

# ALASKA RUNNER'S CALENDAR



2015

# friends of THE FARM

# 5k

5k run, open to all ages.  
Timed and untimed events.  
At the UAF Experimental Farms.

Also, potato sack race for kids  
Food, drinks, lawn games, farm animals.

## Sat, 9/26/15

Check [www.friendsofthefarm.org](http://www.friendsofthefarm.org)

For race times, registration and updates.

Registration fee includes free drinks, tshirt and lunch.

**BROUGHT TO YOU BY:**



BACKCOUNTRY PEDIATRICS

**The running community is extremely proud to have selected this outstanding candidate for the cover of the 2015 Alaska Runner's Calendar.** (Photo courtesy of Anchorage Running Club)

## **Flip and Patti Foldager**

Hiking along a trail on the Kenai Peninsula, in the Anchorage Bowl or somewhere in the Mat-Su Valley, it would not be unheard of to suddenly be passed by Flip and Patti Foldager out for one of their trail runs. For more than 35 years, the Foldagers have been an inspirational and active force within Alaska's running community – in particular, mountain running. Not only are they highly accomplished athletes but they have given much of their time to create, support and promote numerous running events and activities.

When referring to the Foldagers enduring athletes, it becomes clear when you look at the events they have participated in. Flip has competed in Mount Marathon 35 times; Patti only 32 (but she did win it twice and took second five times). Basically, if there is a trail run somewhere between Homer and Talkeetna, chances are the Foldagers have done it. Events they have tackled are: Mat Peak, Lazy Mountain, Crow-Pass Crossing, Bird Ridge, Alyeska Classic Mountain Run, Hope Wagon Run, Lost Lake, Dip Sea Race,...the list goes on and on. They also assisted with and participate in the Exit Glacier Run.

Of course, their true impact has been in how they have given back to the running community. Living in Seward, Flip is a volunteer for Mount Marathon Race and Safety committee. Patti was the Seward High School cross country coach for 19 years and track distance team for three. And of course then there is the Lost Lake Run. Over two decades ago, Flip had already been running the Lost Lake trail for years during training runs. Then when a local charity mentioned to Patti that their bowling event was not generating the revenue they would like, the Foldagers spawned the idea for the Lost Lake Race. Now, in its 23rd running, it is a highly successful event and Flip can still be found working as a volunteer pouring beers for the adult finishers.

This is just an example of their continued effort and support of Running is Alaska. They are wonderful examples for runners everywhere and assets to the Alaska community.

## RUNNING TIPS

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

**Brad Cooke, Editor**

**MOA Reprographics, Layout & Computer Graphics**

**Printed by ASAP Printining**

**Produced by Anchorage Parks & Recreation**

**Distributed to over 6,500 running enthusiasts**

**Note: All area codes are 907 unless otherwise listed**

**Contacting Alaska Runners Calendar**

**343-6566 (voice) 249-7725 (fax) 343-6457 (TDD)**

**e-mail: [runnerscalendar@muni.org](mailto:runnerscalendar@muni.org)**

**webpage: [www.muni.org/parks](http://www.muni.org/parks)**

- Jan Wed**      **Fahrenheit Be Darned Winter Training Run – Fairbanks**  
 5:45 pm, Location – UAF Patty Center  
 Distance: various  
 Contact: Ed Debevec 978-8961  
               George Berry 687-8769  
 Sponsored by: RCN  
 Regardless of temperature
- Jan 3 Sat**      **Moose Mountain Snowshoe Challenge – Fairbanks**  
 Time 12:00 pm, Location – 2809 Waldheim Drive  
 (Last left off Jones Road), Distance: 6K and 9K  
 Contact: Erika Burr 978-4481  
               Dan Bishop  
 Sponsored by: RCN  
 Challenging 1000-ft climb in first two miles.  
 Limited parking, carpool from Ivory Jacks. Free snacks.  
 Extra snowshoes available.
- Jan 4 Sun**      **Full Moon Run – Fairbanks**  
 Time 5:45 pm, Location – UAF Patty Center  
 Distance: 4 miles  
 Contact: George Berry 687-8769  
 Sponsored by: RCN  
 Regardless of temperature
- Jan 10 Sat**      **35<sup>th</sup> Annual Airport Run – Fairbanks**  
 Time 11 am, Location – Pike’s Landing  
 Distance: 4 or 8 Miles  
 Contact: Bob Vitale 322-0117  
 Sponsored by: RCN  
 No entry fee; regardless of temperature. Flat out & back.
- Jan 17 Sat**      **Polar Bear 5K Run – Anchorage**  
 Meet time 9:30 am, Race time 10 am, location – Alaska Zoo  
 5K – trails and pavement, some hills  
 Entry fee: \$40/\$45      Contact: Eileen Floyd 341-6431  
   [efloyd@alaskazoo.org](mailto:efloyd@alaskazoo.org)  
   [www.alaskazoo.org](http://www.alaskazoo.org)  
 Sponsored by: Healthy Futures, Alaska Spine Institute, USI
- Jan 17 Sat**      **Nunataq Snowshoe Series #1 – Palmer**  
 Meet time 8 am, Race time 9 am,  
 Location – Hatcher Pass Recreation Area  
 1K, 5K, 10K – 1k kids, 5k, 10k some hills  
 Entry fee: \$25, 1k Kids Race is free (no snowshoes needed)  
 Contact: Kate Arnold 907-746-0722  
               [kevans.arnold@gmail.com](mailto:kevans.arnold@gmail.com)  
               [alaskasnowshoechallenge.com](http://alaskasnowshoechallenge.com)  
               OR [Activesoles.net](http://Activesoles.net)  
 Sponsored by: Active Soles Performance Footwear  
 5k & 10k requires snowshoes, at 9:00 am before race starts,  
 there are Mens & Women’s 50 yd dash for cash. Fastest  
 runners get \$50 cash.  
 Free pizza, electrolyte drinks at finish.

\*Children’s age groups/ability levels available

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



**Jan 24**    **Neon Northern Lights Snowshoe Race – Valdez**

**Sat**    Meet 4:30 pm – Civic Center Overlook Trail  
1 Mile – snowshoe race (hilly), Race time 5 pm  
Entry fee: \$5/individual or \$20/family  
Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)

Sponsored by: Valdez Parks & Rec  
Proceeds benefit Valdez Race Series  
This glow-in-the-dark style snowshoe race begins after dark,  
glow sticks and neon paint to guide your way.  
Snowshoes available for FREE rental with PWSCC “Ski for  
Free” program-limited quantities, must pick up at PWSCC  
before race.

**Jan 24**    **Chilly Buns Mid-Winter Run – Fairbanks**

**Sat**    Time 11 am, Location – UAF Bus Center across from Patty Ctr  
Distance: 6.5 Miles Hilly  
Contact: George Berry 687-8769  
Sponsored by: RCN  
Free. Miller Hill loop. Regardless of temperature!

**Jan 25**    **Emily-Oliver Snowshoe Race – Fairbanks**

**Sun**    Time 12:00 pm, Location – Oboe Ct  
(1<sup>st</sup> left off Isberg from Cripple Creek)  
Distance: 5K and 10K  
Contact: Ariana Graf 451-0817  
Sponsored by: RCN  
Extra snowshoes available. Hot chocolate & more.  
Regardless of temperature

**Jan 25**    **Half Marathon at the Dome – Anchorage**

**Sun**    Meet time: 10 am, Race time: 11 am, Location – The Dome  
Distance: 13.1, 49-51 laps around the track, Entry fee: \$50  
Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
Erin Philips 274-7222  
[www.skinnyraven.com/races/dome-half](http://www.skinnyraven.com/races/dome-half)

Sponsored by: Skinny Raven Sports  
The Dome and Skinny Raven introduce Alaska’s first indoor  
Half-Marathon. Ready for a fast surface and warm temps?

**Jan 31**    **RCN Members Winter Social – Fairbanks**

**Sat**    Location – Goldstream Sports  
Contact: George Berry 6887-8769  
Sponsored by: RCN and Goldstream Sports  
See [www.runningclubnorth.org](http://www.runningclubnorth.org) for information

**Feb**        **Fahrenheit Be Darned Winter Training Run – Fairbanks**

**Weds**    Time 5:45 pm, Location – UAF Patty Center  
Distance: Various  
Contact: Ed Debevec 978-8961  
George Berry 687-8769  
Sponsored by: RCN  
Regardless of temperature

\*Children’s age groups/ability levels available

- Feb Wed**      **Trail of Remembrance 5K Early Registration – Wasilla**  
 Bike, run or walk – April 25  
 Contact: Kim Carney 352-0150  
[kimberly.carney@matsuk12.us](mailto:kimberly.carney@matsuk12.us)  
<http://matsuk12.us/domain/2880>  
 Sponsored by: American Charter Academy, multiple community organizations  
 Start Training Now! Cash prizes, medals and BBQ
- Feb 2 Mon**      **Why Not Tri & Why Not Tri Kids - Wasilla**  
 Registration opens  
 Contact: [www.whynottriwasilla.net](http://www.whynottriwasilla.net)
- Feb 3 Tue**      **Full Moon Run – Fairbanks**  
 Time 5:45 pm, Location – UAF Patty Center  
 Distance: 4 miles  
 Contact: George Berry 687-8769  
 Sponsored by: RCN  
 Regardless of temperature
- Feb 7 Sat**      **Sweetheart Snowshoe Sprint & Ski – Valdez**  
 Meet 10 am – West Dike Mineral Creek Trail, Egan Drive  
 SC Ski Race at 11 am, Snowshoe & Run Race at 11:15 am  
 5K – snowshoes, XC ski, winter trail running (groomed trail),  
 Entry fee: \$5/individual, \$7/couple, or \$20/family  
 Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)  
 Sponsored by: Valdez Parks & Rec  
 Proceeds benefit Valdez Race Series  
 Bring your sweetheart to this race! First sweetheart “couple” to cross the finish line wins a gift for two. Snowshoes and XC Skis are available for FREE rental with PWSCC “Ski for Free” program-limited. Quantities, pick up at PWSCC before race.
- Feb 7 Sat**      **Fairbanks Snowshoe Classic – Fairbanks**  
 Time 12:00 pm, Location – Goldstream Sports  
 711 Sheep Creek Road  
 Distance: 5K and 10K  
 Contact: Erika Burr 978-4481  
 Sponsored by: RCN  
 Regional Qualifier for US Natl Snowshoe. Extra snowshoes.  
 No entry fee. Prizes.
- Feb 7 Sat**      **Nunataq Snowshoe Series #2 – Palmer**  
 Meet time 8 am, Race time 9 am  
 Location – Independence Mine, Hatcher Pass  
 1K, 5K, 10K – 1k kids, 5k, 10k some hills  
 Entry fee: \$25, 1k Kids Race is free (no snowshoes needed)  
 Contact: Kate Arnold 907-746-0722  
[kevans.arnold@gmail.com](mailto:kevans.arnold@gmail.com)  
[alaskasnowshoechallenge.com](http://alaskasnowshoechallenge.com) OR [Activesoles.net](http://Activesoles.net)  
 Sponsored by: Active Soles Performance Footwear  
 5k & 10k requires snowshoes, at 9 am before race starts, there are Mens & Women’s 50 yd dash for cash. Fastest runners get \$50 cash. Free pizza, electrolite drinks at finish.

\*Children’s age groups/ability levels available



NOW **9** EVENTS



**SKINNYRAVEN**  
EVENTS & TIMING

# RUNNING SERIES

DATE	EVENT
2/14	Valentine's Day Chocolate Run
3/14	Bear Tooth & Skinny Raven Shamrock Shuffle
4/11	Super Hero Throwdown
6/5	Twilight 12K and Skinny Mini 6K
7/19	Her Tern Women's Half Marathon
8/8	Alaska 10K Classic
10/31	The Frightening 4K
11/26	Skinny Raven Turkey Trot
12/31	Northern Lights Resolution Run

Registration and information for all races at:

[www.skinnyraven.com](http://www.skinnyraven.com)

ALASKA'S PREMIER RUNNING SERIES

\*Children's age groups/ability levels available



**Feb 14** **Valentines Day**  
**Sat**



**Feb 14** **Snow Run – Fairbanks**

**Sat** Time 11:00 am, Location – Patty Center  
Distance: 4.1 Miles & 7.2 Miles, Hilly  
Contact: Mary Brunner 699-1496  
Sponsored by: RCN  
Sign up at bus shelter across from Patty Center, free! Cookies!

**Feb 14** **Valentine's Day Chocolate Run – Anchorage**

**Sat** Meet time: 9 am, Race time: 10 am  
Location – Ship Creek by Ulu factory  
Distance: 5K, roads and bike path, Entry fee: \$30  
Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
Erin Philips 274-7222  
[www.skinnyraven.com/races/valentines-day-5K](http://www.skinnyraven.com/races/valentines-day-5K)  
Sponsored by: Skinny Raven Sports  
Running, Chocolate, and Love. Join us for all of them along Ship Creek. Let cupid chase you along the creek and through the Tunnel of Love! There is a couples team event.

**Feb 14** **Little Su 50K – Big Lake**

**Sat** Meet 9:30 am – Big Lake Area, Happy Trails Kennels  
Race time 11 am, Entry fee: Check website  
Pam Richter 346-1220  
[info@susitna100.com](mailto:info@susitna100.com)  
Kim Kittredge  
[www.susitna100.com](http://www.susitna100.com)  
1 checkpoint with warm water, check website for required gear. T-shirt, finisher award & post-race pizza party.  
12 hour cutoff.

**Feb 14** **Susitna 100 – Big Lake**

**Sat** Meet 7:30 am – Big Lake Area, Happy Trails Kennels  
100 miles – XC across rivers & woodlands  
Race time 9 am, Entry fee: Check website  
Contact: Kim & Erin Kittredge  
[info@susitna100.com](mailto:info@susitna100.com)  
Pam Richter 346-1220  
[www.susitna100.com](http://www.susitna100.com)  
Loop course. 5 checkpoints with warm water available  
15# of survival gear & food required to be carried over entire course. T-shirt, finisher award & post-race pizza party

**Feb 16** **Presidents' Day**

**Mon**



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

**Fri** Bike, run or walk – April 25  
Contact: Kim Carney 352-0150  
[kimberly.carney@matsuk12.us](mailto:kimberly.carney@matsuk12.us)  
<http://matsuk12.us/domain/2880>  
Sponsored by: American Charter Academy, multiple community organizations  
Start Training Now! Cash prizes, medals and BBQ

\*Children's age groups/ability levels available

- Feb 21 Walk for Warmth – Anchorage**  
**Sat** Meet 9 am, Location – First United Methodist Church  
 1 mile & 5K – Downtown Route,  
 Entry fee: \$40/timed, Free/untimed  
 Contact: Aimee Chauvot 263-3831  
[achauvot@ak.org](mailto:achauvot@ak.org)  
<http://bit.ly/2015WalkforWarmth>  
 Help keep Anchorage families warm & financially stable!  
 To celebrate our 5<sup>th</sup> anniversary, we are adding a 5k!
- Feb 21 16<sup>th</sup> Ballaine Ridge Snowshoe Trail Run – Fairbanks**  
**Sat** Time 12:00 pm, Location – Keith Pollock’s House 834 Goldfinch  
 Distance: 3,6 & 9K  
 Contact: Keith Pollock 479-0779  
 Sponsored by: RCN  
 Regardless of temperature. Extra snowshoes available.  
 Hot drinks & munchies.
- Feb 26 Frostbite Footrace Reg/Bib Pick Up – Anchorage**  
**Thu** 3:30 - 7:30 pm – Glacier BrewHouse  
 Entry fee: \$27/\$10 youth/\$150 team Feb 2 thru Feb 26  
 \$25 Feb 2 thru Feb 26 if adult runner in 2014  
 \$30/\$15/\$175 race day registration 7:30 – 9 am  
 Contact: Fur Rondy Headquarters 274-1177  
[info@furrondy.net](mailto:info@furrondy.net)  
 Sponsored by: Fur Rondy, Glacier BrewHouse, Imaging Assoc.  
 Timing & registration supported by Skinny Raven Sports  
 Register on-line @ [www.furrondy.net](http://www.furrondy.net)  
 T-shirts to first 700 runners to pick up bibs
- Feb 28 Frostbite Footrace & Costume Fun Run – Anchorage**  
**Sat** Race time 9:30 am – Glacier BrewHouse  
 \* Entry fee: \$27/\$10 youth/\$150 team Feb 2 thru Feb 26  
 \$25 Feb 2 thru Feb 28 if adult runner in 2014  
 \$30/\$15/\$175 race day, registration 7:30 – 9 am  
 2.5 & 5K – Downtown Parade Route  
 Contact: Fur Rondy Headquarters 274-1177  
[info@furrondy.net](mailto:info@furrondy.net)  
 Sponsored by: Fur Rondy & Glacier BrewHouse  
 Timing & registration supported by Skinny Raven Sports  
 Register on-line @ [www.furrondy.net](http://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](http://www.healthyfuturesak.org)
- Feb 28 Fur Rondy Outhouse Race – Anchorage**  
**Sat** Meet 3 pm – Downtown, 4<sup>th</sup> Avenue between E & F  
 100’ - down & back pushing an outhouse on skis  
 Entry fee: \$100/team – 10 person teams, 5 at time on course  
 Contact: [AEclubUAA@gmail.com](mailto:AEclubUAA@gmail.com)  
[www.AEclubUAA.com](http://www.AEclubUAA.com)  
 Sponsored by: AE Club at UAA  
 Double elimination tournament brackets with 3 races  
 guaranteed, trophies for top finishers

\*Children’s age groups/ability levels available



## IT'S A RONDY TRADITION

Frostbite Footrace  
& Costume Fun Run

9:30am, Saturday, February 28th

Register at

[www.furrondy.net](http://www.furrondy.net)



**5K or 2.5K Fun Run**

**Grab the entire family and join the fun!**

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

**DON'T MISS THE COSTUME CONTEST**

**GREAT FUN & PRIZES!**

January 17-18	Valdez Qaniq Challenge (2-Day 35Km XC Ski Race)	July 4	Uncle Salmon Freedom Fun Runs (5K & 10K)
January 24	Neon Northern Lights Snowshoe Race (1 Mi)	August 22	RHR Rock & Roll Races (5K & 10K Run & Bike) *
February 7	Sweetheart Snowshoe Sprint & Ski (5K)	September 7	Annual Labor Day Family Fun Runs (1K, 3K, & 5K)
March 7	Pot-O-Gold Fun Run (5K) *	October 17	The Running Dead Zombie Obstacle Run* (Kids 1K & 5k)
April 18	Healthier You "Spring Surprise" 5K	November 26	Turkey Trot Family 5K
May 2	10K Bike Race	December 19	Ugly Sweater Walk, Run or Ski (5K)
May 30	Bite Back Runs (Kids 1Mi & 5K) *		
June 6	H.A.W.K. 10K Mountain Bike Race		
June 13	H.A.W.K. Half Marathon		

2015 Valdez Race Series  
"Race to Adventure"

www.ci.valdez.ak.us/special-events | www.facebook.com/ValdezAlaskaFun | @jowen10ci.valdez.ak.us | 907.835.2531

\* Co-Sponsored Races fundraising for local organizations

**Mar Fahrenheit Be Darned Winter Training Run – Fairbanks**

Time 5:45 pm, Location – UAF Patty Center

Distance: Various

Contact: Ed Debevec 978-8961

George Berry 687-8769

Sponsored by: RCN

Regardless of temperature

**Mar Trail of Remembrance 5K Pre-registration – Wasilla**

Bike, run or walk – April 25

Contact: Kim Carney 352-0150

[kimberly.carney@matsuk12.us](mailto:kimberly.carney@matsuk12.us)

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

Sponsored by: American Charter Academy, multiple community organizations

Start Training Now! Cash prizes, medals and BBQ

**Mar 5 Full Moon Run – Fairbanks**

**Thu** Time 5:45 pm, Location – UAF Patty Center

Distance: 4 miles

Contact: George Berry 687-8769

Sponsored by: RCN

Regardless of temperature

**Mar 7 8<sup>th</sup> Annual Running of the Reindeer – Anchorage**

**Sat** Race time 4 pm – 4<sup>th</sup> Avenue at H Street

3 blocks – city streets, Entry fee: \$30 includes t-shirt

Contact: Fur Rondy Headquarters 274-1177

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

Sponsored by: Fur Rondy, KWHL 106.5, Bob & Mark Show

Register on-line @ [www.furrondy.net](http://www.furrondy.net)

Come out for some whacky, Alaskan-style fun! See if you can outrun the reindeer. Must be 18 yrs or older to participate. Proceeds benefit Toys for Tots

\*Children's age groups/ability levels available

**MADE IN ALASKA**

**RUN WILD!**

RACING SHIRTS • VOLUNTEER IDENTITY • WATER BOTTLES & BAGS

**STELLAR DESIGNS**  
SPORTSWEAR • PROMOTIONAL PRODUCTS

**WWW.STELLAR-DESIGNS.COM**  
• 907-562-4248 •  
• info@stellar-designs.com •


**ALASKA'S #1 SOURCE FOR ★ Custom ★ SCREENPRINTING & EMBROIDERY**

**Mar 7 Sat**     **3<sup>rd</sup> Annual Troth Yeddha' Snow Show Scramble – Fairbanks**  
 Time 12:00 pm, Location – Troth Yeddha Park @ UAF, Yukon Dr  
 Distance: ¼ Mile Loop  
 Entry fee: \$20, FREE for UAF students with ID  
 Contact: Pete Pinney 978-0425  
 Sponsored by: RCN, College of R&CD UAF

**Mar 7 Sat**     **Pot-O-Gold Fun Run – Valdez**  
 Meet 10 am – Location TBD  
 5K-run through town, Race time 11 am  
 Entry fee: TBD  
 Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)  
 Sponsored by: SnowTown FOOLS and Valdez Parks & Rec  
 Proceeds benefit St. Baldrick's Organization  
 Dress in St. Patty-themed attire, supports St. Baldrick's.

**Mar 8 Sun**     **6<sup>th</sup> Annual Kidney Walk - Anchorage**  
 Meet 1 pm, Race time 2 pm, Location – Sullivan Arena (inside)  
 5K – mezzanine level, Entry fee: None  
 Contact: Kristie Lemmon 907-333-2257  
[kristie@alaskakidney.org](mailto:kristie@alaskakidney.org)  
[www.alaskakidney.org](http://www.alaskakidney.org)  
 Sponsored by: Alaska Kidney Patients Association (AKPA)  
 Fun, non-competitive for all ages and abilities, walk a lap or walk the 5K. Proceeds benefit AKPA programs to prevent kidney disease and promote organ donation.

\*Children's age groups/ability levels available

**Mar 8 Daylight Saving Time Begins**   
**Sun** Don't be late to your race!

**Mar 14 St. Patrick's Run – Fairbanks**  
**Sat** Time 11:30 am, Location – Goldstream Sports  
Distance: 7.1 Miles  
Contact: Bruce Sackinger 385-7792  
Sponsored by: RCN and Goldstream Sports  
Free. Leprechaun chase and prizes! [www.trickyraven.com](http://www.trickyraven.com)

**Mar 14 Crazy Lazy – Palmer**  
**Sat** Meet 9:30 am, Race time 11 am  
Location – Lazy Mountain Trailhead  
7.0 mi – mountain race, loop course, Entry fee: \$25  
Contact: Dane Crowley 907-354-8461  
[moosejv@hotmail.com](mailto:moosejv@hotmail.com)  
John Clark 907-982-9001  
Sponsored by: Lazy Mountain Foothills Running Club  
Up and down, 3000 gain/loss. Winter event, ice and snow,  
cleats or spikes highly recommended. Proceeds benefit girls  
athletics. Register same day, Shirts for first 50.

**Mar 14 Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage**  
**Sat** Meet 8:30 am – Bear Tooth Theatrepub  
\* 5K - loop course, some hills, Race time 9:30 am  
Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Bear Tooth Theatrepub, Mizuno, Skinny Raven  
Free Mizuno t-shirt & free pint glass filled once with beer  
or soda on race day

**Mar 15 Mini Mukluk Marathon – Nome**  
**Sun** Meet 1:30 pm – Nome Recreation Center  
5K – road race, Race time 2 pm  
Entry fee: \$10, t-shirts included  
Contact: Lew Tobin 443-5549  
[lew@kawerak.org](mailto:lew@kawerak.org)  
Adam Lust 443-2865  
[www.nomerotary.org](http://www.nomerotary.org)  
Sponsored by: Nome Rotary Club  
Run/walk with your dogs, kids & neighbors  
Race is timed, but walkers encouraged

**Mar 28 Eldorado Hill Challenge – Fairbanks**  
**Sat** Time 11:30 am, Location – 1369 Molly Road  
(Log Cabin at Southwest Corner of Clifden and Molly Roads)  
Distance: One hour time limit, Entry Fee: FREE  
Contact: Bruce Sackinger 385-7792  
Sponsored by: RCN and Goldstream Sports  
One hour out & back distance challenge on road & packed  
snowmachine trail. 40 person limit. Prizes. More information  
at: [trickyraven.com](http://trickyraven.com)

\*Children's age groups/ability levels available

**Mar 28** **Nunataq Snowshoe Series #3 – Palmer**  
**Sat** Meet time 8 am, Race time 9 am  
Location – Independence Mine, Hatcher Pass  
1K, 5K, 10K – 1k kids, 5k, 10k some hills  
Entry fee: \$25, 1k Kids Race is free (no snowshoes needed)  
Contact: Kate Arnold 907-746-0722  
[kevans.arnold@gmail.com](mailto:kevans.arnold@gmail.com)  
[alaskasnowshoechallenge.com](http://alaskasnowshoechallenge.com) OR [Activesoles.net](http://Activesoles.net)  
Sponsored by: Active Soles Performance Footwear  
5k & 10k requires snowshoes, at 9 am before race starts, there are Mens & Women's 50 yd dash for cash.  
Fastest runners get \$50 cash.  
Free pizza, electrolyte drinks at finish.

**Mar 30** **Seward's Day**  
**Mon**



**Apr** **Trail of Remembrance 5K Pre-Registration – Wasilla**  
**Wed** Bike, run or walk – April 25  
Contact: Kim Carney 352-0150  
[kimberly.carney@matsuk12.us](mailto:kimberly.carney@matsuk12.us)  
<http://matsuk12.us/domain/2880>  
Sponsored by: American Charter Academy, multiple community organizations  
Start Training Now! Cash prizes, medals and BBQ

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

**Apr** **Exceed Women's Running Team – Anchorage**  
**Tue** Meet 6 pm – Various locations  
Coached workouts, track with some trail runs  
Membership: \$100  
Contact: Kayse Hinrichsen 717-9939  
[kaysehinrichsen@gmail.com](mailto:kaysehinrichsen@gmail.com)  
Paola Banchemero 223-5102  
[www.runexceed.org](http://www.runexceed.org)  
Sponsored by: Exceed Women's Running Team  
Every Tuesday April through August  
Check website for location and planned workout  
All levels of runners welcome

**Race organizers and sponsors interested in advertising  
in the 2016 Alaska Runner's Calendar should contact  
[runnerscalendar@muni.org](mailto:runnerscalendar@muni.org)**

\*Children's age groups/ability levels available

# April 22, 2015 @ 5:30-8p



Don't make a fuss, let's run in the slush! Bring out your rubber boots and go for a run in Russian Jack Springs Park in this family friendly untimed event for all ages.



## RUBBER BOOT RUN

[www.muni.org/Active](http://www.muni.org/Active)

### Apr Tue & Thu **Valley Women's Running Team – Palmer**

Meet 6 pm – Colony High School

Tue track work out, Thu trail runs – various locations around the valley

Contact: Rhonda Knopp 355-6258

[rhondaknopp@hotmail.com](mailto:rhondaknopp@hotmail.com)

Norm Rousey

[coachrousey@hotmail.com](mailto:coachrousey@hotmail.com)

<https://sites.google.com/site/valleywomensrunningteam>

Sponsored by: Valley Women's Running Team

Runners of all ability levels welcome

Coached training held each week thru mid-August with trail runs thru September

### Apr 4 **Spring Fling – Fairbanks**

Sat Time 11 am, Location – UAF Patty Center

Distance: 5K

Contact: Jeff Hebard 322-5450

Sponsored by: RCN

Fundraiser for Lathrop HS XC Running.

No entry fee, donations gladly accepted.

### Apr 5 **Easter**

Sun



### Apr 6 **Beat Beethoven 5K Early Bib Pick Up – Fairbanks**

Mon

Time 5 to 7 pm, Location – UAF Patty Center

Contact: Dorli McWayne 474-5733

Sponsored by: Fairbanks Symphony

\$20 early bird, \$30 late, and \$40 race day.

### Apr 11 **21<sup>st</sup> Beat Beethoven 5K – Fairbanks**

Sat

Race time 11 am – UAF Patty Center

\*

Contact: Dorli McWayne 479-6701

Steve Bainbridge 726-7521

[www.FairbanksSymphony.org](http://www.FairbanksSymphony.org)

Sponsored by: Fairbanks Symphony Orchestra

Beat Beethoven & get a free concert ticket

T-shirts with registration.

\*Children's age groups/ability levels available



**Apr 11 Super Hero Throwdown – Anchorage**

**Sat** Meet time: 9 am, Race time: 10 am, Location – The Dome

Distance: 5K, Entry fee: \$35-45

Contact: Mark Iverson 274-7222

[timing@skinnyraven.com](mailto:timing@skinnyraven.com)

Erin Philips 274-7222

[www.skinnyraven.com](http://www.skinnyraven.com)

Sponsored by: Skinny Raven Sports

Who is the fastest band of super heroes? Avengers, X-Men, Justice League, The Defenders, Fantastic Four, or another?

**Apr 18 Healthier You “Spring Surprise” 5K – Valdez**

**Sat** Meet 9:30 am – Woody Woodman Teen Center

5K-run in town with stations, Race time 10 am

Entry fee: FREE for Healthier You Participants;

\$5/Individual or \$20/Family

Contact: Sarah Jorgenson-Owen 907-835-2531

[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)

[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)

Sponsored by: SWAN, PWSCC, Providence Valdez Medical Center, and Valdez Parks & Rec

Proceeds benefit Valdez Race Series

A surprise theme for this race that celebrates the end of our 12 week Healthier You program. Come ready to party-this Spring Surprise will bring the fun while raising your heart rate.

**COME JOIN US!**

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

**Weekly meets throughout the summer.**



<http://www.oalaska.org>

\*Children's age groups/ability levels available



Who Let The Girls Out 5K  
Women only Race/Walk Event  
Friday, April 24th 6:30 pm  
Downtown Palmer

---

Fair Day 5K Tater Trot  
Men, Women and Families  
Friday, August 28th 6:30 pm  
Alaska Club Palmer

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

**For club info: [rhondaknopp@hotmail.com](mailto:rhondaknopp@hotmail.com)**

**Events: [valleywomensrunningteam@gmail.com](mailto:valleywomensrunningteam@gmail.com)  
or check us out on Facebook.**

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

- Apr 18 Sat \*** **35<sup>th</sup> Annual Tok Trot – Fairbanks**  
 Race time 1 pm – Tok Visitors Center  
 10K walk/run  
 Contact: Paul Kelley 883-5393  
 Corky Hebard  
 Sponsored by: Running Club North  
 Ribbons & prizes, picnic at Kelley's afterwards
- Apr 22 Thu** **Rubber Boot Run – Anchorage**  
 Check in time 5:30 pm – Russian Jack Park  
 Race Time 6:30 pm  
 Entry fee \$10/family, \$5/adult, \$2/youth  
 Contact: Margaret Timmerman – 907-343-4217  
 timmermanma@muni.org  
 Sponsored by: Anchorage Parks and Recreation  
 Don't make a fuss, lets run in the slush!  
 Register online at [www.muni.org/active](http://www.muni.org/active)
- Apr 24 Fri** **Who Let The Girls Out 5K – Palmer**  
 Meet 4 -6 pm, Race time 6:30 pm –Downtown Palmer  
 Contact: Vera Hershey 355-0222  
 Sponsored by: Valley Women's Running Team  
 Visit <https://sites.google.com/site/valleywomensrunningteam/>  
 or FB for updates. A fun, women only, run/walk event
- Apr 25 Sat** **Alaska Heart Run – Anchorage**  
 3 & 5K – City Streets  
 Entry fee: varies, check the website for race day details  
 Contact: Kristin Luby 865-5304  
[kristin.luby@heart.org](mailto:kristin.luby@heart.org)  
 Alaina Burton 865-5300  
[alaina.burton@heart.org](mailto:alaina.burton@heart.org)  
[www.AlaskaHeartRun.org](http://www.AlaskaHeartRun.org)  
 Sponsored by: American Heart Association  
 NEW COURSE! Starting at the Alaska Airlines Center.  
 Register online! Late fees apply April 4<sup>th</sup>.  
 Bib Pickups at King's Career Center on April 18, 22, 24 –  
 Please see website for details  
[www.AlaskaHeartRun.org](http://www.AlaskaHeartRun.org)
- Apr 25 Sat \*** **Trail of Remembrance (Run, Bike, Walk) – Wasilla**  
 Meet 9:30 am – Mile 52 Parks Highway  
 5K – paved bike trails, Race time 11 am, Entry fee: \$35  
 Contact: Becky Huggins 354-4885  
[becky.huggins@matsuk12.us](mailto:becky.huggins@matsuk12.us)  
 Kim Carney 352-0150  
[www.matsuk12.us/domain/2880](http://www.matsuk12.us/domain/2880)  
 Sponsored by: American Charter Academy students & staff  
 CASH prizes!! Medals & t-shirts. Sign honoring your Veteran  
 is placed along trail. 'The Trail' honors & remembers our US  
 Veterans & Active Duty members of all US military branches.  
 BBQ after event.  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available



## 2015 Usibelli Cup Series

Races in this Fairbanks' eight race series include:

May 2<sup>nd</sup>

**34th Annual Chena River Run 5K**

June 20<sup>th</sup>

**34th Annual Midnight Sun Run 10K**

June 25<sup>th</sup>

**Jim Loftus Mile**

July 18<sup>th</sup>

**Run of the Valkyries 8K**

July 26<sup>th</sup>

**50th Annual Gold Discovery Run 16.5 Mile**

August 8<sup>th</sup>

**Flint Hills 22nd Santa Claus Half-Marathon**

August 22<sup>nd</sup>

**8th Annual Golden Heart Trail Run**

September 19<sup>th</sup>

**53rd Annual Equinox Marathon  
& 7<sup>th</sup> Annual 40 Mile Ultra Marathon**

Visit the RCN website at [www.runningclubnorth.org](http://www.runningclubnorth.org)



*Earn your patch on the most challenging race in Alaska!*

## **53<sup>rd</sup> Annual Equinox Marathon & 7<sup>th</sup> Annual 40 Mile Ultra Marathon**

Saturday, September 19, 2015

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

### **Thursday, September 17<sup>th</sup>**

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

### **Friday, September 18<sup>th</sup>**

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

### **September 19<sup>th</sup>**

**RACE DAY!** 8 am at the UAF Patty Center.

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

\*Children's age groups/ability levels available

- Apr 25 Sat**     **6<sup>th</sup> Annual Run for Relief – Fairbanks**  
 Time 2 pm, Location – Pioneer Park  
 Distance: 5K fun run/walk, \$20 entry  
 Contact: Kathy Petersen 388-6830  
           Keith Petersen 388-6628  
           [friendsofpartners@gmail.com](mailto:friendsofpartners@gmail.com)  
 Sponsored by: RCN, FOP  
 T-shirts to first 300.
- Apr 29 Wed**     **Orienteering Meet – Anchorage**  
 Meet time: Mass start 6:30 pm  
 Location – APU Mosley parking lot  
 Score-O, Entry fee: \$8 adults/kids free  
 Contact: [www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- May Tue**        **Exceed Women’s Running Team – Anchorage**  
 Meet 6 pm – Various locations  
 Coached workouts, track with some trail runs  
 Membership: \$100  
 Contact: Kayse Hinrichsen 717-9939  
           [kaysehinrichsen@gmail.com](mailto:kaysehinrichsen@gmail.com)  
           Paola Banchemo 223-5102  
           [www.runexceed.org](http://www.runexceed.org)  
 Sponsored by: Exceed Women’s Running Team  
 Every Tuesday April through August  
 Check website for location and planned workout  
 All levels of runners welcome
- May Tues**      **Women’s Training – Fairbanks**  
 Meet 5:30 pm – West Valley HS Track  
 Track & Intervals – all levels welcome, Free  
 Contact: Bruce Miller 479-5585  
           [www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- May Tues**      **Men’s Training – Fairbanks**  
 Meet 6 pm – West Valley HS Track  
 Track & Intervals – all levels welcome, Free  
 Contact: Tracey Martinson 474-8353  
 Sponsored by: Running Club North  
 Interval workouts. All abilities welcome.
- May Tue & Thu**     **Valley Women’s Running Team – Palmer**  
 Meet 6 pm – Colony High School  
 Tue track work out, Thu trail runs –  
 various locations around the valley  
 Contact: Rhonda Knopp 355-6258  
           [rhondaknopp@hotmail.com](mailto:rhondaknopp@hotmail.com)  
           Norm Rousey  
           [coachrousey@hotmail.com](mailto:coachrousey@hotmail.com)  
<https://sites.google.com/site/valleywomensrunningteam>  
 Sponsored by: Valley Women’s Running Team  
 Runners of all ability levels welcome  
 Coached training held each week thru  
 mid-August with trail runs thru September

\*Children’s age groups/ability levels available



# Amblin' for Alzheimer's

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

May 9th, 2015 at Anchorage Golf Course  
Visit [www.AlzAlaska.org](http://www.AlzAlaska.org) for info

- May – Aug** **Peak Performers Track Club – Anchorage**  
Central Jr High Track late April thru Aug  
**Tue** APU – paved roads, Central – track  
Membership fee: \$65, \$110 family (2)/\$160 3 or more  
Contact: Jason Hofacker 240-6982  
Kim Baldwin 274-1061  
and in spirit, Chester Franz  
Sponsored by: Peak Performers Track Club  
Training & conditioning program led by coaches
- May 1** **Race Judicata Reg/Bib PU – Anchorage**  
**Fri** 4 - 7 pm at Skinny Raven  
Contact: Bonnie Calhoun 264-0679  
Sponsored by: Young Lawyers Section of  
the Anchorage Bar Association
- May 2** **Alaska Zoo Kids Fun Run – Anchorage**  
**Sat** 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 – Alaska Zoo, 4731 O'Malley Road  
5-1mile – gravel trails, hill, animals  
Contact: Jill Myer 341-6435  
[jmyer@alaskazoo.org](mailto:jmyer@alaskazoo.org)  
Eileen Floyd 341-6431  
[www.alaskazoo.org](http://www.alaskazoo.org)  
Sponsored by: McDonalds of Alaska and Healthy Futures
- May 2** **Salmon Run – Anchorage**  
**Sat** Meet 9 am – Inlet View Elementary School  
2, 5 & 10K – begins & ends at Inlet View  
Elementary School, out & back on Coastal Trail  
Race time 10 am, Entry fee: \$35  
Contact: Cathy Opinsky 223-7184  
[info@anchoragealmonrun.com](mailto:info@anchoragealmonrun.com)  
Wendy Shem 742-7630  
[www.anchoragealmonrun.com](http://www.anchoragealmonrun.com)  
Sponsored by: Inlet View PTA  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

- May 2 Sat**     **Polar Bear Pink Cheeks Triathlon – Seward**  
 Meet 9 am – Seward High School  
 5K run, 10K bike, 900Y swim – varied terrain  
 Race time 10 am, Entry fee: See website  
 Contact: Casey Wright 224-4054  
[cwright@cityofseward.net](mailto:cwright@cityofseward.net)  
[www.cityofseward.us](http://www.cityofseward.us)  
 Sponsored by: Polar Bear Fest & Seward Parks & Recreation  
 Recommend off-road bike, helmets required  
 Registration remains open, space permitting  
 Annual pass, family, volunteer & military discounts
- May 2 Sat**     **34<sup>th</sup> Annual Chena River Run #1 Usibelli Cup– Fairbanks**  
 Race time 10 am – Woodriver Elementary School  
 5K – school to Princess Hotel, certified course  
 (No parking at either location!)  
 Entry fee: \$25/\$20 youth,\$30/\$25 race day, t-shirts  
 Contact: Travis Lewis 479-3831  
 Steve Haagensen  
 Sponsored by: Rotary Club of Fairbanks
- May 3 Sun**     **Mat-Su Rotary 5K (aka Menard Run) – Palmer**  
 Meet 12 pm – Colony High School,  
 5K – mostly flat, some hills, loop  
 Race time 2 pm, Entry fee: \$25  
 Contact: Joni Gerharz 354-3382  
[joni@travelservicesinc.com](mailto:joni@travelservicesinc.com)  
 Daryl Lowe 351-0829  
[www.matsurotary.org](http://www.matsurotary.org)  
 Sponsored by: Mat-Su Rotary Clubs  
 Proceeds benefit Rotary High School Scholarships Program
- May 3 Sun**     **Race Judicata – Anchorage**  
 Race start: 10 am, Location – Westchester Lagoon  
 5K, Entry fee: \$20/\$20 canines/\$30 race day  
 Contact: Bonnie Calhoun 264-0679  
 Sponsored by: Young Lawyers Section of  
 the Anchorage Bar Association
- May 3 Sun**     **The Breakup Tri – Fairbanks**  
 Race time TBD – UAF Patty Center  
 \* 500 yd pool swim, 13.1 mile bike, 3.1 mile run  
 Entry fee: \$30 + \$12 USAT one day membership  
 Contact: Tyson Flaharty  
 Amber Barlow  
[thebreakuptri@hotmail.com](mailto:thebreakuptri@hotmail.com)  
 T-shirt & swim cap included, 99 max participants
- May 5 Tue**     **Orienteering Meet – Anchorage**  
 Mass start 6:30 pm, Location – Kincaid Chalet  
 \* Score-O, Entry fee: \$8 adults/kids free  
 Contact: [www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

- May 6**     **Do Run-Run – Anchorage**  
**Wed**     Meet 5:30 pm – Check website  
 \*     4 miles – Ship Creek Trail  
 Race time 6:30 pm, Entry fee: ARC Membership  
 Contact: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club
- May 6**     **24<sup>th</sup> Annual GHU Water Walk & Run 5K – Fairbanks**  
**Wed**     Race time 6:30 pm – Golden Heart Water Plant, 1304 1st Ave  
 Distance: 5K  
 Contact: Steve Offenborn 479-3118  
 Sponsored by: Golden Heart Utilities  
 T-shirts for first 350. Follow the bike path!
- May 9**     **Moose River Hustle – Sterling**  
**Sat**     Meet 8:30 am – Sterling Senior Center, MP 83.5  
 1 mile, 5 & 10K – mostly flat, out & back  
 Race time 10 am, Entry fee: \$20/adult, \$10/youth, \$50/family  
 Contact: Kurt Strausbaugh 262-1721  
           [wrestle@acsalaska.net](mailto:wrestle@acsalaska.net)  
           Tammy Strausbaugh 252-2959  
 Sponsored by: Sterling Senior Center  
 Awards, drawing for door prizes.  
 Benefits Sterling Senior Center's Meals on Wheels Program
- May 9**     **O'Malley Fun Run – Anchorage**  
**Sat**     Meet 10 am, Race time 11 am, Location – O'Malley Elementary  
 2K - 11 am, 5K - 11:30 am – trail run, flat to hilly  
 Entry fee: \$20  
 Contact: Gretchen Kiskaddon  
           [omalleypta@gmail.com](mailto:omalleypta@gmail.com)  
           omalleypta.org  
 Sponsored by: Healthy Futures
- May 9**     **7<sup>th</sup> Annual Alaska Walk/Run for Autism – Fairbanks**  
**Sat**     Race time 11 am – Pioneer Park  
 \*     Distance: 5K  
 Contact: Brandy Ruby 374-4421  
           Heidi Haas  
           [www.asagoldenheart.org](http://www.asagoldenheart.org)  
 Sponsored by: Autism Society of Alaska  
 T-shirt, see website for entry fees
- May 10**    **18<sup>th</sup> Annual Murphy Dome Roam – Fairbanks**  
**Sun**     Time 9 am, Location – Gravel Pit 8 Mile Murphy Dome Rd  
 Distance: 11 Miles, hilly back roads  
 Contact: Jane Lanford 687-0769  
           Donna Hawkins 455-9017  
 Sponsored by: RCN
- May 10**    **Migration Run – Homer**  
**Sun**     Race time 9 am – Fishing Lagoon/Homer Spit  
 5K – flat, point to point along Homer Spit. Entry fee: TBA  
 Contact: Bill Steyer 399-1078  
           [steyerbill@yahoo.com](mailto:steyerbill@yahoo.com)  
           [www.kachemakbayrunningclub.org](http://www.kachemakbayrunningclub.org)  
 Sponsored by: Homer Chamber of Commerce &  
 Kachemak Bay Running Club. USATF Certified course.  
 Benefits local youth running sports programs

\*Children's age groups/ability levels available





LAW ENFORCEMENT  
**TORCH RUN**<sup>®</sup>  
FOR SPECIAL OLYMPICS  
ALASKA



**May 16, 2015**

## Everyone is Welcome!

Walk, run, jog or make a donation to support sports training and competition for more than 2,000 Special Olympics Alaska athletes statewide!

Call 1-888-499-7625 ext. 605

[www.specialolympicalaska.org](http://www.specialolympicalaska.org)

Anchorage, Barrow, Delta Junction  
Fairbanks, Homer, Juneau, Kenai, Ketchikan  
Kodiak, Mat-Su, Seward, Sitka, Valdez

Thank you to our  
sponsors



\*Children's age groups/ability levels available

**May 10 Mother's Day**  
Sun 

**May 12 Turnagain Arm Trail Run – Anchorage**  
Tue Meet 5:30 pm – McHugh Creek (4 miles) or  
Potter Trailhead (8 miles), a point to point race  
Rolling terrain with roots, rock & mud  
Both races finish at Rainbow Trailhead  
Race time 6:30 pm, Entry fee: \$25  
Contact: Sara Studebaker 786-6104  
[ssstudebaker@uaa.alaska.edu](mailto:ssstudebaker@uaa.alaska.edu)  
Julie-Pierre Leclerc 830-9623

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

**May 13 Orienteering Meet – Anchorage**  
Wed Meet time: starts from 5 pm to 7 pm  
Location – Mirror Lake Middle School  
Traditional meet, beginner through advanced courses  
Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**May 14 Special Olympics Law Enforcement Torch Run**  
Thu **Bib Pick-up – Fairbanks**  
Time 4-6 pm, Location – Anytime Fitness  
Contact: Robert Hall 378-2568  
Sponsored by: Special Olympics  
\$25 donation includes t-shirt (while they last)

**May 16 Armed Forces Day**  
Sat



**May 16 Special Olympics Law Enforcement Torch Run – Fairbanks**  
Sat Time 10 am, Location – UAF Campus Police Station  
Distance: 5K  
Contact: Robert Hall 378-2568  
Sponsored by: Special Olympics  
\$25 donation includes t-shirt (while they last)  
Picnic after event!

**May 16 Trailside Kids/ Triathlon – Anchorage**  
Sat Race time 11 am, Location – Trailside Elementary  
Distance – various, Service HS and trails  
Entry fee: \$20  
Contact: Carleen Ulbrich 742-5500  
[ulbrich\\_carleen@asdk12.org](mailto:ulbrich_carleen@asdk12.org)  
[trailsidepta.org](http://trailsidepta.org)  
Sponsored by: Trailside PTA  
Service pool swim, bike loops around Service High School,  
run trails behind school

\*Children's age groups/ability levels available

- May 16 Fairbanks Heart Walk – Fairbanks**  
**Sat** Meet 9 am – Veteran’s Memorial Park  
 1 & 2.75 miles – start & finish at park  
 Walk start 10 am, Entry fee: \$25 min donation  
 Contact: Janet Bartels 456-3659  
[Janet.bartels@heart.org](mailto:Janet.bartels@heart.org)  
 Wendie MacNaughton 374-2927  
[Wendie.macnaughton@heart.org](mailto:Wendie.macnaughton@heart.org)  
[www.fairbanksheartwalk.org](http://www.fairbanksheartwalk.org)  
 Sponsored by: American Heart Association, Fairbanks  
 Memorial Hospital & ConocoPhillips  
 Fun, non-competitive event for all age & abilities  
 Proceeds benefit the American Heart Association  
 Please see website for more details.
- May 16 Alaska Law Enforcement Torch Run – Statewide**  
**Sat** Race 10 am – Various cities (see below)  
 5K – fun run format  
 Entry fee: \$35, + pledges encouraged  
 Contact: Jessica 222-7625 ext 605  
 SO-AK State Office 1-888-499-7625 x609  
[www.SpecialOlympicsAlaska.org](http://www.SpecialOlympicsAlaska.org)  
 Sponsored by: Alaska Law Enforcement  
 Proceeds benefit Special Olympics Alaska (SO-AK)  
 This is a simultaneous run organized thru Alaska  
 Races held in Anchorage, Barrow, Delta Junction, Fairbanks,  
 Homer, Juneau, Kenai, Ketchikan, Kodiak, Mat-Su Valley,  
 Seward, Sitka & Valdez.  
 Check website for updates and additional runs.  
 Go to [www.firstgiving.com/SO-AK](http://www.firstgiving.com/SO-AK) to begin pledging now
- May 16 Terry Pollard Memorial Exit Glacier Race – Seward**  
**Sat** Meet 8 am – Resurrection Road House, Exit Glacier Rd/  
 Herman Leirer Rd  
 5 & 10K – gradual incline on paved road  
 Race time 10 am, Entry fee: Check website  
 Contact: Casey Wright 224-4054  
[cwright@cityofseward.net](mailto:cwright@cityofseward.net)  
[www.cityofseward.us](http://www.cityofseward.us)  
 Sponsored by: Kenai Fjords National Park, National Forest  
 Service, Kenai Fjords Tours, Windsong Lodge, Resurrection  
 Roadhouse & Seward Parks & Recreation  
 Registration closes at 8:30 am. Annual pass, family,  
 volunteer & military discounts available.
- May 16 Bear Valley 5K Challenge – Anchorage**  
**Sat** Meet 8:30 am, Race time 10 am – Bear Valley Elementary  
 \* 5K – Storck Park, various terrain; roads, trails, hills, creek bed  
 Entry fee: \$9/\$6 children thru high school  
 Contact: Bear Valley Community Assn 345-0434  
[www.akbvca.org](http://www.akbvca.org)  
 Sponsored by: Bear Valley Community Association  
 Scholarships available, family fun run/walk for all  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children’s age groups/ability levels available

- May 16 Anchorage March for Babies Walk – Anchorage**  
**Sat** Meet: 9 am, Race: 10 am, Location – Westchester Lagoon  
 Distance: 3 miles, Entry fee: FREE  
 Contact: Ashleigh Green 276-4111  
[agreen@marchofdimes.org](mailto:agreen@marchofdimes.org)  
 Janie Odgers 276-4111  
[www.marchforbabies.org](http://www.marchforbabies.org)  
 Sponsored by: Tesoro and Alaska Airlines
- May 16 Ketchikan March for Babies Walk – Ketchikan**  
**Sat** Meet time: 9 am, Race time: 10 am, Location – A&P Markets  
 Distance: 3 miles, Entry fee: FREE  
 Contact: Ashleigh Green 276-4111  
[agreen@marchofdimes.org](mailto:agreen@marchofdimes.org)  
[www.marchforbabies.com](http://www.marchforbabies.com)  
 Sponsored by: Tesoro, Alaska Airlines & IBEW #1547
- May 17 Presbyterian Hospitality House Fun Run – Fairbanks**  
**Sun** Race time 10 am – UAF Patty Center  
 \* 5K – flat & fast, Entry fee: \$20  
 Contact: Ty Tigner 378-9918  
 Naomi Tigner 354-7900  
 Sponsored by: Presbyterian Hospitality House  
 T-shirts to first 100 entrants, prizes
- May 17 Gold Nugget Triathlon – Anchorage**  
**Sun** Meet time: 7:30 am, Race time: 9 am, Location – Bartlett HS  
 Distance: sprint, rolling terrain, Entry fee: \$75  
 Contact: Betsy Haines 223-7792  
[info@goldnuggettriathlon.com](mailto:info@goldnuggettriathlon.com)  
 Sheila Swanson 242-0600  
[www.goldnuggettriathlon.com](http://www.goldnuggettriathlon.com)  
 Sponsored by: Gold Nugget Triathlon, Inc  
 500 yard swim, 12 mile bike, 4 mile run. Swim Bartlett Pool,  
 followed by rolling bike/run course  
 All women sprint triathlon set up for first timer or elite racer  
 Helmets required, t-shirts to finishers.  
 No Race Day Registration.
- May 18 Alaskan Girls Walk & Wine Bib Pick-up – Fairbanks**  
**Mon** 5 – 7 pm – Pioneer Park Square Dance Hall  
 Entry fee: Last chance for \$20 fee, \$25 after this date  
 Contact: Susan Kramer 590-5086  
 Denise Irish 322-5646
- May 20 Orienteering Meet – Anchorage**  
**Wed** Meet time: Starts from 5 pm to 7 pm  
 Location – Earthquake Park  
 Traditional meet, beginner through advanced courses  
 Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

- May 21 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@anchorageclub.org](mailto:info@anchorageclub.org)  
[www.anchorageclub.org](http://www.anchorageclub.org)  
 Sponsored by: Anchorage Running Club
- May 21 Thu Alaskan Girls Walk & Wine – Fairbanks**  
 Start time 6 pm – Pioneer Park Civic Center  
 5K – flat, out & back, Entry fee: \$20 by May 18/\$25 race day  
 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 23 Sat POW Island Marathon & Half Marathon - Craig**  
 Meet 8 am, Location – Craig HS  
 26.2/13.1 Entry Fee: \$50/\$45  
 Contact: Jean Jackson 401-0805  
[annjames326@gmail.com](mailto:annjames326@gmail.com)  
[powmarathon.org](http://powmarathon.org)  
 Sponsored by: Prince of Wales Runners and Walkers Club  
 Out-and-back course with 15 aid stations and van support.  
 Relay teams also an option.  
 Free salmon BBQ for participants at finish line.  
 Winners' plaques for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places in each division made by local ceramic artist. Shirt/medal also.
- May 23 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@anchorageclub.org](mailto:info@anchorageclub.org)  
[www.anchorageclub.org](http://www.anchorageclub.org)  
 Sponsored by: Anchorage Running Club
- May 23 Sat FYSA Run-A-Much – Fairbanks**  
 Time 10 am, Location – Trails at Pearl Creek Elementary  
 Distance: 5K  
 Contact: Raelen Wentz 456-3976, 799-6669  
 Sponsored by: Fairbanks Youth Soccer Association  
 \$10 youth, \$20 adult, \$40 family. Includes T-shirt.
- May 23 Sat Annihilator #1 Trail Series – Fairbanks**  
 Time 11 am, Location – Gravel Pit 1.5 Miles North of Nenana (marked on race day)  
 Distance: 10K, Entry Fee: \$5  
 Contact: Drew Harrington 451-6604  
 Bobbi Jo 451-9204  
 Katchmar  
[Drew.harrington@live.com](mailto:Drew.harrington@live.com)  
 Sponsored by: RCN  
 Toughest 10K in the Interior! \$5 entry includes BBQ potluck.  
 Trail Series opener!

\*Children's age groups/ability levels available

**Saturday, May 30 ~ Palmer**



**Meet at 9:00 am, Race time 10:00 am**  
**Trunk Rd Commuter Lot, (S Trunk Rd) Palmer**  
**3 miles, wheelchair accessible trail**  
**Entry fee: \$35**

**351-1385, [adpwjulie@aol.com](mailto:adpwjulie@aol.com) or 355-4969**  
**Register at: [www.advocatesfordogandpuppywellness.org](http://www.advocatesfordogandpuppywellness.org)**

**May 24 Sun Cooper Landing Trail Run – Cooper Landing**  
Meet 9:30 am – CL Community Hall, 0.6 mile Bean Creek Rd  
6K – 1K paved/5K gravel/dirt trail, some hills  
Race time 11 am, Entry fee: donation  
Contact: Karl Romig 595-1232  
[cooperlandingtrailrun@gmail.com](mailto:cooperlandingtrailrun@gmail.com)  
Deb Carlson 595-1455  
[www.cooperlandingwalkablecommunity.org](http://www.cooperlandingwalkablecommunity.org)  
Sponsored by: Cooper Landing Walkable Community Project  
Race starts at Kenai River, ends overlooking Kenai Lake  
Shuttle provided back to start area

**May 25 Mon Memorial Day Observed**



**May 27 Wed Orienteering Meet – Anchorage**  
Meet time: Starts from 5 pm to 7 pm  
Location – Mile 1.1 Campbell Airstrip Road  
Traditional meet, beginner through advanced courses  
Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

**May 28 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  
[bill.spencer@hdrinc.com](mailto:bill.spencer@hdrinc.com)  
Marianne Pedersen 333-8836  
[marianne\\_peders@hotmail.com](mailto:marianne_peders@hotmail.com)  
[www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)  
Sponsored by: Alaska Mountain Runners, HDR Alaska,  
Skinny Raven Sports & JBER  
When parking be respectful of neighbors, don't block  
driveways. Course utilizes JBER property. You must have a  
current iSportsman Recreational Access Permit & be signed  
in to train on trails, **NO EXCEPTIONS.**  
Contact <http://jberisportsman.net/access> for permit. If race  
shortened due to snow, longest race offered will be awarded  
AK Mt Runners Grand Prix points.  
Proceeds benefit Tom Besh Memorial Scholarship Fund

**May 30 Sat** **Bite Back 5K – Valdez**  
Meet 10 am – John Kelsey Dock/Plaza  
5K, Race time 11 am, 10:45 am kids 1 mile run  
Entry fee: \$5 kids mile, \$10/Individual, or \$20/Family  
Contact: Sheri Beck 835-2903  
[sheribeck33@hotmail.com](mailto:sheribeck33@hotmail.com)  
[rfool.blogspot.com](http://rfool.blogspot.com)  
Sponsored by: Compassion Int'l & Valdez Parks & Rec  
Proceeds benefit Compassion International Malaria Fund

**May 30 Sat** **Red Shirt Lake Trail Run – Willow**  
Race time 10 am, Location – Nancy Lake State Rec Area  
6 miles, out-an-back course very hilly single track trail  
Entry fee: \$30  
Contact: Andrea Hambach  
[wilrunco@gmail.com](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://www.willowrunningcompany.com)  
Sponsored by: Willow Running Company

**May 30 Sat** **Walk n Roll for Animals – Palmer**  
Meet 9 am, Race time 10 am  
Location – Trunk Rd Commuter Lot, Palmer  
3 mi – wheelchair accessible trail, Entry fee: \$35  
Contact: Julie 351-1385  
[adpwjulie@aol.com](mailto:adpwjulie@aol.com)  
Sue 355-4969  
Sponsored by: Advocates for Dog and Puppy Wellness and  
Matsu Animal Shelter  
The purpose of the event is to enhance the health of our  
community's residents and their companion animals  
by getting out for a day of fresh air, exercise and social  
interaction; and raise awareness for our local animal shelter.

- May 30 Sat** **41<sup>st</sup> Annual Arctic Valley Run – Ft. Richardson**  
 Meet 7:30 – 8:45 am, Race time 9 am – Moose Run Golf Course  
 12.6 & 5 miles – 800' gradient (5 M)/2,500' gradient (12.6 M),  
 Entry fee: \$15/\$20 race day, \$15 for t-shirt  
 Contact: Ellis Alston 384-1304  
[ellis.alston@us.af.mil](mailto:ellis.alston@us.af.mil)  
 Sponsored by: Ft. Richardson Sports & Fitness  
 Mens, Womens & Military Team  
 Register at Buckner 9 am – 4 pm thru May 29, or mail  
 registration w/entry fee (check payable to 673d Buckner Fitness  
 Center) to: Buckner Physical Fitness Center, D St Bldg 690  
 Attn: Ellis Alston, JBER, AK 99505, Postmarked by May 22
- May 30 Sat** **Two-Way Torture Test – Fairbanks**  
 Race time 9 am – Pump House Restaurant  
 Distance: 13.1 miles  
 Contact: Karen Harris 378-8504  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Two person teams run in opposite directions
- June Tue** **Exceed Women's Running Team – Anchorage**  
 Meet 6 pm – Various locations  
 Coached workouts, track with some trail runs  
 Membership: \$100  
 Contact: Kayse Hinrichsen 717-9939  
[kaysehinrichsen@gmail.com](mailto:kaysehinrichsen@gmail.com)  
 Paola Banchemo 223-5102  
[www.runexceed.org](http://www.runexceed.org)  
 Sponsored by: Exceed Women's Running Team  
 Every Tuesday April through August  
 Check website for location and planned workout  
 All levels of runners welcome
- June Tues** **Women's Training – Fairbanks**  
 Meet 5:30 pm – West Valley HS Track  
 Track & Intervals – all levels welcome, Free  
 Contact: Bruce Miller 479-5585  
 Sponsored by: Running Club North
- June Tues** **Men's Training – Fairbanks**  
 Meet 6 pm – West Valley HS Track  
 Track & Intervals – all levels welcome, Free  
 Contact: Tracey Martinson 474-8353  
 Sponsored by: Running Club North  
 Interval workouts. All abilities welcome
- June Tue & Thu** **Valley Women's Running Team – Palmer**  
 Meet 6 pm – Colony High School  
 Tue track work out, Thu trail runs – various locations  
 around the valley  
 Contact: Rhonda Knopp 355-6258  
[rhondaknopp@hotmail.com](mailto:rhondaknopp@hotmail.com)  
 Norm Rousey  
[coachrousey@hotmail.com](mailto:coachrousey@hotmail.com)  
<https://sites.google.com/site/valleywomensrunningteam>  
 Sponsored by: Valley Women's Running Team  
 Runners of all ability levels welcome  
 Coached training held each week thru  
 mid-August with trail runs thru September

\*Children's age groups/ability levels available



- June – Peak Performers Track Club – Anchorage**  
**Aug** Central Jr High Track late April thru Aug –  
**Tue** APU – paved roads, Central – track  
 Membership fee: \$65, \$110 family (2)/\$160 3 or more  
 Contact: Jason Hofacker 240-6982  
 Kim Baldwin 274-1061  
 and in spirit, Chester Franz  
 Sponsored by: Peak Performers Track Club  
 Training & conditioning program led by coaches
- June 2 Masochism on Moose Mountain #2 Trail Series – Fairbanks**  
**Tue** Race time 6:30 pm – Base of Moose Mountain  
 4 miles – steep 1400' ascent in 1.25 miles, 2.75  
 mile descent, Entry fee: \$5  
 Contact: Dan Bishop 322-4314  
 Sponsored by: Running Club North
- June 3 Alaska Run for Women Registration – Wasilla**  
**Wed** 4-7 pm, Location – The Alaska Club Valley  
 Contact: Kristin Folmar [run@akrffw.org](mailto:run@akrffw.org)  
 Sponsored by: Alaska Run for Women Board of Directors  
 Register on-line @ [www.akrffw.org](http://www.akrffw.org)  
 Registration for the 23<sup>rd</sup> annual Alaska Run for Women on  
 6/13/15, benefitting the fight against breast cancer.  
 Additional registration and bib pick-up dates and locations  
 listed in this calendar on 6/6, 6/9, 6/11.
- June 3 Mugwumps 10K – Anchorage**  
**Wed** Meet 5:30 pm – Location TBD  
 \* 10K – out & back, Race time 6:30 pm  
 Entry fee: ARC Membership  
 Contact: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club
- June 3 Orienteering Meet – Anchorage**  
**Wed** Meet time: Starts from 5 pm to 7 pm  
 Location – Ft. Richardson, see website about access  
 Traditional meet, beginner through advanced courses  
 Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- June 4 All-Comers Track Meet 39<sup>th</sup> Year – Fairbanks**  
**Thu** Meet 6:30 pm – West Valley HS Track  
 100 meters to 5,000 meters  
 Contact: Dan Callahan 322-6097  
 Sponsored by: Running Club North

\*Children's age groups/ability levels available

[www.heidishomesak.com](http://www.heidishomesak.com)

***Heidi Clement***

***(907) 727-0816***



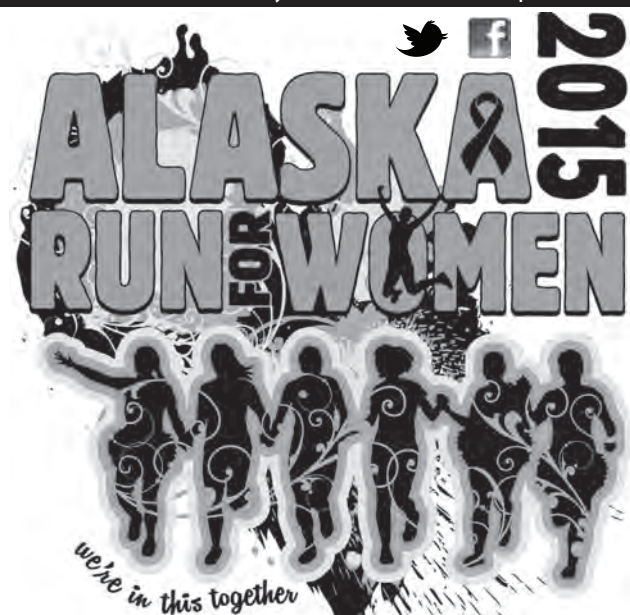
***REAL ESTATE***  
***BROKERS of ALASKA***

\*Children's age groups/ability levels available

- June 5** **Bear's Den B&B Bear Bell Run – Seward**  
**Fri** Meet 10:30 am – Waterfront Park, 6<sup>th</sup> Ave  
 1 mile – flat, paved, Race time 11 am  
 Entry fee: Check website  
 Contact: Casey Wright 224-4054  
[cwright@cityofseward.net](mailto:cwright@cityofseward.net)  
[www.cityofseward.us](http://www.cityofseward.us)  
 Sponsored by: Bear's Den Bed & Breakfast,  
 Seward Teen & Youth Center & SPRD  
 Limited to kids 5-12 years  
 Registration remains open, space permitting  
 Annual pass, family, volunteer & military discounts  
 A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- June 5** **Twilight 12K - Anchorage**  
**Fri** Meet 6 pm – Skinny Raven Sports  
 \* 12K - loop course, some hills, Race time 7 pm  
 Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
 Sponsored by: Adidas, Bear Tooth, Kaladi Bros, Stellar Design  
 Pizza, beer, refreshments, live DJ & sweet prizes after race
- June 5** **Skinny Mini 6K - Anchorage**  
**Fri** Meet 6 pm – Skinny Raven Sports  
 \* 6K - loop course, some hills, Race time 7 pm  
 Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
 Sponsored by: Adidas, Bear Tooth, Kaladi Bros, Stellar Design  
 Pizza, beer, refreshments, live DJ & sweet prizes after race
- June 6** **Alaska Run for Women Registration – Anchorage**  
**Sat** 10 am – 1 pm, Location – University Center Mall  
 Contact: Kristin Folmar [run@akrffw.org](mailto:run@akrffw.org)  
 Sponsored by: Alaska Run for Women  
[www.akrffw.org](http://www.akrffw.org)  
 Registration for the 23<sup>rd</sup> annual Alaska Run for Women on  
 6/13/15 benefitting the fight against breast cancer. Additional  
 registration and bib pick-up dates and locations listed in this  
 calendar on 6/3, 6/9, and 6/11.
- June 6** **Government Peak Climb – Palmer**  
**Sat** Meet 10 am, Race time 11 am, Location - GRPA  
 3 miles – trail up a mountain  
 Entry fee: May 1-19 \$30, May 20-June 3 \$40, Day of race \$50  
 Contact: Mark Strabel 746-7547  
[strabel@mtaonline.net](mailto:strabel@mtaonline.net)  
 Register on-line @ [www.webscorer.com](http://www.webscorer.com)  
 Fundraiser for Colony High School XC Running Team
- June 7** **Eagle River Triathlon – Chugiak**  
**Sun** Meet time 8 am, Race time 8 am, Location – Chugiak HS  
 Distance: Adult race; Sprint distance – 500 yd swim, 12 mile  
 bike, 5K run  
 Kid's Tri – Ages 6-12 – pool swim, rolling bike course, flat run  
 Entry fee: check website. Reduced fees for early registration  
 Contact: [info@eaglerivertri.com](mailto:info@eaglerivertri.com) [www.eaglerivertri.com](http://www.eaglerivertri.com)  
 Sponsored by: Eagle River Triathlon  
 Sprint Triathlon for all abilities. Individual and team categories  
 T-shirts for all pre-registered racers in adult tri. Medals and  
 racer gift for all kid's racers! USAT sanctioned event.

\*Children's age groups/ability levels available

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



**JUNE 13<sup>th</sup>**  
**SATURDAY**

**5 Mile Run/  
Walk**

**1 Mile Fun Run/  
Walk**

**START:**  
Sullivan Arena  
Parking Lot

ALL ABILITIES  
ENCOURAGED  
AND WELCOME!

Every donation directly supports the fight against breast cancer.

Online Race  
Registration  
Opens  
**April 15,  
2015**

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

- **Wasilla - The Alaska Club**  
Wednesday, June 3: 4pm - 7pm
- **Anchorage - University Center Mall**  
Saturday, June 6: 10am-1pm  
Tuesday, June 9: 4pm - 7pm  
Thursday, June 11: 4pm - 7pm

To volunteer contact: [volunteer@akrfw.org](mailto:volunteer@akrfw.org)  
Decorate your own Port-a-Potty contact: [potties@akrfw.org](mailto:potties@akrfw.org)

Info Contact:  
[run@akrfw.org](mailto:run@akrfw.org)

[www.akrfw.org](http://www.akrfw.org)

\*Children's age groups/ability levels available

**June 7** **7<sup>th</sup> Run Lu Lu Run – Fairbanks**  
**Sun** Race time 10 am – Lu Lu’s Bread & Bagels  
Old Chena Spur Road  
5K – flat, 10K – mixed hilly  
Contact: Tamara Rose  
Active.com  
Julie Schwab  
Sponsored by: Lu Lu’s Bread & Bagels, AK Health & Fitness  
Register on-line @ [www.active.com](http://www.active.com)  
T-shirt first 100 entrants

**June 7** **Mud Factor – Fairbanks**  
**Sun** Meet 9 am, Location – Tanana Lakes Recreation Area  
Distance: 5K obstacle mud run, Entry fee: \$25 & Up  
Contact: [info@mudfactor.com](mailto:info@mudfactor.com)  
[www.mudfactor.com](http://www.mudfactor.com)  
“Seriously Fun, 5K Obstacle Run!” for ages 14 and up.  
MF Kidz! For your little runners ages 4-13.

**June 8** **Fossil 5K – Anchorage**  
**Mon** Meet 6:00 pm – Kincaid Timing Shack  
5K - Easy course, moose, mosquitoes  
Entry fee: \$15/\$8 children over 5, Race time 6:30 pm  
Contact: Jeff Attridge 274-2400  
[dev@alaskamuseum.org](mailto:dev@alaskamuseum.org)  
Kerri Jackson 274-2400  
[www.alaskamuseum.org](http://www.alaskamuseum.org)  
Run to feed the dinosaurs! Snacks, water/juice, t-shirts provided. Dress for weather, bug spray if warm. Bib pick up at 201 Bragaw until race day, then 5:30-6:30 at the Kincaid Timing Shack race day. Early Registration closes June 6. Register online at [www.alaskamuseum.org](http://www.alaskamuseum.org)

**June 8** **Tyrannosaurus 10K – Anchorage**  
**Mon** Meet 6:00 pm – Kincaid Timing Shack  
Difficult course, lots of hills & wildlife  
Entry fee: \$20, Race time 6:30 pm  
Contact: Jeff Attridge 274-2400  
[dev@alaskamuseum.org](mailto:dev@alaskamuseum.org)  
Kerri Jackson 274-2400  
[www.alaskamuseum.org](http://www.alaskamuseum.org)  
The most difficult 10K you will ever do. Snacks, water/juice, t-shirts provided. Early registration closes June 6. Bib pick-up at 201 Bragaw until race day, then 5:30-6:30 at the Kincaid Timing Shack on race day.

**June 9** **Alaska Run for Women Reg/Bib PU – Anchorage**  
**Tue** 4-7 pm – University Center Mall  
Contact: Kristin Folmar  
[run@akrffw.org](mailto:run@akrffw.org)  
Sponsored by: Alaska Run for Women [www.akrffw.org](http://www.akrffw.org)  
Registration for the 23<sup>rd</sup> annual Alaska Run for Women on 6/13/15 benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 6/3, 6/6, and 6/11.

\*Children’s age groups/ability levels available

- June 10 Orienteering Meet – Anchorage**  
**Wed** Meet time: Mass start 6:30 pm, Location – Storck Park  
 Billy Goat-O, Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- June 11 Alaska Run for Women Registration – Anchorage**  
**Thu** 4 - 7 pm, Location – University Center Mall  
 Contact: Kristin Folmar  
[run@akrffw.org](mailto:run@akrffw.org)  
 Sponsored by: Alaska Run for Women [www.akrffw.org](http://www.akrffw.org)  
 Registration for the 23<sup>rd</sup> annual Alaska Run for Women on  
 6/13/15 benefitting the fight against breast cancer. Additional  
 registration and bib pick-up dates and locations listed in this  
 calendar on 6/3, 6/6, and 6/9.
- June 11 All-Comers Track Meet 39<sup>th</sup> Year – Fairbanks**  
**Thu** Meet 6:30 pm – West Valley HS Track  
 100 meters to 5,000 meters  
 Contact: Dan Callahan 322-6097  
 Sponsored by: Running Club North
- June 12 Kids' Cross Country Races – Fairbanks**  
**Fri** Meet 6 pm – West Valley HS Trails (start at Soccer Field)  
 \* 0.5 & 1.5 mile options, Race time 6 pm, Entry fee: None  
 Contact: Tracey Martinson 474-8353  
 Monte Jordan 451-8696  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Jun 13 H.A.W.K. Half-Marathon – Valdez**  
**Sat** Meet 9 am – Woody Woodman Teen Center  
 13.1 Mile – running along trails and roadways near town  
 Race time 10 am Entry fee: \$10/Individual  
 Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us.specialevents](http://www.ci.valdez.ak.us.specialevents)  
 Sponsored by: Valdez Parks & Rec  
 Proceeds benefit Valdez Race Series  
 H.A.W.K. (Hiking Alaska's Wild Kountry) presents its first Half  
 Marathon event. Within 13.1 Miles, you will have run along 4  
 of the H.A.W.K. Trails in Valdez (Mineral Creek, Shoup, Dock  
 Point, and Overlook Trail) and will be able to mark those  
 trails from your 2015 H.A.W.K. Trail card.
- June 13 Run for the River – Soldotna**  
**Sat** Meet 8 am – Soldotna Creek Park  
 5K & 10 miles – gravel/paved roads, multiple  
 turn flat loop course, Race time 8:30 & 9 am (5K)  
 Entry fee: \$25/pre-registration  
 Contact: Rhonda McCormick 260-5449  
[rhonda@kenaiwatershed.org](mailto:rhonda@kenaiwatershed.org)  
 Lisa Beranek 260-5449  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
 Sponsored by: Kenai Watershed Forum  
 Bib pick up and spaghetti feed June 12

\*Children's age groups/ability levels available

**June 13 Alaska Run for Women – Anchorage**

**Sat** Race time 8:30 am, Location – Anchorage Football Stadium  
Distance: 5mi and 1mi – scenic on road and paved trail  
Entry fee: Donation  
Contact: Kristin Folmar [run@akrfw.org](mailto:run@akrfw.org)  
Sponsored by: Alaska Run for Women [www.akrfw.org](http://www.akrfw.org)  
Grab your friends & family for this inspiring all women's event benefitting the fight against breast cancer. 100% of the entry fee goes towards mammograms, breast research & education.  
Walkers welcome! One of the largest all women's runs in the US.

**June 13 Why Not Tri - Wasilla**

**Sat** Meet 7 am – Wasilla High School  
400 meter swim (pool), 9.5 mile bike (hilly), 5K run (loop),  
Race time 9 am  
Entry fee: \$50 solo/\$80 (2 person team)/\$120 (3 person team) (ages 13 and up)  
\$60 solo/\$90 (2 person team)/\$135 (3 person team) after 3/31  
Contact: Robin Rice  
[wasillatri@gmail.com](mailto:wasillatri@gmail.com)  
[www.whynottriwasilla.net](http://www.whynottriwasilla.net)  
Sponsored by: Alaska Bicycle Center  
Registration February 2 – May 4  
A great beginner sprint tri, limited to 500 racers  
Proceeds benefit ALS Association

**June 13 Why Not Tri Kids - Wasilla**

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

**June 13 23<sup>rd</sup> Annual Mosquito Meander – Fairbanks**

**Sat** Race time 10 am – Pioneer Park  
5K walk/run – flat looped course  
Contact: Sabrina Davis 456-4729  
[www.fcaalaska.org](http://www.fcaalaska.org)  
Sponsored by: Fairbanks Counseling & Adoption  
\$35 family includes 2 T-shirts; \$20 adult,  
\$15 child under 12 includes T-shirt  
After June 10, add \$10 to fee

**June 13 Kodiak Bear Crawl – Kodiak**

**Sat** Meet time: 8:30 am, Race time: 9 am  
Distance: 1.5 miles, obstacle course race, Entry fee: \$40  
Contact: Pam Foreman 486-3181  
[pam@kmxt.org](mailto:pam@kmxt.org)  
Sponsored by: Kodiak Public Broadcasting Corporation  
9 obstacles designed to challenge all levels.

\*Children's age groups/ability levels available

[www.trithekenai.com](http://www.trithekenai.com)



Sunday June 14, 2015

**June 13 Mr. Miles 24 Hour of Alaska – Palmer**

**& 14** Race start 12N – Matanuska Lake State Rec Area/Matanuska  
**Sat &** Greenbelt, 4.5 mile loop course thru the greenbelt, hilly,  
**Sun** single track trails. 6, 12 & 24 hour races, start June 13, end  
12N June 14. Entry fee: \$100

Contact: Andrea Hambach  
[wilrunco@gmail.com](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://www.willowrunningcompany.com)

Sponsored by: Willow Running Company

**June 14 Mud Factor – Anchorage**

**Sun** Meet 9 am, Location – Kincaid Park  
Distance: 5K obstacle mud run. Entry fee: \$25 & Up  
Contact: [info@mudfactor.com](mailto:info@mudfactor.com)  
[www.mudfactor.com](http://www.mudfactor.com)

“Seriously Fun, 5K Obstacle Run!” for ages 14 and up.  
MF Kidz! For your little runners ages 4-13.

**Jun 14 Wickersham Dome Trail Run #3 Trail Series - Fairbanks**

**Sun** Race time 11 am – White Mtns Trailhead (Mile 28 Elliott Hwy)  
7.75 miles – hills, scenic, out & back, Entry fee: None  
Contact: Drew Harrington 451-6604  
[Drew.harrington@live.com](mailto:Drew.harrington@live.com)  
Bobbi Jo 451-9204  
Katchmar

Sponsored by: Running Club North & Goldstream  
Northern Trail Series Event #3

**June 14 Bill Mitchell Fun Run – Palmer**

**Sun** Meet 9:30 am – MTA Events Center-Palmer Ice Rink  
\* 5K adult, 5K youth (19 & under), 1 mile (13 & under)  
Flat course, out & back

Race time 11 am, Entry fee: Check website  
Contact: Carolyn Hanson 745-2800  
[bchanson@mtaonline.net](mailto:bchanson@mtaonline.net)  
Palmer Chamber 745-2880  
[info@palmerchamber.org](mailto:info@palmerchamber.org)  
[www.palmerchamber.org](http://www.palmerchamber.org)

Sponsored by: MTA

\*Children's age groups/ability levels available



- June 14 TriTheKenai – Soldotna**  
**Sun** Meet 8 am – Skyview Middle School  
 Sprint & Intermediate Distance Events  
 Race Time 10 am, Entry Fee: Check website  
 Contact: Tony Oliver 252-0558  
[wahoo@trithekenai.com](mailto:wahoo@trithekenai.com)  
 Sponsored by: Kenai Peninsula Tourism Marketing Council  
 Adult and youth races.
- June 17 Dawn 2 Dusk/Dusk 2 Dawn Pt 1 All Night Run – Fairbanks & 18**  
**Wed & Thur** Race time 12:47 am on 18<sup>th</sup>, Location – UAF Ski Hut (W Ridge)  
 4 mile loop – roads & trails, sunset to sunrise  
 Contact: George Berry 687-8769  
[membership@runningclubnorth.org](mailto:membership@runningclubnorth.org)  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Registration at midnight, run all night, 12:47am to 2:58 am  
 (sunset to sunrise)
- June 17 Orienteering Meet – Anchorage**  
**Wed** Meet time: Starts from 5 pm to 7 pm  
 Location – Mile 2.2 Campbell Airstrip Rd  
 Traditional meet, beginner through advanced courses  
 Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- June 18 Mayor’s Midnight Sun Marathon, Marathon**  
**Thur** Relay, ½ Marathon, 4 Miler & Youth Cup Bib  
**June 19 Pick-up & Last Chance Registration – Anchorage**  
**Fri** Thurs, 3 - 8 pm; Fri, 10 am - 6 pm – Alaska Airlines Center  
 Contact: UAA 786-1230  
[track@uaa.alaska.edu](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://www.mayorsmarathon.com)  
 When picking up your bib/t-shirt, check out the Expo  
No Race Day Registration or Bib Pick-up
- June 20 “Nikiski Days” Family Fun Walk/Run – Nikiski**  
**Sat** Meet 9 am – Nikiski Community Recreation Center  
 3 & 5 miles – groomed trails, mostly flat, some hills  
 Race time 10 am, Entry fee: \$20, t-shirts included  
 Contact: Tammy Berdahl 776-8800 ext. 6416  
[tberdahl@kbp.us](mailto:tberdahl@kbp.us)  
 Jackie Cason 776-8800  
[www.northpenrec.com](http://www.northpenrec.com)  
 Sponsored by: North Peninsula Recreation Service Area  
 Visit the website for details & entry forms
- June 20 33<sup>rd</sup> Annual Midnight Sun Run #2 Usibelli Cup– Fairbanks**  
**Sat** Time 10PM, Location – UAF Patty Center  
 10K run/walk  
 Contact: FRA 456-8901  
 Sponsored by: FRA & Daily News-Miner  
 Information and on-line registration a  
[www.midnightsunrun.net](http://www.midnightsunrun.net)

\*Children’s age groups/ability levels available

ConocoPhillips

Presents



# 42nd Annual

## MAYOR'S MIDNIGHT SUN

A  
R  
A  
T  
H  
O  
N

June 20, 2015 Bartlett High School  
to

Anchorage Park Strip  
Anchorage, Alaska

Race Time: 7:30 a.m.

Relay Start: 8:00 a.m.

### Other Races Provided:

1/2 Marathon, 4 Miler - Race Start: 9:00 a.m.

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

Walkers Welcome

Registration Deadline June 18

**No Race Day Bib Pickup**



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



\*Children's age groups/ability levels available

**June 20 Mayor's Midnight Sun Marathon – Anchorage**

**Sat**

Meet 6:30 am – Bartlett High School

26.2 miles – Bartlett to Delaney Park Strip

Race time 7:30 am, Entry fee: Check website

Registration on-line & save

Contact: UAA 786-1325

[track@uaa.alaska.edu](mailto:track@uaa.alaska.edu)

[www.mayorsmarathon.com](http://www.mayorsmarathon.com)

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage & ConocoPhillips

Walkers welcome! Medallions to finishers, t-shirts all

**No Race Day Registration or Bib Pick-up**

**June 20 Mayor's Midnight Sun Relay Race – Anchorage**

**Sat**

Meet 6:30 am – Bartlett High School

26.2 miles – Bartlett to Delaney Park Strip

Race time 8 am, Entry fee: Check website

Registration on-line & save thru June 18

4 person relay team event, 6 team divisions

Approximate leg distances – 7, 8, 5.6 & 5.6

Contact: UAA 786-1230

[track@uaa.alaska.edu](mailto:track@uaa.alaska.edu)

[www.mayorsmarathon.com](http://www.mayorsmarathon.com)

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage & ConocoPhillips

Walkers welcome! T-shirts for participants

**No Race Day Registration or Bib Pick-up**

**June 20 Mayor's Midnight Sun ½ Marathon – Anchorage**

**Sat**

Meet 8 am – Delaney Park Strip

\*

13.1 miles

Race time 9 am, Entry fee: Check website

Registration on-line & save

Contact: UAA 786-1325

[track@uaa.alaska.edu](mailto:track@uaa.alaska.edu)

[www.mayorsmarathon.com](http://www.mayorsmarathon.com)

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage, & ConocoPhillips

Walkers welcome! T-shirts for participants

**No Race Day Registration or Bib Pick-up**

**June 20 Mayor's Midnight Sun 4 Miler – Anchorage**

**Sat**

Meet 8 am – Delaney Park Strip

\*

4 miles

Race time 9 am, Entry fee: Check website

Registration on-line & save

Contact: UAA 786-1325

[track@uaa.alaska.edu](mailto:track@uaa.alaska.edu)

[www.mayorsmarathon.com](http://www.mayorsmarathon.com)

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage & ConocoPhillips

Walkers welcome! T-shirts for participants

**No Race Day Registration or Bib Pick-up**

\*Children's age groups/ability levels available

# ALASKA 2015 MOUNTAIN RUNNING

**Grand Prix**

**Kalgin's  
Knoya  
Ridge Run**

**Government  
Peak Hill Climb**

**Robert Spurr  
Mountain Run  
(Bird Ridge)**



**Mount Marathon**

**Matanuska  
Peak Challenge**

**Alyeska Mountain Run**

Scan our QR Code or visit us at:  
[www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)  
for race dates, information, results  
and archives.



**Don't forget to join us at our End of  
the Season Banquet.**



\*Children's age groups/ability levels available

**June 20 Mayor's Midnight Sun Youth Cup – Anchorage**  
**Sat** Race time 9 am, 2 miles, Entry fee: Check website  
**\*** Registration on-line & save  
Contact: UAA 786-1325  
[track@uaa.alaska.edu](mailto:track@uaa.alaska.edu)  
[www.mayorsmarathon.com](http://www.mayorsmarathon.com)

Sponsored by: Anchorage Parks & Recreation,  
University of Alaska Anchorage & ConocoPhillips  
Recreation timed event, completion awards given  
Walkers welcome! T-shirts for participants  
**No Race Day Registration or Bib Pick-up**

**June 21 Father's Day**  
**Sun**



**June 21 Robert Spurr Memorial Hill Climb – Bird**  
**Sun** Meet 8:30 am - Bird Ridge Trailhead/M.102 Seward Hwy  
Please use new parking lot, Race time 10 am  
Bib Pickup 8:30 – 9:30 am, Entry fee: \$35  
Family discounts available – see details during  
on-line registration, Strenuous course, 3 miles,  
3400' vertical, up-hill only  
Contact: Alaska Mountain Runners  
[akmtnrun@hotmail.com](mailto:akmtnrun@hotmail.com)  
On-line registration begins May 1 and ends when full @  
[www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)  
**No Race Day Registration** - 250 person limit

**June 24 Orienteering Meet – Anchorage**  
**Wed** Starts from 5 pm to 7 pm, Location – Bartlett High School  
Sprint-O, beginner through advanced courses  
Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**June 25 Jim Loftus Mile #3 Usibelli Cup – Fairbanks**  
**Thu** Meet 6:30 pm – West Valley HS Track  
Distance: 1 mile, 800M for 9 and under  
Contact: Bob Vitale 322-0117  
Tracey Martinson 474-8353  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Usibelli Cup Event. Register on line at [www.runningclubnorth.org](http://www.runningclubnorth.org)  
Late fees apply.

**June 26 Kids' Cross Country Races – Fairbanks**  
**Fri** Registration at 5:45 pm, Meet 6 pm – West Valley HS trails  
(start at Soccer Field)  
0.5 & 1.5 mile options, Entry fee: None  
Contact: Tracey Martinson 474-8353  
Monte Jordan 451-8696  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

\*Children's age groups/ability levels available

**Saturday, July 11, 2015**

# HeartReach Center 2015 5k/10k



for **Life**

**New Trunk Road Bike/Foot Path Palmer/Wasilla  
Entry Fee \$25/\$50 Family - \$35/\$60 Family Day of Race**

***Race starts at 10:00am, Sat. July 11***

**Early BIB Pick-up at HeartReach Center  
July 10 and July 11, 9am to 1pm**

***Day of Race Registration & Bib Pick-up 9:00am***

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

**Runners-Walkers-Strollers-Bikes Welcome!**

**[www.HeartReachAlaska.com](http://www.HeartReachAlaska.com)**

**or 907-373-3456**

**HeartReach Center**  
HOPE • LIFE • VALUE

\*Children's age groups/ability levels available

**June 27 Spit Run – Homer**

**Sat** Race time 10 am – Homer High School  
10K – flat, fast, point to point, certified course  
Entry fee: TBA  
Contact: Bill Steyer 399-1078  
[steyerbill@yahoo.com](mailto:steyerbill@yahoo.com)  
[www.kachemakbayrunningclub.org](http://www.kachemakbayrunningclub.org)  
Sponsored by: South Peninsula Hospital, Homer Community  
Recreation, Homer News & Kachemak Bay Running Club  
USATF certified course  
Proceeds benefit youth running sports programs

**June 27 Spruce Tree Classic – Fairbanks**

**Sat** Race time 10 am – UAF West Ridge Ski Hut  
7.2 miles – trail run, Entry fee: None  
Contact: Roy Strandberg 378-7111  
[rtstrandberg@alaska.edu](mailto:rtstrandberg@alaska.edu)  
David McDowell 488-6068  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
A classic run on north UAF trails.

**June 27 Run From The Cops – Fairbanks**

**Sat** Race time 11 am – 911 Cushman Street FPD  
5K walk/run – paved, Entry fee: \$25, t-shirts included  
Contact: Brenda Geier 459-6800  
Eric Jewkes  
Sponsored by: Carl's Jr.  
\$25 entry, \$20 for 17 & under, T-shirts

**June 27 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 27 Midnight Sun Lazyman Triathlon - Wasilla**

**- Aug 8** Event spans 6/27-8/8, entries accepted thru 6/27  
**Sat -** 140.7 miles – Ironman Tri over 6 weeks  
**Sat** Entry fee: \$30, enter as individual or team  
Contact: Traci Sanders 355-6110  
[htraci@hotmail.com](mailto:htraci@hotmail.com)  
Christy Hronkin 232-8871  
[sites.google.com/site/midnightsunlazymantriathlon/](http://sites.google.com/site/midnightsunlazymantriathlon/)  
Experience an Ironman Triathlon at your own pace.  
Goal is 112 miles bike, 2.5 miles swimming, 26.2 miles  
running (see log sheet for alternative suggestive activities).  
Celebration BBQ August 8

\*Children's age groups/ability levels available

**July  
Tue**      **Exceed Women's Running Team – Anchorage**  
Meet 6 pm – Various locations  
Coached workouts, track with some trail runs  
Membership: \$100  
Contact: Kayse Hinrichsen 717-9939  
[kaysehinrichsen@gmail.com](mailto:kaysehinrichsen@gmail.com)  
Paola Banchemo 223-5102  
[www.runexceed.org](http://www.runexceed.org)  
Sponsored by: Exceed Women's Running Team  
Every Tuesday April through August  
Check website for location and planned workout  
All levels of runners welcome

**July  
Tues**      **Women's Training – Fairbanks**  
Meet 5:30 pm – West Valley HS Track  
Track & Intervals – all levels welcome, Free  
Contact: Bruce Miller 479-5585  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

**July  
Tues**      **Men's Training – Fairbanks**  
Meet 6 pm – West Valley HS Track  
Track & Intervals – all levels welcome, Free  
Contact: Tracey Martinson 474-8353  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

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

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

**July 4  
Sat**      **Independence Day**



\*Children's age groups/ability levels available



- July 4 Sat**     **30<sup>th</sup> Annual Independence Day Run – Fairbanks**  
 Race time 10 am – SE Corner of Pioneer Park  
 5K –fast course, Entry fee: \$20 preregister at Beaver Sports  
 or by email [akcallahans@hotmail.com](mailto:akcallahans@hotmail.com), \$25 race day  
 T-shirts to first 100 entrants  
 Contact: Dan Callahan 322-6097  
 Sponsored by: Running Club North
- July 4 Sat**     **Seldovia 5K Salmon Shuffle – Seldovia**  
 Race time: 9 am, Location – Harbor Parking Lot  
 Entry fee: \$20  
 Contact: Tania Spurkland 399-7379  
[tmspurkland@alaska.edu](mailto:tmspurkland@alaska.edu)  
 Tobben Spurkland 399-0300  
<http://seldoviaartscouncil.net>  
 Sponsored by: Seldovia Arts Council  
 Get a start on the 4<sup>th</sup> of July festivities with a 5K race that  
 winds through town. Enjoy the scenery, the wildlife, the  
 community, and racing with your fellow competitors. Prizes  
 for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female, Adult and Juvenile.
- July 4 Sat**     **Mount Marathon Race – Seward**  
 \* Meet 4<sup>th</sup> & Adams Street  
 Road/mountain run, 3,022' climb (3.5 miles)  
 Junior division only goes to half-way point  
 Race times: 9:30 am juniors (7-17 years),  
 11:15 am women, 3 pm men  
 Entry limits: 350 men, 350 women, 250 juniors  
 Entry fee: \$25 juniors/\$65 adults  
 Contact: Chamber of Commerce 224-8051  
[events@seward.net](mailto:events@seward.net)  
[www.seward.com](http://www.seward.com)  
 Sponsored by: Seward Chamber of Commerce  
 All 1<sup>st</sup> year runners must participate in a safety  
 briefing July 3 or they will not be permitted to run  
 Applications accepted thru Mar 31
- July 4 Sat**     **Annual Uncle Salmon Freedom Fun Runs - Valdez**  
 Meet 8:30 am, Race time 9:30 am – Valdez Civic Center  
 5K and 10K – running along roadways and trails in town,  
 Entry fee: FREE  
 Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)  
 Sponsored by: Valdez Parks & Recreation
- July 4 Sat**     **Hatcher Pass Marathon & Marathon Relay – Willow to Palmer**  
 26.2 miles & 3 person relay – uphill 25 miles, gravel road  
 Start Willow side Hatcher Pass Rd, finish Independence Mine  
 Independence Mine, Race time TBA, Entry fee: TBA  
 Contact: Andrea Hambach  
[wilrunco@gmail.com](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://www.willowrunningcompany.com)  
 Sponsored by: Willow Running Company  
 Register on-line thru website. Carpool recommended, limited  
 parking at start/finish. \$5 parking fee at Independence Mine  
 State Park

\*Children's age groups/ability levels available

# Anchorage Club



# Running

[www.anchagerunningclub.org](http://www.anchagerunningclub.org)

**May**

**6th**

## ***Do Run Run***

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

**23rd**

## **Trent Waldron Glacier 1/2 Marathon**

A good Tune up for Mayor's or BWLR.

**June**

**4th**

## ***Mugwumps 10K***

A mid packer's challenge.  
Free with ARC membership

**July**

**12th**

## ***Boondocks Breakaway 2.5K & 5K***

Trail Run with social afterwards.  
Free with ARC membership

**15th**

## ***Master's 5K & 10K***

Life begins at 40!  
Free with ARC membership

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



**August**

**15th  
& 16th**

## **Big Wild Life Runs**

Our biggest race event & runners expo.  
Full page ad on page 66.

**September**

**26th**

## **Octoberfest Run 5K & 10K**

Food and clothing for the needy.

**October**

**10th**

## **Zombie 1/2 Marathon Kids Zombie Mini 2.5K**

**The Anchorage  
Running Club** (ARC) is a  
non-profit member organization whose  
goals are to promote fitness and fun  
through running and walking.

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

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

- July 8** **Salmon Run Series #1 – Soldotna**  
**Wed** Meet 5 pm – Tsalteshi Trails  
 5K – multiple loop, hilly, groomed trail course  
 Race time 6 pm  
 Entry fee: \$10 on-line/\$15 in person/\$45 series  
 Contact: Josselyn O'Connor 260-5499 x 1201  
 josselyn@kenaiwatershed.org  
 Rhonda McCormick 260-5449 x 1203  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
 Sponsored by: Kenai Watershed Forum  
 Race course differs each week  
 5 series race, all ages, walkers welcome
- July 8** **Orienteering Meet – Anchorage**  
**Wed** Starts from 5 pm to 7 pm, Location – Ruth Arcand Park  
 Sprint-O, beginner through advanced courses  
 Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- July 9** **Steve's Equinox Training #1 – Fairbanks**  
**Thu** Meet 6 pm – UAF Patty Center  
 8+ miles – Loop thru Equinox start to mile 5 to T-field  
 Contact: Emily Schwing 801-550-4752  
 George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- July 10** **Kids' Cross Country Races – Fairbanks**  
**Fri** Time 6 pm, Location – West Valley HS Trails (Soccer Field)  
 Distance: 0.5 and 1.5 mile option  
 Contact: Tracey Martinson 474-8353/451-8696  
 Sponsored by: RCN  
 Free. Registration 5:45 pm.
- July 11** **Miles for Meals – Wasilla**  
**Sat** Meet 9 am, Race time 10:45am, Location – WASI  
 5K – bike path, Entry fee: \$20  
 Contact: Claudia Dolfi 376-3104  
[Claudia.dolfi@alaskaseniors.com](mailto:Claudia.dolfi@alaskaseniors.com)  
[www.wasillaseniors.com](http://www.wasillaseniors.com)  
 Sponsored by: Wasilla Area Seniors  
 Course is flat on paved bike path. BBQ and awards to follow.
- July 11** **Pioneer Ridge Climb – Palmer**  
**Sat** Meet 10 am, Race time 11 am, Entry fee: \$5  
 Location – Pioneer Ridge Trailhead, Mile 1.4 E. Knik River Rd  
 4.5 miles, 5,100 feet vertical gain, uphill only on singletrack trail  
 Contact: Matias Saari 529-4178  
[matiasmountain@gmail.com](mailto:matiasmountain@gmail.com)  
[alaskamountainrunners.org](http://alaskamountainrunners.org)  
 Sponsored by: Alaska Mountain Runners  
 This is Alaska's biggest vertical gain in uphill-only races!  
 An early start will be offered at 10 am. Parking is limited at  
 trailhead so a shuttle will begin at 9:30 am at the west-side  
 gravel bar immediately after crossing the Knik River Bridge.

\*Children's age groups/ability levels available

**July 11 North Pole Jingle in July - North Pole**

**Sat** Meet: 8:30 am, Race 10:15 am, Santa Claus House  
5k, Flat, Entry Fee: \$25/early, \$30/regular,  
\$35/late, \$40/last min.

Contact: Anna Campione  
907-277-2784  
acampione@arthritis.org  
www.jingleinjury.com

Sponsored by: Arthritis Foundation

Wear a holiday themed costume. Tie jingle bells to your shoelaces. Raise funds to fight arthritis, the nation's leading cause of disability. Run or walk a 5 kilometer route with your team members and celebrate the summer by giving.

**July 11 5K/10K for Life – Palmer/Wasilla**

**Sat** Meet 9 am, Race time 10 am – New Trunk Rd bike/foot path  
Walk/run – out & back, rolling hills, scenic byways  
Entry fee: \$25/\$50 family , \$35/\$60 family day of race

Contact: Patti Price 373-3456  
[patti.price@heartreachalaska.com](mailto:patti.price@heartreachalaska.com)  
Joyce Moropoulos 373-3456  
[www.heartreachalaska.com](http://www.heartreachalaska.com)

Sponsored by: HeartReach Center

Registration/bib pick-up at Honda Hartley Motors Frontage Road, mile 36.5 Parks Highway, vehicle parking at Valley Church of Christ, mile 36.6 Parks Highway  
Great relaxing place to run/walk, bring your own sack lunch  
Early bib pick up at Heartreach Center 7/9 & 10, 9 am-1 pm

**July 11 North Pole Triathlon – Fairbanks**

**Sat** Time 9 am, Location – Chena Lakes Rec Area  
Distance: 1500M swim, 40K bike, 10K run

Contact: Tyson Flaharty  
Amber Barlow  
[thebreakuptri@hotmail.com](mailto:thebreakuptri@hotmail.com)

\$40 fee + \$12 one day pass. USAT sanctioned.  
99 participant limit

**July 11 Bear Paw 5K Run – Eagle River**

**Sat** Meet 8:30 am bib pick-up/reg, Race time: 10:30 am  
\* – Main Street Eagle River, 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  
[jcaterinichio@alaska.net](mailto:jcaterinichio@alaska.net)  
[info@cer.com](mailto:info@cer.com)

Sponsored by: Anch Women's Clinic, Midas, Skinny Raven  
Hosted by: ANR/ERNTC Sign up at Skinny Raven, Eagle River Chamber of Commerce or register on-line

@ [www.cer.org](http://www.cer.org) or [www.skinnyraven.com](http://www.skinnyraven.com)

Fun for all ages

- July 12 Boondocks Breakaway – Anchorage**  
**Sun** Race time 11 am – Kincaid Outdoor Center  
 \* 2.5 & 5K – scenic trails thru park  
 Entry fee: ARC Membership  
 Contact: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club
- July 12 15<sup>th</sup> Annual Ester Dome Ass Kicker #4 Trail Series –**  
**Sun Fairbanks**  
 Time 10 am, Location – Golden Eagle and Ester Gold Camp parking lots  
 Distance: 6.75 miles  
 Contact: Oralee Nudson 252-0530  
 Robbin Garer-Slaughter 378-4989  
 Sponsored by: RCN, Goldstream Sports  
 Very steep trail run! Toughest short distance race in Interior.
- July 15 Salmon Run Series #2 – Soldotna**  
**Wed** Meet 5 pm – Tsalteshi Trails  
 5K – multiple loop, hilly, groomed trail course  
 Race time 6 pm  
 Entry fee: \$10 on-line/\$15 in person/\$45 series  
 Contact: Josselyn O'Connor 260-5499 x 1201  
[josselyn@kenaiwatershed.org](mailto:josselyn@kenaiwatershed.org)  
 Rhonda McCormick 260-5449 x 1203  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
 Sponsored by: Kenai Watershed Forum  
 Race course differs each week  
 5 series race, all ages, walkers welcome
- July 15 Alaska Men's Run Registration & Bib PU– Anchorage**  
**Wed** 4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 18)  
 5 mile run/2 mile walk – Chester Creek paved trails  
 Entry fee: \$35/\$70 family, \$45/\$80 race day, includes t-shirt & prizes, visit the website for additional info  
 Contact: Dave Fisher 622-9243  
 Sponsored by: Alaska Men's Run Race Board  
 Register on-line @ [www.alaskamensrun.com](http://www.alaskamensrun.com) thru July 17  
 Race day registration from 8:30–9:30 am
- July 15 Masters' 5 & 10K – Anchorage**  
**Wed** Meet 5:30 pm – Chuck Albrecht Fields  
 5 & 10K – flat, out & back on paved trails  
 Race time 6 pm, Entry fee: ARC Membership  
 Contact: [info@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)  
[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club  
 Limited to runners 40 years of age or older
- July 15 Orienteering Meet – Anchorage**  
**Wed** Starts from 5 pm to 7 pm, Location – Kincaid Raspberry Lot  
 Bike-O, beginner through advanced courses  
 Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available



**The Power of Physical Therapy™**

4100 Lake Otis Parkway, Ste 106

Anchorage, AK 99508

Phone: 907-563-4115

Fax: 907-563-4116

Don't let injury get you down! Let us help get you back on the road, trail, or track and maximize your performance.

### **Our Runner-Friendly Services Include:**

Sports and Orthopedic Rehabilitation  
Pre- and Post-Operative Rehabilitation

Injury Prevention Programs

Video Gait Analysis

VO<sub>2</sub> max Testing KORR Cardio Coach™

**Free Weekly Group Training Runs**

**Call today for an appointment!**

<http://www.selectphysicaltherapy.com/community/alaska/>



LIKE US ON FACEBOOK



FOLLOW US ON TWITTER



Physical  
Therapy



Hand  
Therapy



Work  
Health



Sports  
Medicine

\*Children's age groups/ability levels available

- July 16 Thu Alaska Men's Run Registration & Bib PU– Anchorage**  
 4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 18)  
 5 mile run/2 mile walk – Chester Creek paved trails  
 Entry fee: \$35/\$70 family, \$45/\$80 race day, includes t-shirt & prizes, visit the website for additional info  
 Contact: Dave Fisher 622-9243  
 Sponsored by: Alaska Men's Run Race Board  
 Register on-line @ [www.alaskamensrun.com](http://www.alaskamensrun.com) thru July 17  
 Race day registration from 8:30–9:30 am
- July 16 Thu Steve's Equinox Training #2 – Fairbanks**  
 Meet 6 pm – Ann's Greenhouse pull-out  
 8 miles – Equinox Trail Mile 8.5 – 4.5 – 8.5  
 Contact: Emily Schwing 801-550-4752  
 George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- July 18 Sat Opera Fairbanks/FNBA Run of the Valkyries #4 Usibelli Cup – Fairbanks**  
 Time 10 am, Location – Pioneer Park  
 Distance: 8K  
 Contact: Thomas Gross 322-7093  
 Sponsored by: FNBA, Rods' Saw Shop, TJ's Land  
 Trophies, costume contest. T-shirts for first 250.  
 \$15 under 16 and \$20 Pre bid pick
- July 18 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 t-shirt & prizes  
 Contact: Dave Fisher 622-9243  
[dfisher@gci.net](mailto:dfisher@gci.net)  
 John Swartz 349-0906  
 Sponsored by: Alaska Men's Run Race Board  
 Register on-line @ [www.alaskamensrun.com](http://www.alaskamensrun.com) thru July 17  
 Race day registration from 8:30-9:30 am, event open to all.  
 Men, women, children, teams & military encouraged.  
 Grants available for individuals and organizations supporting advocacy, education and early detection. Proceeds benefit Alaska men with prostate or testicular cancer. Every year we make a difference! Post race BBQ.
- July 18 Sat XTERRA Hammerman Duathlon – Anchorage**  
 Meet 8 am – Little Campbell Lake/Kincaid Park  
 1.2M trail run, 14M mtn bike, 4 mile trail run, off road duathlon, Race time 10 am, Entry fee: \$82  
 Contact: Andy Duenow 344-2740  
[ajdino@gci.net](mailto:ajdino@gci.net)  
 Jason Lamoreaux 350-3625  
[Wwww.alaskatriathlon.org](http://Wwww.alaskatriathlon.org)  
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven , AA Spine & Pain Clinic & Tieszen Chiropractic  
 Presented by: Alaska Triathlon Club  
 Race consists of a 1.2 mile trail run, 14 mile mt bike, and a 4 mile trail run. Use of road, hybrid or 'cross bikes not allowed, this is a mountain bike event only.

\*Children's age groups/ability levels available

## The 20th Annual

# ALASKA MEN'S RUN

PROCEEDS BENEFIT MEN AND AGENCIES FIGHTING  
PROSTATE AND TESTICULAR CANCER

*Who will you run for?*

**SATURDAY, JULY 18th 10AM**

**START/FINISH: ANCHORAGE FOOTBALL STADIUM**

**MEET AT 8:30 AM • START AT 10:00 AM**

**5** mile  
run

**2** mile  
walk

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

Online Registration: Available thru July 17, 2015

In-person Registration:

Wednesday, July 15th & Thursday, July 16th

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

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

**Free Post-Race BBQ!**

Includes T-Shirt (while supplies last)  
& eligibility for great door prizes!

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

For information on volunteer opportunities, donor  
categories and/or race information contact:  
Dave Fisher: 622-9243 or visit us at:

[www.alaskamensrun.com](http://www.alaskamensrun.com)

\*Children's age groups/ability levels available



- July 18 Sat XTERRA Hammerman Triathlon – Anchorage**  
 Meet 8 am – Little Campbell Lake/Kincaid Park  
 .5M lake swim, 14M off road mtn bike,  
 4 mile trail run, Race time 10 am, Entry fee: \$82  
 Contact: Andy Duenow 344-2740  
[ajdino@gci.net](mailto:ajdino@gci.net)  
 Jason Lamoreaux 350-3625  
[www.alaskatriathlon.org](http://www.alaskatriathlon.org)  
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee,  
 Skinny Raven, AA Spine & Pain Clinic & Tieszan Chiropractic  
 Presented by: Alaska Triathlon Club  
 Race consists of a 0.5 mile lake swim, 14 mile mt bike and a 4  
 mile trail run. Use of road, hybrid or ‘cross bikes not allowed,  
 this is a mountain bike event only.
- July 18 Sat 25 Crow Pass Crossing – Girdwood**  
 Meet 6 am, Race time 7 am – Crow Pass Trailhead  
 24 miles – Crow Pass, Girdwood to Eagle River Visitor’s Ctr  
 Entry fee: \$65 – Limited to 130 entrants  
 Mandatory bib pick-up & meeting July 17  
 Rough cross-country & mountain trail  
 Contact: Mike Friess 786-1325  
[anmaf@uaa.alaska.edu](mailto:anmaf@uaa.alaska.edu)  
 Sponsored by: UAA Milers Booster Club  
 Registration forms available in May  
 @ [www.goseawolves.com](http://www.goseawolves.com)
- July 18 Sat \* AK Salmon Runs/King Salmon Marathon – Cordova**  
 Meet 6:20 am, Race time 7 am – Copper River Highway  
 Flat & very scenic; mountains & glaciers line course  
 Entry fee: \$40  
 Contact: Kristin Carpenter 424-3334  
[runningwild@copperriver.org](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://www.copperriverwild.org/run.htm)  
 Copper River WILD! Salmon Festival activities feature  
 running, music, Small Fry Arts & Educational activities, a  
 weekend of singing out salmon. Salmon BBQ Sat night.  
 Medals for all ½ & Marathon finishers
- July 18 Sat \* AK Salmon Runs/Sockeye ½ Marathon – Cordova**  
 Meet 9 am, Race time 9:30 am – Copper River Highway  
 Flat, mostly paved, scenic; mountains & glaciers line course  
 Entry fee \$40  
 Contact: Kristin Carpenter 424-3334  
[runningwild@copperriver.org](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://www.copperriverwild.org/run.htm)  
 Copper River WILD! Salmon Festival activities feature  
 running, music, Small Fry Arts & Educational activities, a  
 weekend of singing out salmon. Salmon BBQ Sat night.  
 Medals for all ½ & Marathon finishers
- July 18 Sat \* AK Salmon Runs/Coho 10K – Cordova**  
 Meet 10 am, Race time 10:30 am – Cooper River Highway  
 Entry fee \$18, Flat, ½ gravel/½ paved; mtns & glaciers line course  
 Contact: Kristin Carpenter 424-3334  
[runningwild@copperriver.org](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://www.copperriverwild.org/run.htm)  
 Copper River WILD! Salmon Festival activities feature  
 running, music, Small Fry Arts & Educational activities, a  
 weekend of singing out salmon. Salmon BBQ Sat night

\*Children’s age groups/ability levels available

- July 18 AK Salmon Runs/Humpy 5K – Cordova**  
**Sat** Meet 10 am, Race time 10:45 am – Cooper River Highway  
 \* Flat, paved, scenic; mountains & glaciers line course  
 Entry fee \$18  
 Contact: Kristin Carpenter 424-3334  
[runningwild@copperriver.org](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://www.copperriverwild.org/run.htm)  
 Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night.
- July 18 AK Salmon Runs/Smolt One Mile – Cordova**  
**Sat** Meet 10:45 am, Race time 11:15 am – Cooper River Highway  
 \* Flat, paved, scenic  
 Entry fee \$10 for kids 9 - 15  
 Contact: Kristin Carpenter 424-3334  
[runningwild@copperriver.org](mailto:runningwild@copperriver.org)  
[www.copperriverwild.org/run.htm](http://www.copperriverwild.org/run.htm)  
 Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night.
- July 19 Run for the Refuge – Fairbanks**  
**Sun** Race time 1 pm – UAF Ski Hut (W. Ridge)  
 5 & 10K – trail run  
 Entry fee: \$25 adult, \$15 children, \$5 late fee after 7/16  
 Contact: Elisabeth Dabney 452-5021  
 Sponsored by: Northern AK Environmental Center

*Joseph Hawkins DC*

*108 E. Arctic Ave.*

*Palmer, AK 99645*

*745-4357*



**BIONIC Chiropractic**

*"Believe It Or Not I care"*

*Workers' Comp*

*Pregnancy*

**Family Friendly**

*Personal Injuries*

*Auto Accident*

\*Children's age groups/ability levels available

**July 19 Her Tern Women's ½ Marathon - Anchorage**  
**Sun** Meet 8 am – Delaney Park Strip (West End)  
\* 13.1 miles – out & back, Race time 9 am, walkers wave 8 am  
Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Her Tern Boutique, Brooks  
Women's only ½ marathon, perfect training opportunity  
for the Big Wild Life Full Marathon

**July 19 Her Tern ¼ Marathon - Anchorage**  
**Sun** Meet 8 am – Delaney Park Strip (West End)  
\* 6.55 miles – loop course, Race time 9:10 am  
Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Her Tern Boutique, Brooks

**July 20 Gold Discovery Run Bib Pick Up – Fairbanks**  
**thru 25** Race time 10 am – 7 pm – Toy Quest  
**Mon-** \$30 advance fee prior to bib pick up, \$35 at bib pick-up,  
**Sat** \$50 on race day.  
Contact: Gary Pohl 452-2128  
Bob Hildebrandt 479-7335  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North & Others

**July 22 Salmon Run Series #3 – Soldotna**  
**Wed** Meet 5 pm, Race time 6 pm – Tsalteshi Trails  
5K – multiple loop, hilly, groomed trail course  
Entry fee: \$10 on-line/\$15 in person/\$45 series  
Contact: Josselyn O'Connor 260-5499 x 1201  
[josselyn@kenaiwatershed.org](mailto:josselyn@kenaiwatershed.org)  
Rhonda McCormick 260-5449 x 1203  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
Sponsored by: Kenai Watershed Forum  
Race course differs each week  
5 series race, all ages, walkers welcome

**July 22 Golden Mile Bib Pick Up – Fairbanks**  
**Wed** 5-8 pm – Literacy Council of Alaska, 517 Gaffney Road  
Entry Fee: \$10 youth, \$15 adult, \$25 family.  
Contact: Jim Brader 452-4986  
Andy Holland 479-4444  
[www.literacycouncilofalaska.org](http://www.literacycouncilofalaska.org)  
Sponsored by: RCN, LCA

**July 23 Steve's Equinox Training #3 – Fairbanks**  
**Thu** Meet 6 pm – Ann's Greenhouse Pull-out  
8 miles – Equinox trail Mile 8.5 – 12.5 – 8.5  
Contact: Emily Schwing 801-550-4752  
George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Leads The Golden Days Parade

\*Children's age groups/ability levels available

**July 24 Kids' Cross Country Races – Fairbanks**  
**Fri** Time 6 pm – West Valley HS Trails (start at Soccer Field)  
Distance: 0.5 and 1.5 miles options  
Free. Registration 5:45 pm.  
Contact: Tracey Martinson 474-8353  
Monte Jordan 451-8696  
Sponsored by: RCN

**July 24 Jeff Dusenbury Sweat Fest & Fun Run – Anchorage**  
**Fri** Meet Time: 5:30 pm, Race Time 7 pm, Location TBA  
Distance: 5.2K & 2K  
Contact: Missy Roberts 907-230-2913  
[missyaak@gmail.com](mailto:missyaak@gmail.com)  
Sponsored by: Jeff Dusenbury Memorial  
Join the fun for this new run in honor of Jeff Dusenbury. An event for the whole family honoring Jeff and continuing to support organizations to which he gave so much.

**July 25 Alyeska Golden Mile – Fairbanks**  
**Sat** Time 9:50 am – Aurora Energy Power Plant on First Avenue  
Distance: 1 mile  
Contact: Jim Brader 452-4986  
Andy Holland 479-4444  
Sponsored by: ECN & Literacy Council of Alaska  
Great prizes. Fund Raiser for Literacy Council of Alaska.  
\$5 extra race day entry.

# 17th Annual Wildlife Rescue Run & Walk



**Saturday  
Aug. 1, 2015**



**Seward, AK**  
**[www.alaskasealife.org](http://www.alaskasealife.org)**  
**1-888-378-2525**

\*Children's age groups/ability levels available

**July 25 Sat** **22<sup>nd</sup> Annual Sourdough Triathlon (1/2 Ironman) – Fairbanks**  
Time 10 am – 30.5 Mile Steese highway  
Distance: 1.2 swim, 56 bike, 13.1 run, Relay options  
\$50 + \$12 one day fee. USAT sanctioned. 99 participant limit.  
Contact: Tyson Flaharty  
Amber Barlow  
[thebreakuptri@hotmail.com](mailto:thebreakuptri@hotmail.com)  
Sponsored by: Alaska's Sourdough Triathlon

**July 25 Sat** **ACMHS Race for Recovery – Anchorage**  
Meet 9:30 am, Race time 9:30 am – Tozier Track  
5K Mud Run, Entry fee: \$45  
Contact: Jennifer Smerud 907-261-5395  
[Jennifer.smerud@acmhs.com](mailto:Jennifer.smerud@acmhs.com)  
ACMHS 563-1000  
[www.acmhs.com](http://www.acmhs.com)  
5K course packed with natural and man-made obstacles, this event is fun for both the serious runner and the casual stroller. There is even a mini-muddy for children ages 7+. Choose a timed start and challenge yourself or choose untimed and take your time.

**July 25 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 224-4011  
[mhauze@cityofseward.net](mailto:mhauze@cityofseward.net)  
[www.cityofseward.us](http://www.cityofseward.us)  
Sponsored by: Subway & SP&R & Qotekcak Native Tribe  
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 26 Sat** **50<sup>th</sup> Annual Gold Discovery Run #5 Usibelli Cup – Fairbanks**  
Time 8 am - 9 am – Fox Roadhouse  
Distance: 16.5 Miles  
Contact: Gary Pohl 452-2128  
Sponsored by: RCN & Others  
Usibelli Cup Event and 50<sup>th</sup> Annual. Limited to 200 runners.  
BBQ and awards.

**July 26 Sun** **Orienteering Meet – Anchorage**  
Mass start 10 am – Chugach State Park, website for start location  
Mountain-O  
Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

- July 26 Sun Big Lake Triathlon USAT Sanctioned – Big Lake**  
 Meet time: 8 am, Race time: 10 am, Location – Big Lake  
 Entry fee: 60/120  
 900 m open water/20K bike/5K run  
 Contact: Deb Kirk 892-6109  
[biglake@mtaonline.net](mailto:biglake@mtaonline.net)  
 Nancie Linley 892-6109  
[www.biglakechamber.org](http://www.biglakechamber.org)  
 Sponsored by: Big Lake Chamber of Commerce
- July 26 Sun Bearfest Marathon, ½ Marathon & 5K - Wrangell**  
 Meet time 7 am – Nolan Center  
 26.2/13.1 miles & 5K – great course out & back along the water  
 Race time 8 am  
 Entry fee: \$50/\$25  
 Contact: Sylvia Ettefagh 907-874-2998  
 Lucy Robinson 907-305-0463  
[fun@alaskabearfest.org](mailto:fun@alaskabearfest.org)  
[www.alaskabearfest.org](http://www.alaskabearfest.org)  
 Sponsored by: Alaska Bearfest, Alaska Airlines & S.E. Beasts
- July 29 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: Josselyn O'Connor 260-5499 x 1201  
[josselyn@kenaiwatershed.org](mailto:josselyn@kenaiwatershed.org)  
 Rhonda McCormick 260-5449 x 1203  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
 Sponsored by: Kenai Watershed Forum  
 Race course differs each week  
 5 series race, all ages, walkers welcome
- July 30 Thu Steve's Equinox Training #4 – Fairbanks**  
 Meet 6 pm – Top of Ester Dome  
 5 miles – Equinox “out & back”  
 Contact: Emily Schwing 801-550-4752  
 George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Aug Tue Exceed Women's Running Team – Anchorage**  
 Meet 6 pm – Various locations  
 Coached workouts, track with some trail runs  
 Membership: \$100  
 Contact: Kayse Hinrichsen 717-9939  
[kaysehinrichsen@gmail.com](mailto:kaysehinrichsen@gmail.com)  
 Paola Banchemo 223-5102  
[www.runexceed.org](http://www.runexceed.org)  
 Sponsored by: Exceed Women's Running Team  
 Every Tuesday April through August  
 Check website for location and planned workout  
 All levels of runners welcome

\*Children's age groups/ability levels available

- Aug Tue**     **Peak Performers Track Club – Anchorage**  
 Central Jr High Track late April thru Aug –  
 APU – paved roads, Central – track  
 Membership fee: \$65, \$110 family (2)/\$160 3 or more  
 Contact: Jason Hofacker 240-6982  
             Kim Baldwin 274-1061  
             and in spirit, Chester Franz  
 Sponsored by: Peak Performers Track Club  
 Training & conditioning program led by coaches
- Aug Tues**     **Women’s Training – Fairbanks**  
 Meet 5:30 pm – West Valley HS Track  
 Track & Intervals – all levels welcome, Free  
 Contact: Bruce Miller 479-5585  
             [www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Aug Tues**     **Men’s Training – Fairbanks**  
 Meet 6 pm – West Valley HS Track  
 Track & Intervals – all levels welcome, Free  
 Contact: Tracey Martinson 474-8353  
             [www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Aug Tue & Thu**     **Valley Women’s Running Team – Palmer**  
 Meet 6 pm – Colony High School  
 Tue track work out, Thu trail runs – various locations around  
 the valley  
 Contact: Rhonda Knopp 355-6258  
             [rhondaknopp@hotmail.com](mailto:rhondaknopp@hotmail.com)  
             Norm Rousey  
             [coachrousey@hotmail.com](mailto:coachrousey@hotmail.com)  
             <https://sites.google.com/site/valleywomensrunningteam>  
 Sponsored by: Valley Women’s Running Team  
 Runners of all ability levels welcome. Coached training held  
 each week thru mid-August with trail runs thru September
- Aug 1 Sat**     **22<sup>nd</sup> Annual Chena Hot Springs Run & Soak #5 Trail Series – Fairbanks**  
 Time 11 am, Location – Angel Rocks Trailhead  
 Distance: 8.5 miles trail  
 Contact: Keith Pollock 479-0779  
 Sponsored by: RCN, Chena Hot Springs  
 Entry fee – potluck BBQ.
- Aug 1 Sat**     **Running Free 5K – Eagle River**  
 Meet 9:30 am, Race time 10:30 am, Location-Eagle River HS  
 5K out and back mostly flat with one hill, Entry fee: TBD  
 Contact: Tim Alderson 997-301-6512  
             [info@runningfreealaska.com](mailto:info@runningfreealaska.com)  
             [www.facebook.com/runningfreealaska](http://www.facebook.com/runningfreealaska)  
 Sponsored by: Running Free Alaska  
 Highlight of this race is a loop around Hiland Mountain  
 Correctional Center. Inmates who participate in Running  
 Free Alaska’s prison running program will cheer on runners  
 from behind the fence line, and will also staff a half-way aid  
 station.

\*Children’s age groups/ability levels available

- Aug 1 Sat Celebrate Life! 5K Run & Walk – Soldotna**  
 Meet 8:30 am, Race 10 am, Location – Soldotna Bible Chapel  
 5K – flat, residential & along hwy Entry fee: Free  
 Contact: Receptionist 907-283-9062  
[info@abcwecare.org](mailto:info@abcwecare.org)  
 Colleen Ward 907-283-9062  
[www.abcwecare.org](http://www.abcwecare.org)  
 Sponsored by: ABC Pregnancy Care Center  
 Donations welcome. Free t-shirt and brunch. Runners 5K starts at 10 am, walkers at 10:05 am on a shorter course suitable for all ages.
- Aug 1 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  
[www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)  
 Sponsored by: Knik Glacier Adventures  
 No aid stations available. Mandatory gear (windbreaker/long underwear tops/bottoms, hat, gloves, H2O bottle) required
- Aug 1 Sat Homer Breast Cancer Beach Run & Ride - Homer**  
 Meet 8:30 am, Race time 9:30 am, Location – Mariner Park  
 Entry fee: \$35  
 Contact: Heather O'Connor 235-3436  
[Heather@kbfpc.org](mailto:Heather@kbfpc.org)  
[info@kbfpc.org](mailto:info@kbfpc.org)  
[kbfpc.org](http://kbfpc.org)  
 Sponsored by: Kachemak Bay Family Planning Clinic  
 21<sup>st</sup> Annual Homer Breast Cancer Beach Run and Ride.  
 Kids 12 and under are free.
- Aug 1 Sat Wildlife Rescue Run/Walk – Seward**  
 Meet 9:30 – 11:30 am – Alaska SeaLife Center  
 5K – mostly flat, scenic route along waterfront  
 Race time 11:15 am walkers, 12 Noon runners  
 Entry fee: \$25/\$20 (15 and under), \$30/\$25 Race Day  
 Contact: Nancy Anderson 224-6396  
[nancya@alaskasealife.org](mailto:nancya@alaskasealife.org)  
 Shannon Wolf 224-6355  
[shannonw@alaskasealife.org](mailto:shannonw@alaskasealife.org)  
[www.alaskasealife.org](http://www.alaskasealife.org)  
 Sponsored by: Alaska SeaLife Center  
 Entry fee includes t-shirt & admission to ASLC race day  
 Proceeds benefit the rescue, rehabilitation & release of Alaska marine animals
- Aug 1 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: [miles@alaska.net](mailto:miles@alaska.net)  
[www.faithak.com](http://www.faithak.com)  
 Sponsored by: Faith Christian Community  
 Increase awareness of the situation in Burma,  
 visit [www.freeburmarangers.org](http://www.freeburmarangers.org)  
 Proceeds benefit the relief efforts in Burma (Myanmar)

\*Children's age groups/ability levels available



**Aug 2 Sun** **Yukon River Trail Marathon – Whitehorse, Yukon**  
Meet 7:30 am, Race time 8:30 am, Location-Rotary Park  
13, 26 – mostly trail, scenic and challenging.  
Entry fee: \$50 cdn  
Contact: Ken Sylvestre 867-668-7592  
[yukonmarathon@gmail.com](mailto:yukonmarathon@gmail.com)  
[www.yukonmarathon.com](http://www.yukonmarathon.com)  
Sponsored by: Boreal Adventure Running Association  
Also 4-person relay. Race fills in early-mid July.

**Aug 5 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: Josselyn O'Connor 260-5499 x 1201  
[josselyn@kenaiwatershed.org](mailto:josselyn@kenaiwatershed.org)  
Rhonda McCormick 260-5449 x 1203  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
Sponsored by: Kenai Watershed Forum  
Race course differs each week  
5 series race, all ages, walkers welcome

**Aug 5 Wed** **Orienteering Meet – Anchorage**  
Starts from 5 pm to 7 pm, Location – UAA Campus  
Relay-O  
Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)



## 28th Annual Kenai Peninsula Run for Women

5K and 10K Courses • 10 a.m. Start  
*Raising Domestic Violence Awareness*  
**Saturday, August 8, 2015**



*Proceeds will benefit victims of  
Domestic Violence & Sexual Assault*

Sponsored by: *The LeeShore Center*  
325 S. Spruce St. • Kenai, AK 99611

**907-283-9479**

further information online: <http://www.leeshoreak.org/>

*The LeeShore Center is a United Way agency*



\*Children's age groups/ability levels available

- Aug 6 Thu Steve's Equinox Training #5 – Fairbanks**  
 Meet 6 pm – Top of Ester Dome  
 9 miles – Equinox Trail Mile 17 – 21.5 – 17  
 Contact: Emily Schwing 801-550-4752  
 George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Aug 8 Sat 21<sup>st</sup> Santa Claus ½ Marathon #6 Usibelli Cup – North Pole**  
 Race time 8 - 9 am, Location – North Pole High School  
 13.1 miles – flat, out & back  
 Entry fee: \$20 advance/No race day registration.  
 Contact: Colin Topp, [colin.topp@k12northstar.org](mailto:colin.topp@k12northstar.org)  
 Awesome post race BBQ! 757-618-0949
- Aug 8 Sat Midnight Sun Lazyman Triathlon - Wasilla**  
 Event spans 6/27-8/8, entries accepted thru 6/27  
 140.7 miles – Ironman Tri over 6 weeks  
 Entry fee: \$30, enter as individual or team  
 Contact: Traci Sanders 355-6110  
[htraci@hotmail.com](mailto:htraci@hotmail.com)  
 Christy Hronkin 232-8871  
[sites.google.com/site/midnightsunlazymantriathlon/](https://sites.google.com/site/midnightsunlazymantriathlon/)  
 Experience an Ironman Triathlon at your own pace. Goal  
 Is 112 miles bike, 2.5 miles swimming, 26.2 miles running  
 (see log sheet for alternative suggestive activities).  
 Celebration BBQ on this day!
- Aug 8 Sat Imagine No Malaria Charity Run – Willow**  
 Meet 10 am, Race time 10:30 am  
 Location-Willow Community Center  
 5K - out and back, mostly flat, Entry fee: \$20  
 Contact: Daniel P. Wilcox  
[WillowUM@mtaonline.net](mailto:WillowUM@mtaonline.net)  
 Fran Lynch 495-6638  
[www.WillowUMC.org](http://www.WillowUMC.org)  
 Sponsored by: Willow United Methodist Church  
 Fund raiser for Imagine No Malaria.  
 This is an effort to eliminate malaria through prevention,  
 treatment, education, and communication. For more  
 information please see [imagineenomalaria.org](http://imagineenomalaria.org)
- Aug 8 Sat Run Wild – Girdwood**  
 Meet 10:30 am, Race time 11 am  
 Location-5K access trail at the end of Arlberg Ave  
 1K/5K forested loop (wild rain forest)  
 Entry fee: \$30 individual/\$75 family  
 Contact: Amanda Snitzer 717-3723  
[asnitzer@hotmail.com](mailto:asnitzer@hotmail.com)  
 Anna Flemming 952-4179  
[Littlebearsplayhouse.com/runwild](http://Littlebearsplayhouse.com/runwild)  
 Sponsored by: Little Bears Playhouse  
 Children's and Adult events, supports Girdwood's only  
 non-profit childcare center. This is an all weather event.

\*Children's age groups/ability levels available

# ANCHORAGE RUNNING CLUB

# BIG Wild LIFE

# RUNS

2015

# August 15-16

START/FINISH DOWNTOWN



## SATURDAY

**Kids' 2k Fun Run**

**The Anchorage Mile**

USATF Certified

## SUNDAY



**49k Ultra**

USATF Certified



**Marathon**

USATF Certified/Boston Marathon qualifier

**Marathon Relay**



**1/2 Marathon**

USATF Certified



**5 k**



Scan to register.

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

REGISTER ONLINE AT [www.bigwildliferuns.org](http://www.bigwildliferuns.org)

\*Children's age groups/ability levels available

- Aug 8 Sat \*** **Kenai Peninsula Run for Women – Kenai**  
 Meet 9 am, Race time 10 am – Kenai City Park  
 5 & 10K – multi-looped course thru downtown streets Entry fee: \$20/\$25 race day  
 Contact: Jennette Browning 283-9479  
 jbrowning@leeshoreak.org  
 Ashley Blatchford 283-9479  
[www.leeshoreak.org](http://www.leeshoreak.org)  
 Sponsored by: The LeeShore Center  
 Course is wheelchair accessible & certified
- Aug 8 Sat \*** **Alaska 10K Classic – Anchorage**  
 Meet 9 am – APU, Moseley Sports Center  
 Race time 10 am, Entry fee: Check Website  
 Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
 This event run in conjunction with USATF 10K Road Running Championships  
 A USA Track & Field Sanctioned Event  
 Proceeds benefit Special Olympics Alaska
- Aug 9 Sun** **Mountain Bike Tri – Fairbanks**  
 Location – TBD  
 Contact: Amber Barlow 322-4321
- Aug 9 Sun** **Alaska International Senior games Track & Field Events – Fairbanks**  
 Time Various, Location – TBD,  
 Distance: Various  
 Contact: Bad Bob Baker  
[alaskaisq@gmail.com](mailto:alaskaisq@gmail.com)  
 Sponsored by: AISG  
 Must preregister with Senior Games and be age 50.  
[www.alaskaisg.org](http://www.alaskaisg.org)
- Aug 10 Mon** **Alaska Int'l Senior Games 5K – Fairbanks**  
 Race time 6:30 pm, Location – Chena Lakes Rec Area  
 Contact: Don Kiely 455-6749  
[www.alaskaisg.org](http://www.alaskaisg.org)  
 Sponsored by: Alaska International Senior Games  
 Must pre-register with AISG & be 50 years & up
- Aug 11 Tue** **Orienteering Meet – Anchorage**  
 Starts from 10 am to 6 pm, Location – East High School  
 Score-O, Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Anchorage School District & Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- Aug 12 Wed** **Alaska Int'l Senior Games 10K – Fairbanks**  
 Race time 6:30 pm, Location – Chena Lakes Rec Area  
 Contact: Don Kiely 455-6749  
[www.alaskaisg.org](http://www.alaskaisg.org)  
 Sponsored by: Alaska International Senior Games  
 Must pre-register with AISG & be 50 years & up

\*Children's age groups/ability levels available

- Aug 13 Thu Steve's Equinox Training #6 – Fairbanks**  
 Meet 6 pm – Top of Ester Dome, 9+ miles  
 Equinox Trail Mile 17 to St Pats & up Ester Dome  
 Contact: Emily Schwing 801-550-4752  
 George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Aug 14 Fri Anchorage Running Club's "Big Wild Life Runs" Bib/Package PU & Registration & Expo - Anchorage**  
 3 – 7 pm – Denaina Center  
 Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)
- Aug 15 Sat Alaska Statehood 5K Fun Run/Walk 2014 – Fairbanks**  
 Time 10 am, Location – Pioneer park – canoe rental  
 Distance: 5K run/walk  
 Contact: Jill Dolan 978-0112  
 Phoebe Bredlie 590-4361  
 Sponsored by: RCN/Team in Training  
 \$20 entry include T-shirt. All proceeds to Team-in-Training.
- Aug 15 Sat CASA Superhero Run – Kenai**  
 Meet 10 am, Race time 11 am, Location-Kenai Park Strip  
 5K Entry fee: \$25  
 Contact: Joy Petrie 335-7219  
[jpetrie@kenaitze.org](mailto:jpetrie@kenaitze.org)  
 Kimmi Davis  
[kdavis@kenaitze.org](mailto:kdavis@kenaitze.org)  
<https://www.facebook.com/KenaiSuperhero5kRunWalk>  
 Sponsored by: Kenaitze Indian Tribe  
 Every child needs a hero, but abused and neglected children need a SUPERHERO! Participants are encouraged to come out in their best superhero costume, though not required! Fun for family! Proceeds benefit children served thru Kenai Peninsula CASA.
- Aug 15 Sat Nifty Fifty – Juneau**  
 Meet 7:30 am, Location – End of Basin Road  
 Race time: 8 am for 50K, 9 am for 25K and 10K  
 Perseverance, Granite Creek, Mt. Roberts, & Salmon Creek Trails  
 Entry fee: \$20 for 50K, \$15 for 25K and 10K  
 Pre-register at [ultrasignup.com](http://ultrasignup.com)  
 Contact: Keith Levy 586-1427  
[keithblevy@gmail.com](mailto:keithblevy@gmail.com)  
<http://ultrasignup.com/register.aspx?did=30671>  
 Sponsored by: Southeast Road Runners  
 Challenging course on beautiful trails with lots of climbing.
- Aug 15 Sat Alyeska Mountain Run – Girdwood**  
 Meet time: 8 am, Race time: 10 am, Location – Alyeska Tram  
 Distance: 2.2 mi, Entry fee: \$30  
 Contact: Brian Burnett 907-382-5880  
[burntski@gmail.com](mailto:burntski@gmail.com)  
 Deb Essex 907-229-1902  
[www.skigirdwood.org](http://www.skigirdwood.org)  
 Sponsored by: Girdwood Nordic Ski Club  
 Alaska Mountain Runners Gran Prix Event.

\*Children's age groups/ability levels available

- Aug 15 Granite Tors Trail Run #6 Trail Series – Fairbanks**  
**Sat** Time 10 am, Location – Mile 39 Chena Hot Springs Road  
 Distance: 15 miles  
 Contact: Chris Greene 978-6472  
 Sponsored by: RCN  
 Must carry water! \$5 parking fee at State Park.
- Aug 15 Anchorage Running Club’s “Big Wild Life Runs”**  
**Sat** **Bib/Packet PU, Last Change Reg. & Expo - Anchorage**  
 9 am – 3 pm – Denaina Center  
 Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)
- Aug 15 Anchorage Running Club’s “Big Wild Life Runs”**  
**Sat** **Pasta Feed - Anchorage**  
 12:30 – 2:30 pm – Denaina Center  
 Entry fee: \$10/free for volunteers  
 Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)  
 Purchase on-line or at Bib/Packet pick-up
- Aug 15 Anchorage Running Club’s “Big Wild Life Runs”**  
**Sat** **The Anchorage Mile - Anchorage**  
 \* Race time 10:30 am – Delaney Parkstrip  
 Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)  
 Sponsored by: ARC  
 Race consists of four heats, each heat limited to 50 runners.
- Aug 15 Anchorage Running Club’s “Big Wild Life Runs”**  
**Sat** **The Children’s Hospital at Providence’s Kids 2K - Anchorage**  
 \* Race time 9:30 am – Delaney Parkstrip  
 2K - untimed, flat, city streets  
 Entry fee: Donation, for ages 12 & under  
 Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
 Sponsored by: ARC & The Children’s Hospital at Providence  
 Medals & hats for all  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- Aug 15 Eagle River Challenge – Eagle River**  
**Sat** Meet 9 am – Eagle River Nature Center  
 \* 5 & 10K – trail run, scenic  
 Race time 10 am, Pre-registration entry fee: \$30  
 After August 13, 2015 entry fee: \$35  
 Contact: Laura Kruger or Asta Spurgis 694-2108  
[admin@ernc.org](mailto:admin@ernc.org)  
[www.ernc.org](http://www.ernc.org)  
 Sponsored by: Friends of ERNC  
 Proceeds benefit the Eagle River Nature Center
- Aug 16 Alaska International Senior Games Triathlon – Fairbanks**  
**Sun** Time 9 am, Location – TBD  
 Distance: 400Y swim, 10K bike, 5K run  
 Contact: Amber Barlow 322-4321  
 Ed Callaghan  
 Sponsored by: AISG  
 Must preregister with Senior Games and be age 50.

\*Children’s age groups/ability levels available

**Quick Turn-Around • Right the 1st Time**



# All Terrain T-Shirts

*From Mountain Runs  
to Road Races...*

**We can cover you!**

FREE Quotes

One-On-One  
Service



Check Us Out on Facebook

[janeruns@hotmail.com](mailto:janeruns@hotmail.com)

Wide  
selection of  
garments

**Call (907) 720-9394**

**Aug 16 Sun** Anchorage Running Club's "Big Wild Life Runs"  
**Sun** Sun United Physical Therapy 49K Ultra Race - Anchorage  
\* Meet - 6<sup>th</sup> Avenue near Town Square  
Relatively flat, some hills, & paved trails  
Race time 8 am, Entry fee: Check website  
Discount for ARC members/military  
Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)  
Sponsored by: ARC & United Physical Therapy  
Early registration ends January 31  
USATF certified course, professional timing  
**No Race Day Registration or Bib Pick-up**

**Aug 16 Sun** Anchorage Running Club's "Big Wild Life Runs"  
**Sun** Moose's Tooth Run/Walk Marathon & Bear  
\* Tooth's 4-Person Marathon Relay - Anchorage  
Meet - 6<sup>th</sup> Avenue near Town Square  
Relatively flat, some hills, & paved trails  
Race time 9 am Marathon/Relay, 8 am Marathon Walk  
Entry fee: Check website, discount for ARC members/military  
Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)  
Sponsored by: ARC, Moose's Tooth & Bear Tooth  
Early registration ends January 31  
USATF certified course, professional timing  
**No Race Day Registration or Bib Pick-up**

\*Children's age groups/ability levels available

**Aug 16 Anchorage Running Club's "Big Wild Life Runs"**  
**Sun Skinny Raven ½ Marathon - Anchorage**  
 \* Meet – 6<sup>th</sup> Avenue near Town Square  
 Relatively flat, some hills, & paved trails  
 Race time 9:30 am runners/walkers  
 Entry fee: Check website, discount for ARC members/military  
 Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)  
 Sponsored by: ARC & Skinny Raven Sports  
 Early registration ends January 31  
 USATF certified course, professional timing  
**No Race Day Registration or Bib Pick-up**

**Aug 16 Anchorage Running Club's "Big Wild Life Runs"**  
**Sun Snow City Café 5K - Anchorage**  
 \* Meet – 6<sup>th</sup> Avenue near Town Square  
 2 loop flat course on downtown streets  
 Race time 10 am runners/walkers  
 Entry fee: Check website, discount for ARC members/military  
 Contact: [sharron@bwlr.org](mailto:sharron@bwlr.org)  
[www.bigwildliferuns.org](http://www.bigwildliferuns.org)  
 Sponsored by: ARC & Snow City Café  
 Early registration ends January 31  
 USATF certified course, professional timing  
**No Race Day Registration or Bib Pick-up**

**Aug 19 Orienteering Meet – Anchorage**  
**Wed** 6 pm mass start, Location – Goose Lake Park  
 Score-O followed by annual meeting cookout  
 Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Aug 20 Steve's Equinox Training #7 – Fairbanks**  
**Thu** Meet 5:30 pm – UAF Patty Center to shuttle to Ester Dome  
 9.5 miles, Equinox Trail Mile 17 – 26.2 finish  
 Contact: Emily Schwing 378-8504  
 George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Shuttle from Patty Center to Ester Dome

*Joseph Hawkins DC*

*108 East Arctic Ave.*

*Palmer, AK 99645*

*745-4357*

Workers' Comp  
 Auto Accident  
 Personal Injuries  
 Sports Injuries  
 Pregnancy



**BIONIC Chiropractic**

*"Believe It Or Not I Care"*

\*Children's age groups/ability levels available



- Aug 22 RHR Rock-N-Roll 5K & 10K Walk, Run, and Roll – Valdez**  
**Sat** Meet 10 am – John Kelsey Dock/Plaza  
 5K & 10K – running or biking along DOT bike path and in town roadways, Kids 1K race starts 10:45 am, Bike races start at 11 am, Runs start at 11:05 am  
 Entry fee: \$10/5K Bike or Run, \$15/10K Bike or Run, or \$50/Family (1K Kids Race-FREE)  
 Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)  
 Sponsored by: Richardson Hwy Rendezvous Music Fest and Valdez Parks & Rec  
 Proceeds benefit Friends of the Valdez Animal Shelter and KCHU Public Radio.  
 Costume contest – dress up as your favorite rock star or musician. We also welcome dogs & other pets (on leashes) to this 5K or 10K run or bike race along the beautiful Valdez Duck Flats and throughout town.
- Aug 22 The Milk Run - Anchorage**  
**Sat** Meet 9 am – Russian Jack Park, 801 N Pine Street  
 \* 5K – XC course, dirt & paved  
 Entry fee: \$15/\$40 family  
 Contact: Arthur Harmon 333-2422  
[owensmilkmoney@gmail.com](mailto:owensmilkmoney@gmail.com)  
[www.owensmilkmoney.org](http://www.owensmilkmoney.org)  
 Proceeds benefit Owen’s Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic
- Aug 22 8<sup>th</sup> Annual Seekins Ford Golden Heart Trail Run #7**  
**Sat** **Usibelli Cup - Fairbanks**  
 Race time 10:00 am – Birch Hill Recreation Area  
 Sponsored by: Seekins Ford, organized by Nordic Ski Club  
 T-shirts, prize table.
- Aug 23 Equinox Training Run (the annual long one) – Fairbanks**  
**Sun** Time 9 am, Location – Ann’s Greenhouse Pull-out  
 Distance: 11 or 16 Miles  
 Contact: Emily Schwing 801-550-4752  
 George Berry 687-8769  
 Sponsored by: RCN  
 Ester Dome
- Aug 26 Orienteering Meet – Anchorage**  
**Wed** Starts from 5 pm to 7 pm  
 Location – Elmendorf Base, see website about access  
 Traditional meet, beginner thru advanced courses available  
 Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children’s age groups/ability levels available

# Anchorage Parks and Recreation

2015  
SCHEDULE



Sept 8  
Sept 15  
Sept 22  
Sept 29  
Oct 6  
Oct 13  
Oct 20  
Oct 27  
Nov 3

## TUESDAY NIGHT RACES

The Bonny Sosa Tuesday Night Race Series is an Anchorage family tradition. These fun races are like no other in town. Come join us and run through the seasons!

**Race Time 6:30p**

[www.muni.org/parks](http://www.muni.org/parks)



Munchkin	1-5K	Kids & Kids at heart
Farm	3-10K	Recreational Runners
Lightning	4-12K	Competitive Runners



TEAMING UP FOR KIDS



\*Children's age groups/ability levels available

- Aug 28 Fri Fair Day 5K Tater Trot – Palmer**  
 Meeting time 4:00-6:00 pm – Alaska Club Palmer  
 Race time 6:30 pm  
 Contact: Vera Hershey 355-0222  
 Sponsored by: Valley Women’s Running Team  
 Visit <https://sites.google.com/site/valleywomensrunningteam/>  
 or FB for updates. Event open to men, women & families
- Aug 29 Sat Musk Ox Run #7 Trail Series – Fairbanks**  
 Race time 10 am– UAF Musk Ox Farm  
 13.1 miles (half marathon)  
 Contact: Bobbi Jo Katchmar 451-9204  
 Drew Harrington 451-6604  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Hilly out & back. \$5 suggested donation to Musk Ox Farm.  
 Festivities & BBQ after!
- Aug 29 Sat UAA Spirit Run - Anchorage**  
 Meet 9 am, Race time 10 am, Location – UAA Campus  
 5K-trails/UAA Campus, Entry fee: Students FREE, \$10/Public  
 Contact: Rachel Kampstra 786-1272  
[rkampstra@uaa.alaska.edu](mailto:rkampstra@uaa.alaska.edu)  
 Mike McCormick 786-1213  
<http://www.facebook.com/uaa.spirit.run>  
[www.uaatrix.com](http://www.uaatrix.com)  
 Sponsored by: UAA Student Activities. Second annual UAA Spirit Run. Dress in your best green and gold attire, Go Seawolves! This will be a 5K fun run and is open to anyone.
- Aug 30 Sun REI Run Series – Anchorage**  
 Meet 8:45 am, Race time 10 am, Location-Hilltop Ski Chalet  
 5K trail run on Hillside trails, Entry fee: \$15  
 Contact: Mike Morganson 272-4565  
[mmorgan@rei.com](mailto:mmorgan@rei.com)  
[www.rei.com/anchorage](http://www.rei.com/anchorage)  
 Sponsored by: REI  
 Mostly loop course with some hills & one aid station halfway;  
 low-key event with awards for first 3 men and women.
- Sept 2 Wed Orienteering Meet – Anchorage**  
 Starts from 5 pm to 7 pm, Location – Earthquake Park  
 Traditional meet, beginner through advanced courses  
 Entry fee: \$8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
 Sponsored by: Arctic Orienteering Club  
 Check website for contact info & updates  
 A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- Sep 5 Sat McCarthy Half Marathon & 5 Mile Runs – McCarthy**  
 Meet time 12 pm, Race time 2 pm – Glacier View Campground  
 5K & half marathon  
 Entry fee: \$35  
 Contact: Kristin Link 554-4464  
[kristin@wrangells.org](mailto:kristin@wrangells.org)  
[info@wrangells.org](mailto:info@wrangells.org)  
[www.wrangells.org](http://www.wrangells.org)  
 Sponsored by: Wrangell Mountains Center  
 Benefits Wrangell Mountains Center. Spaghetti Dinner after race

\*Children’s age groups/ability levels available

**Sept 5** **Delta Junction 5K – Delta Junction**  
**Sat** Race time 2 pm – DJ XC Course off Miltan Rd  
5K – mostly flat, 4x trails, Entry fee: \$15 prereg., \$20 race day  
\$50 all four XC series events  
Contact: Mike Pelto 347-8153  
Ellen Clark 322-5580  
Sponsored by: FAST & Fairbanks Youth Track

**Sept 5** **Seldovia End of Summer Mini Marathon – Seldovia**  
**Sat** Meet time: 8:30 am, Race time: 10 am  
Location – Gateway Pavillion  
Distance: 5K/10K, Course: 5K runs thru town, 10K adds extra trails, hills, dirt and gravel  
Entry fee: \$20 - includes T-Shirt  
Contact: Jenny Chissus 234-8000  
[Jenny@Seldovia.com](mailto:Jenny@Seldovia.com)  
[www.Seldovia.com](http://www.Seldovia.com) and [www.SeldoviaChamber.org](http://www.SeldoviaChamber.org)  
Sponsored by: Seldovia Chamber/Chainsaw Carving Committee  
Participation Surprise Gift, awards in male, female, senior and youth categories. Walkers welcome! Proceeds benefit the 10th Annual Seldovia Craft Invitational Chainsaw Carving Competition going on this weekend! Come to Seldovia to race, watch an amazing carving competition; and enjoy the last weekend of summer by the sea!

**Sept 7** **Labor Day**  
**Mon**



**Sept 7** **Labor Day Family Fun Runs - Valdez**  
**Mon** Meet 9:30 am, 1K Race time 10 am, 3K & 5K Race time 10:15 am  
Location – Black Gold Parkstrip Parking Lot  
1K, 3K, and 5K – running along trails and roadways in town  
Entry fee: \$5/Individual or \$20/Family  
Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)  
Sponsored by: Valdez Parks & Recreation  
Proceeds benefit Valdez Race Series

**Sept 7** **Labor Day Run 5K – Fairbanks**  
**Mon** Time 12 noon, Location – SE corner Pioneer Park (Alaskaland)  
Distance: 5K along Chena River  
\$20 preregistered at Beaver Sports, \$25 race day.  
Contact: Jeff Hebard 322-5450  
Sponsored by: RCN  
T-shirts to first 100.

**Sept 8** **Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue** Meet 5:30 pm – Kincaid Park  
\* Distances up to 12K, Race time 6:30 pm  
Entry fee: \$7/\$2 kids/\$20 family or  
\$70 family/\$35 adult/\$16 youth season pass  
Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://www.muni.org/parks)  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

**Sept 9 Old Murphy Dome Ridge Run – Fairbanks**  
**Wed** Time 6 pm, Location – Old Murphy Dome Rd, Elliott Hwy end  
Starts at ~4 mile Old Murphy Dome Rd, from Elliott Hwy end  
Distance: about 10 miles out and back  
Contact: Trent Hubbard 699-2090  
Dawna Hubbard 978-3167  
Sponsored by: RCN  
For info: [trenthubbard@yahoo.com](mailto:trenthubbard@yahoo.com)

**Sept 11 Klondike Road Relay - Whitehorse, Yukon**  
**Fri** Meet 6:00, Race 7:00, 175 Km, 10 leg Relay Race  
Entry Fee: \$70 - \$790  
Contact: Sport Yukon - 867-393-8334  
[coordinator@sportyukon.com](mailto:coordinator@sportyukon.com)  
867-668-4236  
[www.klondikeroadrelay.com](http://www.klondikeroadrelay.com)  
Race begins Friday evening, 9/11 in Skagway, AK.  
Follows the Gold Rush Stampede trail over White Pass,  
through British Columbia, into the Yukon, finish Saturday,  
September 12.

**Sept 12 Kesugi Ridge Traverse – Denali State Park**  
**Sat** Meet mile 147 Parks Highway  
30 miles difficult high alpine ridge traverse, from Little Coal  
Creek Trailhead to Byers Lake  
Contact: Andrea Hambach  
[wilrunco@gmail.com](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://www.willowrunningcompany.com)  
Sponsored by: Willow Running Company  
Visit website for details and to sign up

**Sept 12 Midnight Sun Fun Run – Wasilla**  
**Sat** Race time 2:00 pm, Location-Wasilla High Track  
\$5 - 100yd, \$10 – 1 mi, \$20 - 5K, \$30 - 10K  
Contact: Leah Hamilton  
[msfunrun@gmail.com](mailto:msfunrun@gmail.com)  
[www.midnightsunschool.com](http://www.midnightsunschool.com)  
[www.whynottriwasilla.com](http://www.whynottriwasilla.com)  
Fundraiser for Midnight Sun Family Learning Center. All  
racers receive a free snow cone and t-shirt.

**Sept 12 Tustumena 5K - Kasilof**  
**Sat** Meet 9:00 am – Tustumena Elementary School  
\* 5K – paved, gravel roads & dirt trail, scenic route through  
Johnson Lake Recreation Area  
Race time 10:00 am, Entry fee: \$15/\$20 with t-shirt  
Contact: Cynthia Fudzinski 420-7356  
[cfudzinski@kpbsd.k12.ak.us](mailto:cfudzinski@kpbsd.k12.ak.us)  
Sponsored by: Tustumena Elementary School  
Proceeds benefit student activities at Tustumena Elementary

\*Children's age groups/ability levels available

**Sept 12 Alyeska Climbathon – Girdwood**

**Sat** Meet time: 7am, Race time: 9 am, Location – Alyeska Tram  
Distance: varies, Entry fee: \$50  
Contact: Brian Burnett 907-382-5880  
[burntski@gmail.com](mailto:burntski@gmail.com)  
Sierra Winegarner 907-830-2492  
[www.alyeskaclimbathon.com](http://www.alyeskaclimbathon.com)

Sponsored by: Let Every Woman Know  
All day multi lap endurance event on north face hiking trail.  
Field is limited to first 300 entrants.

**Sept 12 4<sup>th</sup> Annual Troth Yeddha Run for the Park (Fundraiser)  
– Fairbanks**

**Sat** Time 11:00 am, Location – Troth Yeddha Park/UAF, Yukon Dr  
Distance: 5K  
Contact: Pete Pinney 978-0425  
Sponsored by: RCN, College of R&CD UAF  
\$20 entry, free to UAF students with Polar Express ID.  
Donations accepted.

**Sept 12 Fairbanks March for Babies Walk – Fairbanks**

**Sat** Meet time: 9 am, Race time: 10 am, Location – Pioneer Park  
Distance: 3 miles, Entry fee: 0  
Contact: Ashleigh Green 276-4111  
[agreen@marchofdimes.org](mailto:agreen@marchofdimes.org)  
Janie Odgers 276-4111  
[www.marchforbabies.org](http://www.marchforbabies.org)  
Sponsored by: Tesoro and Alaska Airlines

**Sept 12 Coyote Classic – Anchorage**

**Sat** Meet Kincaid Elementary School  
\*  $\frac{3}{4}$  mile K-2<sup>nd</sup> grades, 1.5 miles 3<sup>rd</sup>-6<sup>th</sup> grades  
Race time 10 am K-2<sup>nd</sup> grades, 10:30 am 3<sup>rd</sup>-4<sup>th</sup> grades,  
11 am 5<sup>th</sup>-6<sup>th</sup> grades – parents welcome to participate  
Contact: Tim Akin  
[akin\\_tim@asdk12.org](mailto:akin_tim@asdk12.org)  
Sponsored by: Healthy Futures  
Medals for all kids, Traveling Trophy for the top school grades  
5-6. Parents feel free to run with your kids.  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Sept 13 Titan Trail Run - Wasilla**

**Sat** Race time 11 am, Location – Teeland Middle School  
\* Entry: free: \$5  
Elementary kids 1 mile, Middle School & older 1.8 miles -  
XC trail run, rooted slightly  
100 yd Balloon Run – 4 yrs & under  
Contact: Kristi Shea 315-2424  
[kristi.shea@matsuk12.us](mailto:kristi.shea@matsuk12.us)  
<http://www.tms.matusk12.us>

Sponsored by: Teeland Middle School Cross Country & Track  
T-shirts available for additional cost.

7th Annual  
**ANCHORAGE RUNNING CLUB**



**ZOMBIE**  
HALF MARATHON  
& KIDS MINI  
**ZOMBIE 2.5K**  
**SATURDAY**  
**OCTOBER 10, 2015**

DL Crow  
SKIMTRAVENSPORTS  
ANCHORAGE, ALASKA  
KALADIE BROTHERS COFFEE  
ANCHORAGE, ALASKA  
COMICS & GAMES & GAMES  
**BISCUITS**  
WWW.BISCUITS.COM

Jamie Harvey  
**JACKWHITE**  
REAL ESTATE

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

Register online if you dare:  
[www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

\*Children's age groups/ability levels available

**Sept 13 Run Rover Run – Anchorage**

**Sun** Meet 11:30 am, Race 12:30 pm – Little Campbell Lake (Kincaid)  
Run with your dog, 2½ miles – hilly loop Little Campbell Lake  
Entry fee: \$15

Contact: Becky Voris 243-5234  
beckyattla@gmail.com  
ASC Hotline 349-WOOF (9663)  
[www.skijoring.org](http://www.skijoring.org)

Sponsored by: Anchorage Skijor Club

One dog on leash, dog license & vaccines required.

Junior class available if 5 participants, men & women's class

Anchorage's first "cannicross" event. Discount entry for family of 3+ available

**Sept 13 Orienteering Meet – Anchorage**

**Sun** Starts from 5 pm to 7 pm, Location – Mirror Lk Middle School  
Traditional meet, beginner through advanced courses Entry fee: \$8 adults/kids free

[www.oalaska.org](http://www.oalaska.org)

Sponsored by: Arctic Orienteering Club

Check website for contact info & updates

A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Sept 15 Bonny Sosa Tuesday Night Race Series - Anchorage**

**Tue** Meet 5:30 pm – check website

\* Distances up to 12K, Race time 6:30 pm

Entry fee: \$7/\$2 kids/\$20 family or

\$70 family/\$35 adult/\$16 youth season pass

Contact: Outdoor Recreation 343-4217

[www.muni.org/parks](http://www.muni.org/parks)

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues, Register on-line @

[www.muni.org/Active](http://www.muni.org/Active)

A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Sept 17 Equinox Marathon Bib Pick-Up – Fairbanks**

**Thu** Time 5 - 8 pm, Location – Pump House Restaurant

Contact: Susan Kramer 590-5086

John Estle 347-1061

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

Sponsored by: Running Club North

Spaghetti Feed

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

**Sept 18 Equinox Marathon Bib Pick-Up – Fairbanks**

**Fri** Time 5 - 8 pm, Location – Pump House Restaurant

Contact: Susan Kramer 590-5086

John Estle 347-1061

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

Sponsored by: Running Club North

Spaghetti Feed

\*Children's age groups/ability levels available



- Sept 19 Houston Half Marathon & Relay – Houston**  
**Sat** Meet 8:30 am, Race time 10 am  
 Location-Houston Middle School  
 13.1 Relay & 5K Kids dash-out and back, scenic  
 Entry fee: \$10/Kids, \$25/5K, \$45/solo Jan 15-May31, \$55/solo  
 2 person Relay \$70 Jan 15 – May 31, \$80 June 1 – Sept 16  
 3 person Relay \$90 Jan 15 – May 31, \$120 June 1 – Sept 16  
 Contact: Robin Rice  
[hhalfinfo@gmail.com](mailto:hhalfinfo@gmail.com)  
[www.thehoustonthalf.com](http://www.thehoustonthalf.com)  
 Fundraiser for Houston High Cross Country.
- Sept 19 The Glass is Half Full Equinox 5K/10K Run – Cooper Landing**  
**Sat** Meet 9 am – Cooper Landing School  
 5K – pavement & gentle hills 10K – pavement, gravel, dirt, hilly  
 Race time 10 am, Entry fee: \$30  
 Contact: Copper Landing School 595-1244  
[HChamberlain@KPBSD.org](mailto:HChamberlain@KPBSD.org)  
 Thomas Gosard 595-1244  
<http://cooperlandingschool.blogs.kpbsd.k12.ak.us/w>  
 Sponsored by: Cooper Landing School
- Sept 19 Share Your Spare Dash – Anchorage**  
**Sat** Meet 9 am, Race time 10 am, Location – Delaney Park, west end  
 5K – Delaney Park/Coastal Trail, Entry fee: \$30  
 Contact: Kristie Lemmon 907-333-2257  
[kristie@alaskakidney.org](mailto:kristie@alaskakidney.org)  
[www.alaskakidney.org](http://www.alaskakidney.org)  
 Sponsored by: Alaska Kidney Patients Association (AKPA)  
 Highlights the need for living kidney donors to share their  
 spare kidney with an Alaskan waiting for a transplant;  
 promotes organ & tissue donation, honors donor families &  
 celebrates the second chance at life.
- Sept 19 53<sup>rd</sup> Annual Equinox Marathon #8**  
**Sat Usibelli Cup, 23<sup>rd</sup> Annual Marathon Relay**  
**7<sup>th</sup> Annual Equinox Ultramarathon– Fairbanks**  
 Race time 8 am – UAF Patty Center  
 26.2 mile relay (x3) & 40 mile Ultra  
 Contact: Susan Kramer 590-5086  
 John Estle 347-1061  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North & Others  
 Register on-line @ [www.equinoxmarathon.org](http://www.equinoxmarathon.org)  
 One of America's toughest marathons.
- Sept 19 13<sup>th</sup> Annual Kid's Equinox – Fairbanks**  
**Sat** Race time 9 am – UAF Patty Center  
 Final 1.2 miles of a 5 week times-  
 5 miles a week effort, Entry fee: \$12  
 Contact: Tracey Martinson 474-8358  
 Monte Jordan 451-8696  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North

\*Children's age groups/ability levels available

- Sept 20 24<sup>th</sup> Annual Tony's Run – Dillingham**  
**Sun** Meet 12:00 pm, Race time 1 pm – Mile 0 Kakanak Rd  
 5K, 10K, 20K – paved, hilly course  
 Entry fee: \$25-\$35, group discounts available  
 Contact: Lisa Haggblom 842-2320  
[records@safebristolbay.org](mailto:records@safebristolbay.org)  
[www.raceroster.com](http://www.raceroster.com)  
[www.safebristolbay.org](http://www.safebristolbay.org)  
 Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,  
 N & N Market & AC Company, Bigfoot LLC, and others.  
 Register on-line @ [www.raceroster.com](http://www.raceroster.com)  
 Open to walkers, runners & rollers
- Sept 22 Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue** Meet 5:30 pm – check website  
 \* Distances up to 12K, Race time 6:30 pm  
 Entry fee: \$7/\$2 kids/\$20 family or  
 \$70 family/\$35 adult/\$16 youth season pass  
 Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://www.muni.org/parks)  
 Sponsored by: Anchorage Parks & Recreation  
 Farm, Lightning & Munchkin Leagues  
 Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
 A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- Sept 26 Friends of the Farm 5K – Palmer**  
**Sat** Meet 10 am, Race time 11 am, Mat-Su Experimental Farm  
 5K – easy trails  
 Entry fee: \$25, Preregistration closes on 8/31/15.  
 Contact: Josh Leutzinger 907-301-9440  
[skijoshski@yahoo.com](mailto:skijoshski@yahoo.com)  
[www.friendsofthefarm.org](http://www.friendsofthefarm.org)  
 Sponsored by: Mat-Su Miners, 100.9 FM, Mat-Su Farm Bureau  
 Family-friendly. Potato sack race for children under 9 years.  
 Entry fee includes shirt and lunch.
- Sept 26 Anchorage Heart Walk – Anchorage**  
**Sat** Meet 9 am, Race time 10 am, Location – Delaney Park Strip  
 5K – streets, coastal trail, Entry fee: see website  
 Contact: Melissa Wanamaker 865-5300  
[Melissa.wanamaker@heart.org](mailto:Melissa.wanamaker@heart.org)  
 Alaina Burton 865-5300  
[Alaina.burton@heart.org](mailto:Alaina.burton@heart.org)  
[www.AnchorageHeartWalk.org](http://www.AnchorageHeartWalk.org)  
 Sponsored by: American Heart Association  
 A non-competitive family & dog friendly event. Details on  
 website at [www.anchorageheartwalk.org](http://www.anchorageheartwalk.org) All proceeds benefit  
 the American Heart Association to fight heart disease & stroke.
- Sept 26 Octoberfest – Anchorage**  
**Sat** Meet 7:30 am – Snowgoose Restaurant  
 \* 5 & 10K – out & back course on Coastal Trail  
 ¼ mile children's fun run, signed waiver required  
 Race time 9 am, Entry fee: Check website  
 Contact: [info@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)  
 Sponsored by: Bristol Bay Native Corporation &  
 Anchorage Running Club  
 Benefit for Bean's Cafe & Brother Francis Shelter  
 A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

**Sept 26 Making Strides Against Breast Cancer 5K – Fairbanks**  
**Sat** Start time 11 am, Location – Morris Thompson Cultural Center  
5K – new event, visit the website for details  
Contact: Becky Zaverl 452-7084 (cell 460-6326)  
[tristan.walsh@cancer.org](mailto:tristan.walsh@cancer.org)  
<http://makingstrides.acevents.org/fairbanks>  
Sponsored by: American Cancer Society  
A breast cancer awareness 5K. No fee. Teams can form.  
Event T-shirts for purchase. Not timed.

**Sept 29 Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue** Meet 5:30 pm – check website  
\* Distances up to 12K, Race time 6:30 pm  
Entry fee: \$7/\$2 kids/\$20 family or  
\$70 family/\$35 adult/\$16 youth season pass  
Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://www.muni.org/parks)  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Oct Fahrenheit-Be-Darned Winter Training Run – Fairbanks**  
**Wed** Meet 5:45 pm – UAF Patty Center  
Distance: Various, run regardless of weather  
Contact: Ed Debevec 978-8961  
George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North



# RENT A CAN

## Top Quality Sales & Service

- Construction Sites
- Recreation Areas
- RV Holding Tank Pumped
- Camps
- Golf Courses
- Trailer Units
- Sports Events
- Handicapped Units
- Holding Tank



**We Sell  
Deodorant for  
RV and Toilet  
Owners**

**Serving Alaska Since 1969  
Statewide**

# 258-2267

FAX 907 694-5432  
694-9202

\*Children's age groups/ability levels available

- Oct 3 Sat**     **Run to the Alter Half Marathon – Homer**  
 Race time 9 am, Location – Homer High School  
 Registration day begins 8 am.  
 Walkers start at 9 am; runners at 10 am.  
 13.1 miles – hilly, trails, Entry fee: TBA  
 Contact: Megan Spurkland  
[megancorazza@hotmail.com](mailto:megancorazza@hotmail.com)  
[www.kachemakbayrunningclub.org](http://www.kachemakbayrunningclub.org)  
 Sponsored by: Kachemak Bay Running Club  
 Visit the website for registration details
- Oct 3 Sat**     **Hit the Trails – Anchorage**  
 Race time 10 am, Location – Trailside Elementary  
 5K, 2K trails behind TS Elementary  
 Entry fee: Varying  
 Contact: Lori Guyer 223-9420  
[loriguyer@yahoo.com](mailto:loriguyer@yahoo.com)  
[trailsidepta.org](http://trailsidepta.org)  
 Sponsored by: Trailside PTA  
 5K and 2K distance – trail run
- Oct 3 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 508-542-3036  
 Chris Garber Slaght 455-9198  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Oct 4 Sun**     **Readers on the Run – Fairbanks**  
 Race time 11 am – John Trigg Ester Library Gazebo,  
 Village Road, Ester  
 5K walk/run - flat, Entry fee: \$15  
 Contact: Ed Rouleau 458-9550  
 Sponsored by: John Trigg Ester Library  
 Flat terrain, possible zombies poetry contest, costume  
 contest, awards afterwards.
- Oct 5 Mon**     **Zombie ½ Marathon Registration & Bib Pickup - Anchorage**  
 4-6:30 pm – Bosco's - 2301 Spenard Road (new location)  
 \* Contact: [info@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)  
 Register on-line @ [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club & Skinny Raven Sports
- Oct 6 Tue**     **Bonny Sosa Tuesday Night Race Series - Anchorage**  
 \* Meet 5:30 pm – check website  
 Distances up to 12K, Race time 6:30 pm  
 Entry fee: \$7/\$2 kids/\$20 family or  
 \$70 family/\$35 adult/\$16 youth season pass  
 Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://www.muni.org/parks)  
 Sponsored by: Anchorage Parks & Recreation  
 Farm, Lightning & Munchkin Leagues  
 Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
 A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

- Oct 8 Thu** **Zombie ½ Marathon Registration & Bib Pickup - Anchorage**  
 4-6:30 pm – Skinny Raven 8<sup>th</sup> & H Streets  
 \* Contact: [info@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)  
 Register on-line @ [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club & Skinny Raven Sports
- Oct 10 Sat** **Zombie ½ Marathon - Anchorage**  
 Race time 10 am – Goose Lake to Kincaid Park  
 \* Coastal Trail – run with the zombies  
 Contact: [info@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)  
 Register on-line @ [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club & Skinny Raven Sports
- Oct 10 Sat** **Kids Zombie Mini 2.5K - Anchorage**  
 Race time 12 Noon – Kincaid Park  
 \* Contact: [info@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)  
 Register on-line @ [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
 Sponsored by: Anchorage Running Club,  
 Skinny Raven Sports & Girls on the Run  
 Costumes and lots of fun  
 A Healthy Futures Series Event – [www.healthyfutures.ak.org](http://www.healthyfutures.ak.org)
- Oct 10 Sat** **Autumn Knights Trail Run – Palmer**  
 Meet 10 am, Race time 11 am, Location-GRPA  
 5km – trail run, Entry fee: \$5 individual, \$20 family  
 Contact: Mark Strabel 907-746-7547  
[strabel@mtaonline.net](mailto:strabel@mtaonline.net)  
[www.webscorer.com](http://www.webscorer.com)  
 Sponsored by: Colony HSchool SC Ski Team/Mat-Su Ski Club  
 Sign-up online at [www.webscorer.com](http://www.webscorer.com) or day of race  
 Fundraiser for the Colony High School SC Ski Team
- Oct 10 Sat** **Watershed 5K – Fairbanks**  
 Time 11 am, Location – Watershed School, 4975 Decathlon Ave  
 Distance: 5K fun run  
 Contact: Kathy Petersen 388-6830  
 Sponsored by: Watershed PTSA  
 Run roads & trails around the school to support school clubs.
- Oct 10 Sat** **Run The Rock – Kodiak**  
 Meet 9:30 am, Race time: 10 am – Bear Valley Golf Course  
 Distance: 10K, mountain pass, out and back, unpaved road,  
 Entry fee: \$25/\$30 late  
 Contact: Pam Foreman 486-3181  
[pam@kmxt.org](mailto:pam@kmxt.org)  
[www.kmxt.org/run\\_the\\_rock](http://www.kmxt.org/run_the_rock)  
 Sponsored by: Kodiak Public Broadcasting Corporation  
 Post race BBQ included. USATF certified course.
- Oct 10 Sat** **Run The Rock – Kodiak**  
 Meet 10 am, Race time: 10:30 am – Bear Valley Golf Course  
 Distance: 5K, flat, out and back, paved road  
 Entry fee: \$15/\$20 late  
 Contact: Pam Foreman 486-3181  
[pam@kmxt.org](mailto:pam@kmxt.org)  
[www.kmxt.org/run\\_the\\_rock](http://www.kmxt.org/run_the_rock)  
 Sponsored by: Kodiak Public Broadcasting Corporation  
 Post race BBQ included.

\*Children's age groups/ability levels available

**Oct 10 Run The Rock – Kodiak**  
**Sat** Meet 9:30 am, Race time: 10 am – Bear Valley Golf Course  
Distance: 13.1 mile, mountain pass, out & back, unpaved road  
Entry fee: \$40/\$45 late  
Contact: Pam Foreman 486-3181  
[pam@kmxt.org](mailto:pam@kmxt.org)  
[www.kmxt.org/run\\_the\\_rock](http://www.kmxt.org/run_the_rock)  
Sponsored by: Kodiak Public Broadcasting Corporation  
Post race BBQ included. USATF certified course.

**Oct 10 Run The Rock – Kodiak**  
**Sat** Meet 7:30 am, Race time: 8 am – Near Island Rotary Park  
Distance: 26.2 miles, varied, challenging, scenic, half paved  
Entry fee: \$60/\$65 late  
Contact: Pam Foreman 486-3181  
[pam@kmxt.org](mailto:pam@kmxt.org)  
[www.kmxt.org/run\\_the\\_rock](http://www.kmxt.org/run_the_rock)  
Sponsored by: Kodiak Public Broadcasting Corporation  
Race starts on Near Island & finishes at Bear Valley Golf Course.  
Post race BBQ included. USATF certified course.

**Oct 12 Columbus Day**  
**Mon**



**Oct 13 Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue** Meet 5:30 pm – check website  
\* Distances up to 12K, Race time 6:30 pm  
Entry fee: \$7/\$2 kids/\$20 family or  
\$70 family/\$35 adult/\$16 youth season pass  
Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://www.muni.org/parks)  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Oct 14 RCN Annual Membership Meeting – Fairbanks**  
**Wed** Meet 6:30 pm – AK Dog Musher's 4M Farmers Loop  
Contact: Gary Pohl 388-8085  
Bob Vitale 322-0117  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: RCN  
Board Election, Race calendar

**Oct 17 RCN Awards Social/Potluck – Fairbanks**  
**Sat** Meet 6 pm – Birch Hill XC Ski Center, 101 Wilderness Dr  
Contact: Bob Vitale 322-0117  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Potluck: last names A-J Salads, K-R Desserts/Breads,  
S-Z main course

\*Children's age groups/ability levels available



## BECOME at peace with pain

**AA Spine & Pain Clinic is dedicated to the diagnosis and treatment of complex medical problems:**

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

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

907 563-7246  
[aapain.com](http://aapain.com)

### **Oct 17 The Running Dead 5K Zombie Obstacle Run & 1K Kids Run – Valdez**

**Sat** Meet 4:30 pm – Location TBD  
Kids 1K Race time 5 pm, 5K Obstacle Run starts at 5:15 pm  
5K is an obstacle run along trails and dirt roads  
Entry fee: \$10/Kids race, \$20/5K race, or \$50/family

Contact: Sarah Jorgenson-Owen 907-835-2531

[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)

[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)

Sponsored by: APSC and Valdez Parks & Rec

Proceeds benefit United Way of Valdez

Come dressed for Halloween or zombie - awards based on costumes for males and females of each age group. This non-timed event will have you dodging actual zombies and obstacles as you run the 5K route along dirt roads and trails.

### **Oct 20 Bonny Sosa Tuesday Night Race Series - Anchorage**

**Tue** Meet 5:30 pm – check website  
\* Distances up to 12K, Race time 6:30 pm

Entry fee: \$7/\$2 kids/\$20 family or  
\$70 family/\$35 adult/\$16 youth season pass

Contact: Outdoor Recreation 343-4217

[www.muni.org/parks](http://www.muni.org/parks)

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues

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

A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

\*Children's age groups/ability levels available

- Oct 24 Annual Costume Run – Nikiski**  
**Sat** Meet 10 am, Race time 11 am – Nikiski Community Rec Ctr  
 Entry fee: Food Items  
 5K – groomed trails, mostly flat, some hills  
 Contact: Tammy Berdahl 776-8800  
 tberdahl@kpb.us  
 Jackie Cason 776-8800  
[www.northpenrec.com](http://www.northpenrec.com)  
 Sponsored by: North Peninsula Recreation Service Area  
 Supports food drive, canned or non-perishable foot items.  
 Visit the website for details & entry forms
- Oct 27 Full Moon Run – Fairbanks**  
**Tue** Time 5:45 pm, Location – UAF Patty Center  
 Distance: 4 miles  
 Contact: George Berry 687-8769  
 Sponsored by: RCN  
 Regardless of temperature
- Oct 27 Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue** Meet 5:30 pm – check website  
 \* Distances up to 12K, Race time 6:30 pm  
 Entry fee: \$7/\$2 kids/\$20 family or  
 \$70 family/\$35 adult/\$16 youth season pass  
 Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://www.muni.org/parks)  
 Sponsored by: Anchorage Parks & Recreation  
 Farm, Lightning & Munchkin Leagues  
 Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
 A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)
- Oct 31 34<sup>th</sup> Annual Halloween Family Run – Fairbanks**  
**Sat** Race time 10 am – UAF Patty Center  
 \* 2 & 10 miles, or you pick it – paved, short flat or long hilly  
 Great for kids, Entry fee: None  
 Contact: Dee Gard 347-7277  
 Bruce Gard 378-6200  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Time bonus for Halloween costumes!
- Oct 31 Skinny Raven Frightening 4K – Anchorage**  
**Sat** Meet 10 am – Captain Cook Hotel  
 \* 4K – out & back, Race time 11 am  
 Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
 Sponsored by: Skinny Raven  
 Costume contest & trick-or-treat aid stations
- Nov Fahrenheit-Be-Darned Winter Training Run – Fairbanks**  
**Wed** Meet 5:45 pm – UAF Patty Center  
 Distance: Various, run regardless of weather  
 Contact: Ed Debevec 978-8961  
 George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North

\*Children's age groups/ability levels available



**Nov 1 Daylight Saving Time ends**  
**Sun** It's OK to arrive early. You can help set up!



**Nov 3 Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue** Meet 5:30 pm – check website  
\* Distances up to 12K, Race time 6:30 pm  
Entry fee: \$7/\$2 kids/\$20 family or  
\$70 family/\$35 adult/\$16 youth season pass  
Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://www.muni.org/parks)  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Nov 7 Cache Creek Warm Up – Fairbanks**  
**Sat** Race time 10 am – Cache Crk Rd at Murphy Dome Rd  
6.8 miles – out & back on roads in the hills, free  
Contact: Jane Lanford 687-0769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

**Nov 11 Veteran's Day**  
**Wed**




**Nov 14 Go for the Gravy - Wasilla**  
**Sat** Meet 9 am – Wasilla High School  
Registration starts at 9 am, 3K & 5K (outdoor) start at 10 am,  
Kids Fun Run (indoor) starts at 10:45 am.  
Entry fee: Check website  
Contact: Fronteras Immersion Charter School  
907-745-2223  
[frc@matsuk12.us](mailto:frc@matsuk12.us)  
[www.goforthefravyak.com](http://www.goforthefravyak.com)  
Sponsored by: Fronteras Spanish Immersion Charter School  
We are also hosting a silent auction.

**Nov 14 RCN Turkey Trot – Fairbanks**  
**Sat** Race time 10 am – UAF Patty Center Bus Shelter  
Distance: 6K – staggered starts, flat, Entry fee: \$1  
Contact: Jim Brader 452-4986  
Andy Holland 479-4444  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Predicted time, no watches, prizes

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

**Contact [runnerscalendar@muni.org](mailto:runnerscalendar@muni.org)**

\*Children's age groups/ability levels available

- Nov 21 Sat** 10<sup>th</sup> Annual RiverWalk for Justice 2015 – Anchorage  
8:30-11:30 am – H2Oasis Waterpark  
Walk in the flowing river at H2Oasis, Entry Fee \$25/person  
Contact: Susan Sullivan  
[SSullivan@victimsforjustice.org](mailto:SSullivan@victimsforjustice.org)  
Sponsored by: Victims for Justice  
A fundraiser for Victims for Justice. Walk in the flowing River at H2Oasis, compete for prizes, enter to win two round trip tickets on Alaska Airlines.  
Register at [victimsforjustice.org](http://victimsforjustice.org)
- Nov 25 Wed** **Full Moon Run – Fairbanks**  
Time 5:45 pm, Location – UAF Patty Center  
Distance: 4 miles  
Contact: George Berry 687-8769  
Sponsored by: RCN  
Regardless of temperature
- Nov 26 Thu** **Turkey Trot Family 5K – Valdez**  
Meet 9:30 am, Race time 10 am – Woody Woodman Teen Center  
5K – run throughout town,  
Entry fee: \$5/Individual, \$20/Family or  
bring a non-perishable food item  
Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)  
Sponsored by: Valdez Parks & Rec  
Proceeds benefit Valdez Race Series and the Valdez Food Bank  
Entry fee waived if you bring a non-perishable food item for the Valdez Food Bank. Two lucky finishers (drawn at random) will win a fresh Magpie's Bakery Pumpkin Pie for Thanksgiving dessert. Come dressed as pilgrims or turkeys!
- Nov 26 Thu** **Thanksgiving Day** 
- Nov 26 Thu** **Skinny Raven Turkey Trot – Anchorage**  
Meet 10 am – Skinny Raven  
\* 3K Kids Run & 5K – One loop course, Race time 11 am  
Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Skinny Raven  
Win your age class, win a pie. Mini Turkey 2K for kids.  
Proceeds benefit Team Alaska Track Club & The Food Bank of AK
- Dec Weds** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**  
Meet 5:45 pm – UAF Patty Center  
Distance: Various  
Contact: Ed Debevec 978-8961  
George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Regardless of temperature

\*Children's age groups/ability levels available

- Dec 5 Sat** **23<sup>rd</sup> Annual Heart of Darkness Snowshoe Race – Fairbanks**  
 Race time 12 Noon – Andy Holland’s 1058 Pika Rd off Moose Trail  
 6K & 3K – hilly, run regardless of temperature  
 Contact: Andy Holland 479-4444  
 Jim Brader 452-4986  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Extra snowshoes available  
 A Snowshoe Series Event
- Dec 12 Sat** **Solstice Snowshoe Shuffle – Fairbanks**  
 Race time 12 Noon – Morris Thompson Cultural Center  
 1 mile – extra snowshoes available  
 Contact: Pete Pinney 978-0425  
[www.lathroprunning.com](http://www.lathroprunning.com)
- Dec 12 Sat** **Jingle Bell Run/Walk for Arthritis - Anchorage**  
 Meet Time 9:30 am, Race Time 11:15a – UAA Student Union  
 5K – Out & back – UAA/Goose Lake, Entry Fee \$30/adult  
 Contact: Anna Campione 277-2784  
[acampione@arthritis.org](mailto:acampione@arthritis.org)  
[www.anchoragejinglebellrun.com](http://www.anchoragejinglebellrun.com)  
 Sponsored by: The Arthritis Foundation  
 Wear a holiday themed costume. Tie jingle bells to your shoelaces. Raise funds to fight arthritis, the nation’s leading cause of disability. Run or walk a 5 kilometer route with your team members and celebrate the season by giving.
- Dec 13 Sun** **Colony Christmas Triathlon – Palmer**  
 Meet time: 9 am, Race time: 11 am, Location – Alaska Club  
 Distance: 5K run, 500 yard swim, 10K Bike  
 Entry fee: \$35 solo/\$50 team (2)/\$60 team (3)  
 Contact: GPCC 745-2880  
[director@palmerchamber.org](mailto:director@palmerchamber.org)  
[www.palmerchamber.org](http://www.palmerchamber.org)  
 Sponsored by: Mat-Su Health Foundation  
 Bike may be substituted with X-C skiing if too much snow.  
 Family friendly and fun for the enthusiast or the novice.
- Dec 19 Sat** **Ugly Sweater Fun Run & Ski – Valdez**  
 Meet 10:30 am, Race time 11 am – Woody Woodman Teen Ctr  
 5K – run and XC Ski along roadway and groomed trail\*  
 Entry fee: \$5/Individual or \$20/Family or  
 bring unwrapped toy or game  
 Contact: Sarah Jorgenson-Owen 907-835-2531  
[SJOwen@ci.valdez.ak.us](mailto:SJOwen@ci.valdez.ak.us)  
[www.ci.valdez.ak.us/specialevents](http://www.ci.valdez.ak.us/specialevents)  
 Sponsored by: Valdez Parks & Rec  
 Proceeds benefit Valdez Race Series and Copper Valley  
 Telecom Angel Tree Program  
 XC Skis available for free rental with PWSCC “Ski for Free”  
 program – limited quantities, must pick up at PWSCC before  
 race. Ugliest sweater or sweatshirt you can find – male and  
 female in the ugliest sweaters win a prize! Entry fees waived if  
 you bring unwrapped toy, clothing or game (for ages infant to  
 18yrs.) donation to the Copper Valley Angel Tree program.  
 \*Course/race may change based on snow/road conditions.

\*Children’s age groups/ability levels available



**Quality Footwear That Moves You!**

642 S Alaska St., Ste. 100  
In The Koslosky Center

**Palmer, Alaska**

**(907) 746-0600**

[www.ActiveSoles.net](http://www.ActiveSoles.net)



**Active Soles is locally owned  
by Anne Thomas PT at**



**Body In Balance**  
PHYSICAL THERAPY INC.

**We specialize in:**


- Plantar Fasciitis
- Forefoot Pain
- Bunions
- Ankle Pain
- Shin Splints
- Achilles
- Tendonitis
- Knee Pain
- IT Band Pain



**(907) 746-0722**

[www.BodyInBalanceAK.com](http://www.BodyInBalanceAK.com)

\*Children's age groups/ability levels available

- Dec 19 Willow Winter Solstice Marathon Races – Willow**  
**Sat** Location – Willow Community Center, Mile 70 Parks Hwy  
 Distance: Marathon, Half-marathon, and 5K  
 Out and back courses on Willow's winter trail system  
 Contact: Andrea Hambach  
[wilrunco@gmail.com](mailto:wilrunco@gmail.com)  
[www.willowrunningcompany.com](http://www.willowrunningcompany.com)  
 Sponsored by: Willow Running Company  
 Visit website for details and to sign up\_
- Dec 19 27<sup>th</sup> Annual George Bloom Memorial Mid-Day Sun Fun Run**  
**Sat – Fairbanks**  
 Race time 11 am – UAF Patty Center  
 6.5 miles – hilly, run regardless of temperature  
 Contact: David Bloom 452-5441  
 Frank Ganley  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Dec 20 Dawn to Dusk, Part 2, All Day Run – Fairbanks**  
**Sun** Race time 10:58 am to 2:39 pm (3:41:41) – UAF Great Hall  
 Distance: Various  
 Contact: George Berry 687-8769  
[membership@runningclubnorth.org](mailto:membership@runningclubnorth.org)  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North  
 Sign up at 10 am, event ends at 3pm. Individuals and teams.  
 No fee, prizes, certificate!
- Dec 25 Christmas Day**  
**Fri** 
- Dec 25 Full Moon Run – Fairbanks**  
**Fri** Time 5:45 pm, Location – UAF Patty Center  
 Distance: 4 miles  
 Contact: George Berry 687-8769  
 Sponsored by: RCN  
 Regardless of temperature
- Dec 31 New Year's Eve Run – Fairbanks**  
**Thu** Race time 11:30 pm – “The Diner” on Illinois Street  
 3 miles – run regardless of temperature, Free  
 Contact: Paul Reynolds 322-1142  
 George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
 Sponsored by: Running Club North
- Dec 31 Northern Lights Resolution Run – Anchorage**  
**Thu** Meet 5 pm, Race 6 pm – Alaska Airlines Center  
 Distance: 5K roads and trails, Entry fee: \$35  
 Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
 Erin Philips 274-7222  
[www.skinnyraven.com/races/northern-lights-r](http://www.skinnyraven.com/races/northern-lights-r)  
 Run and dance yourself into 2015. Music, lights, and an awesome course will ring in the new year!



\*Children's age groups/ability levels available

## 2016 RACES

### **Feb 13 Little Su 50K – Big Lake**

**Sat** Meet 9:30 am – Big Lake Area

Happy Trails Kennels

Race time 11 am, Entry fee: Check website

Pam Richter 346-1220

[info@susitna100.com](mailto:info@susitna100.com)

Kim Kittredge

[www.susitna100.com](http://www.susitna100.com)

1 checkpoint with warm water, check website for required gear.  
T-shirt, finisher award & post-race pizza party. 12 hour cutoff.

### **Feb 13 Susitna 100 – Big Lake**

**Sat** Meet 7:30 am – Big Lake Area

Happy Trails Kennels

100 miles – XC across rivers & woodlands

Race time 9 am, Entry fee: Check website

Contact: Kim & Erin Kittredge

[info@susitna100.com](mailto:info@susitna100.com)

Pam Richter 346-1220

[www.susitna100.com](http://www.susitna100.com)

Loop course. 5 checkpoints with warm water available  
15# of survival gear & food required to be carried over  
entire course. T-shirt, finisher award & post-race pizza party

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

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

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

**For Girdwood: 783-8146 or [kellekkt@muni.org](mailto:kellekkt@muni.org)**

\*Children's age groups/ability levels available

# Top 10 Reasons to Connect with Trail Watch

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



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

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



Register to Volunteer @  
[www.muni.org/parks](http://www.muni.org/parks)

For more information call 343-4587



\*Children's age groups/ability levels available

-----  
Cut out and mail

## RUNNER'S CALENDAR ORDER FORM

Name \_\_\_\_\_ email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please send me a copy of the 2015 Calendar

Please send me a copy of the 2016 Calendar

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

Mail to: Parks & Recreation  
Attn: Alaska Runner's Calendar  
P.O. Box 196650  
Anchorage, AK 99519

email: [runnerscalendar@muni.org](mailto:runnerscalendar@muni.org)

Please make checks payable to the Municipality of Anchorage.



This 2015 calendar is brought to you by:

**Anchorage Parks & Recreation**

**343-4355**



**2015 CALENDAR**

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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

SKINNYRAVENSPORTS



ANCHORAGE, ALASKA

**DOWNTOWN**  
CORNER OF 8TH AND H ST.  
907-274-7222

**DIMOND**  
2727 WEST DIMOND BLVD  
907-339-9991



SKINNY RAVEN SPORTS

ALASKA'S BEST RUNNING SHOES,  
CASUAL SHOES & APPAREL

WWW.SKINNYRAVEN.COM

ANCHORAGE



# **Alaska Runner's Calendar**

**P.O. Box 196650**

**Anchorage, Alaska 99519**