



[Click Here](#) to Register for your season pass!

Bonny Sosa Tuesday Night Race Series

For many Anchorage families, the **BONNY SOSA TUESDAY NIGHT RACE SERIES** is a fall family tradition. These fun runs are like no other in Anchorage. Come rain, snow, sleet, hail or wind, these races are not cancelled. Whether you are a competitive runner or just want to get out and see a new trail or meet new friends, this is the event for you. Three separate race courses are set each week at a different location around town.

9/6 Kincaid Park	10/4 East H.S.	11/1 Kincaid Park
9/13 Cartee Fields	10/11 Bartlett H.S.	
9/20 Service H.S.	10/18 Service H.S.	
9/27 Kincaid Park	10/25 Kincaid Park	

facebook

Name:
Bonny Sosa
Tuesday Night Race
Series



Like us on Facebook and upload all your favorite Tuesday Night running stories and photos

Fall Programs

Fall Program Registration has begun! [Click Here](#) to view the exciting, full listing of classes!

Zumba

Are you ready to party into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to follow, Latin-inspired, calorie-burning dance fitness party, that moves people toward joy and health. Every class feels like a party! Come join me and you'll see what I mean. You don't have to know how to dance. Just move your body and follow my lead. It's easy! Come try it, I guarantee you will have a blast! I look forward to meeting you! Ages 13+

Zumba Gold

Are you ready to party into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to follow, Latin-inspired, calorie-burning dance fitness party, that moves people toward joy and health. Every class feels like a party! Come join me and you'll see what I mean. You don't have to know how to dance. Just move your body and follow my lead. It's easy! Come try it, I guarantee you will have a blast! I look forward to meeting you! Ages 55+

Zumba Atomic

Using dance, music, and exercise to promote a fun, healthy program for children using the ZUMBA fitness concept to intrigue children to watch, learn, and choose a path toward a healthy lifestyle. Ages 4-12

Karate and Aikido

Japan Marital Arts offer two complimentary styles Karate and Aikido: Karate uses kicks, hand strikes, and soft blocks for defense, while Aikido manipulates the opponent's force against himself. Students have the choice to pursue both styles, or focus on one. Children and adults can practice together in these family based classes focused on self-defense. For ages 5 yrs +

Fitness Bootcamp

Bootcamp is open to all fitness levels. Workouts include jogging, stretching, and abdominal exercises, along with interval cardiovascular routines. This is the most effective way to improve the cardiovascular system, lose weight, and build muscle.

Qigong

Qigong uses simple exercises such as breathing, movement, self massage, and meditation to awaken the Healer Within and to restore the natural self healing capacity of body, mind and spirit. Qigong is not just an exercise; it can become a powerful way of being.

Learning Digital Photography

Learn Basic Digital Photography: Composition, lighting, exposure, color contrast, visualization, and storytelling through hands on experience, meeting in various locations throughout the Anchorage Area. Students must bring their own digital camera.

Intro to Piano

In this lively class children will have fun with musical games and learn basic piano skills. For ages 5-12 yrs.

Contact your amazing Recreation Programmers for more information on any programs, classes and events: Rebecca Simcox, 343-4247 simcoxra@muni.org

Jennifer Thorne, 343-4495 thornejl@muni.org

Margaret Timmerman, 343-4217 timmermanma@muni.org

Volunteer Section

Plan your fall volunteerism with these fun and exciting upcoming events:

September

Tuesday Night Race Series
National Public Lands Day Trail Watch Project 9/24
Fall Harvest 9/30

October

Octoberific Game Day 10/14
In-Service Days 10/12 and 10/28
Pumpkin Splash 10/27
Haunted Trails 10/28
Tuesday Night Race Series

November

Glue, Goop & Glitter Fest 11/5
Turkey Trot 11/19

December

Gingerbread House Building 12/11
In-Service Day 12/16
Holiday Carnival 12/17

Volunteer Section Contacts

Christine Geis,
Volunteer Coordinator:
907.343.4587 or
geistc@muni.org
Abbey Harding,
Volunteer Coordinator
907.343.4121 or
hardingas@muni.org

Park of the Month

Forsythe Park

11190 Rockridge/11301 Birch Road

Features:

Play equipment suitable for 5-12 year olds (ADA accessible)

2 Tennis courts, a fitness trail, as well as, other trails to enjoy

Don't forget to bring a Report Card with you!



From the Park Permit Office...

Park use and Park Shelter Rentals:

There is still plenty of time to use our great parks before the snow flies.

Don't want to head out of town to enjoy a good smore? Then try out our shelters with Barbeque pits.

Lloyd Steele (2931 Leighton Street) \$65 four less than four hours

Sisterhood (4910 Van Buren Street) \$65 four less than four hours

Oceanview (13420 Jarvi Street) \$65 four less than four hours

Abbott Loop Community (8101 Elmore Road) \$85 four less than four hours

And for those of you looking for upcoming hockey rink time, it's time to start making your reservations.

Park & Recreation Permit office; 343-4040, or stewartcb@muni.org

Would you like to be added or removed from this list? You have received this e-mail newsletter either by request, or by giving us your e-mail address while filling out a registration form for one of our programs. If, for any reason, you would like to stop receiving this newsletter, please reply to this e-mail with the phrase "Please Stop Newsletter" in the Subject line, and we will immediately take you off the list. Parks and Recreation does not, in any way, shape, or form, pass on your e-mail address to anyone, at all, ever.

Do you have questions or comments about any Parks & Recreation program that you have attended? Please e-mail your comments to recprograms@muni.org. We look forward to your feedback.



Report Cards

Calling all park users and volunteers! Is your park an A or an F? Now is the time to find out.

We need your help in assessing our parks-the ones we've fixed and the ones we haven't. These report cards are essential for the Anchorage Park Foundation and Parks and Recreation to prioritize work and maximize funds. Join us in grading Anchorage parks, have a voice in your neighborhood park improvements, and provide us with valuable input.

[Click here](#) to learn more about the Park Report Card process

[Click here](#) to read more about how your input in 2008 directly influenced our Neighborhood Park Fix-Its for the past 3 summers, and [Click Here](#) to download the report card.

Coming Soon: Download the Mobile App and fill out the report card in the park on your smart phone!

Employee Profile

Meet Willycia Johnbaptis, a lifeguard at West Pool...

Originally from the caribbean island of Dominica, she has been with the municipality for 4 years and is a patron favorite. With always a friendly smile, she has made customer service her specialty. She recently went above and beyond, searching for weeks for a customers lost belongings, eventually locating them for a safe return. Visit Willy at the West Pool for friendly conversation and a pleasant swim.