@cancer.org](mailto:joe.debets@cancer.org)  
[www.relayforlifeofjuneau.org](http://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**  
**Fri**  
\*  
**Bear's Den B&B Bear Bell Run – Seward**  
Meet 10:30 am – Waterfront Park, 6<sup>th</sup> Ave  
1 mile – flat, paved, Race time 11 am  
Entry fee: Check website  
Contact: Jori Welchans 224-4054  
[jwelchans@cityofseward.net](mailto:jwelchans@cityofseward.net)  
[www.cityofseward.us](http://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](http://www.healthyfuturesak.org)
- June 7**  
**Sat**  
\*  
**22<sup>nd</sup> Alaska Run for Women – Anchorage**  
Meet 8 am – Anchorage Football Stadium  
5K – area streets and Coastal Trail  
Race time 8:30 am, Entry fee: Donation  
Contact: Kristin Folmar [run@akrfw.org](mailto:run@akrfw.org)  
[www.akrfw.org](http://www.akrfw.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**  
**Sat**  
\*  
**USATF Alaska Association Junior Olympics Track  
& Field Championships – Anchorage**  
Registration 9:30 pm – The Dome  
Distance varies, Entry fee: \$5, Meet Start 10 am  
Contact: David Todd 529-0704  
[toddm@gci.net](mailto:toddm@gci.net)

[www.usatf.org/assoc/ak/events.htm](http://www.usatf.org/assoc/ak/events.htm)

Visit website for details & entry forms  
A USA Track & Field Sanctioned Event

- June 7**  
**Sat**  
**Government Peak Climb – Hatcher Pass**  
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](mailto:strabel@mtaonline.net)  
Register on-line @ [www.webscorer.com](http://www.webscorer.com) after May 1  
Fundraiser for Colony High School XC Running Team
- June 7**  
**Sat**  
**\* Run for the River – Soldotna**  
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](mailto:rhonda@kenaiwatershed.org)  
Lisa Beranek 260-5449 x1205  
[www.kenaiwatershed.org/krf/runfortheriver.html](http://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**  
**Sat**  
**Red Shirt Lake Trail Run – Willow**  
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](mailto:andreaHambach722@yahoo.com)  
Sponsored by: Willow Running Club  
Carpool recommended, \$5 State parking fee
- June 8**  
**Sun**  
**\* Run Lu Lu Run – Fairbanks**  
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](http://www.active.com)  
T-shirt first 100 entrants & bagels
- June 8**  
**Sun**  
**\* Bill Mitchell Fun Run – Palmer**  
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](mailto:bchanson@mtaonline.net)  
Palmer Chamber 745-2880  
[info@palmerchamber.org](mailto:info@palmerchamber.org)  
[www.palmerchamber.org](http://www.palmerchamber.org)  
Sponsored by: MTA
- June 8**  
**Sun**  
**\* TriTheKenai - Soldotna**  
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](mailto:wahoo@trithekenai.com)  
Greg Russell 398-2770  
[www.trithekenai.com](http://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](mailto:dev@alaskamuseum.org)  
Katch Bacheller 274-2400  
[katch22@alaskamuseum.org](mailto:katch22@alaskamuseum.org)  
[www.alaskamuseum.org](http://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](http://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](mailto:dev@alaskamuseum.org)  
Katch Bacheller 274-2400  
[katch22@alaskamuseum.org](mailto:katch22@alaskamuseum.org)  
[www.alaskamuseum.org](http://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](mailto:qmetcalf@gmail.com)  
[www.usatf.org/assoc/ak/events.htm](http://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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
38<sup>th</sup> 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](mailto:melkal@gci.net)  
[www.3barons.org](http://www.3barons.org)  
Sponsored by: Three Barons Fair  
Benefit run for the fair, a family friendly run/walk  
Course features costumed trail guides

**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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

**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](mailto:joe.debets@cancer.org)  
[www.relayforlifeofhomer.org](http://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 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** **22<sup>nd</sup> 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](http://www.fcaalaska.org)  
Sponsored by: Fairbanks Counseling & Adoption

**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](mailto:wasillatri@gmail.com)  
[www.whynottrivasilla.net](http://www.whynottrivasilla.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](mailto:wasillatri@gmail.com)  
[www.whynottrivasilla.net](http://www.whynottrivasilla.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 & June 15** **Mr. Miles 24 Hour of Alaska – Palmer**  
**Sat & Sun** Race start 12N – Matanuska State Park  
4-5 mile loop course thru the greenbelt, hilly, single track trails  
6, 12 & 24 hour races, start June 14, end 12N June 15  
Contact: Andrea [wilrunco@gmail.com](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://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](mailto:akmtnrun@hotmail.com)  
On-line registration begins May 1 and ends when

full @ [www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)  
**No Race Day Registration** - 250 person limit

- Jun 15 Sun** **Wickersham Dome Trail Run - Fairbanks**  
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](mailto:drew.harrington@live.com)  
Sponsored by: Running Club North & Goldstream  
Northern Trail Series Event #3
- June 18 & 19 Wed & Thur** **Dawn 2 Dusk/Dusk 2 Dawn Part 1 All Night Run – Fairbanks**  
Race time 12:47 am – UAF Ski Hut (West Ridge)  
4 mile loop – roads & trails, sunset to sunrise  
Contact: George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Registration at midnight, run all night, 12:47am to 2:58 am
- June 19 Thu** **Mayor's Midnight Sun Marathon, Marathon 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](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://www.mayorsmarathon.com)  
When picking up your bib/t-shirt, check out the Expo  
**No Race Day Registration or Bib Pick-up**
- June 20 Fri** **Mayor's Midnight Sun Marathon, Marathon 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](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://www.mayorsmarathon.com)  
When picking up your bib/t-shirt, check out the Expo  
**No Race Day Registration or Bib Pick-up**
- June 20 Fri \*** **Relay For Life – Sitka**  
Start time 6 pm – Sitka Track & Football Field  
24 hour walk through night  
Contact: Tristan Walsh 273-2068  
[tristan.walsh@cancer.org](mailto:tristan.walsh@cancer.org)  
[www.relayforlifeofsitka.org](http://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 Fri \*** **Relay For Life – Valdez**  
Start time 6 pm – Kelsey Dock Parking Lot  
24 hour walk through night  
Contact: Tristan Walsh 273-2068  
[tristan.walsh@cancer.org](mailto:tristan.walsh@cancer.org)  
[www.relayforlifeofvaldez.org](http://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 Sat** **Mayor's Midnight Sun Marathon – Anchorage**  
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](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://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 Sat** **Mayor's Midnight Sun Relay Race – Anchorage**

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](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://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 Sat** **Mayor's Midnight Sun ½ Marathon – Anchorage**

\*  
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](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://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 Sat** **Mayor's Midnight Sun 5 Miler – Anchorage**

\*  
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](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://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 Sat** **Mayor's Midnight Sun Youth Cup – Anchorage**

\*  
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](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://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 Sat** **32<sup>nd</sup> Midnight Sun 10K – Fairbanks**

\*  
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](http://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](mailto: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](mailto:ketchikan@sailinc.org)  
[www.sailinc.org](http://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](mailto:tberdahl@borough.kenai.ak.us)  
Jackie Cason 776-8800  
[www.northpenrec.com](http://www.northpenrec.com)  
Sponsored by: North Peninsula Recreation Service Area  
Visit the website for details & entry forms

**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](mailto:bionic@mtaonline.net)  
[www.smartenergyalaska.com/tri\\_the\\_trails](http://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** Event spans 6/21-8/2, entries accepted thru 6/21  
**Sat -** 140.7 miles – Ironman Tri over 6 weeks  
**Sat** Entry fee: \$30, enter as individual or team  
Contact: Traci Sanders 355-6110  
[htraci@hotmail.com](mailto:htraci@hotmail.com)  
Christy Hronkin 232-8871  
[sites.google.com/site/midnightsunlazymantriathlon/](http://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](mailto:Bachand777@yahoo.com)  
[www.usatf.org/assoc/ak/events.htm](http://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](http://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](http://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](mailto:joe.debets@cancer.org)  
[www.relayforlifeofmatsu.org](http://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 3<sup>rd</sup> 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](http://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](mailto:anderson_ak@yahoo.com)  
Kerry Howard 338-1123  
[www.alaskascottish.org](http://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](mailto: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**  
**Sat**  
\* **Run From The Cops – Fairbanks**  
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
- June 28**  
**Sat**  
**Spruce Tree Classic – Fairbanks**  
Race time 10 am – UAF Patty Center  
7.2 miles – trail run, Entry fee: None  
Contact: Roy Strandberg 378-7111  
[rtstrandberg@alaska.edu](mailto:rtstrandberg@alaska.edu)  
David McDowell 488-6068  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North
- June 28**  
**& 29**  
**Sat &**  
**Sun**  
**Sluice Box 100 – Fairbanks**  
Race time 7 am – Mushers Hall (Farmers Loop)  
100 miles – run or bike on trails  
Contact: Joel Homan 388-9560  
[www.sluicebox100.com](http://www.sluicebox100.com)  
Sponsored by: Endurance North  
36 hour cutoff, solo or 2-5 person relay teams
- June 28**  
**Sat**  
\* **The Spit Run – Homer**  
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](mailto:steyerbill@yahoo.com)  
[www.kachemakbayrunningclub.org](http://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**  
**Sat**  
\* **MTA Race for Technology – Palmer**  
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**  
**Sun**  
**Women Walks – Fairbanks**  
Meet 10 am – UAF Patty Center  
Contact: Dee Gard 347-7277  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
1-2 hour fitness walks, moderately fast when above 0 degrees  
Visit Facebook @ rcnwomenwalks
- July –**  
**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
- July**  
**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](mailto:paolabanchemo@gmail.com)  
Kayse Ericksen 425-422-5326  
[kayseericksen@yahoo.com](mailto:kayseericksen@yahoo.com)  
[www.runexceed.org](http://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  
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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Training held every Tuesday thru summer

**July  
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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Training held every Tuesday thru summer

**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](mailto:rhondaknopp@hotmail.com)  
Norm Rousey  
[coachrousey@hotmail.com](mailto: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](http://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](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Beginner thru advances courses available  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**July 4  
Fri**      **Independence Day**

**July 4  
Fri  
\***      **29<sup>th</sup> 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](http://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](mailto:leaknome@alaska.com)  
John Handeland 443-6587  
[johnh@njus.org](mailto:johnh@njus.org)  
[www.leaknomeak.com](http://www.leaknomeak.com)  
Sponsored by: Rasmussen’s Music Mart  
The 2<sup>nd</sup> oldest run in Alaska
- July 4**  
**Fri**  
**\* Salmon Shuffle - Seldovia**  
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**  
**Fri**  
**\* Mount Marathon Race – Seward**  
Meet 4<sup>th</sup> & 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](mailto:events@seward.net)  
[www.seward.com](http://www.seward.com)  
Sponsored by: Seward Chamber of Commerce  
All 1<sup>st</sup> 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**  
**Fri**  
**\* Uncle Salmon Freedom Run - Valdez**  
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](mailto:wclubb@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/parks](http://www.ci.valdez.ak.us/parks)  
Sponsored by: City of Valdez Parks & Recreation  
Prizes to top three male & female finishers
- July 4**  
**Fri**  
**\* Freedom 4 Miler – Willow**  
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  
[andrehambach722@yahoo.com](mailto:andrehambach722@yahoo.com)  
[www.willowraceseries.com](http://www.willowraceseries.com)  
Sponsored by: Willow Running Club  
Prizes for best patriotic costumes!
- July 5**  
**Sat**  
**\* Jingle in July! – North Pole**  
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](http://www.jingleinjuly.com)  
Sponsored by: Arthritis Foundation  
Fun family run, t-shirts and bells
- 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](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club
- July 9**  
**Wed**  
\* **Salmon Run Series #1 – 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](mailto:rhonda@kenaiwatershed.org)  
Josselyn O'Connor 260-5499 x 1201  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
Sponsored by: Kenai Watershed Forum  
Race course differs each week  
5 series race, all ages, walkers welcome
- July 10**  
**Thu**  
**Steve's Equinox Training #1 – Fairbanks**  
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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North
- July 12**  
**Sat**  
\* **Bear Paw 5K Run – Eagle River**  
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 of 4 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](mailto:joeycat@alaska.net)  
Bear Paw Hotline 274-6960  
[info@cer.com](mailto: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](http://www.cer.org) or [www.skinnyraven.com](http://www.skinnyraven.com). Fun for all ages
- July 12**  
**Sat**  
\* **Run of the Valkyries - Fairbanks**  
Race time 10 am – Pioneer Park  
8K – flat, Entry fee: \$20, includes long sleeve t-shirt  
Contact: Thomas Gross 322-7093  
[www.runningclubnorth.org](http://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**  
**Sat**  
**Chena Lakes Triathlon – Fairbanks**  
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](mailto:thebreakuptri@hotmail.com)  
USAT sanctioned, 75 participant limit
- July 12**  
**Sat**  
\* **Ward Lake Fun Run – Ketchikan**  
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**  
**Sat**  
\* **5K/10K for Life – Palmer/Wasilla**  
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](mailto:patti.price@heartreachalaska.com)  
Joyce Moropoulos 373-3456  
[www.heartreachalaska.com](http://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**  
**Sat**  
\* **Rotary Unity Run – Soldotna**  
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](mailto:dale@redoubtrealty.com)  
[www.soldotnarotary.org](http://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](http://www.active.com/event_detail.cfm?event_id=2066242)  
Bus transportation to start lines, t-shirts, gift bags & post race BBQ

**July 12**  
**Sat**  
**Hatcher Pass Marathon & Marathon Relay – Willow**  
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  
[andreaahambach722@yahoo.com](mailto:andreaahambach722@yahoo.com)  
[www.willowraceseries.com](http://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**  
**Sun**  
**14<sup>th</sup> Ester Dome Ass Kicker – Fairbanks**  
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

**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](mailto:Sewardimaginationlibrary@gmail.com)  
[www.AlaskaImaginationLibrary.org](http://www.AlaskaImaginationLibrary.org)  
Sponsored by: Seward PTSA  
Visit the website for other Imagination Library races around the state.  
Proceeds benefit Seward/Moose Pass Imagination Library

**July 14 –**  
**July 19**  
**Mon –**  
**Sat**  
**Gold Discovery Run Bib Pick-up – Fairbanks**  
10 am - 7 pm – Toy Quest  
Contact: Gary Pohl 452-2128  
Bob Hildebrandt 479-7335  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North & Others

**July 16** **Alaska Men's Run Registration & Bib PU– Anchorage**  
**Wed** 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](http://www.alaskamensrun.com) thru July 18  
Race day registration from 8:30–9:30 am

**July 16** **Masters' 5 & 10K – Anchorage**  
**Wed** 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](mailto:info@anchoragerunningclub.org)  
[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club  
Limited to runners 40 years of age or older

**July 16** **Bun on the Run – Fairbanks**  
**Wed** 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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Race limited to 100 runners, t-shirts included

**July 16** **Golden Mile Bib Pick-up – Fairbanks**  
**Wed** 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](http://www.runningclubnorth.org)  
[www.literacycouncilofalaska.org](http://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](mailto:rhonda@kenaiwatershed.org)  
Josselyn O'Connor 260-5499 x 1201  
[www.kenaiwatershed.org](http://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](http://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](mailto:todddm@gci.net)  
[www.usatf.org/assoc/ak/events.htm](http://www.usatf.org/assoc/ak/events.htm)  
Visit website for details & entry forms

A USA Track & Field Sanctioned Event

- July 17**  
**Thu**  
**Steve's Equinox Training #2 – Fairbanks**  
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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North
- July 18**  
**Fri**  
**\* Relay For Life – Eagle River**  
Start time TBD – Location TBD  
24 hour walk through night  
Contact: Joe Debets 273-2070  
[joe.debets@cancer.org](mailto:joe.debets@cancer.org)  
[www.CERRFL.com](http://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
- July 18**  
**Fri**  
**\* Relay For Life – Ketchikan**  
Start time 6 pm – Ketchikan High School  
24 hour walk through night  
Contact: Meghan Mackey 273-2075  
[meghan.mackey@cancer.org](mailto:meghan.mackey@cancer.org)  
[www.relayforlifeofketchikan.org](http://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**  
**Sat**  
**\* Alaska Men's Run – Anchorage**  
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@pci.net](mailto:dfisher@pci.net)  
John Swartz 349-0906  
Sponsored by: Alaska Men's Run Race Board  
Register on-line @ [www.alaskamensrun.com](http://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**  
**Sat**  
**\* AK Salmon Runs/King Salmon Marathon – Cordova**  
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](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://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**  
**Sat**  
**\* AK Salmon Runs/Sockeye ½ Marathon – Cordova**  
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](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://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/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](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://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](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://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](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://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](http://www.runningclubnorth.org)  
[www.literacycouncilofalaska.org](http://www.literacycouncilofalaska.org)  
Sponsored by: RCN & Literacy Council of Alaska  
Leads the Golden Days Parade  
Proceeds benefit the Literacy Council of Alaska

**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](mailto:timing@skinnyraven.com)  
Brent Knight 274-7222  
[www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Her Tern Boutique 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](mailto:timing@skinnyraven.com)  
Brent Knight 274-7222  
[www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Her Tern Boutique, Brooks

- July 20 Sun** **49<sup>th</sup> Gold Discovery Run – Fairbanks**  
 Race time 8 - 9 am – Fox Roadhouse  
 16.5 miles, Entry fee: \$30  
 Contact: Gary Pohl 452-2128  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Unique prizes to 1<sup>st</sup> 200 entrants, bus to start  
 A Flint Hills Cup Series Event
- July 23 Wed** **Salmon Run Series #3 – 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](mailto:rhonda@kenaiwatershed.org)  
 Josselyn O’Connor 260-5499 x 1201  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
 Sponsored by: Kenai Watershed Forum  
 Race course differs each week  
 5 series race, all ages, walkers welcome
- July 24 Thu** **Steve’s Equinox Training #3 – Fairbanks**  
 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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- July 25 Fri** **Crow Pass Mandatory Bib P/U & Pre-Race Meeting – Anchorage**  
 Meet 5 pm – UAA Sports Center  
 Contact: Mike Friess 786-1325  
[anmaf@uaa.alaska.edu](mailto:anmaf@uaa.alaska.edu)  
 Sponsored by: UAA Milers Booster Club & Subway of Alaska  
 Entrants not present will lose their race entry
- July 25 Fri** **Pipeline Run in the Late Night Sun – Delta Junction**  
 \* 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](http://www.deltanafair.com)
- July 25 Fri** **Relay For Life – Kodiak**  
 \* Start time TBD – Woody Way Football Field  
 24 hour walk through night  
 Contact: Joe Debets 273-2070  
[joe.debets@cancer.org](mailto:joe.debets@cancer.org)  
[www.relayforlifeofkodiak.org](http://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 Sat** **XTERRA Hammerman Duathlon – Anchorage**  
 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  
[ajidino@pci.net](mailto:ajidino@pci.net)  
 Jason Lamoreaux 929-4835  
[www.hammermantriathlon.com](http://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!

- July 26 Sat** **XTERRA Hammerman Triathlon – Anchorage**  
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](mailto:ajidino@gci.net)  
Jason Lamoreaux 929-4835  
[www.hammermantriathlon.com](http://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 Sat** **Dog Jog – Anchorage**  
\*  
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](mailto:michele@friendsofpets.org)  
Sponsored by: Friends of Pets  
For updated information visit [www.friendsofpets.org](http://www.friendsofpets.org)  
Fun run for people & dogs, leashes required  
Proceeds benefit Friends of Pets
- July 26 Sat** **Run for Relief - Anchorage**  
\*  
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](mailto:miles@alaska.net)  
[www.faihak.com](http://www.faihak.com)  
Sponsored by: Faith Christian Community  
Increase awareness of the situation in Burma,  
visit [www.freeburmarangers.org](http://www.freeburmarangers.org)  
Proceeds benefit the relief efforts in Burma (Myanmar)
- July 26 Sat** **21<sup>st</sup> CHS Run & Soak – Fairbanks**  
Race time 11 am – Angel Rocks Trailhead  
8.5 miles – trail, Entry fee: TBA  
Contact: Keith Pollock 479-0779  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North & Chena Hot Springs  
Free swim & potluck BBQ at finish  
Northern Trail Series Event #5
- July 26 Sat** **22<sup>nd</sup> Sourdough Triathlon – Fairbanks**  
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](mailto:thebreakuptri@hotmail.com)  
Sponsored by: Alaska's Sourdough Triathlon  
½ Ironman, wet suit a must, NO LATE ENTRIES  
USAT sanctioned, 75 participant limit
- July 26 Sat** **Crow Pass Crossing – Girdwood**  
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](mailto:anmaf@uaa.alaska.edu)  
Sponsored by: UAA Milers Booster Club  
Registration forms available on-line May 4  
@ [www.goseawolves.com](http://www.goseawolves.com)

**July 26**  
**Sat**  
\*  
**Subway's Tri-Harder-Thon – Seward**  
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](mailto:jwelchans@cityofseward.net)  
[www.cityofseward.us](http://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**  
**Sun**  
**Big Lake Triathlon – Big Lake**  
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](mailto:biglake@mtaonline.net)  
[www.biglaketriathlon.org](http://www.biglaketriathlon.org)  
A USAT sanctioned event

**July 27**  
**Sun**  
\*  
**Run for the Refuge – Fairbanks**  
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**  
**Sun**  
\*  
**Alaska Bearfest Marathon, ½ Marathon & 5K - Wrangell**  
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 Etefagh 206-849-4127/874-3006  
Carol Rushmore 874-2381  
[fun@alaskabearfest.org](mailto:fun@alaskabearfest.org)  
[www.alaskabearfest.org](http://www.alaskabearfest.org)  
Sponsored by: Alaska Bearfest  
Pasta feed with campfire Saturday night

**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](mailto:rhonda@kenaiwatershed.org)  
Josselyn O'Connor 260-5499 x 1201  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
Sponsored by: Kenai Watershed Forum  
Race course differs each week

5 series race, all ages, walkers welcome

**July 31 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@pci.net](mailto:todddm@pci.net)  
[www.usatf.org/assoc/ak/events.htm](http://www.usatf.org/assoc/ak/events.htm)

Visit website for details & entry forms  
A USA Track & Field Sanctioned Event

**July 31 Steve's Equinox Training #4 – Fairbanks**

**Thu**

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](http://www.runningclubnorth.org)

Sponsored by: Running Club North

**Aug Women Walks – Fairbanks**

**Sun**

Meet 10 am – UAF Patty Center  
Contact: Dee Gard 347-7277  
[www.runningclubnorth.org](http://www.runningclubnorth.org)

Sponsored by: Running Club North  
1-2 hour fitness walks, moderately fast when above 0 degrees  
Visit Facebook @ rcnwomenwalks

**Aug Peak Performers Track Club – Anchorage**

**Tue**

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

**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](mailto:paolabanchemo@gmail.com)  
Kayse Ericksen 425-422-5326  
[kayseericksen@yahoo.com](mailto:kayseericksen@yahoo.com)  
[www.runexceed.org](http://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](http://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](http://www.runningclubnorth.org)

Sponsored by: Running Club North  
Training held every Tuesday thru summer

**Aug "Run or Walk With Friends" – Anchorage**

**Wed**

Meet 6 pm – Westchester Lagoon  
Contact: Anchorage Running Club

[www.anchoragerunningclub.org](http://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](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Beginner thru advances courses available  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Aug  
Sun**      **Women's Walks – Fairbanks**  
Meet 10 am – UAF Patty Center  
Contact: Dee Gard 347-7277  
[www.runningclubnorth.org](http://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](mailto:timing@skinnyraven.com)  
Brent Knight 274-7444  
[www.skinnyraven.com](http://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](mailto:todddm@gci.net)  
[www.usatf.org/assoc/ak/events.htm](http://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](mailto:ortizd@kpunet.net)  
Leigh Woodward  
[leighnastasia@gmail.com](mailto:leighnastasia@gmail.com)  
[www.ketchikanrunningclub.org](http://www.ketchikanrunningclub.org)  
Sponsored by: Ketchikan Running Club

**Aug 2  
Sat**      **21<sup>st</sup> 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](http://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](mailto:jilianc@alaskasealife.org)

Carole Tallman 224-6334

[carolet@alaskasealife.org](mailto:carolet@alaskasealife.org)

[www.alaskasealife.org](http://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](mailto:htraci@hotmail.com)

Christy Hronkin 232-8871

[sites.google.com/site/midnightsunlazymantriathlon/](https://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**

\*

**12<sup>th</sup> 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](mailto:mark@muskoxfarm.org)

Register on-line @ [www.muskoxfarm.org](http://www.muskoxfarm.org)

T-shirt for runners, refreshments, live music after

Proceeds benefit the Palmer Musk Ox Farm

**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](mailto:yukonmarathon@gmail.com)

[www.yukonmarathon.com](http://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](mailto:rhonda@kenaiwatershed.org)

Josselyn O'Connor 260-5499 x 1201

[www.kenaiwatershed.org](http://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](http://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](mailto: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@pci.net](mailto:todddm@pci.net)  
               [www.usatf.org/assoc/ak/events.htm](http://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](mailto:alaskaisg@gmail.com)  
               [www.alaskaisg.org](http://www.alaskaisg.org)  
 Sponsored by: Alaska International Senior Games  
 Must pre-register with AISG & be 50 years & up
- Aug 9  
Sat**      **Alaska Statehood Fun Run/Walk – Fairbanks**  
 \*            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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North & Team in Training  
 Proceeds benefit Leukemia/Lymphoma Society
- Aug 9  
Sat**      **Granite Tors Trail Run - Fairbanks**  
 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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Must carry your own water, early race start  
 Northern Trail Series Event #6
- Aug 9  
Sat**      **Kenai Peninsula Run for Women – Kenai**  
 \*            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](mailto:leeshoreaa@alaska.net)  
               Jennette Browning 283-9479  
               [www.leeshoreak.org](http://www.leeshoreak.org)  
 Sponsored by: The LeeShore Center  
 Course is wheelchair accessible & certified
- Aug 10  
Sun**      **Breast Cancer Beach Run - Homer**  
 Entry fee: Donations  
 Contact:    Heather O'Connor 235-3436  
               [kbfpc@ak.net](mailto:kbfpc@ak.net)

[www.kbfpc.org](http://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** **Alaska State Championship Duathlon – Knik**  
**Sun** 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  
[ajdino@gci.net](mailto:ajdino@gci.net)  
Jason Lamoreaux 929-4835  
[www.akstatetriathlon.com](http://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** **Alaska State Championship Triathlon – Knik**  
**Sun** 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  
[ajdino@gci.net](mailto:ajdino@gci.net)  
Jason Lamoreaux 929-4835  
[www.akstatetriathlon.com](http://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** **3<sup>rd</sup> Annual Mineral Creek Half Marathon - Valdez**  
**Sun** 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](mailto:aaron@jagostreet.com)  
Register on-line @ [www.jagostreet.com](http://www.jagostreet.com)  
Prizes for top male & female finishers

**Aug 11** **Alaska Int'l Senior Games 5K – Fairbanks**  
**Mon** Race time 6:30 pm – Location TBD  
Contact: Don Kiely 455-6749  
Jane Lanford 687-0769  
[alaskaisg@gmail.com](mailto:alaskaisg@gmail.com)  
[www.alaskaisg.org](http://www.alaskaisg.org)

Sponsored by: Alaska International Senior Games  
Must pre-register with AISG & be 50 years & up

**Aug 13** **Alaska Int'l Senior Games 10K – Fairbanks**  
**Wed** Race time 6:30 pm – Princess Hotel  
Contact: Don Kiely 455-6749  
Jane Lanford 687-0769  
[alaskaisg@gmail.com](mailto:alaskaisg@gmail.com)  
[www.alaskaisg.org](http://www.alaskaisg.org)

Sponsored by: Alaska International Senior Games  
Must pre-register with AISG & be 50 years & up

**Aug 14** **Steve's Equinox Training #6 – Fairbanks**  
**Thu** 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](http://www.runningclubnorth.org)

Sponsored by: Running Club North

**Aug 15** **Anvil 59 Minute 37 Second Challenge – Nome**  
**Fri** 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](mailto:leaknome@alaska.net)

John Handeland 443-6587

[johnh@njus.org](mailto:johnh@njus.org)

[www.leaknomeak.com](http://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](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://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](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://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](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://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](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)  
Sponsored by: ARC & Statoil  
Race consists of four heats, each heat limited to 50 runners.

**Aug 16**  
**Sat**  
\*      **Anchorage Running Club's "Big Wild Life Runs"**  
**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](mailto:sharron@bwlr.org)  
Sponsored by: ARC & The Children's Hospital at Providence  
Medals & hats for all  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Aug 16**  
**Sat**  
\*      **Eagle River Challenge – Eagle River**  
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](mailto:info@ernc.org)  
[www.ernc.org](http://www.ernc.org)  
Sponsored by: Friends of ERNC  
Proceeds benefit the Eagle River Nature Center

**Aug 16**  
**Sat**  
\*      **West Valley Invite Community Race – Fairbanks**  
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

**Aug 16**  
**Sat**      **Alyeska Classic Mountain Run – Girdwood**  
Meet 9 am – Alyeska Tram  
2000' – uphill only, Race time 11 am, Entry fee: \$30

Contact: Deb Essex 229-1902  
[deb@skigirdwood.org](mailto:deb@skigirdwood.org)  
Brian Burnett 754-2536  
[bburnett@alveskaresort.com](mailto:bburnett@alveskaresort.com)  
[www.skigirdwood.org](http://www.skigirdwood.org)

Sponsored by: Girdwood Nordic Ski Club  
Awards immediately following at Sitzmark  
Final race of AK Mountain Runner Grand Prix

**Aug 16**  
**Sat**

**Superhero 5K – Kenai**

Meet 10 am – Kenai Park Strip  
5K – flat, Race time 11 am, Entry fee: \$25  
Contact: Tyler Nichols 335-7229  
[tnichols@kenaitze.org](mailto:tnichols@kenaitze.org)  
Joy Petrie 335-7219  
[www.facebook.com/#!/KenaiSuperhero5kRunWalk](http://www.facebook.com/#!/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**  
**Sun**

**Anchorage Running Club’s “Big Wild Life Runs”**  
**49K Ultra Inaugural Race - Anchorage**

Meet – 6<sup>th</sup> 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](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)

Sponsored by: ARC  
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”**  
**Moose’s Tooth Run/Walk Marathon & Bear Tooth’s 4-Person Marathon Relay – Anchorage**

Meet – 6<sup>th</sup> 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](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://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**

**Aug 17**  
**Sun**

**Anchorage Running Club’s “Big Wild Life Runs”**  
**Skinny Raven ½ Marathon - Anchorage**

Meet – 6<sup>th</sup> 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](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://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 – 6<sup>th</sup> 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](mailto:sharron@bwlr.org)



[www.bigwildliferuns.org](http://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](mailto:alaskaisg@gmail.com)  
[www.alaskaisg.org](http://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](http://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](mailto:owensmilkmoney@gmail.com)  
[www.owensmilkmoney.org](http://www.owensmilkmoney.org)

Proceeds benefit Owen's Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic

**Aug 23  
Sat** **7<sup>th</sup> Golden Heart Trail Run - Fairbanks**

\*

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  
Sat** **Lost Lake Breath of Life Run – Seward**

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](mailto:patrick.k.simpson@gmail.com)

Sponsored by: CF Foundation & Lost Lake Run, Inc  
On-line registration begins April 1 @ [www.lostlakerun.org](http://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  
Sun** **Equinox Training Run – Fairbanks**

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](http://www.runningclubnorth.org)

Sponsored by: Running Club North

**Aug 28  
Thu** **Musk Ox Run – Fairbanks**

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](http://www.runningclubnorth.org)

Sponsored by: Running Club North  
Northern Trail Series Event #7

**Aug 29  
Fri**

**Fair Day 5K Race – Palmer**

Race time 6:30 pm – Location TBD  
Contact: Kenna [kloyer1@mtaonline.net](mailto:kloyer1@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  
Sat**

**Birch Hill 10K - Fairbanks**

Race time 12 N – Birch Hill Recreation Area  
Challenging & interesting, Entry fee: \$15/\$20 race day  
Contact: Roger Sayre 699-7100  
[rwsayre@hotmail.com](mailto:rwsayre@hotmail.com)

Sponsored by: FAST & Fairbanks Youth Track  
XC Series Race #2

**Aug 30  
Sat**

**4H Autumn Amble – Fairbanks**

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  
Sat**

**Houston Half Marathon & Relay – Houston**

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: [hhalfinfo@gmail.com](mailto:hhalfinfo@gmail.com)  
[www.thehoustonhalf.com](http://www.thehoustonhalf.com)  
2 person relay teams, registration open  
Proceeds benefit HHS & HMS cross country teams

**Aug 30  
Sat**

**McCarthy-Kennicott Half Marathon – McCarthy**

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](mailto:info@wrangells.org)  
[www.wrangells.org](http://www.wrangells.org)

Sponsored by: Wrangell Mountains Center  
Early dinner provided for participants, non-participants  
may purchase dinner

**Aug 30  
Sat**

**End of Summer Mini Marathon - Seldovia**

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](mailto:jenny@seldovia.com)  
[www.seldovia.com](http://www.seldovia.com) or [www.seldoviachamer.org](http://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  
Sun**

**Women Walks – Fairbanks**

Meet 10 am – UAF Patty Center  
Contact: Dee Gard 347-7277  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

1-2 hour fitness walks, moderately fast when above 0 degrees  
Visit Facebook @ rcnwomenwalks

- Sept Wed**      **“Run or Walk With Friends” – Anchorage**  
Meet 6 pm – Westchester Lagoon  
Contact: Anchorage Running Club  
[www.anchoragerunningclub.org](http://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](mailto:rhondaknopp@hotmail.com)  
Norm Rousey  
[coachrousey@hotmail.com](mailto: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 11 am – SE corner Pioneer Park  
5K – along Chena River, Entry fee: \$20/\$25 race day  
Contact: Kevin Brinegar 378-8897  
[www.runningclubnorth.org](http://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](mailto:leaknome@alaska.com)  
John Handeland 443-6587  
[johnh@njus.org](mailto:johnh@njus.org)  
[www.leaknomeak.com](http://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](mailto:wclubb@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/parks](http://www.ci.valdez.ak.us/parks)  
Sponsored by: City of Valdez Parks & Recreation  
Prizes for top finisher in each race distance
- Sept 3 Wed**      **Old Murphy Dome Ridge Run – Fairbanks**  
Race time 6:30 pm – Old Murphy Dome Rd, Elliott Hwy end  
~ 10 miles – out & back  
Contact: Trent Hubbard [trenthubbard@yahoo.com](mailto:trenthubbard@yahoo.com)  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North
- Sept 5 & Sept 6 Fri &**      **Klondike Trail of ’98 International Road Relay – Skagway, AK to Whitehorse, YT**  
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@sport yukon.com](mailto:kpatterson@sport yukon.com)  
[www.klondikeroadrealay.com](http://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 Miltan 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](mailto:rwsayre@hotmail.com)  
 Mike Pelto 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](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://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](http://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](http://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](mailto:t-alaina.burton@heart.org)  
 Janet Bartels 456-3659  
[www.anchorageheartwalk.org](http://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-2<sup>nd</sup> grades, 1.5 miles 3<sup>rd</sup>-6<sup>th</sup> grades  
 Race time 10 am K-2<sup>nd</sup> grades, 10:30 am 3<sup>rd</sup> -4<sup>th</sup> grades,  
 11 am 5<sup>th</sup>-6<sup>th</sup> grades – parents welcome to participate  
 Contact: Tim Akin  
[akin\\_tim@asdk12.org](mailto: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](http://www.healthyfuturesak.org)

- Sept 13**  
**Sat**  
\*  
**3<sup>rd</sup> Annual Troth Yeddha Run for the Park – Fairbanks**  
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
- Sept 13**  
**Sat**  
**7<sup>th</sup> Annual Alyeska Climbathon – Girdwood**  
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](mailto:burntski@gmail.com)  
[www.alyeskaclimbathon.com](http://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**  
**Sat**  
\*  
**Tustumena Fun Run - Kasilof**  
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](mailto:cfudzinski@kpbsd.k12.ak.us)  
Sponsored by: Tustumena Elementary School  
Proceeds benefit student activities at Tustumena Elementary School
- Sept 13**  
**Sat**  
\*  
**8<sup>th</sup> Annual Titan Trail Run - Wasilla**  
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](mailto:kristi.shea@matsuk12.us)  
David Knopp 352-7500  
Sponsored by: Teeland Middle School Cross Country & Track  
Elementary kids 1 mile, Middle School & older 1.8 miles
- Sept 14**  
**Sun**  
\*  
**Run Rover Run – Anchorage**  
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](mailto:vorisrebecca@alaska.net)  
ASC Hotline 349-WOOF (9663)  
[www.skijoring.org](http://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**  
**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](http://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](http://www.healthyfuturesak.org)

**Sept 18**  
**Thu**  
\* **Beach Lake Trails Cross Country Jamboree - Chugiak**  
Meet 4:30 pm – Chugiak High School Soccer Field/Trails  
1.2-1.8K – various terrain, hills & trails, K- 6<sup>th</sup> 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](mailto:sutton_melanie@asdk12.org)  
[www.asdk12.org/depts/HealthPE/](http://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 teach for information  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Sept 18**  
**Thu**  
**Equinox Marathon Bib Pick-Up & Spaghetti Feed – Fairbanks**  
5 - 8 pm – Pump House Restaurant  
Contact: Susan Kramer 590-5086  
John Estle 347-1061  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Register on-line @ [www.equinoxmarathon.org](http://www.equinoxmarathon.org)

**Sept 19**  
**Fri**  
**Equinox Marathon Bib Pick-Up & Spaghetti Feed – Fairbanks**  
5 - 8 pm – Pump House Restaurant  
Contact: Susan Kramer 590-5086  
John Estle 347-1061  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Register on-line @ [www.equinoxmarathon.org](http://www.equinoxmarathon.org)

**Sept 20**  
**Sat**  
\* **South Anchorage Elementary Cross-Country Jamboree – Anchorage**  
Meet 9 am – Service High School  
1-5K – various terrain, rolling hills, trail, K- 6<sup>th</sup> grade  
Race time 9:30 am, 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](mailto:sutton_melanie@asdk12.org)  
[www.asdk12.org/depts/HealthPE/](http://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 teach for information  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Sept 20**  
**Sat**  
\* **Dash for Donation Run/Walk – Anchorage**  
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](mailto:kristie@alaskakidney.org)  
[www.alaskakidney.org](http://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**  
**Sat**  
\* **The Glass is Half Full Equinox 5K Run – Cooper Landing**  
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](mailto: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 52<sup>nd</sup> Equinox Marathon, 22<sup>nd</sup> Marathon Relay  
& 5<sup>th</sup> 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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Register on-line @ [www.equinoxmarathon.org](http://www.equinoxmarathon.org)  
One of America's toughest marathons  
A Flint Hills Cup Series Event

**Sept 20 12<sup>th</sup> 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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

**Sept 21 23<sup>rd</sup> 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 Haggblom 842-2320  
[records@safebristolbay.org](mailto:records@safebristolbay.org)  
[www.safebristolbay.org](http://www.safebristolbay.org)  
Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,  
N & N Market & AC Company  
Register on-line @ [www.raceroster.com](http://www.raceroster.com)  
Open to runners & rollers

**Sept 21 23<sup>rd</sup> 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 Haggblom 842-2320  
[records@safebristolbay.org](mailto:records@safebristolbay.org)  
[www.safebristolbay.org](http://www.safebristolbay.org)  
Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,  
N & N Market & AC Company  
Register on-line @ [www.raceroster.com](http://www.raceroster.com)  
Open to runners & rollers

**Sept 21 23<sup>rd</sup> 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 Haggblom 842-2320  
[records@safebristolbay.org](mailto:records@safebristolbay.org)  
[www.safebristolbay.org](http://www.safebristolbay.org)  
Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,  
N & N Market & AC Company  
Register on-line @ [www.raceroster.com](http://www.raceroster.com)  
Open to runners & rollers

- Sept 21  
Sun**  
\* **23<sup>rd</sup> Annual Tony's Run 5K – Dillingham**  
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 Haggblom 842-2320  
[records@safebristolbay.org](mailto:records@safebristolbay.org)  
[www.safebristolbay.org](http://www.safebristolbay.org)  
Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,  
N & N Market & AC Company  
Register on-line @ [www.raceroster.com](http://www.raceroster.com)  
Open to runners & rollers
- Sept 23  
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](http://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](http://www.healthyfuturesak.org)
- Sept 26  
Fri**  
\* **North Anchorage Elementary Cross-Country  
Jamboree – Anchorage**  
Meet 4:30 pm – Bartlett High School  
1-5K – various terrain, rolling hills, trail, K- 6<sup>th</sup> 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](mailto:sutton_melanie@asdk12.org)  
[www.asdk12.org/depts/HealthPE/](http://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 teach for information  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- Sept 27  
Sat**  
\* **Octoberfest – Anchorage**  
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](mailto: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](http://www.healthyfuturesak.org)
- Sept 27  
Sat**  
\* **Step Out: Walk to Stop Diabetes – Anchorage**  
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](mailto:cgorrin@diabetes.org)  
Michelle Cassano 272-1424  
[www.diabetes.org/anchoragestepout](http://www.diabetes.org/anchoragestepout)  
Signature fundraising walk of the American Diabetes  
Association. Event open to all ages/fitness levels.
- Sept 27  
Sat**  
\* **Huffman Elementary Family Fun Run – Anchorage**  
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](mailto:jenwitter@msn.com)



Tasha Bergt  
[bergt\\_natasha@asdk12.org](mailto:bergt_natasha@asdk12.org)

Sponsored by: Healthy Futures  
An event suitable for the entire family  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Sept 27**  
**Sat**  
\* **Making Strides – Fairbanks**  
Start time TBD – Location TBD  
5K – new event, visit the website for details  
Contact: Tristan Walsh 273-2068  
[tristan.walsh@cancer.org](mailto:tristan.walsh@cancer.org)  
<http://makingstrides.acsevents.org/fairbanks>  
Sponsored by: American Cancer Society  
A breast cancer awareness 5K

**Sept 28**  
**Sun**  
\* **Hay Bale & Heath 6K - Fairbanks**  
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](mailto:rwsayre@hotmail.com)  
Sponsored by: FAST & Fairbanks Youth Track  
XC Series Event #4

**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](mailto: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](http://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](http://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](http://www.healthyfuturesak.org)

**Oct**  
**Wed**  
\* **“Run or Walk With Friends” – Anchorage**  
Meet 6 pm – Westchester Lagoon  
Contact: Anchorage Running Club  
[www.anchoragerunningclub.org](http://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](http://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](http://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](http://www.runningclubnorth.org)

Sponsored by: Running Club North  
1-2 hour fitness walks, moderately fast when above 0 degrees

**Oct 4  
Sat  
\***

**Making Strides – Anchorage**

Start time 10 am – Location TBD  
5K –visit the website for details  
Contact: Meghan Mackey 273-2075  
[meghan.mackey@cancer.org](mailto:meghan.mackey@cancer.org)  
<http://makingstrides.acsevents.org/anchorage>

Sponsored by: American Cancer Society  
A breast cancer awareness 5K

**Oct 4  
Sat  
\***

**The Home Run – Anchorage**

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](http://www.AEclubUAA.com)

Sponsored by: AE Club at UAA  
Proceeds benefit Habitat for Humanity

**Oct 4  
Sat  
\***

**It Ain't Easy Hill Run – Fairbanks**

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](http://www.runningclubnorth.org)

Sponsored by: Running Club North  
Post race refreshments

**Oct 4  
Sat**

**Run to the Alter Half Marathon – Homer**

Race time 10 am, 9 am walkers – Homer High School  
13.1 miles – hilly, trails, Entry fee: None  
Contact: Megan Spurkland  
[megancorazza@hotmail.com](mailto:megancorazza@hotmail.com)  
[www.kachemakbayrunningclub.org](http://www.kachemakbayrunningclub.org)

Sponsored by: Kachemak Bay Running Club  
Day of registration day begins 8 am  
Visit the website for registration details

**Oct 5  
Sun  
\***

**Readers on the Run – Fairbanks**

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  
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](http://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](http://www.healthyfuturesak.org)

**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@acedu.org](mailto:jhofacker@acedu.org)  
[www.usatf.org/assoc/ak/events.htm](http://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](mailto:info@anchoragerunningclub.org)  
Register on-line @ [www.anchoragerunningclub.org](http://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](mailto:info@anchoragerunningclub.org)  
Register on-line @ [www.anchoragerunningclub.org](http://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](http://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](mailto:pam@kmxt.org)  
Sponsored by: Kodiak Public Broadcasting Corp  
Serious runners, joggers, walkers welcome  
Register on-line @ [www.kmxt.org/run\\_the\\_rock/](http://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](mailto:pam@kmxt.org)  
Sponsored by: Kodiak Public Broadcasting Corp  
Serious runners, joggers, walkers welcome  
Register on-line @ [www.kmxt.org/run\\_the\\_rock/](http://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](mailto:pam@kmxt.org)  
Sponsored by: Kodiak Public Broadcasting Corp  
Register on-line @ [www.kmxt.org/run\\_the\\_rock/](http://www.kmxt.org/run_the_rock/)  
Pre race spaghetti feed & post race BBQ included

**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](mailto:pam@kmxt.org)  
Sponsored by: Kodiak Public Broadcasting Corp  
Register on-line @ [www.kmxt.org/run\\_the\\_rock/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Skinny Raven  
Costume contest & trick-or-treat aid stations

**Oct 25**  
**Sat**  
\*      **33<sup>rd</sup> Halloween Family Run – Fairbanks**  
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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Time bonus for Halloween costumes!

**Oct 25**  
**Sat**      **2<sup>nd</sup> Annual Costume Run – Nikiski**  
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](mailto:tberdahl@borough.kenai.ak.us)  
 Jackie Cason 776-8800  
[www.northpenrec.com](http://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**  
**Tue**  
 \* **Bonny Sosa TNR Series Costume Run – Anchorage**  
 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](http://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](http://www.healthyfuturesak.org)
- Nov**  
**Wed**  
**“Run or Walk With Friends” – Anchorage**  
 Meet 6 pm – Westchester Lagoon  
 Contact: Anchorage Running Club  
[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club  
 Meet Wednesdays throughout year  
 Run or walk with friends for 1 hour on Coastal Trail
- Nov**  
**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](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club  
 Run or walk with friends every Wednesday thru March
- Nov**  
**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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Nov 1**  
**Sat**  
**Cache Creek Warm Up – Fairbanks**  
 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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Nov 2**  
**Sun**  
**Daylight Saving Time ends**  
 It’s OK to arrive early. You can help set up!
- Nov 4**  
**Tue**  
 \* **Bonny Sosa Tuesday Night Race Awards – Anchorage**  
 Meet 5:30 pm – Kincaid Outdoor Center  
 Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://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](http://www.healthyfuturesak.org)
- Nov 11**  
**Tue**  
**Veteran’s Day**

**Nov 12**  
**Wed**      **2015 Runner's Calendar Meeting – Anchorage**  
Meet 6 pm – Location TBD  
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](mailto:runnerscalendar@muni.org)  
                  [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored by: Anchorage Parks & Recreation  
P O Box 196650, Anchorage, AK 99519-6650  
Snacks & drinks provided

**Nov 15**  
**Sat**      **River Walk for Justice – Anchorage**  
\*      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](mailto:ssullivan@victimsforjustice.org)  
                  [www.victimsforjustice.org](http://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**  
**Sat**      **Turkey Trot – Fairbanks**  
\*      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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Predicted time, no watches, prizes

**Nov 15**  
**Sat**      **7<sup>th</sup> Annual Go for the Gravy - Wasilla**  
\*      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](mailto:jennifer.ward@matsuk12.us)  
                  Veronica Wolf 745-2223  
                  [www.matsuk12.us/frc](http://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](http://www.healthyfuturesak.org)

**Nov 27**  
**Thu**      **Thanksgiving Day**

**Nov 27**  
**Thu**      **Skinny Raven Turkey Trot – Anchorage**  
\*      Meet 10 am – Skinny Raven  
2 & 5K – 2 loop course, Race time 11 am  
Contact:      [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
                  [www.skinnyraven.com](http://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 AK

**Dec**  
**Wed**      **“Run or Walk With Friends” – Anchorage**  
Meet 6 pm – Westchester Lagoon  
Contact:      Anchorage Running Club  
                  [www.anchoragerunningclub.org](http://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](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club  
Run or walk with friends every Wednesday thru March

**Dec**      **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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Training held every Wednesday thru March

**Dec 6**      **Heart of Darkness Snowshoe Race – Fairbanks**

**Sat**  
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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Extra snowshoes available  
A Snowshoe Series Event

**Dec 13**      **Jingle Bell Run/Walk – Anchorage**

**Sat**  
Meet 9:30 am – UAA Student Union  
Contact: Anna Campione 277-2784  
[acampione@arthritis.org](mailto:acampione@arthritis.org)  
[www.AnchorageJingleBellRun.com](http://www.AnchorageJingleBellRun.com)  
[www.arthritis.org](http://www.arthritis.org)  
Sponsored by: Arthritis Foundation

**Dec 13**      **Solstice Snowshoe Shuffle – Fairbanks**

**Sat**  
Race time 12 Noon – Morris Thompson Cultural Center  
1 mile – extra snowshoes available  
Contact: Pete Pinney 978-0425  
[www.lathroprunning.com](http://www.lathroprunning.com)

**Dec 14**      **Colony Christmas Triathlon – Palmer**

**Sun**  
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](http://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**      **Santa/Yeti 5K Run – Anchorage**

**Sat**  
\* 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](http://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**      **27<sup>th</sup> Annual George Bloom Memorial Mid-Day**

**Sat**      **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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

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- Dec 20**  
**Sat**      **Winter Solstice Distance Festival – Willow**  
5K, 13.1, 26.2 & 50 mile distances  
Groomed winter trails in & around Willow  
Contact: [wilrunco@gmail.com](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://www.willowrunningcompany.com)  
Sponsored by: Willow Running Company  
Visit website for details and to sign up
- Dec 21**  
**Sun**      **Dawn to Dusk, Part 2, All Day Run – Fairbanks**  
Race time 10:58 am to 2:48 pm – Location TBD  
Contact: George Berry 687-8769  
[membership@runningclubnorth.org](mailto:membership@runningclubnorth.org)  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Run from dawn to dusk
- Dec 25**  
**Thu**      **Christmas Day**
- Dec 31**  
**Wed**      **New Year's Eve Run – Fairbanks**  
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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

## 2015 Races

- Jan**  
**Wed**      **“Run or Walk With Friends” – Anchorage**  
Meet 6 pm – Westchester Lagoon  
Contact: Anchorage Running Club  
[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club  
Meet Wednesdays throughout year  
Run or walk with friends for 1 hour on Coastal Trail
- Jan**  
**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](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club  
Run or walk with friends every Wednesday thru March
- Jan**  
**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](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Training held every Wednesday thru March
- Jan 1**  
**Thu**      **New Years Day**
- Jan 3**  
**Sat**      **Frosty Bottom 50/25 - Anchorage**  
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](mailto:info@chainreactioncycles.us)  
[www.chainreactioncycles.usca](http://www.chainreactioncycles.usca)  
Sponsored by: Chain Reaction Cycles



- Jan 3 Sat** **Moose Mountain Snowshoe Challenge – Fairbanks**  
 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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Limited parking, carpool from Ivory Jacks  
 Extra snowshoes available, snacks
- Jan 5 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 10 Sat** **35<sup>th</sup> Airport Run – Fairbanks**  
 \* 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](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Jan 12 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 18 Sun** **Emily-Oliver Snowshoe Race – Fairbanks**  
 \* Race time 12 Noon – Isberg & Cripple Creek Rds  
 5 & 10K, run regardless of temperature  
 Contact: Ariana Graf 451-0817  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Extra snowshoes available, hot chocolate & more  
 A Snowshoe Series Event
- Jan 19 Mon** **Martin Luther King Jr Day**
- 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  
[andrehambach722@yahoo.com](mailto:andrehambach722@yahoo.com)  
[www.willowraceseries.com](http://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](http://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](http://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](http://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

**Feb 14 Sat**      **Little Su 50K – Big Lake**  
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](mailto:info@susitna100.com)  
              Pam Richter 346-1220  
              [www.susitna100.com](http://www.susitna100.com)  
1 checkpoint with warm water, check website for  
required gear. T-shirt, finisher award & post-race pizza party

**Feb 14 - Feb 16 Sat - Mon**      **Susitna 100 – Big Lake**  
Meet 8 am – Big Lake Area  
100 miles – XC across rivers & woodlands  
Race time 9 am, Entry fee: Check website  
Contact:    Kim & Erin Kittredge 746-5959  
              [info@susitna100.com](mailto:info@susitna100.com)  
              Pam Richter 346-1220  
              [www.susitna100.com](http://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 event/race requirements.

For Anchorage – 343-4040 or [stewartcb@muni.org](mailto:stewartcb@muni.org).

For Eagle River – 343-1500 or [richardska@muni.org](mailto:richardska@muni.org)

For Girdwood – 343-8374 or [kellykt@muni.org](mailto:kellykt@muni.org)