

2013 Alaska Runners Calendar (updated 7/23/13)

- Jan 26**
Sat **Wolf Run - Anchorage**
Meet 9 am – UAA Central Parking Garage
5K & ½ Marathon, Race time 10 am, 11 am 5K
Entry fee: \$25/\$35 race day 5K, \$30/\$40 ½ Mar
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com
Low tech shirts for all finishers
Proceeds benefit Habitat for Humanity
- Jan 26**
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: Jane LeBlond 479-3910
Ken Leary 450-2343
www.runningclubnorth.org
Sponsored by: Running Club North
- Feb**
Wed **“Run or Walk With Friends” – Anchorage**
Meet 6 pm – Westchester Lagoon
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail
- Feb**
Wed **ARC Wed Night Run at The Dome – Anchorage**
Meet 6 pm – The Dome, Raspberry Rd
Run the track, Entry fee: ARC membership
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends every Wednesday thru March
- Feb**
Wed **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:45 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Ed Debevec 978-8961
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Wednesday thru March
- Feb 2**
Sat **14th 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
Sponsored by: Running Club North
Extra snowshoes available, hot chocolate & snacks
- Feb 2**
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
andreaambach722@yahoo.com
Yvonne Leutwyler
yvonneleutwyler@yahoo.com
www.willowraceseries.com or Facebook
Sponsored by: Willow Running Club
Participant prizes and pink cheeks guaranteed

- Feb 9**
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
Sponsored by: Running Club North
- Feb 14**
Thu **Valentines Day**
- Feb 16**
Sat **Snowshoe Classic – Fairbanks**
Race time 12 Noon – Goldstream Sports
5 & 10K, Entry fee: Check website
Contact: Chad Carroll 458-7173
Sponsored by: Running Club North
www.runningclubnorth.org
LathropRunning.com
Regional Qualifier for US National Snowshoe Series
- Feb 18**
Mon **Presidents' Day**
- Feb 21**
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 21
\$22 thru Feb 1/\$25 thru Feb 21 if adult runner in 2012
\$30/\$15/\$175 race day, registration 7:30 – 9 am
Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net
Sponsored by: Fur Rondy
Register on-line @ www.furrondy.net
T-shirts to first 700 runners to pick up bibs
- Feb 23**
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 21
\$22 thru Feb 1/\$25 thru Feb 21 if adult runner in 2012
\$30/\$15/\$175 race day, registration 7:30 – 9 am
2.5 & 5K – Downtown Parade Route
Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net
Sponsored by: Fur Rondy
Register on-line @ www.furrondy.net
T-shirts to first 700 runners to pick up bibs
Cash prizes (\$25-\$100) for the costume contest
A Healthy Futures Series Event – www.healthyfuturesak.org
- Feb 23**
Sat **Fur Rondy Outhouse Race – Anchorage**
Meet 3 pm – Downtown, 4th Avenue between E & F
100' - down & back pushing an outhouse on skis
Entry fee: \$100/team – 10 person teams, 5 at a time on course
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com
Sponsored by: AE Club at UAA
Double elimination tournament brackets with 3 races
guaranteed, trophies for top finishers
- Feb 23**
Sat
***** **Snow Shoe for the Park – Fairbanks**
Race time 11 am – Troth Yeddha Park
¼ mile loop, Entry fee: \$10
Contact: Pet Pinney 978-0425
Sarah McConnell 474-6080
Sponsored by: Running Club North

- Mar Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Meet Wednesdays throughout year
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends for 1 hour on Coastal Trail
- Mar Wed** **ARC Wed Night Run at The Dome – Anchorage**
 Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Mar 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
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Mar 1 Fri *** **Why Not Tri & Why Not Tri Kids - Wasilla**
 Registration opens
 Contact: www.whynottriwasilla.net
- Mar 2 Sat** **6th Annual Running of the Reindeer – Anchorage**
 Race time 4 pm – 4th Avenue at H Street
 3 blocks – city streets, Entry fee: \$25 includes t-shirt
 Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net
 Sponsored by: Fur Rondy, KWHL 106.5, Bob & Mark Show
 Register on-line @ www.furrondy.net
 Come out for some whacky, Alaskan-style fun! See if you can outrun the reindeer. Must be 18 yrs or older to participate.
 Proceeds benefit Toys for Tots & Armed Services YMCA of AK
- Mar 2 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
 Robert Weeden 479-6122
www.trickyraven.com
www.runningclubnorth.org
 Sponsored by: Running Club North & Goldstream Sports
- Mar 9 Sat** **No Canoe Loop Run – Willow**
 Meet 9 am – Winter Parking Lot, Mile 2 Nancy Lake State Pk
 10 miles – canoe loop run, groomed trail
 Race time 10 am, Entry fee: check website
 Contact: wilrunco@gmail.com
www.willowrunningcompany.com
 Sponsored by: Willow Running Company
 Visit website for details and to sign up
- Mar 10 Sun** **Daylight Saving Time Begins**
 Don't be late to your race!
- Mar 10 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
July Elmore 443-2865
www.nomerotary.org

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

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

Mar 16 **Black Irish 5K Run – Anchorage**
Sat Meet 8 am – Location TBA
* 5K, Race time 9 am, Entry fee: \$25/\$35 race day
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com
Sponsored by: AE Club at UAA
Printed t-shirts

Mar 16 **Bear Tooth & Skinny Raven Shamrock Shuffle –**
Sat **Anchorage**
* Meet 8:30 am – Bear Tooth Theatrepub
5K - loop course, some hills, Race time 9:30 am
Contact: Mark Iverson 274-7222
miverson@skinnyraven.com
Brent Knight 274-7222
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 17 **Saint Patrick’s Run – Fairbanks**
Sun Race time 11:30 am – Goldstream Sports
7 miles – on Saint Pat’s Rd, Entry fee: Free
Contact: Bruce Sackinger 385-7792
Sponsored by: Running Club North & Goldstream Sports
www.runningclubnorth.org
Leprechaun chase & prizes!

Mar 23 **Matsu March for Babies – Palmer**
Sat Meet 9 am – AT&T Sports Center, 1507 N Double B Street
* 40 laps – indoor track, Walk time 10 am, Entry fee: Donation
Contact: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
Sponsored by: Alaska Airlines, IBEW Local 1547 & Tesoro

Mar 25 **Seward’s Day**
Mon

Mar 30 **Glacier 10K & Mile Run – Juneau**
Sat Registration 9 am – Mendenhall Glacier Visitors Center
* 1 Mile & 10K – fast & flat, out & back, Race
time 10 & 10:30 am, Entry fee: \$15/race day late fee
Contact: Scott May 723-8138
Smay21@mac.com
Carol May 790-4544
Sponsored by: Healthy Futures & Thunder Mountain
Track & Field Team
Pre-register at Pavitt’s Health & Fitness, Nugget Alaskan
Outfitters or either location of JRC/The Alaska Club, or
register on-line @ www.southeastroadrunners.org

Fundraiser for Thunder Mountain High School T&F Team
A Healthy Futures Series Event – www.healthyfutures.ak.org

- Mar 31**
Sun
Easter
- Apr –**
Aug
Tue
Peak Performers Track Club – Anchorage
6 pm – APU Moseley Sports Center thru mid April
West High Track late April thru Aug –
APU – paved roads, West – track
Membership fee: \$60, \$100 family (2)/\$150 3 or more
Contact: Jason Hofacker 240-6982
Chester Franz 274-5050
Kim Baldwin 274-1061
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: Cory Bryant 360-2604
cambyrant50@gmail.com
Nancy Meade 230-7176
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 – Palmer High Track
Tue track work out, Thu trail runs –
various locations around the valley
Contact: Rhonda Knopp 355-6258
knopp@mtaonline.net
Norm Rousey
coachrousey@hotmail.com
www.vwrt.org
Sponsored by: Valley Women’s Running Team
Runners of all ability levels welcome
Coached training held each week thru
mid-August with trail runs thru September
- Apr**
Wed
“Run or Walk With Friends” – Anchorage
Meet 6 pm – Westchester Lagoon
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail
- Apr 6**
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: AEclubUAA@gmail.com
www.AEclubUAA.com
Sponsored by: AE Club at UAA
Proceeds benefit Habitat for Humanity
- Apr 6**
Sat

Spring Fling – Fairbanks
Race time 11 am – UAF Patty Center, 5K
Entry fee: None - \$5 suggested donation, prizes
Contact: Kevin Brinegar 378-8897

Chad Carroll 458-7173
www.runningclubnorth.org
Sponsored by: Running Club North
Proceeds benefit Lathrop High School XC Team

Apr 6
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 Elbersen 225-6191
billelbersen@remax.net
www.ketchikanrunningclub.org
Sponsored by: Re/Max & Ketchikan Running Club
T-shirts \$30, pancake feed after race

Apr 8
Mon
Beat Beethoven Bib Pick-Up – Fairbanks
5 - 7 pm – UAF Patty Center
Entry fee: \$20/\$30 late/\$40 race day
Contact: Dorli McWayne 474-5733
www.FairbanksSymphony.org
Sponsored by: Fairbanks Symphony Orchestra

Apr 13
Sat
*
Beat Beethoven 5K – Fairbanks
Race time 11 am – UAF Patty Center
Entry fee: \$20/\$30 late/\$40 race day
Contact: Dorli McWayne 474-5733
www.FairbanksSymphony.org
Sponsored by: Fairbanks Symphony Orchestra
Beat Beethoven & get a free concert ticket
T-shirts to participants
A Healthy Futures Series Event - www.healthyfuturesak.org

Apr 13
Sat
*
Healthier You Pre-Finale 5K – Valdez
Meet 9:30 am – Teen Center
5K – out & back thru town, pavement, mostly flat
Race time 10 am, Entry fee: None
Contact: Ashley Ney-Vollmer 835-2531
aneyvollmer@ci.valdez.ak.us
Sponsored by: Valdez Parks & Recreation

Apr 20
Sat
*
4th Annual Run For Relief – Fairbanks
Race time 2 pm – Pioneer Park
5K walk/run, Entry fee: \$15/\$20 late
Contact: Kathy Petersen 388-6830
Keith Petersen 388-6628
www.FriendsofPartners.com
Sponsored by: Running Club North
T-shirts, awards afterwards. Flip-flop division

Apr 20
Sat
*
33rd Annual Trot - Tok
Race time 1 pm – Visitors Center
10K walk or 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 25
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
Bill Satterburg
John Lubben
Sponsored by: Rotary Club of Fairbanks
T-shirts, certified course
A Flint Hills Cup Series & Junior Series Event

- Apr 27 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: Meredith McDaniel-Stroh 865-5300
meredith.mcdaniel-stroh@heart.org
 Lisa Sauder 865-5301
www.alaskaheartrun.com
 Check the website for race day details
 Sponsored by: American Heart Association
 Largest 5K general participation footrace in the state.
 Proceeds benefit AHA & raises funds for the fight to eradicate heart disease & stroke
- Apr 27 Sat *** **5th Alaska Walk/Run for Autism – Fairbanks**
 Race time 11 am – Carlson Center
 5K, Entry fee: check website – includes t-shirt
 Contact: Heidi Haas 388-1912
 Joanne Healy 978-9119
www.asagoldenheart.org
 Sponsored by: Autism Society of Alaska
- Apr 27 Sat *** **Girls on the Run Spring 5K – Ketchikan**
 Meet 9:30 am – Location TBD
 Race time 11 am, Entry fee: \$15/\$20 race day
 Contact: Aftan Lynch 225-9474
aftanlynch@gmail.com
 Girls on the Run educates and prepares girls for a lifetime of self-respect and healthy living through an after school program for girls 3rd-8th grade.
 10 am face painting/hair coloring & festivities
 Proceeds benefit Girls on the Run
- Apr 30 Tue *** **Walk/Run in My Shoes – Anchorage**
 Meet 4:30 pm – Westchester Lagoon
 5K – out & back, Race time 6 pm, Entry fee: \$25
 Contact: Pam Skogstad 782-3521
akskogstad@aol.com
www.thebasicalaska.com
 Sponsored by: The Basics Alaska & Kicks for Kids
 Raising money for children in need of gym/running shoes to access physical education, sports & recreation programs
- May – Aug Tue** **Peak Performers Track Club – Anchorage**
 6 pm – West High Track thru Aug
 Membership fee: \$60, \$100 family (2)/\$150 3 or more
 Contact: Jason Hofacker 240-6982
 Chester Franz 274-5050
 Kim Baldwin 274-1061
 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: Cory Bryant 360-2604
cbmbryant50@gmail.com
 Nancy Meade 230-7176
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** **Women's Training – Fairbanks**

- Tue** Meet 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer
- May Tue** **Men's Training – Fairbanks**
Meet 6:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer
- May Tue & Thu** **Valley Women's Running Team – Palmer**
Meet 6 pm – Palmer High Track
Tue track work out, Thu trail runs – various locations around the valley
Contact: Rhonda Knopp 355-6258
knopp@mtaonline.net
Norm Rousey
coachrousey@hotmail.com
www.vwrt.org
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 Wed** **"Run or Walk With Friends" – Anchorage**
Meet 6 pm – Westchester Lagoon
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail
- May 1- May 9 Wed - Thu** **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
Contact: Tiffany Van Horn 479-3118
Sylvia Brees
Sponsored by: Golden Heart Utilities
- May 1 Wed *** **Dan & Anne's Valley-O – Palmer**
Starts from 5:30 – 7 pm – Experimental Farm
Entry fee: \$8/\$2 kids
Contact: Dan & Anne Billman 345-1749
dan.billman@hdrinc.com
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Glenn Hwy to Parks, exit Trunk Rd N to UAA
Exp Farm, follow controls to start
Beginner thru advanced courses available
- May 3 Fri** **Race Judicata Reg/Bib PU – Anchorage**
4 - 6:30 pm – Skinny Raven Sports
5K, Entry fee: \$20/\$20 canines/\$30 race day
Contact: Lars Johnson 334-2480
Sponsored by: Young Lawyers Section of the Anchorage Bar Association
Register on-line @ www.active.com
- May 4 Sat *** **Anchorage 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: Colleen Richards 742-7630
info@anchoragesalmonrun.com
Wendy Shem 742-7630
www.anchoragesalmonrun.com
Sponsored by: Inlet View PTA
A Healthy Futures Series Event - www.healthyfuturesak.org

May 4
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
Sponsored by: Hope Community Resources
Register on-line @ www.hopealaska.org or pick up pledge
forms at Sadler's Home Furnishings. Walk/run/bike/rollerblade
in support of Alaskan's experiencing a disability
Proceeds benefit Hope Community Resources

May 4
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
Pat Lampi 346-2133
www.alaskazoo.org
Sponsored by: Alaska McDonalds
Free zoo admission 8:30 - 11 am race day, register
on-line, limited to kids between 3-10 yrs
A Healthy Futures Series Event - www.healthyfuturesak.org

May 4
Sat
*
32nd 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
Bill Satterburg
John Lubben
Sponsored by: Rotary Club of Fairbanks
A Flint Hills Cup Series Event

May 4
Sat
*
MS Walk – Fairbanks
Meet 9 am – Pioneer Park
4 miles, Walk time 10 am, Entry fee: Pledge based
Contact: Francesca Rogers 562-7347
francesca.rogers@nmss.org
www.WalkMSnorthwest.org
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Greater NW Chapter

May 4
Sat
*
Mat-Su Rotary 5K (aka Menard Run) – Palmer
Meet 9 am – Colony High School
5K – mostly flat, some hills, loop
Race time 10 am, Entry fee: \$20
Contact: Sondra Kaplan 227-3486
mfbak@mtaonline.net
Linda Jo Klapperich 232-4594
www.matsurotary5k.com, link to active.com
Sponsored by: Mat-Su Rotary Clubs
Proceeds benefit the Rotary Menard Scholarship for Outstanding
Leadership & other Community Service Scholarships

- May 4 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: Jennilee Regis 224-4054
jregis@cityofseward.net
www.cityofseward.us
 Sponsored by: Polar Bear Festival & SPRD
 Recommend off-road bike, helmets required
 Registration remains open, space permitting
 Annual pass, family, volunteer & military discounts
- May 4 Sat *** **Care2Run ~ 100 Wells Team Alaska – Soldotna**
 Meet 9:30 am – 44175 K-Beach Road
 4 miles – flat, paved, Race time 10:30 am, Entry fee: \$30
 Contact: Janice Habermann 398-4364
100wells.teamalaska@gmail.com
 Susan Pfaffe 260-3884
 Sponsored by: 100 Wells Team Alaska
 Each entry fee provides 1 person with clean water in Sudan
 Proceeds benefit drilling wells for clean water in Sudan
- May 5 Sun *** **Race Judicata – Anchorage**
 Race time 10 am – Westchester Lagoon
 5K – flat, out & back,
 Entry fee: \$20/\$20 canines/\$30 race day
 Contact: Lars Johnson 334-2480
 Sponsored by: Young Lawyers Section of the Anchorage Bar Association
 Register on-line @ www.active.com
 Race day registration closes at 9:30 am
- May 5 Sun *** **Cap & Gown Run – Anchorage**
 Meet 7 am – UAA Central Parking Garage
 5K – UAA to Sullivan Arena, Race time 8 am
 Entry fee: \$5 in cap & gown/\$15 without
 Contact: AEclubUAA@gmail.com
www.AEclubUAA.com
 Sponsored by: AE Club at UAA
 Registration begins at 6:30 am
 Shuttle bus to return to UAA
- May 5 Sun *** **The Breakup Tri – Fairbanks**
 Race time TBD – UAF Patty Center
 500 yd swim, 13.1 mile bike, 3.1 mile run
 Entry fee: \$25 + \$12 USAT one day membership
 Contact: Brian Young 378-0476
 Amber Barlow 322-4321
 T-shirt & swim cap included, 70 max participants
 Great 1st triathlon! USAT sanctioned event
- May 7 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
 Sponsored by: Skinny Raven & Healthy Futures
 18 & under run multiple times in timed heats every 15 minutes, snacks & medals provided.
 A Healthy Futures Series Event - www.healthyfuturesak.org
- May 8 Wed *** **Big-O – Anchorage**
 Mass start 6:30 pm – Kincaid Outdoor Center
 Score-O meet, Entry fee: \$8/\$2 kids
 Contact: www.oalaska.org
 Sponsored by: Arctic Orienteering Club

W Raspberry Road out to Kincaid Outdoor Center
Beginner thru advances courses available

May 8
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
Sponsored by: Anchorage Running Club

May 8
Wed
*

22nd 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: Tiffany Van Horn 479-3118
Sylvia Brees
Sponsored by: Golden Heart Utilities
Pre-race family activities 5:30 pm
Awards & prize drawings after race

May 11
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: Francesca Rogers 562-7347
francesca.rogers@nmss.org
www.WalkMSnorthwest.org
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Greater NW Chapter

May 11
Sat
*

Walk to Cure Diabetes – Anchorage

Meet 9 am – Delaney Park Strip, 10th & P
5K – loop course, paved streets, Coastal Trail
Race time 10 am, Entry fee: Donation
Contact: Aimee Chauvot 317-0229
achauvot@jdrf.org
Mark Doyle 249-6110
www.jdrf.org/anchoragewalk
Sponsored by: JDRF
Family fundraiser to raise money to find a cure for T1D

May 11
Sat
*

Faster than a Falcon 5K Run – Anchorage

Meet 8:30 am – Clark Middle School
5K – flat loops, Race time 9:30 am
Contact: Elinor Harrington 250-8760
elinor.haplau@gmail.com
Jennifer Brown 770-7321
www.fasterthanafalcon.info
www.bgcalaska.org
Sponsored by: Enstar Natural Gas, ML&P, Cook Inlet
Housing Authority & Anchorage Running Club, Skinny
Raven & the Female Athlete

May 11
Sat
*

Birchwood Camp 5K & 1 miler - Chugiak

Meet 9:15 am – Birchwood Camp
1 mile & 5K – scenic trail run
Race time 10 am, Entry fee: \$20/\$10 child
\$25/\$15 child race day
Contact: Marie or Stephen Sweezey 688-2734
manager@birchwoodcamp.org
www.birchwoodcamp.org
Sponsored by: Birchwood Camp
Military and family discounts available

May 11
Sat
*

March for Babies Walk – Fairbanks

Meet 9 am – 1 Doyon Place
3 miles – bike trail
Walk time 10 am, Entry fee: Donation

Contact: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
Sponsored by: Alaska Airlines, IBEW Local 1547 & Tesoro

May 11
Sat
* **Run-A-Muck-5K - Fairbanks**
Race time 10 am – Pearl Creek Elementary School
Entry fee: \$20/\$10 18 & under/\$40 family
\$25/\$15 18 & under/\$50 family race day
Contact: Linda Burke 456-3976
www.fysasoccer.org
Sponsored by: Fairbanks Youth Soccer Association
T-shirts to first 250 entrants

May 11
Sat
* **March for Babies – Juneau**
Meet 9 am – Dimond Field House, 2961 Riverside Dr
3 miles – indoor track
Walk time 10 am, Entry fee: Donation
Contact: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
Sponsored by: Alaska Airlines, IBEW Local 1547 & Tesoro

May 11
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
www.ketchikanrunningclub.org
Sponsored by: Ketchikan Running Club
Great food, great prizes, great cause
Proceeds benefit American Diabetes Association

May 11
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: \$20/\$18 youth
Contact: Kurt Strausbaugh 262-1721
wrestle@acsalaska.net
Sponsored by: Sterling Senior Center
Drawings for door prizes, t-shirts to all participants
Proceeds benefit Sterling Senior Center's
Meals on Wheels Program

May 12
Sun

May 12
Sun
17th Murphy Dome Roam – Fairbanks
Race time 9 am – Gravel pit, Mile 8 Murphy
Dome Rd, 11 miles – hilly back roads
Contact: Jane Lanford 687-0769
Donna Hawkins 455-9017
Sponsored by: Running Club North
Potluck follows race

May 12
Sun
* **15th Migration Run – Homer**
Race time 9 am – Fishing Lagoon
5K – flat, along Homer Spit
Entry fee: \$10/\$5 10 & under/\$20 family
Contact: Bill Steyer 399-1078
shorebird@homer.alaska.org
Sponsored by: Homer Chamber of Commerce &
Kachemak Bay Running Club
USATF Certified course

Proceeds benefit KBRC youth sports programs

May 12
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: Maribel Torres 745-2691
mothersdayfunrun@gmail.com
Amazing Grace Academy 745-2691
www.amazinggraceacademy.org

Sponsored by: Amazing Grace Academy
Walkers & baby strollers welcome

May 14
Tue

Turnagain Arm Trail Run – Anchorage

Meet 5:30 pm – McHugh Creek (4 miles) or
Potter Trailhead (8 miles), both races finish at
Rainbow Valley Trailhead
Race time 6:30 pm, Entry fee: \$25
Contact: Andrew Kastning 786-1285 or 229-3518
ackastning@uaa.alaska.edu

Sponsored by: UAA Ski Team & Skiwolf Booster Club
Register on-line @ www.signmeup.com
Proceeds benefit UAA Ski Team Scholarships
No Race Day Registration - 200 person limit

May 15
Wed
*

Karl's Eastside-O – Anchorage

Starts from 5 - 7 pm – Klutina Drive
Traditional meet, Entry fee: \$8/\$2 kids
Contact: Karl Swanson 333-3550
karl@karlswanson.net
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Muldoon Rd to Pioneer. Follow Tudor east to Muldoon,
turn right on Klutina Street, follow controls to start. Start
is a 5 minute walk E from the end of Klutina.
Beginner thru advanced courses available
Be considerate of neighbors when parking

May 18
Sat

Armed Forces Day

May 18
Sat
*

March for Babies – Anchorage

Meet 9 am – Westchester Lagoon, 15th & U Street
3 miles – bike trails, Walk time 10 am
Entry fee: Donation
Contact: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
Sponsored by: Alaska Airlines, IBEW Local 1547 & Tesoro

May 18
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
Angela Anderson 561-3313
aanderson@alzalaska.org
Sponsored by: Alzheimer's Resource of Alaska
Register on-line @ www.alzalaska.org
Proceeds benefit Alzheimer's Resource of Alaska

May 18
Sat
*

Bear Valley 5K Challenge – Anchorage

Meet 8:30 am – Bear Valley Elementary School
5K – Storck Park, various terrain; roads, trails, hills &

creek bed, Race time 10 am
Entry fee: \$9/\$6 children thru high school
Contact: Bear Valley Community Assn 345-0434
www.akbvca.org
Sponsored by: Bear Valley Community Association
Scholarships available, family fun run/walk for all
A Healthy Futures Series Event - www.healthyfuturesak.org

May 18 **MS Walk/Run – Copper Valley**
Sat Meet 9 am – Hub of Alaska
* 4 miles, Walk time 10 am, Entry fee: Pledge based
Contact: Francesca Rogers 562-7347
francesca.rogers@nmss.org
www.WalkMSnorthwest.org
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Greater NW Chapter

May 18 **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
www.fairbanksheartwalk.org
Sponsored by: Fairbanks Memorial Hospital
& ConocoPhillips
Fun, non-competitive event for all age & abilities
Proceeds benefit the American Heart Association

May 18 **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: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
Sponsored by: Alaska Airlines, IBEW Local 1547 & Tesoro

May 18 **MS Walk – Ketchikan**
Sat Meet 9 am – South Tongass Highway
* 3.5 mile, Walk time 10 am, Entry fee: Pledge based
Contact: Francesca Rogers 562-7347
francesca.rogers@nmss.org
www.WalkMSnorthwest.org
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Greater NW Chapter

May 18 **MS Walk Mat Su Valley – Mat-Su/Wasilla**
Sat Meet 9 am – Nelson Avenue Center
* 4 miles, Walk time 10 am, Entry fee: Pledge based
Contact: Francesca Rogers 562-7347
francesca.rogers@nmss.org
www.WalkMSnorthwest.org
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Greater NW Chapter

May 18 **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: Jennilee Regis 224-4054
jregis@cityofseward.net
www.cityofseward.us
Sponsored by: Kenai Fjords National Park, National Forest
Service, Kenai Fjords Tours, Windsong Lodge, Resurrection
Roadhouse & Seward Parks & Recreation
Registration closes at 8:30 am. Annual pass, family,

volunteer & military discounts available.

May 18
Sat
*
MS Walk – Soldotna
Meet 10 am – Soldotna High School
4 miles – flat, sidewalk thru town & back
Walk time 11 am, Entry fee: Pledge based
Contact: Francesca Rogers 562-7347
francesca.rogers@nmss.org
www.WalkMSnorthwest.org
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Greater NW Chapter

May 18
Sat
*
Alaska Law Enforcement Torch Run – Statewide
Race 10 am – Various cities (see below)
5K – fun run format
Entry fee: \$15-\$25, + pledges encouraged
Contact: SO-AK State Office 1-888-499-7625 x609
www.SpecialOlympicsAlaska.org
Sponsored by: Alaska Law Enforcement
Proceeds benefit Special Olympics Alaska (SO-AK)
This is a simultaneous run organized thru Alaska
Races held in Anchorage, Barrow, Delta Junction,
Fairbanks, Homer, Juneau, Kenai, Ketchikan, Kodiak,
Mat-Su Valley, Seward, Sitka & Valdez.
Check website for updates and additional runs.
Go to www.firstgiving.com/SO-AK to begin pledging now

May 19
Sun
Gold Nugget Triathlon – Anchorage
Meet 8 am – Bartlett High School
500 yard swim, 10-13 mile bike, 5K run
Race time 9 am, Entry fee: See website
Contact: Betsy Haines 223-7792
haineseg@alyeska-pipeline.com
Sheila Swanson 242-0600
www.goldnuggettriathlon.com
Sponsored by: Check website for major sponsors
Check website for updates & course description
Mandatory bike drop off at Bartlett Sat May 18
Awards banquet held May 20
No Race Day Registration

May 19
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 19
Sun
*
Cooper Landing Trail Run – Cooper Landing
Meet 9:30 am – CL Community Hall, 0.6 mile Bean Creek Rd
6K – 1K paved/5K gravel/dirt trail, some hills
Race time 11 am, Entry fee: donation
Contact: Karl Romig 595-1232
cooperlandingtrailrun@gmail.com
Deb Carlson 595-1455
www.cooperlandingwalkablecommunity.org
Sponsored by: Cooper Landing Walkable Community Project
Race starts at Kenai River, ends overlooking beautiful Kenai Lake
Shuttle provided back to start area

May 19
Sun
*
Great Strides - Wasilla
Meet 2 pm – Larson Elementary
3 miles – family walk, Walk time 3 pm
Entry: free, donations accepted
Contact: Megan Talbot 800-647-7774
alaska@cff.org

Washington CF Chapter 206-282-4770

<http://alaska.cff.org>

Sponsored by: Cystic Fibrosis Foundation

Taking steps to cure Cystic Fibrosis. This is a family fundraising walk everyone can enjoy!

**May 20
Mon** **Alaskan Girls Walk & Wine Bib Pick-up – Fairbanks**

4:30-6:30 pm – Carlson Center

5K – flat, out & back, Entry fee: \$15/\$20 after 5/20

Contact: Susan Kramer 590-5086

Denise Irish 322-5646

Sponsored by: Golden Heart Rotary Club

**May 22
Wed** **Chris' Geronimo-O – Elmendorf AFB (JBER)**

Starts from 4 - 7 pm – Elmendorf AFB

Traditional meet, Entry fee: \$8/\$2 kids

Contact: Chris Tomsen 696-1977

eagleriver1@gmail.com

www.oalaska.org

Sponsored by Arctic Orienteering Club

Pre-registration required, check website for details.

Enter Elmendorf thru Boniface gate. Follow

controls to start. Beginner thru advanced

courses available. Bring iSportsman pass, driver's license,

car registration & proof of insurance to get on base

**May 23
Thu** **Trent/Waldron Glacier ½ Marathon Pre-Registration & Bib PU – Anchorage**

Meet 4:30-6:30 pm – Skinny Raven Sports

Entry fee: Check ARC website for details

Contact: info@anchoragerunningclub.org

www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

**May 23
Thu** **Kal's Knoya Ridge Hill Climb - Anchorage**

Meet 5 pm – Klutina St, Chugach Foothills,

2.5, 5.6 & 8.5K – 1,200, 2,900 & 4,300 elevation gains,

rolling climb along forest trail with finishes on top,

Race time 6 pm, Entry fee: Donation

Contact: Bill Spencer 306-0077

billspencerak@gmail.com

Marianne Pedersen 333-8836

marianne_peders@hotmail.com

www.alaskamountainrunners.org

Sponsored by: Alaska Mountain Runners, HDR Alaska,

Skinny Raven Sports & JBER

When parking be respectful of neighbors, don't block driveways.

Course utilizes JBER property. You must have a current

iSportsman Recreational Access Permit & be signed in to train on

trails, **NO EXCEPTIONS**. Contact <http://jberisportsman.net/access>

to register. If race shortened due to snow, longest race offered will

be awarded AK Mt Runners Grand Prix points.

Proceeds benefit Tom Besh Memorial Scholarship Fund

**May 23
Thu** **Alaskan Girls Walk & Wine – Fairbanks**

Start time 6 pm – Carlson Center

5K – flat, out & back, Entry fee: \$15/\$20 after 5/20

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 25
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
www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

May 25
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
todddm@pci.net
www.usatf.org/assoc/ak/events.htm
Visit website for details & entry forms
A USA Track & Field Sanctioned Event

May 25
Sat
***** **Ruckus in the Muckus – Fairbanks**

Race time 10 am – Birch Hill Recreation Area
2K kids, 5K adults, Entry fee: \$30/\$20 17 & under/\$10
5 & under before 5/1, t-shirt first 500 registrants
Contact: Liam Ortega 378-3293
liamortega@gmail.com
driventomove@gmail.com
Sponsored by: Driven to Move Running Club
Obstacle course mud run
A Healthy Futures Series Event – www.healthyfuturesak.org

May 25
Sat
***** **Annihilator - Nenana**

Meet 11 am – gravel pit 1.5 miles N of Nenana
10K – hilly trail, Entry fee: \$20 includes t-shirt
Contact: Drew Harrington 451-6604
drew.harrington@live.com
Andy Hutten 832-5561
Road will be marked on race day
Toughest 10K in the Interior! BBQ afterwards
Northern Trail Series Event #1

May 25
Sat **Prince of Wales Int'l Marathon & Inaugural Half Marathon – Prince of Wales**

Start 7 am walkers, 8 am runners – Craig High School
Alternative course this year due to extensive road construction
Out & back, Entry fee: \$35 Marathoners/\$30 Others
Contact: Ann James annjames326@gmail.com
Jan Bush belle@aptalaska.net
POW Runners Club
PO Box 514
Craig, AK 99921
Register @ www.powmarathon.org
Spaghetti feed & guest speaker Friday evening

May 27
Mon **Memorial Day Observed**

May 29
Wed
***** **Regan & Lars' Excellent-O – Anchorage**

Starts from 5 - 7 pm – Campbell Airstrip Rd, Mile 1.1
Traditional meet, Entry fee: \$8/\$2 kids
Contact: Regan Sarwas & Lars Spurkland 345-1915
rsarwas@gmail.com
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Tudor Rd to Campbell Airstrip Rd,
turn south and go to Mile 1.1 parking lot
Beginner thru advanced courses available

May 29
Wed
***** **Alaska Run for Women Registration – Wasilla**

4 – 7 pm – The Alaska Club (Run held June 8)
Entry fee: Donation
Contact: Kristin Wilkinson run@akrffw.org
Sponsored by: Alaska Run for Women Board

Register on-line @ www.akrfw.org

- May 31**
Fri
* **Skinny Mini 6K - Anchorage**
Meet 6 pm – Skinny Raven Sports
6K - loop course, some hills, Race time 7 pm
Contact: Mark Iverson 274-7222
miverson@skinnyraven.com
Brent Knight 274-7222
www.skinnyraven.com
Sponsored by: Adidas, Bear Tooth, Anchorage Fracture & Orthopedic, Kaladi Brothers, Stellar Design & Smartwool
Pizza, beer, refreshments, live DJ & sweet prizes after race
- May 31**
Fri
* **Twilight 12K - Anchorage**
Meet 6 pm – Skinny Raven Sports
12K - loop course, some hills, Race time 7 pm
Contact: Mark Iverson 274-7222
miverson@skinnyraven.com
Brent Knight 274-7222
www.skinnyraven.com
Pizza, beer, refreshments, live DJ & sweet prizes after race
- May 31 –**
June 1
Fri –
Sat **Relay For Life – Anchorage**
Meet 7 pm – Cuddy Family Midtown Park
20 hour walk that goes thru the night
Contact: Jess Hinker 273-2066
jess.hinker@cancer.org
www.anchoragerelay.org
Sponsored by: American Cancer Society
Celebrating those who have won their battle against cancer, remembering those we have lost & fighting back against the disease
- June –**
Aug
Mon
* **Valley Youth Training – Palmer**
Meet 6 pm – Location TBD
1-3 mile course, various distances & terrain
Entry fee: \$120 for 12 week season
Contact: Alisa Kincaid 232-8521
optimumfitnessalaska@gmail.com
Renee Millard 351-4940
Meet Mondays thru August 19
Run training designed for youth ages 10-17
- June –**
Aug
Tue **Peak Performers Track Club – Anchorage**
6 pm – West High Track thru Aug
Membership fee: \$60, \$100 family (2)/\$150 3 or more
Contact: Jason Hofacker 240-6982
Chester Franz 274-5050
Kim Baldwin 274-1061
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: Cory Bryant 360-2604
carbryant50@gmail.com
Nancy Meade 230-7176
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 6 pm – West Valley HS Track

Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

**June
Tue** **Men's Training – Fairbanks**
Meet 6:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

**June
Tue &
Thu** **Valley Women's Running Team – Palmer**
Meet 6 pm – Palmer High Track
Tue track work out, Thu trail runs –
various locations around the valley
Contact: Rhonda Knopp 355-6258
knopp@mtaonline.net
Norm Rousey
coachrousey@hotmail.com
www.vwrt.org
Sponsored by: Valley Women's Running Team
Runners of all ability levels welcome
Coached training held each week thru
mid-August with trail runs thru September

**June
Wed** **"Run or Walk With Friends" – Anchorage**
Meet 6 pm – Westchester Lagoon
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year

**June –
Aug
Wed
*** **Valley Youth Race Series – Palmer/Wasilla**
Meet 6 pm – Location TBD
1-3 mile course, various distances & terrain
Entry fee: \$15, Race time 6:30 pm
Contact: Alisa Kincaid 232-8521
optimumfitnessalaska@gmail.com
Renee Millard 351-4940
Meet Wednesdays thru August 21
Youth race series designed for youth ages 10-17

**June 1
Sat** **Alaska Run for Women Reg/Bib PU – Anchorage**
10 am - 1 pm – University Center Mall (Run held June 8)
Entry fee: Donation
Contact: Kristin Wilkinson run@akr fw.org
Sponsored by: Alaska Run for Women Board
Register on-line @ www.akr fw.org

**June 1
Sat
*** **Blue Donkey Run – Anchorage**
Meet 9:30 am – M.E. Sullivan Park/Westchester
Lagoon, 5K – west on Coastal Trail, out and back
Race time 10 am
Entry fee: \$20/\$10 14 & under
Contact: Barbara Wild 830-3163
bluedonkeyrun@gci.net
Anita Thorne 382-4012
alaskademocrats.org
Sponsored by: Anchorage Democrats
Walkers welcome, wheelchair accessible
Patriotic costume or colors encouraged
Proceeds benefit the Anchorage Democrats

June 1 **Two-Way Torture Test – Fairbanks**

- Sat** Race time 9 am – Pump House Restaurant
13.1 miles, Entry fee: None
Contact: Karen Harris 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North
Two person teams run in opposite directions
- June 1** **39th Annual Arctic Valley Run – Ft. Richardson**
Sat Meet 7:30 – 8:45 am – Moose Run Golf Course
12.6 & 5 miles – 800' gradient (5 M)/2,500'
gradient (12.6 M), Race time 9 am
Entry fee: \$15/\$20 race day, \$15 for t-shirt
Contact: Ellis Alston 384-1304
ellis.alston@us.af.mil
Sponsored by: Ft. Richardson Sports & Fitness
Mens, Womens & Military Team
Register at Buckner or mail registration w/entry fee
(check payable to Buckner Fitness Center) to:
MWR/Sports, PO Box 5589, Attn: Ellis Alston,
JBER, AK 99505, Postmarked by May 17
- June 1** **Government Peak Climb – Hatcher Pass**
Sat Registration 9 - 10:30 am – Government Peak Trailhead
2.75 miles (3,500' gain) - uphill mountain race,
south face of Government Peak, Race time 11 am
Entry fee: \$25/\$30 after May 19/\$40 race day
Contact: Mark Strabel 746-7547
strabel@mtaonline.net
Register on-line @ www.signmeup.com after May 1
Fundraiser for Colony High School XC Running Team
- June 1** **Red Shirt Lake Trail Run – Willow**
Sat Meet 9 am – Nancy Lake State Rec Area, Picnic
Overlook (mile 6 Nancy Lake Pkwy)
6 miles – hilly, single track trail – out and back
Race time 10 am, Entry fee: \$20
Contact: Andrea Hambach 495-2202
andreahambach722@yahoo.com
Yvonne Leutwyler
yvonneleutwyler@yahoo.com
www.willowraceseries.com
Sponsored by: Willow Running Club
Carpool recommended, \$5 State parking fee
- June 1** **Bite Back Run – Valdez**
Sat Meet 10 am – John Kelsey Dock
* 5K – out & back to Blueberry Hill Road
Race time 11 am, 1 mile kids race at 10:45 am
Entry fee: \$10/\$20 family/\$5 kids' race
Contact: Sheri Beck 835-2903
sheribeck33@hotmail.com
Wendy Clubb 835-5429
Sponsored by: Compassion International &
Valdez Parks & Recreation
Proceeds benefit Compassion International's Malaria Fund
- June 2** **Great Strides - Anchorage**
Sun Meet 11 am – Delaney Park Strip
* 3 miles – family walk, Walk time 12 Noon
Entry: free, donations accepted
Contact: Megan Talbot 800-647-7774
alaska@cff.org
Washington CF Chapter 206-282-4770
<http://alaska.cff.org>
Sponsored by: Cystic Fibrosis Foundation
Taking steps to cure Cystic Fibrosis. This is a family
fundraising walk everyone can enjoy!

- June 2**
Sun

Eagle River Triathlon – Chugiak
Meet – Chugiak High School
500 yd swim, 12 mile bike, 5K run – flat run, hills
for bikes, Plus Kid's Tri for ages 6-12
Race time 8 am, Entry fee: Check website
Reduced fees for early registration
Contact: info@eaglerivertri.com
www.eaglerivertri.com
Sponsored by: Eagle River Triathlon, Inc
Helmets required, race limited to ages 6 & up
A Healthy Futures Series Event – www.healthyfuturesak.org
- June 2**
Sun
Eklutna Lake Challenge – Eklutna
Meet 9 am – Eklutna Lake Visitors Cabin
3 mile run, 3 mile bike, 3 mile kayak
Race time 10 am, Entry fee: \$35/\$40 after 5/15
\$10 off with Symposium registration
Contact: Barbara or Danny 746-4644
info@lifetimeadventures.net
www.lifetimeadventures.net
Sponsored by: Lifetime Adventures & part of the
Alaska Sea Kayak Symposium
Lower trail not available due to erosion damage
Kayaks available for \$10/person
Race limited to 200, sign up early
- June 4**
Tue
Alaska Run for Women Reg/Bib PU – Anchorage
4 - 7 pm – University Center Mall (Run held June 8)
Entry fee: Donation
Contact: Kristin Wilkinson run@akrhw.org
Sponsored by: Alaska Run for Women Board
Register on-line @ www.akrhw.org
- June 4**
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
miles descent, Entry fee: \$5
Contact: Chad Carroll 458-7173
Sponsored by: Running Club North
Northern Trail Series Event #2
- June 5**
Wed

Art's Hilltop-O – Anchorage
Starts from 5 - 7 pm – Hilltop Ski Area, N parking lot
Traditional meet, Entry fee: \$8/\$2 kids
Contact: Art Harmon 333-2422
harmonA23@aol.com
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Abbott Road to Hilltop Ski Area, north end of parking lot
Beginner thru advanced courses available
- June 5**
Wed

Mugwumps 10K – Anchorage
Meet 5:30 pm – Location TBD
10K – out & back, Race time 6:30 pm
Entry fee: ARC Membership
Contact: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
- June 6**
Thu

All Comers Track & Field Meet #1 – Anchorage
Registration 5:30 pm – The Dome
Distance varies, Entry fee: \$5, Meet Start 6 pm
Contact: Jason Hofacker 337-9575 ext. 7
jhofacker@acsedu.org
www.usatf.org/assoc/ak/events.htm
Visit website for details & entry forms
A USA Track & Field Sanctioned Event

- June 6**
Thu
*
Alaska Run for Women Reg/Bib PU – Anchorage
4 - 7 pm – University Center Mall (Run held June 8)
Entry fee: Donation
Contact: Kristin Wilkinson run@akr fw.org
Sponsored by: Alaska Run for Women Board
Register on-line @ www.akr fw.org
- June 6**
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
www.runningclubnorth.org
Sponsored by: Running Club North
- June 7**
Fri
*
Three Barons Renaissance Run – Anchorage
Meet 5:30 pm – Tozier Track, Tudor Road
5K – easy, flat scenic course on bike trail
Race time 6:30 pm, Entry fee: \$15
Contact: Mel Kalkowski 694-5203
melkal@gci.net
www.3barons.org
Sponsored by: Three Barons Fair
Benefit run for the fair, a family friendly run/walk
Course features costumed trail guides
- June 7**
Fri
*
Kids' Cross Country Races – Fairbanks
Meet 5:45 pm – West Valley HS Soccer Field
.75 & 1.5 miles, Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353
Monte Jordan 451-8696
www.runningclubnorth.org
Sponsored by: Running Club North
- June 7**
Fri
*
Bear's Den B&B Bear Bell Run – Seward
Meet 10:30 am – Waterfront Park, 6th Ave
1 mile – flat, paved, Race time 11 am
Entry fee: Check website
Contact: Jennilee Regis 224-4054
jregis@cityofseward.net
www.cityofseward.us
Sponsored by: Bear's Den Bed & Breakfast,
Seward Teen & Youth Center & SPRD
Limited to kids 5-12 years. Registration remains
open, space permitting. Annual pass, family,
volunteer & military discounts
A Healthy Futures Series Event – www.healthyfuturesak.org
- June 8**
Sat
*
21st Alaska Run for Women – Anchorage
Meet 8 am – Anchorage Football Stadium
1 Mile & 5K – area streets and Coastal Trail
Race time 8:30 am, Entry fee: Donation
Contact: Kristin Wilkinson run@akr fw.org
www.akr fw.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 8**
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
Entry fee: \$20/\$30 after June 5/\$35 race day
Contact: Rhonda McCormick 260-5449
rhonda@kenaiwatershed.org
Lisa Beranek 260-5449

Sponsored by: Kenai Watershed Forum
Register on-line @ www.active.com
www.kenaiwatershed.org/krf/runfortheriver.html
Bib pick up and spaghetti feed June 7
Proceeds benefit the Kenai River Festival

June 9
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
T-shirt first 100 entrants & bagels

June 9
Sun

Bill Mitchell Fun Run – Palmer

Meet 9:30 am – Mat-Su Borough Bldg Parking Lot
5K adult, 5K youth (19 & under), 1 mile (13 & under)
Flat course, out & back
Race time 11 am, Entry fee: Check website
Contact: Carolyn Hanson 745-2800
bchanson@mtaonline.net
Palmer Chamber 745-2880
info@palmerchamber.org
www.palmerchamber.org

Sponsored by: MTA

June 9
Sun

TriTheKenai - Soldotna

Meet 8 am – Skyview High School
500 yard swim, 10 mile bike, 5K run
Race time 10 am, Entry fee: Check website
Contact: Tony Oliver 252-0558
wahoo@trithekenai.com
Greg Russell 398-2770
www.trithekenai.com

Sponsored by: Kenai Peninsula Tourism
Marketing Council
Adult and youth races
Proceeds benefit the Kenai Peninsula Food Bank

June 10
Mon

Fossil 5K – Anchorage

Meet 6:15 pm – Kincaid Timing Shack
Easy course, but there will be moose
Entry fee: \$15/\$8 children over 5, Race time 6:30 pm
Contact: Katch Bacheller 274-2400
katch22@alaskamuseum.org
Judy Lima 272-2400
www.alaskamuseum.org
Run to feed the dinosaurs! Snacks, juice, t-shirts provided
Bibs can be picked up at 201 N Bragaw until 3 pm race day
Proceeds benefit Alaska Museum of Science & Nature

June 10
Mon

Tyrannosaurus 10K – Anchorage

Meet 6:15 pm – Kincaid Timing Shack
Difficult course, lots of hills
Entry fee: \$20, Race time 6:30 pm
Contact: Katch Bacheller 274-2400
katch22@alaskamuseum.org
Judy Lim 272-2400
www.alaskamuseum.org
The most difficult 10K you will ever do. You truly have
to be a hardy mammal to keep up with the dinosaurs in
this race. Snacks, juice, t-shirts provided
Bibs can be picked up at 201 N Bragaw until 3 pm race day
Proceeds benefit Alaska Museum of Science & Nature

June 12
Wed

Cory's Billy Goat-O – Anchorage

Mass start 6:30 pm – Storck Park

- * Billy Goat-O meet, Entry fee: \$8/\$2 kids
 Contact: Cory Smith 317-3962
coryhsmith@gmail.com
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 From Seward Hwy, take Rabbit Creek Rd to Clarks Rd
 Beginner thru advanced courses available
- June 12** **Midnight Sun Run Bib Pick-Up – Fairbanks**
Wed 4 - 8 pm – Pioneer Park Civic Center
 Contact: Susan Kramer 456-8901/590-5086
 Sponsored by: Daily News Miner
- June 13** **All Comers Track & Field Meet #2 – Anchorage**
Thu Registration 5:30 pm – The Dome
 * Distance varies, Entry fee: \$5, Meet Start 6 pm
 Contact: Quinton Metcalf 306-9244
qmetcalf@gmail.com
www.usatf.org/assoc/ak/events.htm
 Visit website for details & entry forms
 A USA Track & Field Sanctioned Event
- June 13** **Kickin' Asphalt in E.R. – Eagle River**
Thu Meet 5:30 pm – Harry J McDonald Center
 * 5K – run around Fire Lake, Race time 6:30 pm
 Entry fee: run-\$25/\$50 family, walk-donation
 Contact: Linda Miller 688-2633
funcor@mtaonline.net
 Sponsored by: Chugiak-Eagle River Senior Center
 Walk the Mac indoors, vendors & entertainment outside
 in field area. Post race BBQ, t-shirts, awards & prizes
- June 13** **All-Comers Track Meet – Fairbanks**
Thu Meet 6:30 pm – West Valley HS Track
 * 100 meters to 5,000 meters
 Contact: Jim Loftus 479-8161
www.runningclubnorth.org
 Sponsored by: Running Club North
- June 15** **21st Mosquito Meander – Fairbanks**
Sat Race time 10 am – Pioneer Park (Alaskaland)
 * 5K walk/run – flat looped course
 Entry fee: \$20/\$15 under 12/\$35 family
 \$25/\$20/\$40 after June 13 – t-shirt included
 Contact: Camille Connelly-Terhune 456-4729
 Sabrina Davis 456-4729
www.fcaalaska.org
 Sponsored by: Fairbanks Counseling & Adoption
- June 15** **“Nikiski Days” Family Fun Walk/Run – Nikiski**
Sat Meet 9 am – NPRSA Facilities
 * 3 & 5 miles – wooded & paved trails, some hills
 Race time 10 am, Entry fee: \$15, t-shirts
 Contact: Rachel Parra 776-8800
rparra@borough.kenai.ak.us
 Tammy Berdahl 776-8800
www.northpenrec.com
 Sponsored by: NPRSA & Nikiski North Star Elementary
 Proceeds benefit Nikiski North Star Elementary School reading program
- June 15** **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: \$45 solo/\$90 team (ages 13 and up)
 \$55 solo/\$120 team after March 31
 Contact: Heather Hogge 727-3066

why.not.tri.info@gmail.com

www.whynottriwasilla.net

Sponsored by: Alaska Bicycle Center

Registration March 1 – May 1

A great beginner sprint tri, limited to 500 racers

June 15

Sat

Why Not Tri Kids - Wasilla

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

Contact: Renee Millard 351-4940

why.not.tri.info@gmail.com

www.whynottriwasilla.net

Sponsored by: Alaska Bicycle Center

For ages 6-12 years, can choose either course

Registration opens Mar 1, limited to 175 entrants

June 16

Sun

Father's Day

June 16

Sun

Robert Spurr Memorial Hill Climb – Bird

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

akmntnrun@hotmail.com

On-line registration begins May 1 and ends when

full @ www.alaskamountainrunners.org

No Race Day Registration - 250 person limit

Jun 16

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

Sponsored by: Running Club North & Goldstream

Northern Trail Series Event #3

Jun 19

Wed

Kimball's Mirror Mirror-O – Chugiak

Starts from 5 - 7 pm – Mirror Lake Middle School

Traditional meet, Entry fee: \$8/\$2 kids

Contact: Kimball Forrest 360-0519

kimballforrest@gmail.com

www.oalaska.org

Sponsored by: Arctic Orienteering Club

Pre-registration required. Glenn Hwy to North Peters

Creek exit, turn L and follow Lake Hill Drive to school

Follow controls to start, beginner thru advanced courses available

June 20

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

www.mayorsmarathon.com

When picking up your bib/t-shirt, check out the Expo

No Race Day Registration or Bib Pick-up

June 21 **Mayor's Midnight Sun Marathon, Marathon**
Fri **Relay, ½ Marathon, 5 Miler & Youth Cup Bib**
 Pick-up & Last Change Registration – Anchorage
 10 am - 6 pm – Sheraton Hotel
Contact: UAA 786-1230
 track@uaa.alaska.edu
 www.mayorsmarathon.com

When picking up your bib/t-shirt, check out the Expo

No Race Day Registration or Bib Pick-up

June 21 **Kids' Cross Country Races – Fairbanks**
Fri Meet 5:45 pm – West Valley HS Soccer Field
* .75 & 1.5 miles, Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353
 Monte Jordan 451-8696
 www.runningclubnorth.org
Sponsored by: Running Club North

June 22 **Mayor's Midnight Sun Marathon – Anchorage**
Sat Meet 7 am – Bartlett High School
 26.2 miles – Bartlett to West High School
 Race time 8 am, Entry fee: Check website
 Registration on-line & save thru June 19
Contact: UAA 786-1325
 track@uaa.alaska.edu
 www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Walkers welcome! Medallions to finishers, t-shirts all

No Race Day Registration or Bib Pick-up

June 22 **Mayor's Midnight Sun Relay Race – Anchorage**
Sat Meet 7 am – Bartlett High School
 26.2 miles – Bartlett to West High School
 Race time 8 am, Entry fee: Check website
 Registration on-line & save thru June 19
 4 person relay team event, 6 team divisions
 Approximate leg distances – 7, 8, 5.6 & 5.6
Contact: UAA 786-1230
 track@uaa.alaska.edu
 www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Walkers welcome! T-shirts for participants

No Race Day Registration or Bib Pick-up

June 22 **Mayor's Midnight Sun ½ Marathon – Anchorage**
Sat Meet 8 am – West High School
* 13.1 miles – West High to Point Woronzof
 Race time 9 am, Entry fee: Check website
 Registration on-line & save thru June 19
Contact: UAA 786-1325
 track@uaa.alaska.edu
 www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage, & ConocoPhillips
Walkers welcome! T-shirts for participants

No Race Day Registration or Bib Pick-up

June 22 **Mayor's Midnight Sun 5 Miler – Anchorage**
Sat Meet 8 am – West High School
* 5.6 miles – West High to Earthquake Park
 Race time 9 am, Entry fee: Check website
 Registration on-line & save thru June 19

Contact: UAA 786-1325
track@uaa.alaska.edu
www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Walkers welcome! T-shirts for participants

No Race Day Registration or Bib Pick-up

June 22 **Mayor's Midnight Sun Youth Cup – Anchorage**
Sat 1.6 miles – a run around Westchester Lagoon
***** Race time 9 am, Entry fee: Check website
Registration on-line & save thru June 19
Contact: UAA 786-1325 track@uaa.alaska.edu
www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Recreation timed event, completion awards given
Walkers welcome! T-shirts for participants

No Race Day Registration or Bib Pick-up

June 22 **31st Midnight Sun 10K – Fairbanks**
Sat Race time 10 pm – UAF Patty Center
***** Run/walk, certified course, t-shirts available
Contact: Susan Kramer 456-8901/590-5086
Sponsored by: Daily News Miner & United Way
Certified course, t-shirts for racers & volunteers
A Flint Hills Cup Series & Junior Series Event

June 22 **Only Fools Run at Midnight – Ketchikan**
Sat Meet 10:30 pm – SE AK Discovery 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: Kevin Gadsey, SAIL Program Manger
ketchikan@sailinc.org
www.sailinc.org

Sponsored by: Ketchikan Running Club & SAIL
Costumes encouraged. Visit the website to
download entry form & additional info
Proceeds benefit Southeast Alaska Independent
Living – Giving Disability a Possibility

June 22 - **Midnight Sun Lazyman Triathlon - Wasilla**
Aug 3 Event spans 6/22-8/3, entries accepted thru 6/22
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
Christy Hronkin 232-8871
sites.google.com/site/midnightsunlazymantriathlon/
Experience an Ironman Triathlon at your own pace. Goal
Is 112 miles bike, 2.5 miles swimming, 26.2 miles running
(see log sheet for alternative suggestive activities).
Celebration BBQ August 3

June 26 **Andrew's Awesome-O – Anchorage**
Wed Starts from 5 – 7 pm – Abbott Loop Community Park
***** Traditional meet, Entry fee: \$8/\$2 kids
Contact: Andrew Lee 562-2448
whatsupandrew@hotmail.com
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Elmore Rd between 80th & 84th. Meet at ballfield parking
lot (not Chuck Albrecht fields).
Beginner thru advanced courses available

June 27 **All Comers Track & Field Meet #3 – Anchorage**
Thu Registration 5:30 pm – The Dome
* Distance varies, Entry fee: \$5, Meet Start 6 pm
Contact: Ben Bachand 903-8249
 Bachand777@yahoo.com
 www.usatf.org/assoc/ak/events.htm
Visit website for details & entry forms
A USA Track & Field Sanctioned Event

June 27 **Flint Hills Mile – Fairbanks**
Thu Meet 6:30 pm – West Valley HS Track
* Entry fee: \$5, all welcome
Contact: Bob Vitale 322-0117
 Tracey Martinson 474-8353
 www.runningclubnorth.org
Sponsored by: Running Club North
A Flint Hills Cup Series & Junior Series Event

June 29 **ACMHS Mud Run – Eagle River**
Sat Meet 9 am – Location TBD
* 5K, Race time 10 am
Entry fee: \$35 w/early bird discount
Contact: Jennifer Smerud 261-5395
 www.acmhs.com
Sponsored by: Anchorage Community Mental Health
Free mini-muddy event for kids 7-13 years

June 29 **Kilted Mile – Eagle River**
Sat Meet 11 am – Eagle River Lions Park
* 1 mile – track, Race time 11:30 am, Entry fee: \$15
Contact: Chris Anderson 243-7255
 anderson_ak@yahoo.com
 Kerry Howard 338-1123
 www.alaskascottish.org
Sponsored by: Alaska Scottish Highland Games
Must wear a kilt to participate, kilts available for
use. Games admission & concert included in fee

June 29 **Spruce Tree Classic – Fairbanks**
Sat Race time 10 am – UAF Patty Center
7.2 miles – trail run, Entry fee: None
Contact: Roy Strandberg 378-7111
 rtstrandberg@alaska.edu
 David McDowell 488-6068
 www.runningclubnorth.org
Sponsored by: Running Club North

June 29 **The Spit Run – Homer**
Sat Race time 10 am – Homer High School
* 10K – flat, fast course, certified course
Entry fee: \$15/\$10 youth/\$25 family after June 1
Contact: Mike Ilig 235-6090
 millg@ci.homerak.us
Sponsored by: South Peninsula Hospital, Homer Community
Recreation, Homer News & Kachemak Bay Running Club
USATF certified course
Proceeds benefit KBRC youth sports programs

June 29 **MTA Race for Technology – Palmer**
Sat Meet 8:30 am – Palmer Public Library
* 5K, 1 mile youth & Team Challenge/Relay
Race time 10 am
Contact: Palmer Library 745-4690
Sponsored by: Matanuska Telephone Association
Proceeds benefit Big Lake, Palmer, Sutton, Talkeetna,
Trapper Creek, Wasilla & Willow Libraries

- June 29 & 30 Sat & Sun** **Sluice Box 100 – Fairbanks**
 Race time 7 am – Mushers Hall (Farmers Loop)
 100 miles – run or bike on trails
 Contact: Ann Farris 687-0278
 Joel Homan 388-9560
www.sluicebox100.com
 Sponsored by: Endurance North
 36 hour cutoff, solo or 2-5 person relay teams
- June 29 Sat *** **Tri the Trails Triathlon – Palmer**
 Meet 7:30-8:30 am – Matanuska Lake State Park
 800M swim, 20K bike, 5K run – lake swim,
 dirt/gravel/grass trails, some hills, scenic – all off road
 Race time 9 am SHARP, Entry fee: \$60 /\$100 teams
 \$75/\$130 teams after April 30
 Contact: Joseph Hawkins 841-4025
bionic@mtaonline.net
www.trithetrails.com
 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
- July – Aug Mon *** **Valley Youth Training – Palmer**
 Meet 6 pm – Location TBD
 1-3 mile course, various distances & terrain
 Entry fee: \$120 for 12 week season
 Contact: Alisa Kincaid 232-8521
optimumfitnessalaska@gmail.com
 Renee Millard 351-4940
 Meet Mondays thru August 19
 Run training designed for youth ages 10-17
- July – Aug Tue** **Peak Performers Track Club – Anchorage**
 6 pm – West High Track thru Aug
 Membership fee: \$60, \$100 family (2)/\$150 3 or more
 Contact: Jason Hofacker 240-6982
 Chester Franz 274-5050
 Kim Baldwin 274-1061
 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: Cory Bryant 360-2604
cam Bryant50@gmail.com
 Nancy Meade 230-7176
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 6 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Bruce Miller 479-5585
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer
- July Tue** **Men's Training – Fairbanks**
 Meet 6:30 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free

Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

**July
Tue &
Thu**

Valley Women's Running Team – Palmer

Meet 6 pm – Palmer High Track
Tue track work out, Thu trail runs –
various locations around the valley

Contact: Rhonda Knopp 355-6258
knopp@mtaonline.net
Norm Rousey
coachrousey@hotmail.com
www.vwrt.org

Sponsored by: Valley Women's Running Team
Runners of all ability levels welcome
Coached training held each week thru
mid-August with trail runs thru September

**July
Wed**

"Run or Walk With Friends" – Anchorage

Meet 6 pm – Westchester Lagoon

Contact: Anchorage Running Club
www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail

**July –
Aug
Wed

Valley Youth Race Series – Palmer/Wasilla

Meet 6 pm – Location TBD

1-3 mile course, various distances & terrain

Entry fee: \$15, Race time 6:30 pm

Contact: Alisa Kincaid 232-8521
optimumfitnessalaska@gmail.com
Renee Millard 351-4940

Meet Wednesdays thru August 21
Youth race series designed for youth ages 10-17

**July 7
Sun

3rd Run of the Mine – Healy

Race time 11 am – Usibelli Coal Mine

10K – Entry fee: Donation

Contact: Jane Lanford 687-0769

Sponsored by: Usibelli Coal Mine

Fun course, unique trophies, post race eats!

Proceeds benefit the Tri-Valley Volunteer Fire Department

**July 4
Thu**

Independence Day

**July 4
Thu

28th Independence Day 5K – 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

Chad Carroll 458-7173

www.lathroprunning.com

Sponsored by: Running Club North
Pre-register at Beaver Sports & Play It Again Sports

**July 4
Thu**

Anvil Mountain Run – Nome

Meet 7:45 am – City Hall, Race time 8 am

17K – Start +18' above sea level to the

top of Anvil Mountain & back

1134' elevation gain, Entry fee: None

Contact: Leo Rasmussen 304-2573

leaknome@alaska.com

John Handeland 443-6587

johnh@njus.org

www.leaknomeak.com

Sponsored by: Rasmussen's Music Mart
The 2nd oldest run in Alaska

**July 4
Thu**

*

Mount Marathon Race – Seward

Meet 4th & Adams Street
Road/mountain run, 3,022' climb (3.5 miles)
Junior division only goes to half-way point
Race times: 9:30 am juniors (7-17 years),
11:15 am women, 3 pm men
Entry limits: 350 men, 350 women, 250 juniors
Entry fee: \$25 juniors/\$65 adults
Contact: Chamber of Commerce 224-8051
events@seward.net
www.seward.com

Sponsored by: Seward Chamber of Commerce
All 1st year runners must participate in a safety
briefing July 3 or they will not be permitted to run
Applications accepted thru Mar 31

**July 4
Thu**

*

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
andreaahbach722@yahoo.com
Yvonne Leutwyler
yvonneleutwyler@yahoo.com
www.willowraceseries.com

Sponsored by: Willow Running Club
Prizes for best patriotic costumes!

**July 4
Thu**

*

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 835-5429
wclubb@ci.valdez.ak.us
<http://www.ci.valdez.ak.us/index.aspx?nid=149>

Sponsored by: City of Valdez Parks & Recreation
Prizes to top three male & female finishers

**July 5
Fri**

*

Kids' Cross Country Races – Fairbanks

Meet 5:45 pm – West Valley HS Soccer Field
.75 & 1.5 miles, Race time 6 pm, Entry fee: Free
Contact: Tracey Martinson 474-8353
Monte Jordan 451-8696
www.runningclubnorth.org

Sponsored by: Running Club North

**July 6
Sat**

Jingle in July – North Pole

Meet 8:30 am – Santa Claus House
5K run/walk, Race time 10:15 am, kids' race 10 am
Entry fee: \$25/\$15 17 & under, includes t-shirt & jingle bells
Contact: Ann Campione 277-2784
acampione@arthritis.org
www.jingleinjuly.com

Sponsored by: Arthritis Foundation
Proceeds benefit Arthritis Foundation

**July 6
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

andreahambach722@yahoo.com

Yvonne Leutwyler

yvonneleutwyler@yahoo.com

www.willowraceseries.com & Willow

Race Series on Facebook

Sponsored by: Willow Running Club

Register on-line thru website. Carpool recommended, limited

parking at start/finish. \$5 parking fee at Independence Mine State Park

July 7

Sun

*

Boondocks Breakaway – Anchorage

Race time 11 am – Kincaid Outdoor Center

2.5 & 5K – scenic trails thru park

Entry fee: ARC Membership

Contact: www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

July 10

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

Josselyn O'Connor 260-5499 x 1201

www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum

Race course differs each week and increases in difficulty

5 series race, all ages, walkers welcome

July 11

Thu

*

All Comers Track & Field Meet #4 – Anchorage

Registration 5:30 pm – The Dome

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

Contact: David Todd 529-0704

todddm@gci.net

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

Visit website for details & entry forms

A USA Track & Field Sanctioned Event

July 11

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: Karen Harris 378-8504

www.runningclubnorth.org

Sponsored by: Running Club North

July 13

Sat

*

DFS Recovery Run – Anchorage

Meet 8:15 am – 6411 A Street

5K – Campbell Creek trails, Race time 9 am

Entry fee: \$20

Contact: Douglas Hardy 222-2394

dhardy@denalifs.org

Kelly Overacker 222-2359

www.denalifs.org

Sponsored by: Denali Family Services

July 13

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

Bear Paw Hotline 274-6960

info@cer.com

Sponsored by: Anchorage Women's Clinic, Midas,
Skinny Raven Sports, Hosted by: ANR/ERNCTC
Sign up at Skinny Raven, Eagle River Chamber of
Commerce, or register on-line @ www.cer.org or
www.skinnyraven.com. Fun for all ages

July 13
Sat

21st Sourdough Triathlon – Fairbanks

Race time 10 am – Mile 31 Steese Highway
1.2 mile swim, 56 mile bike, 13.1 mile run –
mostly flat, Entry fee: \$50/solo, \$120/team
Contact: Mike Golub 347-4363
migolub@alaska.edu
www.runningclubnorth.org

Sponsored by: Alaska's Sourdough Triathlon
½ Ironman, wet suit a must, NO LATE ENTRIES
Sign up early, limited, non-refundable

July 13
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 455-7335/322-7093
www.runningclubnorth.org

Sponsored by: Fairbanks Opera & First National
Bank of Alaska
Costume contest, prizes
A Flint Hills Cup Series & Junior Series Event

July 13
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 13
Sat

Run/Walk for Life – Palmer/Wasilla

Meet 9 am – New Trunk Road bike/foot pathway
5 & 10K – out & back, rolling hills, scenic byways
Race time 10 am, 11 am walkers, 12N bikes/strollers
Entry fee: \$25 & bib pick up fee
Contact: Joyce Moropoulos 373-3456/841-6219
joyce.m@heartreachalaska.com
Patti Price 373-3456/727-9878
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
Help support healthy families

July 13
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
www.soldotnarotary.org

Sponsored by: Soldotna/Kenai Rotary Clubs
Awards to top three finishers, men & women. Register on-line
@ http://www.active.com/event_detail.cfm?event_id=2066242
Bus transportation to start lines, t-shirts, gift bags & post race BBQ

July 13
Sat

Miles for Meals Fun Run – Wasilla

Meet 9 am – WASI Parking Lot

- * 5K– paved, flat, out & back, some hills
 Race time 11 am, Entry fee: \$20
 Contact: Claudia Dolfi 376-3104
claudiad@alaskaseniors.com
 Dennie Jaques 376-3104
www.wasillaseniors.com
 Sponsored by: Wasilla Area Seniors, Inc
 A non sanctioned fun run
- July 14 Sun** **14th 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 14 Sun** *** Bookin’ for Books Trail Run - Seward**
 Meet 11 am – 12 Mile Divide Seward Hwy – 3.8 mile race
 Primrose Campground – 6.4 mile race - follows Iditarod
 Trail, hilly, Race time 12N Noon
 Entry fee: \$30 minimum donation
 Contact: Lidia Petersen 362-6201
Sewardimaginationlibrary@gmail.com
www.AlaskaImaginationLibrary.org
 Sponsored by: Seward PTSA
 Proceeds benefit Seward/Moose Pass Imagination Library
- July 15 – July 20 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
 Sponsored by: Running Club North & Others
- July 17 Wed** *** Salmon Run Series #2 – Soldotna**
 Meet 5 pm – Tsalteshi Trails
 5K – multiple loop, hilly, groomed trail course
 Race time 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
rhonda@kenaiwatershed.org
 Josselyn O’Connor 260-5499 x 1201
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week and increases in difficulty
 5 series race, all ages, walkers welcome
- July 17 Wed** **Alaska Men’s Run Registration & Bib PU– Anchorage**
 4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 20)
 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 Committee
 Register on-line @ www.alaskamensrun.com thru July 19
 Race day registration from 8:30–9:30 am
- July 17 Wed** *** Trond’s Sprint-O – Anchorage**
 Starts 5 – 7 pm – Wendy Williamson parking lot
 Sprint-O meet, Entry fee: \$8/\$2 kids
 Contact: Trond Flagstad 346-2545
trondfl@gmail.com
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Corner of Providence Drive & Lake

Otis Parkway, pay for parking

- July 17
Wed** **Masters' 5 & 10K – Anchorage**
Meet 5:30 pm – Chuck Albrecht Fields
5 & 10K – flat, out & back on paved trails
Race time 6 pm, Entry fee: ARC Membership
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Limited to runners 40 years of age or older
- July 17
Wed** **Bun on the Run – Fairbanks**
Race time 6 pm – Creamer's Field Barn
5K – flat trail, Entry fee: \$20/\$25 race day
Contact: Kevin Brinegar 378-8897
www.runningclubnorth.org
Sponsored by: Running Club North
Race limited to 100 runners, t-shirts included
- July 17
Wed** **Golden Mile Bib Pick-up – Fairbanks**
5 - 8 pm – Literacy Council of AK (517 Gaffney Rd)
Entry fee: \$15/\$10 youth/\$25 family
Contact: Jim Brader 452-4986
Andy Holland 479-4444
www.runningclubnorth.org
www.literacycouncilofalaska.org
Sponsored by: RCN & Literacy Council of Alaska
Leads the Golden Days Parade
Proceeds benefit the Literacy Council of Alaska
- July 18
Thu** **Alaska Men's Run Registration & Bib PU– Anchorage**
4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 20)
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 Committee
Register on-line @ www.alaskamensrun.com thru July 19
Race day registration from 8:30–9:30 am
- July 18
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: Karen Harris 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North
- July 19
Fri
*** **Moet 'Till You Sweat Women's Run – Fairbanks**
Race time 6 pm – Golden Heart Plaza
5K – bike trails, Entry fee: Donation
Contact: Celine Becker 347-8228
Andy Holland 479-4444
Renna Hoener 388-7005
www.runningclubnorth.org
Sponsored by: Running Club North
All women's run. Champagne & appetizers at Lavelle's after
Proceeds benefit Breast Cancer Detection Center
- July 19
Fri
*** **Kids' Cross Country Races – Fairbanks**
Meet 5:45 pm – West Valley HS Soccer Field
.75 & 1.5 miles, Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353
Monte Jordan 451-8696
www.runningclubnorth.org
Sponsored by: Running Club North

- July 20 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: \$70 solo
 Contact: Andy Duenow 344-2740
ajdino@gci.net
 Jason Lamoreaux 929-4835
www.hammermantriathlon.com
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven Sports & Lead Dog Consulting
 Presented by: Alaska Triathlon Club
 Use of road, hybrid or cyclo-cross bikes not allowed, a mountain bike event only
 Swimming isn't your thing? Come Do the Du!
- July 20 Sat** **XTERRA Hammerman Triathlon – Anchorage**
 Meet 8 am – Little Campbell Lake/Kincaid Park
 .5M lake swim, 13M off road mtn bike, 4 mile trail run, Race time 10 am, Entry fee: \$70 solo
 Contact: Andy Duenow 344-2740
ajdino@gci.net
 Jason Lamoreaux 929-4835
www.hammermantriathlon.com
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven Sports & Lead Dog Consulting
 Presented by: Alaska Triathlon Club
 Use of road, hybrid or cyclo-cross bikes not allowed, a mountain bike event only
- July 20 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
 Sponsored by: Alaska Men's Run Race Committee
 Register on-line @ www.alaskamensrun.com thru July 19
 Race day registration from 8:30-9:30 am, event open to all.
 Men, women, children, teams & military encouraged.
 Grants available to 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 20 Sat *** **USATF Alaska Association (Open & Masters) Track & Field Championships – Anchorage**
 Registration 9:30 pm – The Dome
 Distance varies, Entry fee: \$5, Meet Start 10 am
 Contact: Jason Hofacker 337-9575 ext. 7
jhofacker@acsedu.org
www.usatf.org/assoc/ak/events.htm
 Visit website for details & entry forms
 A USA Track & Field Sanctioned Event
- July 20 Sat *** **Alyeska Golden Mile – Fairbanks**
 Race time 9:50 am – Aurora Energy Power Plant
 Entry fee: \$15/\$10 youth/\$25 family
 \$20/\$15 youth/\$30 family race day
 Contact: Jim Brader 452-4986
 Andy Holland 479-4444
www.runningclubnorth.org
www.literacycouncilofalaska.org
 Sponsored by: RCN & Literacy Council of Alaska
 Leads the Golden Days Parade
 Proceeds benefit the Literacy Council of Alaska

- July 20 Sat** **McCarthy Marathon – McCarthy**
 Meet 8:30 am – Downtown McCarthy
 26.2 miles – hilly trails, dirt roads, spectacular route thru historic town sites & to the Nizina River
 Race time 9 am, Entry fee: \$35 until July 1
 Contact: Jennifer Gessert 554-1033
j_gessert@yahoo.com
 T-shirts & finisher medals
- July 21 Sun *** **Her Tern Women's ½ Marathon – Anchorage**
 Meet 8 am – Skinny Raven Sports
 13.1 miles – loop course, Race time 9 am
 Contact: Mark Iverson 274-7222
miverson@skinnyraven.com
 Brent Knight 274-7222
www.skinnyraven.com
 Sponsored by: Her Tern Boutique
 New women's only ½ marathon, perfect training opportunity for the Big Wild Life Full Marathon
- July 21 Sun** **48th Gold Discovery Run – Fairbanks**
 Race time 8 - 9 am – Fox Roadhouse
 16.5 miles, Entry fee: \$30
 Contact: Gary Pohl 452-2128
 Susan Kramer 347-1240
www.runningclubnorth.org
 Sponsored by: Running Club North
 Unique prizes to 1st 200 entrants, bus to start
 A Flint Hills Cup Series Event
- June 24 Wed *** **Fossil Creek-O – Ft. Richardson (JBER)**
 Starts from 5 - 7 pm – Fossil Creek
 Traditional meet, Entry fee: \$8/\$2 kids
 Contact: www.oalaska.org
 Sponsored by Arctic Orienteering Club
 Pre-registration required. Glenn Hwy to Ft. Rich, turn R at light, R at T intersection. Bring iSportsman pass, driver's license, car registration & proof of insurance. Follow controls to start.
 Beginner thru advanced courses available
- July 24 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
 Josselyn O'Connor 260-5499 x 1201
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week and increases in difficulty
 5 series race, all ages, walkers welcome
- July 25 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: Karen Harris 378-8504
www.runningclubnorth.org
 Sponsored by: Running Club North
- July 26 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
 Sponsored by: UAA Milers Booster Club & Subway of Alaska

Entrants not present will lose their race entry

- July 26**
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: Samantha Sloan 322-4391
John Sloan 895-4383
www.deltanafair.com
- July 27**
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
Sponsored by: UAA Milers Booster Club
Registration forms available on-line May 4
@ www.goseawolves.com
- July 27**
Sat
*
Dog Jog – Anchorage
Registration begins 8:30 am – East High School
1 mile & 5K – cross-country trails
Race time 10 am, Family fair 9 am - 1 pm
Entry fee: \$20/\$45 family (4 members)
Late fee for race day registration
Contact: Michele Girault 333-9534
michele@friendsofpets.org
Sponsored by: Friends of Pets
Registration forms @ www.friendsofpets.org, Dog Tired Day Care, VCA Animal Hospitals & David Jensen Petography
Fun run for people & dogs, leashes required
Proceeds benefit Friends of Pets
- July 27**
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
www.faiythak.com
Sponsored by: Faith Christian Community
Increase awareness of the situation in Burma, visit www.freeburmarangers.org
Proceeds benefit the relief efforts in Burma (Myanmar)
- July 27**
Sat
20th CHS Run & Soak – Chena Hot Springs
Race time 11 am – Angel Rocks Trailhead
8.5 miles – trail, Entry fee: TBA
Contact: Keith Pollock 479-0779
www.runningclubnorth.org
Sponsored by: Running Club North, Chena Hot Springs
Free swim & potluck BBQ at finish
Northern Trail Series Event #5
- July 27**
Sat
*
AK Salmon Runs/King Salmon Marathon – Cordova
Meet 6:20 am – CCMC
Flat & very scenic; mountains & glaciers line course
Race time 7 am, Entry fee: \$40
Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/aksalmonruns
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 27**
Sat
*
AK Salmon Runs/Sockeye ½ Marathon – Cordova
Meet 9 am – CCMC
Flat, mostly paved, scenic; mountains & glaciers
line course, Race time 9:30 am, Entry fee \$40
Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/aksalmonruns
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 27**
Sat
*
AK Salmon Runs/Coho 10K – Cordova
Meet 10 am – CCMC
Flat, ½ gravel/½ paved; mountains & glaciers
line course, Race time 10:30 am, Entry fee \$20
Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/aksalmonruns
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 27**
Sat
*
AK Salmon Runs/Humpy 5K – Cordova
Meet 10 am – CCMC
Flat, paved, scenic; mountains & glaciers line course
Race time 10:45 am, Entry fee \$20
Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/aksalmonruns
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 27**
Sat
*
AK Salmon Runs/Smolt One Mile – Cordova
Meet 10:45 am – CCMC
Flat, paved, scenic
Race time 11:15 am, Entry fee \$15
Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/aksalmonruns
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 27**
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: \$35 + 12 insurance +\$5 entry/car
Contact: Mike Golub 347-4363
migolub@alaska.edu
www.runningclubnorth.org
Sponsored by: Alaska's Sourdough Triathlon
- July 27**
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: Melanie Hauze 224-4054
mhauze@cityofseward.net
www.cityofseward.us
Sponsored by: Subway & SP&R
Limited to 60 participants, must have 20 participants to hold event. Must provide own kayak, teams must

consist of three different individuals, 18 years & older.
Annual pass, family, volunteer & military discounts

July 28
Sun

Big Lake Triathlon – Big Lake

Meet 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: Ina Mueller 230-0935
lakeshoreentertaining@alaska.net
www.biglaketriathlon.org
A USAT sanctioned event

July 28
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
Jenna Hertz 452-5021
Sponsored by: Northern AK Environmental Center
T-shirt, food, live music, family oriented

July 28
Sun
*

Alaska Bearfest Marathon & 5K - Wrangell

Meet time 7 am – Nolan Center
26.2 miles – paved & dirt roads, out & back, some
hills, beautiful scenery, Race time 8 am, Entry fee: \$5
Contact: Sylvia Ettefagh 206-849-4127
Carol Rushmore 874-2381
fun@alaskabearfest.org
www.alaskabearfest.org
Sponsored by: Alaska Bearfest
Pasta feed with campfire Saturday night

July 31
Wed
*

Mirror Lake-O – Chugiak

Starts from 5 - 7 pm – Mirror Lake Middle School
Traditional meet, Entry fee: \$8/\$2 kids
Contact: www.oalaska.org
Sponsored by: Arctic Orienteering Club
Pre-registration required. Glenn Hwy to North Peters
Creek exit, turn L and follow Lake Hill Drive to school
Follow controls to start, beginner thru advanced courses available

July 31
Wed

Santa Claus ½ Marathon Bib P/U – North Pole

5 - 7 pm – Pioneer Park Pavilion
Entry fee: \$20, t-shirt
Contact: Charles Patton 719-252-8943
Sponsored by: Flint Hills Resources
Proceeds benefit non-profit organizations

July 31
Wed
*

Salmon Run Series #4 – Soldotna

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

Aug
Mon
*

Valley Youth Training – Palmer

Meet 6 pm – Location TBD
1-3 mile course, various distances & terrain
Entry fee: \$120 for 12 week season
Contact: Alisa Kincaid 232-8521

optimumfitnessalaska@gmail.com

Renee Millard 351-4940

Meet Mondays thru August 19

Run training designed for youth ages 10-17

**Aug
Tue**

Peak Performers Track Club – Anchorage

6 pm – West High Track thru Aug

Membership fee: \$60, \$100 family (2)/\$150 3 or more

Contact: Jason Hofacker 240-6982

Chester Franz 274-5050

Kim Baldwin 274-1061

Sponsored by: Peak Performers Track Club

Training & conditioning program led by coaches

**Aug
Tue**

Exceed Women's Running Team – Anchorage

Meet 6 pm – Various locations

Coached workouts, track with some trail runs

Membership: \$100/season

Contact: Cory Bryant 360-2604

cambyrant50@gmail.com

Nancy Meade 230-7176

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
Tue**

Women's Training – Fairbanks

Meet 6 pm – West Valley HS Track

Track & Intervals – all levels welcome, Free

Contact: Bruce Miller 479-5585

www.runningclubnorth.org

Sponsored by: Running Club North

Training held every Tuesday thru summer

**Aug
Tue**

Men's Training – Fairbanks

Meet 6:30 pm – West Valley HS Track

Track & Intervals – all levels welcome, Free

Contact: Tracey Martinson 474-8353

www.runningclubnorth.org

Sponsored by: Running Club North

Training held every Tuesday thru summer

**Aug
Tue &
Thu**

Valley Women's Running Team – Palmer

Meet 6 pm – Palmer High Track

Tue track work out, Thu trail runs –

various locations around the valley

Contact: Rhonda Knopp 355-6258

knopp@mtaonline.net

Norm Rousey

coachrousey@hotmail.com

www.vwrt.org

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

**Aug
Wed**

"Run or Walk With Friends" – Anchorage

Meet 6 pm – Westchester Lagoon

Contact: Anchorage Running Club

www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

Meet Wednesdays throughout year

Run or walk with friends for 1 hour on Coastal Trail

**Aug –
Wed**

Valley Youth Race Series – Palmer/Wasilla

Meet 6 pm – Location TBD

* 1-3 mile course, various distances & terrain
Entry fee: \$15, Race time 6:30 pm
Contact: Alisa Kincaid 232-8521
optimumfitnessalaska@gmail.com
Renee Millard 351-4940
Meet Wednesdays thru August 21
Youth race series designed for youth ages 10-17

Aug 1 Steve's Equinox Training #4 – Fairbanks

Thu Meet 6 pm – Top of Ester Dome
5 miles – Equinox “out & back”
Contact: Karen Harris 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North

Aug 1 Great Alaskan Marathon Cruise – Ketchikan

Thu Race time ~ 8 am – Ward Lake
~ 6 miles – course varies, Entry fee: free for KRC members
Contact: Leigh Woodward
leighanastasia@gmail.com
This is the Ketchikan leg of a cruise ship run. Passengers are running a marathon while docking in various SE Alaska cities. Approximately 100 runners from Holland America cruise, The Westerdam, will be bused to Ward Lake for a ‘real Alaskan run’. Locals are encouraged to participate

Aug 3 Midnight Sun Lazyman Triathlon - Wasilla

Sat Event spans 6/22-8/3, entries accepted thru 6/22
140.7 miles – Ironman Tri over 6 weeks
Entry fee: \$30, enter as individual or team
Contact: Traci Sanders 355-6110
htraci@hotmail.com
Christy Hronkin 232-8871
sites.google.com/site/midnightsunlazymantriathlon/
Experience an Ironman Triathlon at your own pace. Goal is 112 miles bike, 2.5 miles swimming, 26.2 miles running (see log sheet for alternative suggestive activities).
Celebration BBQ August 3

Aug 3 Alaska 5K Classic – Anchorage

Sat Meet 9:30 am – Elderberry Park
* Race time 10 am, Entry fee: \$30
Contact: Jason Hofacker 240-6982
jhofacker@acsedu.org
Jake Moe 602-9210
www.10kclassic.com
Sponsored by: Peak Performers Track Club
The 5K Classic is the USATF 5K
Alaska Road Racing Championship
Proceeds benefit Special Olympics Alaska

Aug 3 Alaska 10K Classic – Anchorage

Sat Meet 9:30 am – APU, Moseley Sports Center
* Race time 10 am, Entry fee: \$30
Contact: Jason Hofacker 240-6982
jhofacker@acsedu.org
Jake Moe 602-9210
www.10kclassic.com
Sponsored by: Peak Performers Track Club
The 10K Classic is the USATF 10K
Alaska Road Racing Championship
Proceeds benefit Special Olympics Alaska

Aug 3 Blueberry Fun Run & Walk – Ketchikan

Sat Meet 8 am – Police Department
* 1 mile kids race, 5 & 10K – out & back,
Race time 9:30 am, 9 am 1 milers & walkers,

Entry fee: \$10/\$7 KRC members, \$40 family
Contact: Lori & Dan Ortiz
ortizd@kpunet.net
Leigh Woodward
leighanastasia@gmail.com
www.ketchikanrunningclub.org
Sponsored by: Ketchikan Running Club

Aug 3
Sat
20th Santa Claus ½ Marathon – North Pole
Race time 8 - 9 am – Flint Hills Refinery
13.1 miles – flat, out & back, Entry fee: \$20
Contact: Charles Patton 719-252-8943
Sponsored by: Flint Hills Resources
Awesome post race BBQ!
A Flint Hills Cup Series Event

Aug 3
Sat
Matanuska Peak Challenge – Palmer
Meet 8 am – Lazy Mountain Parking Lot
14 miles, 9,100' vertical gain
Race time 9 am, Entry fee: \$30
Contact: Braun Kopsack 746-5133
Lance Kopsack 745-5966
www.alaskamountainrunners.org
Sponsored by: Knik Glacier Adventures
No aid stations available. Mandatory gear (windbreaker/
long underwear tops/bottoms, hat, gloves, H2O bottle) required

Aug 3
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, Noon runners
Entry fee \$25/\$20 15 & under, \$30/\$25 race day
Contact: Tim Lebling 224-6399
tim_lebling@alaskasealife.org
Carole Tallman 224-6399
carolet@alaskasealife.org
www.alaskasealife.org
Sponsored by: Alaska SeaLife Center
Entry fee includes t-shirt & admission to ASLC race day
Proceeds benefit the rescue, rehabilitation & release
of Alaska marine animals

Aug 3
Sat
*** CVT High 5 Triathlon – Valdez**
Meet 8:30 am – VHS Parking Lot
440 yd swim, 5.8 mile bike, 1.5 mile run
Race time 9:30 am, Entry fee: None
Contact: Joanne Winney 835-2231
jwinney@CVTC.org
Wendy Clubb 835-5429
Sponsored by: Copper Valley Telecom

Aug 4
Sun
*** 11th 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, after July 6
\$30/\$20 17 yrs & under/\$25 team member, \$15 1K
kids fun run, No team entry after July 20
Contact: Mark Austin 745-4151
mark@muskoxfarm.org
Register on-line @ www.muskoxfarm.org
T-shirt for runners, refreshments, live music after
Proceeds benefit the Palmer Musk Ox Farm

Aug 4
Sun
Yukon River Trail Marathon – Whitehorse
Race time 8:30 am – Check website for updates

Marathon, ½ marathon & relay events – scenic & challenging trails near Yukon River
Entry fee: \$50/\$60 after July 1
Contact: Ken Sylvestre 867-668-7592
yukonmarathon@gmail.com
www.yukonmarathon.com

- Aug 7**
Wed

Salmon Run Series #5 – Soldotna
Meet 5 pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time 6 pm
Entry fee: \$10 on-line/\$15 in person/\$45 series
Contact: Rhonda McCormick 260-5449 x 1203
rhonda@kenaiwatershed.org
Josselyn O'Connor 260-5499 x 1201
www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
Race course differs each week and increases in difficulty
5 series race, all ages, walkers welcome
- Aug 8**
Thu
Steve's Equinox Training #5 – Fairbanks
Meet 6 pm – Top of Ester Dome
9 miles – Equinox Trail Mile 17 – 21.5 – 17
Contact: Karen Harris 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North
- Aug 10**
Sat
Skinny Raven Cross Town Relay – Anchorage
Meet 7-9 am – Kincaid Park
~ 40 miles – out & back, Race time 8-10 am
Contact: Mark Iverson 274-7222
miverson@skinnyraven.com
Brent Knight 274-7222
www.skinnyraven.com
Sponsored by: Skinny Raven
A 10 leg relay from Kincaid to Service High School & back
Grab 10 of your closest friends & run across town & back
- Aug 10**
Sat
AK Int'l Sr Games Track/Field Events – Fairbanks
Meet – various times/distances – Lathrop HS Track
Contact: www.alaskaaisg.org
Sponsored by: Alaska International Senior Games
Must pre-register with AISG & be 50 years & up
- Aug 10**
Sat

Alaska Statehood Fun Run/Walk – Fairbanks
Race time 10 am – Pioneer Park canoe rental area
5.4K, Entry fee: \$20, t-shirts to first 54
Contact: Jill Dolan 978-0112
Phoebe Bredlie 590-4361
www.runningclubnorth.org
Sponsored by: Running Club North & Team in Training
Proceeds benefit Leukemia/Lymphoma Society
- Aug 10**
Sat

Kenai Peninsula Run for Women – Kenai
Meet 9 am – Kenai City Park
5 & 10K – multi-looped certified course thru downtown streets, Race time 10 am
Entry fee: \$20/\$25 race day
Contact: Kathryn Tomrdle 283-9479
leeshoreaa@alaska.net
Jennette Browning 283-9479
www.leeshoreak.org
Sponsored by: The LeeShore Center
Course is wheelchair accessible & certified
- Aug 10**
Sat
Run for the Refuge - Wasilla
Meet 8:30 am - Hayfield Road, Mile 1.3

* 5 & 10K – woodland, some hills, tree roots
Race time 9:15 am, Entry fee: \$15
Contact: APH 357-8712
info@palmerhayflats.org
www.palmerhayflats.org

Sponsored by: Alaskans for Palmer Hay Flats
Helping to raise awareness & stewardship of
Palmer Hay Flats State Game Refuge

Aug 11 **Lexi's Mountain-O – Anchorage**
Sun Meet time 10 am – Upper Huffman Trailhead
* Mountain-O meet, Entry fee: \$8/\$2 kids
Contact: Lexi Hill 230-8082
lexi.hill@gmail.com
www.oalaska.org

Sponsored by: Arctic Orienteering Club
Take Upper Huffman Rd from Hillside Rd, follow
signs to Chugach State Park Upper Huffman Trailhead

Aug 11 **Alaska State Championship Duathlon – Knik**
Sun Meet 8 am – Knik Lake & Knik Bar
5K trail run, 40K road bike, 10K mixed trail/pavement
run, Race time 10 am, Entry fee: \$70 solo
Contact: Andy Duenow 344-2740
ajdino@gci.net
Jason Lamoreaux 929-4835
www.akstatetriathlon.com

Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee,
Skinny Raven Sports & Lead Dog Consulting
Presented by: Alaska Triathlon Club
Olympic distance road duathlon open to everyone
Not big on swimming? Do the Du!

Aug 11 **Alaska State Championship Triathlon – Knik**
Sun Meet 8 am – Knik Lake & Knik Bar
1.5K lake swim, 40K road bike, 10K mixed trail/pavement
run, Race time 10 am, Entry fee: \$70 solo
Contact: Andy Duenow 344-2740
ajdino@gci.net
Jason Lamoreaux 929-4835
www.akstatetriathlon.com

Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee,
Skinny Raven Sports & Lead Dog Consulting
Presented by: Alaska Triathlon Club
Olympic distance road triathlon open to everyone

Aug 11 **3rd 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
Register on-line @ www.jagostreet.com
Prizes for top male & female finishers

Aug 12 **Alaska Int'l Senior Games 5K – Fairbanks**
Mon Race time 6:30 pm – Woodriver Elementary School
Contact: Jane Lanford 687-0769
Don Kiely 455-6749
alaskaisg@gmail.com

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

Aug 14 **Mike & Ruth's Relay-O – Anchorage**
Wed Starts from 5 – 7 pm – UAA Wendy Williamson Parking Lot
* Relay-O meet, Entry fee: \$8/\$2 kids
Contact: Mike Robinson & Ruth Kvernplassen 786-1001
mrobinson@uaa.alaska.edu

www.oalaska.org

Sponsored by: Arctic Orienteering Club
Corner of Providence Dr & Lake Otis
Parkway, pay for parking

- Aug 15 Thu** **Alaska Int'l Senior Games 10K – Fairbanks**
Race time 6:30 pm – Princess Hotel
Contact: Jane Lanford 687-0769
Don Kiely 455-6749
alaskaisg@gmail.com
Sponsored by: Alaska International Senior Games
Must pre-register with AISG & be 50 years & up
- Aug 15 Thu** **Steve's Equinox Training #6 – Fairbanks**
Meet 6 pm – Top of Ester Dome, 9+ miles
Equinox Trail Mile 17 to St Pats & up Ester Dome
Contact: Karen Harris 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North
- Aug 16 Fri** **Anvil 59 Minute 37 Second Challenge – Nome**
Meet 6:45 pm – Base of Anvil Mountain
2.75 miles – 843' climb, Race time 7 pm, Entry fee: None
Must finish under 59 minutes & 37 seconds
Contact: Leo Rasmussen 304-2573
leaknome@alaska.net
John Handeland 443-6587
johnh@njus.org
www.leaknomeak.com
Sponsored by: Rasmussen's Music Mart, Leo & Erna Rasmussen, Volys
- Aug 16 Fri** **Anchorage Running Club's "Big Wild Life Runs" Bib/Package PU & Registration & Expo - Anchorage**
3 – 7 pm – Dena'ina Center
Contact: www.bigwildliferuns.org
- Aug 17 Sat** **Anchorage Running Club's "Big Wild Life Runs" Bib/Package PU, Last Change Reg. & Expo - Anchorage**
9 am – 4 pm – Dena'ina Center
Contact: www.bigwildliferuns.org
- Aug 17 Sat** **Anchorage Running Club's "Big Wild Life Runs" Pasta Feed - Anchorage**
12 Noon – 2:30 pm – Dena'ina Center
Entry fee: \$10/free for volunteers
Contact: sharron@bwlr.org
Purchase on-line or at Bib/Package pick-up
- Aug 17 Sat *** **Anchorage Running Club's "Big Wild Life Runs" The Children's Hospital at Providence's Kids 2K**
Race time 10 am – Delaney Parkstrip
2K - untimed, flat, city streets
Entry fee: Donation, for ages 12 & under
Contact: sharron@bwlr.org
Sponsored by: The Children's Hospital at Providence & ARC
Medals & hats for all
A Healthy Futures Series Event - www.healthyfuturesak.org
- Aug 17 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
Eric Fjelstad 229-5479
www.ernc.org

Sponsored by: Friends of ERNC
Proceeds benefit the Eagle River Nature Center

Aug 17
Sat
Alyeska Classic Mountain Run – Girdwood
Meet 10 am – Alyeska Tram
Race time – 12 Noon, Entry fee: \$30
2 miles – uphill only, 2000' climb, courtesy tram ride down
There will not be an up & down race
Contact: Brian 754-2536
bburnett@alYESKAsort.com
Alyeska Ticket Office 754-2275
Sponsored by: Girdwood Nordic Ski Club
Final race of AK Mountain Runner Grand Prix

Aug 17
Sat
*** Fountain of Youth Pursuit – Soldotna**
Meet 9 am – Tsalteshi Trails
10K – rolling hills
Race time 10 am, Entry fee: \$25
Contact: Adam Reimer 252-3949
tsalteshi@yahoo.com
Mike Crawford 690-3172
www.tsalteshi.org
Sponsored by: Tsalteshi Trails Association
Age & sex graded pursuit; participants given headstarts
based on their age/sex, first runner to cross finish line wins!

Aug 18
Sun
*** Anchorage Running Club's "Big Wild Life Runs"**
Moose's Tooth Marathon, Run/Walk & Bear
Tooth Marathon 4-Person Relay – Anchorage
Meet – 6th Avenue near Town Square
Relatively flat, some hills, & paved trails
Race time 9 am Marathon/Relay, 8 am Marathon Walk
Entry fee: Check website, discount for ARC members/military
Contact: sharron@bwlr.org
www.bigwildliferuns.org
Sponsored by: ARC, Moose's Tooth & Bear Tooth
Early registration ends January 31
USATF certified course, professional timing
No Race Day Registration or Bib Pick-up

Aug 18
Sun
*** Anchorage Running Club's "Big Wild Life Runs"**
Skinny Raven ½ Marathon - Anchorage
Meet – 6th Avenue near Town Square
Relatively flat, some hills, & paved trails
Race time 9:20 am runners/walkers
Entry fee: Check website, discount for ARC members/military
Contact: sharron@bwlr.org
www.bigwildliferuns.org
Sponsored by: ARC & Skinny Raven Sports
Early registration ends January 31
USATF certified course, professional timing
No Race Day Registration or Bib Pick-up

Aug 18
Sun
*** Anchorage Running Club's "Big Wild Life Runs"**
Snow City Café 5K - Anchorage
Meet – 6th Avenue near Town Square
2 loop flat course on downtown streets
Race time 9:40 am runners/walkers
Entry fee: Check website, discount for ARC members/military
Contact: sharron@bwlr.org
www.bigwildliferuns.org
Sponsored by: ARC & Snow City Café
Early registration ends January 31
USATF certified course, professional timing
No Race Day Registration or Bib Pick-up

Aug 18
Granite Tors Trail Run - Fairbanks

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

Aug 18 **Breast Cancer Run - Homer**
Sun Meet 10 am – Bishop's Beach Pavilion
* 1 & 5 miles – road & path, Race time 11 am
Entry fee: Donations/Sponsorships
Contact: Christine Fontaine 235-3436
kbfpc@ak.net
www.kbfpc.org
Sponsored by: Kachemak Bay Family Planning Clinic
Entertainment along route, great food afterwards
Wear pink!

Aug 21 **Eric & Jill's Fabulous-O – Anchorage**
Wed Starts from 5 – 7 pm – Abbott Loop Community Park
* Traditional meet, Entry fee: \$8/\$2 kids
Contact: Eric & Jill Follett 346-2294
jillfollett@gmail.com
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Elmore Rd between 80th & 84th. Meet at ballfield
parking lot (not Chuck Albrecht fields).
Beginner thru advanced courses available

Aug 22 **Steve's Equinox Training #7 – Fairbanks**
Thu Meet 5:30 pm – UAF Patty Center
9.5 miles, Equinox Trail Mile 17 – 26.2 finish
Contact: Karen Harris 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North
Shuttle from Patty Center to Ester Dome

Aug 24 **6th Golden Heart Trail Run - Fairbanks**
Sat Race time 9:30 am – Birch Hill Recreation Area
* 1K 7 & under, 2.5K 8-14 yrs, 5K 15 yrs +
Entry fee: TBA, t-shirts
Contact: John Estle 374-1061
Sponsored by: Seekins Ford
A Flint Hills Cup Series & Junior Series Event

Aug 24 **Deer Mountain Challenge – Ketchikan**
Sat Race time 9 am – Tatsuda's
3,100' climb, Entry fee: None
Contact: Tom Fowler 617-3736
Do like pain in the morning? Then the Deer Mountain
Challenge is for you!

Aug 24 **Lost Lake Breath of Life Run – Seward**
Sat Meet 6 am – Bear Creek Fire Station, Mile 6
Transportation provided to start
Race time 8 am walkers, 10 am runners
16 miles – mountain trail, peak elevation 2,100'
Entry fee: \$100
Contact: Patrick K. Simpson 563-3474
patrick.k.simpson@gmail.com
Sponsored by: CF Foundation & Lost Lake Run, Inc
On-line registration begins April 1 @ www.lostlakerun.org
Event sells out quickly, so register early
BBQ and awards afterwards, t-shirts to finishers
Proceeds benefit those with Cystic Fibrosis

- Aug 25
Sun** **Equinox Training Run – Fairbanks**
Meet 9 am – Ann’s Greenhouse pull-out
11 or 16 miles – Ester Dome
Contact: Karen Harris 378-8503
www.runningclubnorth.org
Sponsored by: Running Club North
- Aug 28
Wed
*** **Toby’s Annual Meeting-O – Anchorage**
Mass Start 6:30 pm – APU Moseley Sports Center
Score-O meet, Entry fee: \$8/\$2 kids
Contact: Toby Schwoerer 786-5404
toschwo@gmail.com
www.oalaska.org
Sponsored by: Arctic Orienteering Club
From Providence Dr follow controls east thru
APU Campus to start
- Aug 29
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
Sponsored by: Running Club North
Northern Trail Series Event #7
- Aug 31
Sat** **2nd Tanana Triathlon – Fairbanks**
Race time 12 Noon – Tanana Lakes Recreation Area
.5 mile, 20 mile bike, 3.1 mile run
Entry fee: \$35 + \$12 insurance + \$5 entry/car
Contact: Mike Golub 347-4363
migolub@alaska.edu
Sponsored by: Alaska’s Sourdough Triathlon
Teams available, mountain bike
- Sept
TBD
*** **North Anchorage Elementary Cross-Country
Jamboree – Anchorage**
Meet TBD – Bartlett High School
1 mile fun run – rolling hills, trail, K- 6th grade
Staggered starts for different age groups
Race time TBD - check website for updates
Entry fee: None
Contact: Melanie Sutton
sutton_melanie@asdk12.org
Sponsored by: Anchorage School District
Event will take place towards the end of the month
A Healthy Futures Series Event - www.healthyfuturesak.org
- Sept
TBD
*** **South Anchorage Elementary Cross-Country
Jamboree – Anchorage**
Meet TBD – Service High School
1 mile fun run – XC trails, K- 6th grade
Staggered starts for different age groups
Race time TBD - check website for updates
Entry fee: None
Contact: Melanie Sutton
sutton_melanie@asdk12.org
Sponsored by: Anchorage School District
Event will take place Sat towards the end of the month
A Healthy Futures Series Event - www.healthyfuturesak.org
- Sept
TBD
*** **Beach Lake Trails Cross Country Jamboree - Chugiak**
Meet TBD – Chugiak High School
1 mile fun run – various terrain, hills & trails, K- 6th grade
Staggered starts for different age groups
Race time TBD - check website for updates

Entry fee: None
Contact: Melanie Sutton
sutton_melanie@asdk12.org
Sponsored by: Anchorage School District
Event will take place towards the end of the month
A Healthy Futures Series Event - www.healthyfuturesak.org

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

**Sept
Thu** **Valley Women’s Running Team – Palmer**
Meet 6 pm – Check website
Trail runs – various locations around the valley
Contact: Rhonda Knopp 355-6258
knopp@mtaonline.net
Norm Rousey
coachrousey@hotmail.com
www.vwrt.org
Sponsored by: Valley Women’s Running Team
Runners of all ability levels welcome
Trail runs every Thursday thru September

**Sept 2
Mon** **Labor Day**

**Sept 2
Mon** **Labor Day Run - Fairbanks**
Race time 12:30 pm – SE corner Pioneer Park
* 5K – along Chena River, Entry fee: \$20/\$25 race day
Contact: Kevin Brinegar 378-8897
Chad Carroll 458-7173
www.lathroprunning.com
Sponsored by: Running Club North
Register at Beaver Sports, t-shirts to first 100 entrants

**Sept 2
Mon** **The Great Bathtub Race – Nome**
Meet 11:45 am – City Hall, Front Street
~ 123.456 Yards – City Hall to Post Office
Race time High Noon, Entry fee: \$25/team
Run with bathtub on wheels down Front Street
Contact: Leo Rasmussen 304-2573
leaknome@alaska.com
John Handeland 443-6587
johnh@njus.org
www.leaknomeak.com
Sponsored by: Rasmussen’s Music Mart, Leo &
Erna Rasmussen, Voly
5 members – 4 propellers & 1 in bathtub
Trophies for winning team members

**Sept 2
Mon** **Labor Day Fun Run - Valdez**
* Meet 10:30 am – Black Gold Parkstrip, E end
1, 3 & 5K – multi-terrain, out & back
Race time 11 am, Entry fee: None
Contact: Wendy Clubb 835-5429
wclubb@ci.valdez.ak.us
<http://www.ci.valdez.ak.us/index.aspx?nid=149>
Sponsored by: City of Valdez Parks & Recreation
Prizes for top finisher in each race distance

**Sept 6
& 7
Fri &** **Klondike Trail of '98 International Road Relay –
Skagway, AK to Whitehorse, YT**
Race time 7 pm & 30 min intervals (Pacific Time)

- Sat** 175K/110 miles, leg distances vary (9K/5.6 miles to 25.6K/16 miles) 10 legs, teams of 6 - 10
 Contact: Sport Yukon 867-393-8334
mfreese@sportyukon.com
www.klondikeroadrealay.com
- Sept 7
Sat
*** **Dog Dash & Dawdle – Chugiak**
 Race time 11 am – Chugiak Benefits Association Building
 5 & 10K, 1 mile walk – paved trail, Entry fee: Check website
 Contact: Patti Runyan
otccdddevent@yahoo.com
www.otccalaska.com
 Sponsored by: Obedience Training Club of Chugiak
 Come run or walk with your leashed canine friend
 Proceeds benefit the Roscoe Fund, which assists owners or rescue animals in need of emergency medical treatment
- Sept 7
Sat** **Arctic Cross Series Race #1 – Anchorage**
 Meet 10 am – Location TBA
 Laps - circuit, 1-2 miles
 Race time 11 am & Noon, Entry fee: \$15
 Contact: Bruce Ross 230-7635
akprint@alaska.net
 John Lackey 406-581-0588
www.arcticcross.org
 Season opening race. Cyclocross is an event which combines bike riding and running over obstacles.
 The best way to cross train before the ski season
- Sept 7
Sat
*** **Delta Junction 5K – Delta Junction**
 Race time TBD – DJ XC Course off Milton Rd
 5K – mostly flat, 4x trails, Entry fee: \$15/\$20 race day
 \$50 all four XC series events
 Contact: Roger Sayre 699-7100
rwsayre@hotmail.com
 Sponsored by: FAST & Fairbanks Youth Track
 XC Series Event #1
- Sept 7
Sat** **Kesugi Ridge Traverse – Denali State Park**
 Meet mile 147 Parks Highway
 27.5 mile crossing of Kesugi Ridge, Little Coal Creek to Byers Lake, very difficult ridge traverse
 Contact: wilrunco@gmail.com
www.willowrunningcompany.com
 Sponsored by: Willow Running Company
 Visit website for details and to sign up
- Sept 7
Sat** **Alaska Nanooks Ester Dome 5K – Fairbanks**
 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 10
Tue
*** **Bonny Sosa Tuesday Night Race Series - 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 season pass
 Late fees apply for race day on-site registration
 Contact: Outdoor Recreation 343-4217
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.active.com/running

On-line registration ends 12:30 pm race day,
A Healthy Futures Series Event – www.healthyfuturesak.org

- Sept 12**
Thu
*
Golden Leaf 8K – Fairbanks
Race time 6 pm – UAF Timing Hut, West Ridge
Rolling hills, roots & trails, Entry fee: \$15/\$20 race day
\$50 all four XC series events,
Contact: Roger Sayre 699-7100
rwsayre@hotmail.com
Sponsored by: FAST & Fairbanks Youth Track
XC Series Event #2
- Sept 14**
Sat
*
Anchorage Heart Walk – Anchorage
Meet 9 am – Delaney Park Strip
5K – paved, Delaney Park Strip &
Coastal Trail, Walk time 10 am
Contact: Meredith McDaniel-Stroh 865-5300
meredith.mcdaniel-stroh@heart.org
Denise Tillotson 865-5303
www.anchorageheartwalk.org
Fun, non-competitive event for all ages & abilities
Proceeds benefit the American Heart Association
- Sept 14**
Sat
*
Kincaid Fall Fun Run – Anchorage
Meet Kincaid Elementary School
¾ mile K-2nd grades, 1.5 miles 3rd-6th grades
Race time 10 am K-2nd grades, 10:30 am 3rd-4th grades,
11 am 5th-6th grades – parents welcome to participate
Contact: Tim Akin
akin_tim@asdk12.org
Sponsored by: Healthy Futures
Race designed to get kids ready for Elementary Jamborees
Medals for all kids, team trophy for grades 5th-6th
A Healthy Futures Series Event – www.healthyfuturesak.org
- Sept 14**
Sat
Arctic Cross Series Race #2 – Anchorage
Meet 10 am – Location TBA
Laps – circuit. 1-2 miles
Race time 11 am & Noon, Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
www.arcticcross.org
Cyclocross is a sport which combines bike riding and running
over obstacles, the best way to cross train before ski season.
- Sept 14**
Sat
*
Troth Yeddha Run for the Park – Fairbanks
Race time 10 am – Troth Yeddha Park, UAF
Entry fee: \$20, donations accepted
Contact: Pete Pinney 978-0425
Sarah McConnell 474-6080
Sponsored by: Running Club North
- Sept 14**
Sat
Alyeska Climbathon – Girdwood
Meet 8 am – Base of Alyeska Tramway
2.2+ - North Face Hiking Trail
Race time – 9 am – 6 pm, most laps wins
Entry fee: \$30
Contact: Brian Burnett 754-2536
bburnett@alyeskaresort.com
Alyeska Ticket Office 754-2275
Sponsored by: Alyeska Resort
- Sept 14**
Sat
*
Tustumena Fun Run - Kasilof
Meet 10:30 am – Tustumena Elem School Parking Lot
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: Carolyn Roush 262-1894
alaskarolyn@live.com
Proceeds benefit student activities at Tustumena School

- Sept 15
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: \$15 ASC members/\$20 non
Contact: Becky Voris 243-5234
vorisrebecca@alaska.net
ASC Hotline 349-WOOF (9663)
www.skijoring.org
Sponsored by: Anchorage Skijor Club
One dog on leash, dog license & vaccines required.
Junior class available if 5 participants
Anchorage's only "cannicross" event
- Sept 17
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 season pass
Late fees apply for race day on-site registration
Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
Register on-line @ www.active.com/running
On-line registration ends 12:30 pm race day,
A Healthy Futures Series Event – www.healthyfuturesak.org
- Sept 19
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
Sponsored by: Running Club North
Register on-line @ www.equinoxmarathon.org
- Sept 20
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
Sponsored by: Running Club North
Register on-line @ www.equinoxmarathon.org
- Sept 21
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: varies – check website
Contact: Kristie Lemmon 333-2257
kristie@alaskakidney.org
www.alaskakidney.org
Sponsored by: Alaska Kidney Patients Association
To promote organ & tissue donation in Alaska, to honor
the lives of organ & tissue donors, celebrate the lives
of organ & tissue recipients & recognizes those who
continue to wait for a life saving transplant.
Proceeds benefit Alaska Kidney Patients Association
- Sept 21** **Arctic Cross Series Race #3 – Anchorage**

- Sat** Meet 10 am – Location TBA
Laps – circuit. 1-2 miles
Race time 11 am & Noon, Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
www.arcticcross.org
Cyclocross is a sport which combines bike riding and running over obstacles, the best way to cross train before ski season
- Sept 21** **51st Equinox Marathon, 22nd Marathon Relay**
Sat **& 5th Annual Equinox Ultramarathon – Fairbanks**
Race time 8 am – UAF Patty Center
26.2 miles & 64K – hilly, 3-person relays
Contact: Susan Kramer 590-5086
John Estle 347-1061
www.runningclubnorth.org
Sponsored by: Running Club North
Register on-line @ www.equinoxmarathon.org
One of America's toughest marathons
A Flint Hills Cup Series Event
- Sept 21** **11th Kid's Equinox – Fairbanks**
Sat Race time 9 am – UAF Patty Center
* Final 1.2 miles of a 5 week times-
5 miles a week effort, Entry fee: \$12
Contact: Tracey Martinson 474-8358
Monte Jordan 451-8696
www.runningclubnorth.org
Sponsored by: Running Club North
- Sept 22** **22nd Annual Tony's Run Marathon – Dillingham**
Sun Meet 12:15 pm – Lake Road, Mile 19
26.2 miles – paved, hilly, USAT&F certified
Race time 1 pm, Entry fee: \$25
Contact: Lisa Haggbloom 842-2320
records@safebristolbay.org
www.safebristolbay.org
Sponsored by: SAFE, Nushagak Cooperative, N & N Market, AC Company, Ram Auto & more
Open to runners & rollers
- Sept 22** **22nd Annual Tony's Run Half-Marathon – Dillingham**
Sun Meet 1:15 pm – Mile 5.6 Lake Road
* 13.1 miles – paved, hilly, USAT&F certified
Race time 2 pm, Entry fee: \$25
Contact: Lisa Haggbloom 842-2320
records@safebristolbay.org
www.safebristolbay.org
Sponsored by: SAFE, Nushagak Cooperative, N & N Market, AC Company, Ram Auto & more
Open to runners, rollers & walkers
- Sept 22** **22nd Annual Tony's Run 10K – Dillingham**
Sun Meet 2:15 pm – Mile 3.6 Kanakanak Road
* 10K – paved, hilly, weather can be windy
Race time 3 pm, Entry fee: \$25
Contact: Lisa Haggbloom 842-2320
records@safebristolbay.org
www.safebristolbay.org
Sponsored by: SAFE, Nushagak Cooperative, N & N Market, AC Company, Ram Auto & more
Open to runners, rollers & walkers
- Sept 22** **22nd Annual Tony's Run 5K – Dillingham**
Sun Meet 3:15 pm – Mile 3.2 Kanakanak Road
* 5K – paved, hilly, weather can be windy

Race time 4 pm, Entry fee: \$25
Contact: Lisa Haggblom 842-2320
records@safebristolbay.org
www.safebristolbay.org
Sponsored by: SAFE, Nushagak Cooperative, N & N Market,
AC Company, Ram Auto & more
Open to runners, rollers & walkers

Sept 22
Sun
Tram to Tram Run – Girdwood
Meet 2 pm – Base of Alyeska Tramway
5 miles – Winner Creek Trail
Race time 3 pm, Entry fee: \$30
Contact: Brian Burnett 754-2536
bburnett@alyskaresort.com
Alyeska Ticket Office 754-2275
Sponsored by: Alyeska Resort
Fund raiser for trail improvements

Sept 24
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 season pass
Late fees apply for race day on-site registration
Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
Register on-line @ www.active.com/running
On-line registration ends 12:30 pm race day
A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 28
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
Sponsored by: Bristol Bay Native Corporation &
Anchorage Running Club
Benefit for Bean's Cafe & Brother Francis Shelter
A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 28
Sat
Arctic Cross Series Race #4 – Anchorage
Meet 10 am – Location TBA
Laps - circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
www.arcticcross.org
Cyclocross is a sport which combines bike riding and running
over obstacles, the best way to cross train before ski season.

Sept 28
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
Tasha Bergt
bergt_natasha@asdk12.org
Sponsored by: Healthy Futures
An event suitable for the entire family
A Healthy Futures Series Event – www.healthyfuturesak.org

- Sept 29 Sun *** **Kenai River Marathon – Kenai**
 Meet 8 am – Kenai Visitors/Cultural Center
 26.2 miles – flat, fast, paved, scenic
 Race time 9 am, Entry fee: Check website
 Contact: Bob Frates 283-3692
bfrates@ci.kenai.ak.us
 KCVB 283-1991
 Sponsored by: City of Kenai, Kenai Visitors & Cultural Center/Chamber of Commerce
 Half & relay marathon courses available
 Register on-line @ www.kenairivermarathon.org
 Toast your accomplishments afterwards with locally brewed beer
- Oct Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Oct Wed** **ARC Wed Night Run at The Dome – Anchorage**
 Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Oct Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Oct 1 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 season pass
 Late fees apply for race day on-site registration
 Contact: Outdoor Recreation 343-4217
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.active.com/running
 On-line registration ends 12:30 pm race day,
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 1 Tue *** **Birch Hill 10K - Fairbanks**
 Race time 6 pm – Birch Hill Recreation Area
 Challenging & interesting, Entry fee: \$15/\$20 race day
 Contact: Roger Sayre 699-7100
rwsayre@hotmail.com
 Sponsored by: FAST & Fairbanks Youth Track
 \$75 for first male & female runners!
 XC Series Event #3
- Oct 5 Sat *** **Making Strides Against Breast Cancer – Anchorage**
 Registration 9 am – Delaney Park Strip
 3 miles, Opening Ceremonies 10 am, Entry fee: Free
 Contact: Sarah Robinson 273-2075

sarah.robinson@cancer.org
www.anchoragestrides.org

Making Strides is not a race, it is a celebration of survivorship, an occasion to express hope, and a shared goal to end a disease that threatens the lives of so many people we love. Help raise money to fund breast cancer research, resources and assistance to patients in Alaska

Oct 5
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: AEclubUAA@gmail.com
www.AEclubUAA.com
Sponsored by: AE Club at UAA
Proceeds benefit Habitat for Humanity

Oct 5
Sat
*

Trond's Fall-O – Anchorage

Starts from 11 am – 2 pm – Abbott Loop Community Park
Traditional meet, Entry fee: \$8/\$2 kids
Contact: Trond Jensen 575-5706
trond.b.jensen@conocophillips.com
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Elmore Rd between 80th & 84th. Meet at ballfield parking
lot (not Chuck Albrecht fields).
Beginner thru advanced courses available

Oct 5
Sat

Arctic Cross Series Race #5 – Anchorage

Meet 10 am – Location TBA
Laps - circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
www.arcticcross.org
Cyclocross is a sport which combines bike riding and running
over obstacles, the best way to cross train before ski season.

Oct 5
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
Sponsored by: Running Club North
Post race refreshments

Oct 5
Sat

Run to the Alter Half Marathon – Homer

Race time 10 am – Homer High School
13.1 miles – hilly, trails, Entry fee: None
Contact: Megan Spurland
megancorazza@hotmail.com
Sponsored by: Kachemak Bay Running Club
Day of registration day begins 8:30 am
Check our Run to the Alter Facebook page for race
updates, map and results

Oct 6
Sun
*

Readers on the Run – Fairbanks

Race time 11 am – John Trigg Ester Library Gazebo
5K walk/run, Entry fee: \$20 w/t-shirt, \$10 without
Contact: Ed Rouleau 347-1208
Melinda Harris 378-6744
Sponsored by: John Trigg Ester Library
Proceeds benefit John Trigg Ester Library

- Oct 6 Sun *** **Hay Bale & Heath 6K - Fairbanks**
 Race time 1 pm – Dog Mushers Hall
 European style circuit, Entry fee: \$15/\$20 race day
 \$50 all four XC series events
 Contact: Roger Sayre 374-8105 / 699-7100
rwsayre@hotmail.com
 Sponsored by: FAST & Fairbanks Youth Track
 XC Series Event #4
- Oct 7 Mon** **Columbus Day Observed**
- Oct 8 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 season pass
 Late fees apply for race day on-site registration
 Contact: Outdoor Recreation 343-4217
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.active.com/running
 On-line registration ends 12:30 pm race day,
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 9 Wed *** **Bill & Dela's Night-O – Anchorage**
 Mass Start 7:30 pm – APU Moseley Sports Center
 Night-O meet, Entry fee: \$8/\$2 kids
 Contact: Bill Johnson/Dela Grey 952-0518
bjohnson@crweng.com
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 From Providence Dr follow controls east thru APU
 Campus to start
- Oct 9 Wed *** **USATF Alaska Association Cross Country Championships – Anchorage**
 Meet 4 pm – Anchorage Christian School Parking Lot
 3K – thru age 12, 5K ages 13 and up
 Entry fee: \$7/\$10 race day, Race time 5 pm
 Contact: Jason Hofacker 337-9575 ext. 7
jhofacker@acsedu.org
www.usatf.org/assoc/ak/events.htm
 Sponsored by: Klondike Advertising
 Visit website for details & entry forms
 A USA Track & Field Sanctioned Event
- Oct 11 Fri** **Arctic Cross Series Race #6 – Anchorage**
 Meet 5:30 pm – Location TBA
 Laps - circuit, 1-2 miles, Race time 6:30
 Entry fee: \$15
 Contact: Bruce Ross 230-7635
akprint@alaska.net
 John Lackey 406-581-0588
www.arcticcross.org
 Cyclocross is a sport which combines bike riding and running
 over obstacles, the best way to cross train before ski season.
- Oct 12 Sat *** **Zombie ½ Marathon - Anchorage**
 Race time 10 am – Goose Lake to Kincaid Park
 Coastal Trail – run with the zombies
 Contact: info@anchoragerunningclub.org
 Register on-line @ www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club & Skinny Raven Sports

- Oct 12 Sat *** **Kids Zombie Mini 2.5K - Anchorage**
 Race time 12 Noon – Kincaid Park
 Contact: info@anchoragerunningclub.org
 Register on-line @ www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club, Skinny Raven
 Sports & Girls on the Run
 Costumes and lots of fun
 A Healthy Futures Series Event – www.healthyfutures.ak.org
- Oct 12 Sat** **Arctic Cross Series Race #7 – Anchorage**
 Meet 3 pm – Location TBA
 Laps - circuit, 1-2 miles, Race time 4 & 5 pm
 Entry fee: \$15
 Contact: Bruce Ross 230-7635
akprint@alaska.net
 John Lackey 406-581-0588
www.arcticcross.org
 Season finale race & awards party. Cyclocross is a sport which combines bike riding and running over obstacles, the best way to cross train before ski season.
- Oct 12 Sat *** **Run The Rock – Kodiak**
 Meet 11 am – Bear Valley Golf Course
 5K – flat, paved, Race time 12:30 pm
 Entry fee: \$15/\$20 late
 Contact: Pam Foreman 486-3181
pam@kmxt.org
 Sponsored by: Kodiak Public Broadcasting Corp
 Serious runners, joggers, walkers welcome
 Register on-line @ www.kmxt.org/run_the_rock/
 Post race BBQ included
- Oct 12 Sat *** **Run The Rock – Kodiak**
 Meet 9:30 am – Bear Valley Golf Course
 10K – mountain pass, out & back, unpaved road
 Race time 10 am, Entry fee: \$25/\$30 late
 Contact: Pam Foreman 486-3181
pam@kmxt.org
 Sponsored by: Kodiak Public Broadcasting Corp
 Serious runners, joggers, walkers welcome
 Register on-line @ www.kmxt.org/run_the_rock/
 Pre-race spaghetti feed & post-race BBQ included
- Oct 12 Sat *** **Run The Rock – Kodiak**
 Meet 9:30 am – Bear Valley Golf Course
 13.1 miles – mountain pass, out & back, unpaved road, Race time 10 am, Entry fee: \$40/\$45 late
 Contact: Pam Foreman 486-3181
pam@kmxt.org
 Sponsored by: Kodiak Public Broadcasting Corp
 Register on-line @ www.kmxt.org/run_the_rock/
 Pre race spaghetti feed & post race BBQ included
- Oct 12 Sat *** **Run The Rock – Kodiak**
 Meet 7:30 am – Entrance of Fisheries Research Center
 26.2 miles – varied, challenging, scenic, on road, half paved
 Ends at golf course pro shop
 Race time 8 am, Entry fee: \$60/\$65 late
 Contact: Pam Foreman 486-3181
pam@kmxt.org
 Sponsored by: Kodiak Public Broadcasting Corp
 Register on-line @ www.kmxt.org/run_the_rock/
 Pre race spaghetti feed & post race BBQ included
- Oct 14 Mon** **Columbus Day**
- Oct 15** **Bonny Sosa Tuesday Night Race Series – Anchorage**

- Tue *** Meet 5:30 pm – Check website
Distances up to 10K, Race time 6:30 pm
Entry fee: \$5/\$2 kids/\$10 family or \$30 family/\$60 adult season pass
Late fees apply for race day on-site registration
Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation Farm, Lightning & Munchkin Leagues
Register on-line @ www.active.com/running
On-line registration ends 12:30 pm race day,
A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 16 Wed** **RCN Annual Membership Meeting – Fairbanks**
Meet 6:30 pm – AK Dog Musher's 4M Farmers Loop
Contact: Gary Pohl 388-8085
Bob Vitale 322-0117
www.runningclubnorth.org
Meeting to set 2013 running schedule & election
- Oct 19 Sat *** **River Walk for Justice – Anchorage**
Meet 8:30 am – H2Oasis
River at H2Oasis, Walk time 8:30 – 11:30 am
Entry fee: \$25
Contact: Susan Sullivan 278-0986
ssullivan@victimsforjustice.org
www.victimsforjustice.org
Sponsored by: Victims for Justice
Walk or run in the moving water & enjoy other activities at the water park. Prizes & airline tickets
Proceeds benefit Victims for Justice
- Oct 19 Sat** **RCN Awards Social/Potluck – Fairbanks**
Meet 6 pm – Harper Building, 4280 Geist Road
Contact: Bob Vitale 322-0117
Sarah McConnell
ssmccannel@alaska.edu
www.runningclubnorth.org
Sponsored by: Running Club North
- Oct 22 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 season pass
Late fees apply for race day on-site registration
Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation Farm, Lightning & Munchkin Leagues
Register on-line @ www.active.com/running
On-line registration ends 12:30 pm race day,
A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 26 Sat *** **Skinny Raven Frightening 4K – Anchorage**
Meet 10 am – Captain Cook Hotel
4K – out & back, Race time 11 am
Contact: Mark Iverson 274-7222
miverson@skinnyraven.com
Brent Knight 274-7222
www.skinnyraven.com
Sponsored by: Skinny Raven
Costume contest & trick-or-treat aid stations
- Oct 26 Sat *** **32nd Halloween Family Run – Fairbanks**
Race time 10 am – UAF Patty Center
2 & 10 miles – paved, short flat or long hilly

Great for kids, Entry fee: None
Contact: Jane Leblond 479-3910
www.runningclubnorth.org
Sponsored by: Running Club North
Time bonus for Halloween costumes!

Oct 29
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 season pass
Late fees apply for race day on-site registration
Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
Register on-line @ www.active.com/running
On-line registration ends 12:30 pm race day,
A Healthy Futures Series Event – www.healthyfuturesak.org

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

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
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
Sponsored by: Running Club North

Nov 2
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
Contact: Jane Lanford 687-0769
www.runningclubnorth.org
Sponsored by: Running Club North

Nov 3
Sun
Daylight Saving Time ends
It's OK to arrive early. You can help set up!

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

Nov 10
Sun
*
4th Annual Kidney Walk – Anchorage
Meet 1 pm – Sullivan Arena
5K – inside, Walk time 2 pm

Contact: Kristie Lemmon 333-2257
kristie@alaskakidney.org
www.alaskakidney.org
Sponsored by: Alaska Kidney Patients Association
Fun, non-competitive for all ages & abilities
Proceeds benefit Alaska Kidney Patients Association
to fight kidney disease in Alaska

Nov 11
Mon **Veteran's Day**

Nov 13
Wed **2014 Runner's Calendar Meeting – Anchorage**
Meet 6 pm – Selkregg Chalet (Russian Jack Springs)
Meeting to set the 2014 running schedule, vote on cover
Race information deadline Dec 4, Ads Dec 17
Contact: Cindy Liggett 343-4599/fax 249-7614
liggettck@muni.org
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
P O Box 196650, Anchorage, AK 99519-6650
Snacks & drinks provided

Nov 16
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
Sponsored by: Running Club North
Predicted time, no watches, prizes

Nov 16
Sat
* **6th Annual Go for the Gravy - Wasilla**
Meet 9 am – Wasilla High School
3K, 5K & Indoor Kids Run, Race time 10 am
Kids Fun Run 10:45 am, Entry fee: Check website
Contact: Jennifer Ward 745-2223
jennifer.ward@matsuk12.us
Veronica Wolf 745-2223
www.fronteras-k8.us
Sponsored by: Fronteras Spanish Immersion Charter School
Proceeds benefit My House, serving the needs of the homeless
& Runaway Teens throughout the Mat-Su Valley
A Healthy Futures Series Event – www.healthyfuturesak.org

Nov 28
Thu **Thanksgiving Day**

Nov 28
Thu
* **Skinny Raven Turkey Trot – Anchorage**
Meet 10 am – Skinny Raven
2 & 5K – 2 loop course, Race time 11 am
Contact: Mark Iverson 274-7222
miverson@skinnyraven.com
Brent Knight 274-7222
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
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail

- Dec Wed** **ARC Wed Night Run at The Dome – Anchorage**
 Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
 www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Dec Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
 www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Dec 7 Sat** **Heart of Darkness Snowshoe Race – Fairbanks**
 Race time 12 Noon – 1058 Pika Rd off Moose Trail
 4 & 7K – hilly, run regardless of temperature
 Contact: Andy Holland 479-4444
 Jim Brader 452-4986
 www.runningclubnorth.org
 Sponsored by: Running Club North
 Extra snowshoes available
- Dec 14 Sat** **Jingle Bell Run/Walk – Anchorage**
 Meet 9:30 am – UAA
 Contact: Ann Campione 277-2784
 acampione@arthritis.org
 www.AnchorageJingleBellRun.com
 www.arthritis.org
 Sponsored by: Arthritis Foundation
- Dec 14 Sat** **Solstice Snowshoe Shuffle – Fairbanks**
 Race time 12 Noon – Morris Thompson Cultural Center
 1 mile – extra snowshoes available
 Contact: Chad Carroll 458-7173
 www.lathroprunning.com
- Dec 15 Sun** **Colony Christmas Triathlon – Palmer**
 Registration 9 am – Peak Fitness Inc
 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 746-3305 / 775-1167
 Sarah Henslee 746-3305
 peak@mtaonline.net
 Sponsored by: Peak Fitness Inc & Mat-Su Health Foundation
 May be substituted with cross country skiing if too much snow
 Family friendly & fun, for the enthusiast or the novice
- Dec 21 Sat** **26th Annual George Bloom Memorial Mid-Day Sun Fun Run – Fairbanks**
 Race time 11 am – UAF Patty Center
 6.5 miles – hilly, run regardless of temperature
 Contact: David Bloom 452-5441
 Frank Ganley 452-1369
 www.runningclubnorth.org
 Sponsored by: Running Club North
- Dec 21 Sat** **End of Days Fun Run Series Final – Anchorage**
 Meet 9:30 am – UAA Central Parking Garage
 * 5K & ½ Marathon, Race time 10:14 am ½, 11:14 am 5K
 Entry fee: \$25/\$35 race day 5K, \$30/\$40 race day ½
 Contact: AEclubUAA@gmail.com
 www.AEclubUAA.com
 Printed t-shirts

- Dec 21 Sat** **Winter Solstice Distance Festival – Willow**
 5K, 13.1, 26.2 & 50 mile distances
 Groomed winter trails in & around Willow
 Contact: wilrunco@gmail.com
www.willowrunningcompany.com
 Sponsored by: Willow Running Company
 Visit website for details and to sign up
- Dec 25 Wed** **Christmas Day**
- Dec 28 Sat** **Dawn to Dusk – Fairbanks**
 Race time 10:58 am to 2:48 pm – Location TBD
 Contact: Mike Golub 347-4363
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
- Dec 31 Tue** **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
 Sponsored by: Running Club North

2014 Races

- Jan Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- 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
 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
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Jan 1 Wed** **New Years Day**
- Jan 4 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
www.chainreactioncycles.us
 Sponsored by: Chain Reaction Cycles

- Jan 4 Sat** **Moose Mountain Snowshoe Challenge – Fairbanks**
 Race time 12 Noon – 2875 Monteverde Rd
 5 & 8K – challenging single track trails
 Contact: Chad Carroll 458-7173
www.runningclubnorth.org
 Sponsored by: Running Club North
 Extra snowshoes available
- Jan 11 Sat *** **34th Airport Run – Fairbanks**
 Race time 11 am – Pike's Landing
 4 & 8 miles – flat out & back
 Run regardless of temperature
 Entry fee: None, free ice fog
 Contact: Bob Vitale 322-0117
www.runningclubnorth.org
 Sponsored by: Running Club North
- Jan 20 Mon** **Martin Luther King Jr Day**
- Jan 18 Sat *** **Emily's Memorial Snowshoe Run – Fairbanks**
 Race time 12 Noon – Isberg & Cripple Creek Rds
 2 miles, run regardless of temperature
 Contact: Ariana Graf 451-0817
www.runningclubnorth.org
 Sponsored by: Running Club North
 Extra snowshoes available, hot chocolate & more
- Feb Wed** **"Run or Walk With Friends" – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Feb Wed** **ARC Wed Night Run at The Dome – Anchorage**
 Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends every Wednesday thru March
- Feb Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet 5:45 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Feb 1 Sat *** **Frostbite 5K – Willow**
 Meet 9 am – Willow Community Center
 5K – winter trails, Race time 10 am, Entry fee: \$15
 Contact: Andrea Hambach 495-2205
andreambach722@yahoo.com
 Yvonne Leutwyler
yvonneleutwyler@yahoo.com
www.willowraceseries.com or Facebook
 Sponsored by: Willow Running Club
 Participant prizes and pink cheeks guaranteed

Feb 15 **Little Su 50K – Point MacKenzie**
Sat Meet 10 am – Point MacKenzie General Store
XC course across lakes & woodlands
Race time 11 am, Entry fee: Check website
Rita Wade 345-2282
info@susitna100.com
Pam Richter 346-1220
www.susitna100.com
1 checkpoint with warm water, check website for
required gear. T-shirt, finisher award & post-race pizza party

Feb 15 - **Susitna 100 – Point MacKenzie**
Feb 17 Meet 8 am – Point MacKenzie General Store
Sat - 100 miles – XC across rivers & woodlands
Mon Race time 9 am, Entry fee: Check website
Contact: Rita Wade 345-2282
info@susitna100.com
Pam Richter 346-1220
www.susitna100.com
5 checkpoints with warm water available
15# of survival gear & food required to be carried over
entire course. T-shirt, finisher award & post-race pizza party

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

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

For Eagle River – 343-1500 or seversenrl@muni.org

For Girdwood – 783-8146 or lazarusjv@mui.org