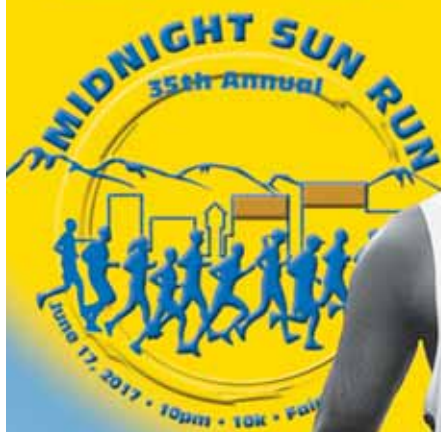


ALASKA RUNNER'S CALENDAR



2017

FAIRBANKS
Daily News - Miner



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FAIRBANKS, ALASKA



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www.midnightsunrun.net
907-456-8901

Race produced by:

FRA FRA FRA

FAIRBANKS RESOURCE AGENCY

Proceeds benefit FRA,
a non-profit organization
supporting children, adults
and seniors with disabilities
since 1967.



The running community is extremely proud to have selected this outstanding candidate for the cover of the 2017 Alaska Runner's Calendar. (Photo courtesy of Rhonda McCormick)

Allie Ostrander

Allie Ostrander is a phenomenal athlete, who was the only collegiate athlete in a field of professional runners to qualify for the Olympic Trials in the 5,000 meters, barely missing out on Rio by finishing 8th in the finals.



In addition to her athleticism, this community minded runner has created a terrifically popular running series in Soldotna called the **Salmon Run Series**.

Although she created it as a project for the *2012 Caring for the Kenai* contest, which is an “idea” contest, she moved forward to make it a reality, and has!

2016 was the 5th year the Series has taken place! After the first year of the Series, she added a 1K Kids Race, which has been tremendously popular for the our running community of moms and dads. She also runs along with the kids - how many kids can claim they ran alongside an Olympic qualifier!?

Finally, Allie decided from the very beginning to donate all profits to the Kenai Watershed Forum to further our work on invasive species and environmental education.

Her community spirit shines through as aspects of the Salmon Run Series. She has garnered the support of the Central Peninsula Hospital as a sponsor every year and the Series is held at the ever popular Tsaltshi Trails.

For more info you can check out the webpage <http://kenaiwatershed.org/community-outreach/salmon-run-series/> or the Facebook page <https://www.facebook.com/salmonrunseries>.

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 you 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 Printing

Produced by Anchorage Parks & Recreation

**Printed Copy Distributed to over 5,000 running enthusiasts
Over 11,000 online views!!**

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

webpage: www.muni.org/parks

- Jan through March Wed** **Wednesday walk/run at the Alaska Dome 400 m track**
 Time: 6:00 pm – 7:00 pm
 Entry fee: Anchorage Running Club membership
 Contact: info@anchoragerunningclub.org
 More information at www.anchoragerunningclub.org
 Sponsored by the Anchorage Running Club
- Jan Wed** **Fahrenheit Be Darned Winter Training Run – Fairbanks**
 Meet time: 5:45 pm – UAF Patty Center
 Distance: Various. Group runs various courses, Wednesdays
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by: Running Club North
 Regardless of temperature
- Jan Thu** **Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Regardless of temperature. Walkers welcome.
- Jan 6 Fri** **Borealis Color Run – Fairbanks**
 Meet time: 6 pm – UAF borealis Ski Hut (West Ridge)
 Distance: 4 miles – Fun run at UAF campus wearing Tracer 360 multi colored safety vest. Sponsored by Beaver Sports. Sign up starts at 5 pm
 Contact: 907-687-8769
membership@runningclubnorth.org
 Sponsored by: Beaver Sports and Running Club North
 Early sign up at Beaver Sports. Tracer 360 Lighted safety vest sold at cost at Beaver Sports. 5 pm sign up night of event at Ski Hut, west Ridge – UAF. No fee!
- Jan 7 Sat** **36th Annual Airport Run – Fairbanks**
 Meet time: 11am – Pike's Landing
 Distance: 4 or 8 Miles
 Contact: Paul Reynolds 907-322-1142
 George Berry 907-687-8769
membership@runningclubnorth.org
 Sponsored by: Running Club North
 No entry fee; regardless of temperature. Flat out & back.
- Jan 12 Thu** **Full Moon Run – Fairbanks**
 Meet time: 5:45 pm – UAF Patty Center
 Distance: 4 Miles
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by Running Club North
 Entry fee: free
- Jan 14 Sat** **Ringing in the New Year - Dillingham**
 Race time: 1 pm. Location: TBD
 Contact snunn@bbahc.org for the most up to date information. No entry fee.
 Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion

*Children's age groups/ability levels available

- Jan 21 Sat Chilly Buns Mid-Winter Run – Fairbanks**
 Meet time: 11am – UAF Bus Center across from Patty Ctr
 6.5 Miles – Patty Center to Miller Hill, to Yankovich, to FLR
 bike path back to campus commuter trail, across campus
 back to Patty Center.
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by: Running Club North. Free.
- Jan 28 Sun Emily-Oliver Snowshoe Race – Fairbanks**
 Meet time: 12:00 pm – at the end of Oboe drive in Cripple
 Creek on the recreational trails
 Distance: 5K and 10K – snowshoe race on Cripple Creek
 recreational trails
 Contact: Ariana Graf 907-460-4046
 Sponsored by: Running Club North. Free.
- Jan 28 Sat Wolf Run- Half and 5K – Anchorage**
 Meet time: 9 am / Half 10 am- 5K – UAA Social Sciences Bldg
 Half & 5K – Multi-use trails, Chester Creek and Tony Knowles
 Contact: Bob Maxwell 907-786-4914
<http://teamfrostbite.uaa.alaska.edu/>
 Sponsored by: AE Club
 T-shirts for all finishers, starts in the parking lot north of
 Central Parking Garage - UAA. Fundraiser for Habitat for
 Humanity and AE club. 3 first aid/water tables on course (half)
- Jan 28 Sat The Dome Series Hour Challenge - Anchorage**
 Meet time: 8:30 am – The Dome, Anchorage
 1 Hour – On the track Race time: 10 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com/race/the-dome-series/
 Sponsored by: Skinny Raven Sports
 Come see how many laps you can run in 1 hour!
- Feb Wed Fahrenheit Be Darned Winter Training Run – Fairbanks**
 Meet time: 5:45 pm – UAF Patty Center
 Distance: Various. Group runs various courses, Wednesdays
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by: Running Club North
 Regardless of temperature
- Feb Thu Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and
 Running Club North
 Regardless of temperature. Walkers welcome.
- Feb 1 Wed Why Not Tri & Why Not Tri Kids - Wasilla**
 Registration opens
 Contact: www.whynottriwasilla.net

*Children's age groups/ability levels available



ALASKA'S PREMIER RUNNING SERIES



SKINNYRAVEN
EVENTS & TIMING

RUNNING SERIES

DATE	EVENT
1/28	The Dome Series Hour Challenge
2/11	Valentine's Day Chocolate Run
3/11	Shamrock Shuffle
4/8	Superhero Showdown
6/2	Twilight 12K and Skinny Mini 6K
7/16	Her Tern Women's Half Marathon
8/5	Alaska 10K Classic
9/9	New Balance XC Classic
10/28	The Frightening 4K
11/23	Skinny Raven Turkey Trot
12/31	Northern Lights Resolution Run

Registration and information for all races at:

www.skinnyraven.com

*Children's age groups/ability levels available

- Feb 4 Sat RCN Members Winter Social – Fairbanks**
 Meet time: 6 pm – Goldstream Sports
 Contact: George Berry 907-687-8769
membership@runningclubnorth.org
 Sponsored by: RCN and Goldstream Sports
 See www.runningclubnorth.org for information
- Feb 4 Sat Fairbanks Snowshoe Classic – Fairbanks**
 Time 11:00 am, Location – Goldstream Sports (or possibly UAF West Ridge, undecided)
 Distance: 5K and 10K
 Contact: Erika Burr 907-978-4481 burrike@gmail.com
 Sponsored by: Running Club North
 No entry fee.
- Feb 10 Fri Full Moon Run – Fairbanks**
 Meet time: 5:45 pm – UAF Patty Center
 Distance: 4 Miles
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by Running Club North
 Entry fee: FREE
- Feb 11 Sat Sweetheart run - Dillingham**
 Race time: 1 pm. Location: TBD
 Contact sunn@bbahc.org for the most up to date information. No entry fee.
 Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion
- Feb 11 Sat The Stud Run - Anchorage**
 Meet time: 9:30 am – Sand Lake Race time: 10 am
 Entry fee: \$10 student, 18 & under; \$25 adult.
 1.75 mile loop around frozen Sand Lake. Flat, frozen surface; potential icy/slippery conditions; untimed event, students get finisher medal.
 Contact: Chandra Poe 575-7159
thestudrun@gmail.com
www.thestudrun.org
 Sponsored by: Sand Lake Elementary PTSA
 Second Annual Stud Run on frozen Sand Lake. Strollers, sleds welcome; pets not allowed. Costumes welcome and encouraged! Studded shoes recommended. Cocoa and snack at finish line warming tents. Healthy Futures sponsored event.
- Feb 11 Sat Snow Run – Fairbanks**
 Meet time: 11:00 am – UAF Patty Center. Sign up race-day starting at 10:15 am. Start/Finish at UAF bus shelter across from Patty Gym. Distance: 4.1 Miles & 7.2 Miles
 4.1 mile Out-and-Back through campus, or 7.2 mile Miller Hill Loop 'backwards'.
 Contact: Mary Brunner 907-699-1496
maryb.alaska@yahoo.com
 Sponsored by: Running Club North
 Annual Free RCN Event. Free, hilly, cookies!

*Children's age groups/ability levels available

Feb 11 Valentine's Day Chocolate Run – Anchorage
Sat Meet time: 9 am – Ship Creek by the Ulu factory
5K - roads and bike path
Race time: 10 am Entry fee: \$35
Contact: Mark Iverson 274-7222
timing@skinnyraven.com
Erin Philips 274-7222
www.skinnyraven.com/races/valentines-day-5K
Sponsored by: Skinny Raven Sports
Running, Chocolate, and Love. Three of the best things in life.
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
couple's team event.

Feb 12 Valentines Day 5K – Homer
Sunday Meet time: 10 AM – Homer High School
5K – Entry Fee: TBA
Race time: 10 AM
Entry Fee: TBA
Contact: Jen Booz
Jenbooz7@gmail.com
Sponsored by: Kachemak Bay Running Club

Feb 13 MSLT Equinox Challenge - Wasilla
Sun - Meet time: anytime - Where you are
Mar 20 20+ activities - 20+ days of physical activity, where you are at,
Monday what you want to do, when you do it
Entry fee: \$35
Contact: Traci Sanders 355-6110
htraci@hotmail.com
<http://midnightsunlazyman.weebly.com/>
Sponsored by: Midnight Sun Lazyman Triathlon
Ready to challenge yourself? In five weeks participate in 20
or more physical activities leading up to the Spring Equinox.
Sign up on-line. Email your results, swag will be mailed. This
virtual challenge is a tool to get moving during our dark days.

Feb 18 Little Su 50K – Big Lake
Sat Meet time: 10 am – Happy Trails Kennels
50 km Cross-country via rivers, lakes and woodland trails
Race time: 11am Entry fee: Check website
Kim & Erin Kittredge 907-746-5959
info@susitna100.com
Pam Richter 907-346-1220
www.susitna100.com
1 checkpoint with warm water, check website for
required gear. T-shirt, finisher award & post-race party.

Feb 18 Susitna 100 – Big Lake
Sat Meet time: 8 am – Happy Trails Kennels
100 miles – Cross-country across rivers, lakes, woodland trails
Race time: 9 am Entry fee: Check website
Contact: Kim & Erin Kittredge 907-746-5959
info@susitna100.com
Pam Richter 907-346-1220
www.susitna100.com
5 checkpoints with warm water and snacks.
15# of survival gear & food required to be carried over
entire course. T-shirt, finisher award & post-race party.

*Children's age groups/ability levels available

Feb 18 Sat **17th Ballaine Ridge Snowshoe Trail Run – Fairbanks**
Meet time: 12:00 pm - Keith Pollock's House 849 Goldfinch Rd
Distance: 3, 6 & 9K Snowshoe series event, mostly single track trail.
Contact: Keith Pollock 907-479-0779
kpollockak@gmail.com
Sponsored by: Running Club North
Regardless of temperature. Extra snowshoes available.
Hot drinks & munchies.

Feb 23 Thu **Frostbite Footrace Reg/Bib Pick Up – Anchorage**
Meet time: 3:30 - 7:30 pm - Glacier Brew House
Entry fee: \$22/\$10 youth/\$125 teams thru Feb 1
\$25/\$10 youth/\$150 team Feb 2 thru Feb 23
\$25 thru Feb 25 if adult runner in 2015
\$22 thru Feb 23 if adult runner in 2016
\$30/\$15/\$175 race day, registration 7:30 – 9 am
Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net
Sponsored by: Fur Rondy & Glacier Brewhouse
Timing & registration supported by Skinny Raven Sports
Register on-line @ www.furrondy.net
T-shirts to first 500 runners to pick up bibs

Feb 25 Sat **Frostbite Footrace & Costume Fun Run – Anchorage**
*
Race time: 9:30 am – Glacier Brewhouse
Entry fee: \$22/\$10 youth/\$125 teams thru Feb 1
\$25/\$10 youth/\$150 team Feb 2 thru Feb 24
\$25 thru Feb 25 if adult runner in 2015
\$22 thru Feb 23 if adult runner in 2016
\$30/\$15/\$175 race day, registration 7:30 – 9 am
2.5 & 5K – Downtown Parade Route
Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net
Sponsored by: Fur Rondy & Glacier Brewhouse
Timing & registration supported by Skinny Raven Sports
Register on-line @ www.furrondy.net
T-shirts to first 500 runners to pick up bibs
Cash prizes (\$25-\$100) for the costume contest
A Healthy Futures Series Event – www.healthyfuturesak.org

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12/16 Waddell & Reed, Inc., Member SIPC

www.laurelrenkert.wrfa.com

*Children's age groups/ability levels available



Frostbite Footrace & Costume Fun Run

9:30am Saturday, February 25

Register at furrondy.net



5K or 2.5K Fun Run

Join the fun with the entire family!

Break out of the winter blues by breaking out the running shoes! Warm up your winter with a downtown run!

Don't Miss the Costume Contest!

Great Prizes!

*Children's age groups/ability levels available

Feb 25 Sat **Fur Rondy Outhouse Race – Anchorage**
Meet time: 3 pm – Downtown, 4th Ave between E & F
100 ft- down & back pushing an outhouse on skis
Entry fee: \$100/team – 10 persons teams, 5 at a time on course
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com
Sponsored by: AE Club at UAA
Dbl elimination w/3 races guaranteed, trophies for top finishers.

Feb 26 Sun **Rondy DASH – Anchorage**
Meet: 10 am – Downtown, AK Alchemist 4th Ave & A St
Start: 10:30 am - 90 minute Anchorage Scavenger Hunt
Teams of 2-4 persons, register at www.furrondy.net
Entry: \$30/team (2) \$45/team (3) \$50/team (4) Max 200 teams
Sponsored by IHeartMedia & AK Alchemist
Fundraiser for the Covenant House
Prizes for costumes and top finisher

Mar Wed **Fahrenheit Be Darned Winter Training Run – Fairbanks**
Meet time: 5:45 pm – UAF Patty Center
Distance: Various. Group runs various courses, Wednesdays
Contact: George Berry 687-8769
membership@runningclubnorth.org
Sponsored by: Running Club North
Regardless of temperature

Mar Thu **Hoodoo Goldstream Beer Runs - Fairbanks**
Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
Distance: 1-3 miles
Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North
Regardless of temperature. Walkers welcome.

Mar 2 Thu **MatSu Running Club Information Meeting – Palmer**
6 pm - MTA Building
Club information meeting
Rhonda Knopp 907-355-6258
coachknopp@yahoo.com or vwrt.org
MatSu Running Club. Information about our women's, co-ed, junior's, and beginner's clinic will be presented.

Mar 4 Sat **Nunataq Snowshoe Series Race #2 – Palmer**
Meet: 9 am – Hatcher Pass Lodge, Race time: 10:00 am
5K, 10K, 50 yard dash - Race up Independence Mine to Gold Cord Lake and back
Entry fee: \$25 pre-race day, \$30 day of registration
Contact: Lance Arnold 907-746-0600
activesoles@mtaonline.net
Kate Arnold 907-746-0600
alaskasnowshoechallenge.com
Sponsored by: Active Soles Performance Footwear and Healthy Futures. Pre Register online at alaskasnowshoechallenge.com, day of registration is held inside Hatcher Pass Lodge from 8:45-9:45 am. Test your Snowshoe skills on Alaska's toughest Winter 10k. Over 1,000 vertical gain/loss and includes untracked powder. Snowshoes are required. \$25 winner cash payout for 50 yard sprint before the start of the races.

*Children's age groups/ability levels available

- Mar 4 Sat 10th Annual Running of the Reindeer – Anchorage**
 Race time: 4 pm – 4th Ave at H Street, 3 blocks - city streets
 Entry fee: \$30 includes t-shirt
 Contact: Fur Rondy Headquarters 907-274-1177
info@furrondy.net
 Sponsored by: Fur Rondy, KWHL 106.5 The Morning Show
 Register on-line @ www.furrondy.net
 Whacky, Alaskan-style fun! See if you can outrun the reindeer.
 Must be 18 yrs or older to participate.
 Benefits Toys for Tots. T-shirts to 1st 1800 runners to pick up bibs.
- Mar 11 Sat Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage**
 Meet time: 8:30 am – Bear Tooth Theatre pub
 5K - loop course, some hills
 Race time: 9:30 am
 Contact: timing@skinnyraven.com
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 12 Sun Full Moon Run – Fairbanks**
 Meet time: 5:45 pm – UAF Patty Center
 Distance: 4 Miles
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by Running Club North
 Entry fee: FREE
- Mar 18 Sat St. Patrick's Run – Fairbanks**
 Meet time: 11:30 am – Goldstream Sports
 Distance: 7.1 Miles out and back along St. Patrick's Road
 Contact: Rachael Kvapil 907-347-8756
pagesculptor@gmail.com
 Sponsored by: Running Club North and Goldstream Sports
 Registration is on the morning of the event. Free.
 Leprechaun chase and prizes!
- Mar 18 Sat St. Patty's Day Run - Dillingham**
 Race time: 1 pm. Location: TBD
 Contact sunn@bbahc.org for the most up to date info
 No entry fee. Your Time and Pace your business.
 Course set for 1 hour of fitness
 Organized by Rural People in Motion
- Mar 19 Sun Green Day Gallop – Palmer, Alaska**
 Meet time: 12 pm –Palmer Pavilion Downtown
 Distance: Half marathon, kids 1 mile race, 5k and 10k races
 Race time: Half marathon start 1:00 pm; kids race start 1:15 pm; 5k & 10k start 1:45 pm.
 Entry Fee: \$25 pre-race day; \$30 day of registration; kids race free.
 Contact: Kate Arnold 746-0600
kevans.arnold@gmail.com
 Denise Christopher 907-841-4589
gminers@gci.net
 Sponsored by: Active Soles, Mat-Su Miners and We Run AK

*Children's age groups/ability levels available

Mar 21 MatSu Running Club Beginner's Running Clinic classroom session
Tues 6:00 pm - Teeland Middle School
Rhonda Knopp 907-355-6258
coachknopp@yahoo.com or vwrt.org
MatSu Running Club

Mar 25 **Crazy Lazy – Palmer**
Sat Meet time: 9:30 am – Smith Road Trailhead
6 mile – mountain race, loop course
Race time: 11 am Entry fee: \$25
Contact: Dane Crowley 907-354-8461
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.
Register online @ www.webscorer.com. \$25 or \$40 race day
sign up. 1 mile kids loop race. Race t-shirts and other finisher
awards. Proceeds benefit girls' athletics.

Mar 25 **Bison Run Wild 5K - Portage**
Sat Meet time: 9:30 am – Alaska Wildlife Conservation Ctr.
5K – A flat two-lap loop on grounds of AWCC
Race time: 10 am Entry Fee: \$40 adults; \$30 children (under
18); add \$5 after 2/15
Contact: Eileen Floyd 783-2025
Eileen@alaskawildlife.org
www.alaskawildlife.org
Sponsored by: Healthy Futures
Starts and finishes by future site of Bison Hall. 2-lap course
uses roads within conservation center. (All course roads will
be closed to vehicles during run.) Come “run with the herd”
and help us open the doors on Bison Hall.



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for people affected
by multiple sclerosis.

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907-331-0179

Ketchikan April 29
Fairbanks May 6
Mat-Su Valley May 6
Soldotna May 13
Copper Valley May 20
Sitka May 20
Anchorage Aug. 12

*Children's age groups/ability levels available

- Mar 26 Sun** **8th Annual White Mountains 100 – Fairbanks**
 Meet time: 8 am – White Mountains National Recreation Area, Wickersham Dome Trailhead, Milepost 28 Elliott Highway (approx. 38 miles north of Fairbanks, Alaska).
 Distance: 100 miles - skis, bike, or run
 The 100-mile ultra-race course cuts through the heart of the jagged limestone peaks that define the White Mountains.
 Contact: Joel Homan 907-388-9560
Wm100@endurancenorth.org
<http://wm100.endurancenorth.org/home>
 Cut off time off 11:59 PM Monday (40 hrs limit) Pre-race Meeting: Schaible Auditorium on March 25th, 4:00 PM
- Mar 28 Tues** **MatSu Running Club Beginner's Running Clinic**
 6:00 pm – Colony High Track
 Rhonda Knopp 907-355-6258
coachknopp@yahoo.com or vwrt.org
 MatSu Running Club
- Apr-Aug every Tue** **Exceed Women's Running Team – Anchorage**
 Meet time: 6 pm – Various locations
 Coached workouts, track and trail runs
 Entry Fee: Membership \$100/season
 Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
www.runexceed.org
 Sponsored by: Exceed Women's Running Team
 We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details.
 You can attend twice for free before paying membership fee.
 All levels are welcome!
- Apr – Aug Tue** **Peak Performers Track Club – Anchorage**
 6 pm – APU Moseley Sports Center thru mid April
 Central Jr High Track late April thru Aug –
 APU – paved roads, Central – track
 Membership fee: \$65, \$110 family (2)/\$160 3 or more
 Contact: Jason Hofacker 240-6982
 Kim Baldwin 274-1061 and in spirit, Chester Franz
 Sponsored by: Peak Performers Track Club
 Training & conditioning program led by coaches
- Apr-Aug Tue, Thu** **MatSu Running Club - Women's Group– Palmer**
 Meet time: 6 pm – Colony High School Track
 Tuesday track work out, Thursday trail runs – various locations around the valley.
 Entry Fee: membership fee
 Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
 website: vwrt.org
 Sponsored by: MatSu Running Club
 Ages 16+. Women runners of all ability levels welcome. Coach training held each week of April through mid-August with coed trail runs through September. For more information look up races @vwrt.org

*Children's age groups/ability levels available

Apr-Aug Wed, Thu **Mat-Su Running Club-Co-Ed Group – Palmer**
Meet time: 6 pm – Colony High School Track
Wednesday track workouts, Thursday co-ed trail runs
Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
Norm Rousey
coachrousey@hotmail.com
website: vwrt.org

Sponsored by: MatSu Running Club
Ages 16+. Runners of all ability levels welcome. Coached training held each week of April through mid-August with trail runs thru September

Apr Thu **Hoodoo Goldstream Beer Runs - Fairbanks**
Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
Distance: 1-3 miles
Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North
Regardless of temperature. Walkers welcome.

Apr 1 Sat **Glacier 10K & Mile– Juneau**
Meet time: 9:30 am- Mendenhall Glacier Visitors Center
10K & Mile – Out and back, flat and fast
Race time: 10 & 10:30 am
Entry fee: 18 & under \$6, 19 & older \$20,
Contact: Scott May 907-790-4544
Smay21@mac.com
Sponsored by: Thunder Mountain Track & Healthy Futures

Apr 1 Sat **Spring Fling – Fairbanks**
Meet Time: 11am – UAF Patty Center
Distance: 5K – flat out and back road run
Contact: Chris Benshoof 907-460-2369
christopher.benshoof@k12northstar.org
Sponsored by: Running Club North & Lathrop XC Running Lathrop HS XC Running Fundraiser. No entry fee - donations gladly accepted.

Saving for Retirement is like
training for a marathon.

What's your plan?



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Financial Advisor & Marathoner



1400 W. Benson Blvd. Suite 210
Anchorage, AK 99503

(907) 331-0188

lrenkert@wradvisors.com

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www.laurelrenkertwrf.com

*Children's age groups/ability levels available

- Apr 8 Sat Super Hero Showdown – Anchorage**
 Meet time: 9 am – The Dome
 Distance: 5K
 Race time: 10 am Entry fee: \$35-45
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
 Erin Philips 274-7222
www.skinnyraven.com
 Sponsored by: Skinny Raven Sports
 Who are the fastest bank of super heroes? Avengers, X-Men, Justice League, The Defenders, Fantastic Four, or another group?
- Apr 8 Sat Law Days Race Judicata– Fairbanks**
 Meet Time: 10 am -TBA - Check the RCN website for update
 5k run/walk to support Tanana Valley Bar Association; can be raced in relay with teams of two using the passing of a briefcase as baton.
 Contact: Roseann Simko
 378-4304 rsimko@alumni.avemarialaw.edu
 Sponsored by Tanana Valley Bar Association
 2017 will mark the return of this event to the RCN calendar.
 More information to be provided, check the RCN website.
- Apr 8 Sat Ken Tuene Sourdough Stampede 5K & 1 Mile Fun Run/Walk - Ketchikan**
 Race time: 9 am - Start & Finish @ the Gateway Rec Center
 Entry fee: membership fee to Ketchikan Running Club
 Contact person: Bill Elbersen [907-617-0193](tel:907-617-0193)
- Apr 15 Sat Fools Rush - Dillingham**
 Race time: 1 pm. Location: TBD
 Contact sunn@bbahc.org for the most up to date information.
 No entry fee. Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion.



MATSU RUNNING CLUB

Who Let the Girls Out 5K

Race/Walk Event

Friday, April 28th, 6:30pm

Downtown Palmer

*Children's age groups/ability levels available

- Apr 15 Sat** **Beat Beethoven 5K – Fairbanks**
 Race time: 11am – UAF Patty Center
 5K- Hilly course on the UAF campus
 Entry Fee: Early: \$25 thru April 11/\$35 Late/\$45 Race Day
 Contact: George Rydlinski 907-474-5852
 grydlinski@alaska.edu
 Dorli McWayne
www.FairbanksSymphony.org
 Sponsors: Fairbanks Symphony Orchestra/Healthy Futures et al.
 Fundraiser for the Fairbanks Symphony Orchestra. Fun
 race for the whole family where you race against the music
 of Beethoven's 5th Symphony as recorded by the FSO!
 Commemorative Race T-shirt included in registration fee,
 guaranteed to the first 1000 registered runners.
- Apr 22 Sat** **Alaska Heart Run – Anchorage**
 Festivities start at 8 am– UAA Alaska Airlines Center
 3K & 5K – City Streets
 Race time: 9:30 am timed/10 am untimed
 Entry fee: varies, please see website
 Contact: Dustin Morris 865-5303
Dustin.Morris@heart.org
 Alaina Burton 865-5300
alaina.burton@heart.org
www.alaskaheart.org
 Hosted by: American Heart Association
 Race/walk starts at the UAA Alaska Airlines Center. Register
 online at www.alaskaheartrun.org. Late fees apply after March
 26th. Please see website for details. Bib Pickup dates are as
 follows: Saturday April 15, 12 pm-3 pm
 Wednesday April 19, 4:30 pm-6:30 pm
 Friday April 21, 4:30 pm-6:30 pm
 All proceeds benefit the American Heart Association.
- Apr 22 Sat** **37th Annual Tok Trot – Fairbanks**
 Race time: 12 pm/walkers, 1 pm/runners – Tok Visitors Ctr, Tok
 * 10K walk/run -Flat out and back event for runners (standard
 start) and walkers (early start).
 Contact: Paul Kelley 907-883-5393
Kelleys@aptalaska.net
 Sponsored by: Running Club North
 Ribbons & prizes. Catered picnic at Kelley's afterwards.
- Apr 22 Sat** **Beach Bum 5K – Fairbanks**
 Race time: 12 pm – UAF Campus
 5K – road race, beach themed 5k run with all proceeds
 benefiting the UAF Cross Country Team
 Contact: Nick Crawford 907-474-6802
ncrawford2@alaska.edu
 Sponsored by: UAF Cross Country team
- Apr 22 Sat** **Spirit Fun Run – Anchorage**
 Race time: 10 am – East Campus Central Lot
 Entry fee: \$10.00
 5K – Starting at East Central Lot, going around Goose Lake
 and ending at the Dog Park by University Lake
 Contact: Robert T. Stone 907-310-4142
Akskier.stone@gmail.com
 Danielle Bauer 1(603) 769-1040
<http://akskierstone.wixsite.com/seawolfspiritfunrun>

*Children's age groups/ability levels available

- Apr 28** **Who Let the Girls Out 5K**
Fri Meet time: 6:30 pm – Downtown Palmer
Race/Walk event
Contact: MatSu Runners Club
matsurunningclub@gmail.com
- Apr 29** **Kachemak Bay 21 K**
Sat Meet time: 9 am Grace Ridge Brewery
Distance: 13.1 miles Half-marathon loop along Homer Spit
Race time: 10 am Entry Fee: TBD
Contact: Andy Haas: 907-235-1007
yatra@ak.net
web: kachemakbayrunningclub.org/event-information
Sponsored by: Kachemak Bay Running Club
An April Half-marathon that will keep you in shape over winter.
- Apr 29** **7th Annual Run for Relief – Fairbanks**
Sat Time: 12:00 pm – Tanana Lakes Recreation Area
Distance: 5K obstacle course run with a mix of running and
(optional) obstacles to complete the race.
Contact: Kathy Petersen 907-388-6830
skeezbow@hotmail.com
Sponsored by: Xtreme Air Adventure Zone
\$20 entry, T-shirts to first 300. friendsofpartners@gmail.com
- April 29** **Walk MS - Ketchikan**
Sat Meet time: 9 AM - South Tongass Hwy Rest Stop
Race time: 10 AM No entry fee – registration required
Contact: Cassey Bradley-Leonardis 907-331-0179
cassey.bradleyleonardis@nmss.org
walkms.org
Sponsored by: Local Sponsor: IBEWL 1547
Ending multiple sclerosis for good will take all of us. Walk MS
helps us team up with friends, loved ones and co-workers to
change the world for everyone affected by MS. Together, we
will end MS forever.
- Apr 29** **80's Fun Run/Walk/Dance 5K**
Sat 6 dance stops for you to dance at 80's Fun Run/Walk/Dance 5K
– 6 dance stops for you to dance at, non-timed event, great for
kids as you learn many of the popular dances from the 80's.
Music starts at 11 am and the run starts at noon. Fundraiser
for Habitat for Humanity and the AE club. Medals for all
finishers! AEclubUAA.com
- May** **Exceed Women's Running Team – Anchorage**
every Meet time: 6 pm – Various locations
Tue Coached workouts, track and trail runs
Entry Fee: Membership \$100/season
Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
www.runexceed.org
Sponsored by: Exceed Women's Running Team
We meet every Tuesday at 6 pm, April through August. Check
website for locations and workout details. You can attend twice
for free before paying membership fee. All levels welcome!

*Children's age groups/ability levels available



2017 Usibelli Running Series

Races in this Fairbanks' eight race series include:

May 6th

36th Annual Chena River Run 5K

June 17th

36th Annual Midnight Sun Run 10K

June 22nd

Jim Loftus Mile

July 8th

Run of the Valkyries 8K

July 23rd

52nd Annual Gold Discovery Run 16.3 Mile

August 5th

24th Annual Santa Claus Half-Marathon

August 19th

10th Annual Golden Heart Trail Run

September 16th

55th Annual Equinox Marathon

Visit the RCN website at www.runningclubnorth.org



Earn your patch on the most challenging race in Alaska!

55th Annual Equinox Marathon & 25th Annual Marathon Relay

Saturday, September 16, 2017

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 14th
Bib pick-up and spaghetti feed from 5-8 pm. Last chance for early registration fee.

Friday, September 15th
Equinox eve bib pick-up and spaghetti feed from 5-8 pm.

September 16th

RACE DAY! 8 am at the UAF Patty Center.

For race info, contact Race Director Stacy Fisk:
907.455.6520
stacy@goldstreamsports.com
or visit the **Equinox Website:**
www.equinoxmarathon.org
Registration online!

*Children's age groups/ability levels available

- May every Tue** **Women's Training – Fairbanks**
 Meet time: 5:30 pm – West Valley HS Track
 Weekly summer training on the track
 Contact: Bruce Miller 479-5585
 Sponsored by: Running Club North
 Interval workouts – all abilities welcome. Free
- May every Tue** **Men's Training – Fairbanks**
 Meet time: 6 pm – West Valley HS Track
 Weekly summer training on the track
 Contact: Tracey Martinson 474-8353
 Tamartinson67@gmail.com
 Sponsored by: Running Club North
 Interval workouts. All abilities welcome. Free
- May every Tue** **Peak Performers Track Club – Anchorage**
 6 pm – APU Moseley Sports Center thru mid April
 Central Jr High Track late April thru Aug –
 APU – paved roads, Central – track
 Membership fee: \$65, \$110 family (2)/\$160 3 or more
 Contact: Jason Hofacker 240-6982
 Kim Baldwin 274-1061
 and in spirit, Chester Franz
 Sponsored by: Peak Performers Track Club
 Training & conditioning program led by coaches
- May Tue, Thu** **MatSu Running Club - Women's Group – Palmer**
 Meet time: 6 pm – Colony High School Track
 Tuesday track work out, Thursday trail runs – various locations
 around the valley.
 Entry Fee: membership fee
 Rhonda Knopp 907-355-6258
 coachknopp@yahoo.com or vwrt.org
 Sponsored by: MatSu Running Club
 Ages 16+. Women runners of all ability levels welcome. Coach
 training held each week of April through mid-August with
 coed trail runs through September. For more information
 look up races @vwrt.org
- May Wed, Thu** **Mat-Su Running Club-Co-Ed Group – Palmer**
 Meet time: 6 pm – Colony High School Track
 Wednesday track workouts, Thursday co-ed trail runs
 Contact: Rhonda Knopp 907-355-6258
 coachknopp@yahoo.com
 Norm Rousey
 coachrousey@hotmail.com or vwrt.org
 Sponsored by: MatSu Running Club
 Ages 16+. Runners of all ability levels welcome. Coached
 training held each week of April through mid-August with
 trail runs thru September.
- May Thu** **Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and
 Running Club North
 Regardless of temperature. Walkers welcome.

*Children's age groups/ability levels available

- May 6 Sat** **36th Annual Chena River Run #1 Usibelli Cup– Fairbanks**
 Race time: 10 am – Woodriver Elementary to Princess Hotel
 Distance: 5K Fast and flat 5k From Wood River Elementary through University West to the Princess Lodge
 Entry fee: TBD
 Contact: Travis Lewis 907-460-6040
 travis@datelinedigital.com
 Sponsored by: Rotary Club of Fairbanks
 This is a walker and family friendly point to point race. There is limited parking at both the start and finish areas. Shuttles are provided for your safety.
- May 6 Sat** **Walk MS - Fairbanks**
 Meet time: 9 am – Pioneer Park
 Race time: 10 am No entry fee – registration required
 Contact: Cassey Bradley-Leonardis 907-331-0179
 cassey.bradleyleonardis@nmss.org
 walkms.org
 Sponsored by: Local Sponsor: Lions Club
 Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.
- May 6 Sat** **Walk MS - Wasilla**
 Meet time: 9 am – Menard Sports Center
 Race time: 10 am No entry fee – registration required
 3 miles
 Contact: Cassey Bradley-Leonardis 907-331-0179
 cassey.bradleyleonardis@nmss.org
 walkms.org
 Sponsored by: Local Sponsor: Lions Club
 Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.
- May 6 Sat** **Run for Moms - Dillingham**
 Race time: 1 pm. Location: TBD
 Contact: snunn@bbahc.org for the most up to date information.
 No entry fee.
 Your Time and Pace your business. Course set for 1 hour of fitness.
 Organized by Rural People in Motion
- May 6 Sat** **Amblin' for Alzheimer's - Anchorage**
 Meet time: 9 am – Anchorage Golf Course
 2-4 miles –A walk with slight incline, gentle stroll
 Race time: 10 am
 Entry fee: \$25 adults, \$20 students, \$15 child, under 4 are free
 Contact: Lorraine Guyer 561-3313
 lguyer@alzalaska.org
 Kelsey Fiedler 907-561-3313
 www.alzalaska.org
 Sponsored by: Anchorage Golf Course

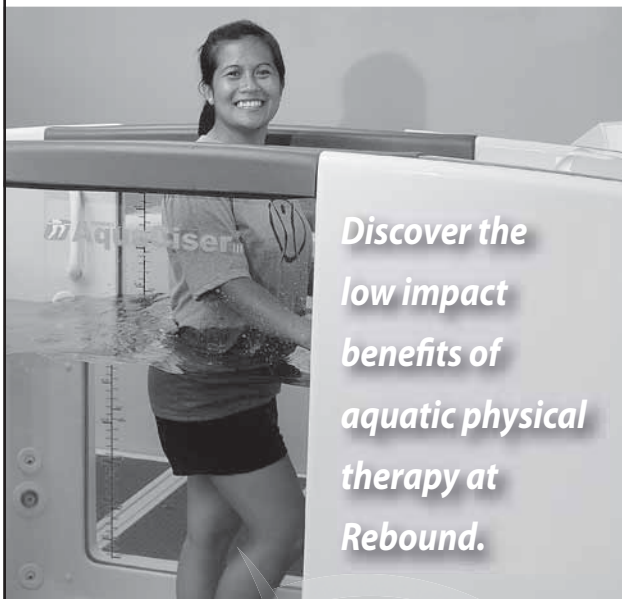
*Children's age groups/ability levels available

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O'Malley Square
11260 Old Seward Hwy, Anchorage
tel: 907.341.5555

REBOUND EAST

7731 E Northern Lights Blvd, Anchorage
tel: 907.245.5555

REBOUND WEST

1980 W Benson Blvd, Anchorage
tel: 907.375.5555

reboundptak.com

*Children's age groups/ability levels available

- May 6 Sat Anchorage Salmon Run - Anchorage**
 Meet time: 10 am - Inlet View Elementary School
 2K, 5K, 10 K - Begins / ends at Inlet View; out and back Coastal Trail.
 Race time: 10 am
 Entry fee: \$35 before May 3rd; price increases after May 3rd
 Contact: April Halpern 907-250-9297
info@anchoragesalmonrun.com
www.anchoragesalmonrun.com
 Sponsored by Inlet View PTA
 A Healthy Futures Series Event
- May 6 Sat Walk & Roll for Hope - Anchorage**
 Meet time: 8:00 am – Delany Park
 Distance: 3 K – easy walk on sidewalks and bike paths
 Race time: 9:00 am Entry fee: \$25
 Contact: Mike Wachsmuth 907-433-4912
mwachsmuth@hopealaska.org
 Jessica Benson 907-433-4914
 Website: www.hopealaska.org
- May 6 Sat Sterling Moose River Hustle – Sterling**
 Meet time: 9:00 am – Sterling Senior Ctr, MP 83.5 Sterling Hwy
 1 mile, 5 & 10K – mostly flat, out & back
 Race time: 10 am Entry fee: \$20/adult, \$15/youth
 Contact: Tammy Strausbaugh 252-2959
wrestle@acsalaska.net
 Kurt Strausbaugh 420-7023
 Sponsored by: Sterling Senior Center
 T-shirts for participants. Awards for various age groups. Proceeds benefit Sterling Senior Ctrs Meals on Wheels Program.
- May 6 Sat Polar Bear Pink Cheeks Triathlon – Seward**
 Race time: 10 am – Seward High School
 5K run, 10K bike, 600Y swim – varied terrain
 Entry fee: \$50 solo or \$100 team by 4/1, or youth team fee \$65 by 4/1. Discounts available.
 Contact: Robert Perea 224-4054
rperea@cityofseward.net
 Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com
 Sponsored by: Polar Bear Festival & Seward Parks & Recreation
 Recommend off-road bike, bike stand and helmets required.
 Registration remains open, space permitting til Thursday May 4.
- May 7 Sun Race Judicata – Anchorage**
 Meet time: 9:30 am – Westchester Lagoon
 Race time: 10 am
 5K Flat out and back along coastal trail
 Entry fee: \$25 individual, \$30 with dogs, \$35 race day
 Contact: Barbara Dunham 218-349-9542
bjdunham@gmail.com
 Sponsored by: Young Lawyers Section, Anchorage Bar Association
 Proceeds benefit Anchorage Youth Court

*Children's age groups/ability levels available

- May 7 Sun The Breakup Tri – Fairbanks**
 Race time: 12 pm – UAF Patty Center
 500 yd pool swim, 13.1 mile bike, 3.1 mile run, sprint Tri
 Contact: Amber Barlow 970-203-5535
thebreakuptri@hotmail.com
 Sponsored by: Arctic Triathlon Series
 \$35 + \$12 for USAT, 99 racer limit, reg. opens Feb. 1
- May 10 Wed 26th Annual GHU Water Walk & Run 5K – Fairbanks**
 Race time: 6:30 pm – 1304 1st Ave, Fairbanks, AK
 Distance: 5K Fun run starting and finishing at the GHU Water Treatment Plant in celebration of National Drinking Water Week. Course follows the river on the bike path.
 Contact: Steve Offenborn 907-455-0162
steveo@akwater.com
 Lacey Guffey
 Sponsored by: Golden Heart Utilities
 Shirts to the first 350. Free hot dogs, snacks and face painting!
 See website for registration details at <http://www.akwater.com>
- May 10 Wed Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Earthquake Park
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- May 13 Sat Trailside Kids Triathlon – Anchorage**
 Meet time: 10 am – Trailside Elementary
 Various Distances - Service HS and trails
 Race time: staggered stations Entry fee: \$20
 Contact: Carleen Ulbrich 742-5500
ulbrich_carleen@asdk12.org
trailsidepta.org
 Sponsored by: Healthy Futures and Trailside PTA
 Service pool swim, bike loops around Service High School, run trails behind school. Courses vary according to grade (K-6).
 Volunteers needed, please e-mail ulbrich_carleen@asdk12.org.
- May 13 Sat Faster Than A Falcon 5K – Anchorage**
 Meet time: 9:00 am – Davis Park/Lions Park
 3.1 Miles – flat and fast, no hills
 Race Time: 9:15 am
 Entry Fee: Reg. \$15/ early registration (\$22 after May 5th)
 Contact: Ishmael Thompson 830-3505
ithompson@bgcalaska.org
 David Barny 907-830-3135
www.fasterthanafalcon.info
 Sponsored by: Enstar Natural Gas, Anchorage Running Club, Alyeska Resort, Skinny Raven Sports, Mountain View Family Dentistry, Anchorage Community Trust, Top of the World Graphics, Kittiwake Alaska Apparel.
 Faster than a Falcon 5K at 9:15 am with kid's dash to start off event. 5K will start 9:30 am at Lions Park. Fundraiser for the Mountain View Boys & Girls Club.

*Children's age groups/ability levels available

- May 13 Sat** Totem to Totem Half Marathon
 Meet time: 8:00 am –
 Distance - 13.1 walk and run or relay teams
 Start time: 9 am - Rotary Beach South Tongass
 Entry fee: Early Bird Fee \$50.00 April 1st, after Fee \$60.00
 Contact: Gretchen Klein
 907-617-7635
 On-line registration: active.com
 Medal and T-Shirt
- May 13 Sat** **American Heart Association Fairbanks Heart Walk – Fairbanks**
 1+2.75 mile city streets
 Meet time: 9 am – Veteran’s Memorial Park
 Race time: 10 AM Entry Fee: \$25 minimum donation
 Contact: Wendie MacNaughton 907-374-2927
Wendie.macnaughton@heart.org
 Jacyn DeBaun 907-374-4446
Jacyn.DeBaun@heart.org
www.FairbanksHeartwalk.org
 Sponsored by: American heart Association
 Fun, non-competitive event for all ages and abilities. All
 proceeds benefit the American heart Association.
- May 13 Sat** **9th Annual Alaska Walk/Run for Autism – Fairbanks**
 Race time: 11 am – Pioneer Park
 Distance: 5K Walk/Run
 Contact: Danielle Tessen 907-374-4421
Autism907@gmail.com
 Sponsored by: Autism Society of Alaska
 Family friendly 5K on flat ground supports Autism Society of AK.
- May 13 Sat** **Walk MS - Soldotna**
 Meet time: 10 am – Soldotna High School
 Race time: 11 am No entry fee – registration required
 Contact: Cassey Bradley-Leonardis 907-331-0179
cassey.bradleyleonardis@nmss.org
walkms.org
 Sponsored by: National MS Society
 Ending multiple sclerosis for good will take all of us. Walk MS
 helps us team up with friends, loved ones and co-workers to
 change the world for everyone affected by MS. Together, we
 will end MS forever.
- May 14 Sun** **Migration Run – Homer**
 Meet time: 9 am –Homer Spit Fishing Hole
 5K –Point to Point Homer Spit bicycle/pedestrian path
 Race time: 9 am Entry fee: TBA
 Contact: Jen Booz
jenbooz7@gmail.com
www.kachemakbayrunningclub.org
 Sponsored by: Kachemak Bay Running Club
 USATF Certified 5K. Benefits local youth running sports.
 Register online at kachemakbayrunningclub.org. Discount
 available for KBRC members.

*Children’s age groups/ability levels available

ANCHORAGE RUNNING CLUB

www. anchoragerunningclub.org

MAY 27th

*Trent Waldron Glacier Half
Marathon & Pulsator 10K*

JULY

9th_____

*Boondocks Breakaway
5K/2K trail race Kincaid*

12th_____

*Masters 5K/10K
Albrecht Ball Fields*

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



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

Anchorage RunFest



#runwildak

AUGUST 19th

*The Anchorage Mile &
The kid's 2K*

_____ **20th**

*49K ultra, Marathon,
Marathon walk, Marathon
relay, Half Marathon, and 5K*

SEPTEMBER 23rd

Oktoberfest 5K/10K/Kids

OCTOBER 14th

**Zombie Half Marathon
& Zombie Kids Run**



*Children's age groups/ability levels available

May 14 Sun Mark Brody Kidney Walk - Anchorage
Meet time: 1:30 pm - Wendler Middle School - 2905 Lake Otis
Lap to 5 K - check AKPA website
Race time: 2:00 pm Entry fee: Free – fundraise \$100 for free t-shirt & other prizes
Contact: Kristie Lemmon 240-2562
kristie@alaskakidney.org
www.alaskakidney.org
Sponsors: Alaska Kidney Patients Assoc. (AKPA), Healthy Futures
Mark Brody Kidney Walk & Celebration is a fun, non-competitive 5K for all ages & abilities, walk a lap or walk the 5K. Check AKPA website for details & fundraising prizes. Proceeds benefit the AKPA programs to prevent kidney disease and provide education & support for dialysis patients.

May 14 Sun 20th Annual Murphy Dome Roam – Fairbanks
Time: 9 am – Gravel Pit 8 Mile Murphy Dome Rd
Distance: 11.2 Miles – gravel road race
Beautiful course starts where the pavement ends at Spinach Creek gravel pit, up Murphy Dome for 3 miles, winding through Lincoln Creek Subd to Cache Creek Rd back to gravel pit.
Contact: Amy Noon 907-460-7896
Noon.amy@gmail.com
Sponsored by: Goldstream Sports
Registration open from 8:00 -8:45 am prior to the 9:00 am start at the gravel pit, mile 8.0 Murphy Dome Road. No fee.

May 17 Wed Orienteering Meet - Anchorage
Meet time: starts from 5 pm to 7 pm
Location – APU Mosley
Entry fee: \$8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

May 18 Thu Alaskan Girls Walk & Wine – Fairbanks
Start time: 6 pm – Curling Club, Second Ave
5K (timed) or 2K (Run/Walk)
Contact: Susan Kramer 590-5086
Eventplanning2004@hotmail.com
Sponsored by: Golden Heart Rotary Club
On-Line for additional fee, or at Beaver Sports beginning April 3rd

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www.laurelrenkert.wrfa.com

*Children's age groups/ability levels available

- May 20 O'Malley Fun Run – Anchorage**
Sat Meet time: 10 am – O'Malley Elementary School
 2K, 5K – wooded trail run and school grounds
 Race Time: 11am & 11:30 am Entry fee: \$15 or \$60 family
 Contact: Gretchen Kiskaddon
omalleypta@gmail.com
runsignup.com
 Sponsored by: Healthy Futures
 All ages welcome! Every child receives a medal!
- May 20 Bear Valley 5K Challenge – Anchorage**
Sat Meet time: 8:30 am – Bear Valley Elementary Storck Park
 5K – various terrain; roads, trails, hills creek bed
 Race time: 10 am
 Entry fee: \$9 adult/\$6 children thru high school
 Contact: Bear Valley Community Association 345-0434
exec_director@bearvalleycommunityassoc.org
www.akbvca.org
 Sponsored by: Bear Valley Comm. Assoc. & Healthy Futures
 Scholarships available, family fun run/walk for all
 A Healthy Futures Series Event - www.healthyfuturesak.org
- May 20 Alaska Law Enforcement Torch Run – Statewide**
Sat Meet Time: 9 am – Various cities (see below)
 5K – fun run
 Race Time: 10 am Entry fee: Pledge Drive
 Contact: Jessica 222-7625
Jessica@specialolympicsalaska.org
 Jim 222-7625
www.SpecialOlympicsAlaska.org
 Sponsored by: Alaska Law Enforcement
 Benefits Special Olympics Alaska athletes statewide.
 This is a simultaneous run held in Anchorage, Barrow, Delta
 Junction, Fairbanks, Homer, Juneau, Kenai, Ketchikan,
 Kodiak, Mat-Su Valley, Nome, Seward, Sitka & Valdez. Check
 website for updates and additional runs.
- May 20 Relay for Life - Fairbanks**
Sat Time: 9 am – Starts and ends West Valley HS Track
 Distance: 5K
 Contact: Heidi Gabriel 388-6452
Fbrfl5k@gmail.com
Fairbanksrelay.com
 Sponsored by: American Cancer Society
 \$30 fee. Timed race. T-shirts for those signed up by April 15th.
- May 20 Armed Forces Day**
Sat
- May 20 Alaska Law Enforcement Torch Run – Fairbanks**
Sat Time: 10 am – UAF Campus Police Department
 Distance: 5K
 Contact: Robert Hall 907-378-2568
 Sponsored by: Special Olympics Alaska
 Fee: Pledge Drive
 Picnic after event!

*Children's age groups/ability levels available

May 20 Annihilator #1 Trail Series – Fairbanks

Sat Time 11 am – Gravel Pit 1.5 miles N of Nenana (marked race day)
Distance: 10K hilly trail run
Contact: Drew Harrington 451-6604
Drew.harrington@live.com
Andy Huetten 978-1376
Sponsored by: RCN
Toughest 10K in the Interior! Race day registration only.

May 20 Exit Glacier Race – Seward

Sat Meet time: 8:30 am – Resurrection Road House, Exit Glacier Rd
5 & 10K – gradual incline on paved road. Same weekend as
the S.H.O.W. www.seward.com
Race time: 10 am with the Torch Run
Entry fee: Earlybird fee \$25-adults; \$15-17 and under by 4/22.
Discounts available.
Contact: Robert Perea 224-4054
rperea@cityofseward.net
Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com
Sponsored by: Kenai Fjords Tours, Resurrection Roadhouse
and Seward Parks & Rec.
Registration closes at 8:30 am on race day.

May 20 Walk MS – Copper Valley

Sat Meet time: 9 AM – Hub of Alaska
Race time: 10 AM No entry fee – registration required
Contact: Cassey Bradley-Leonardis 907-331-0179
cassey.bradleyleonardis@nmss.org
walkms.org
Sponsored by: National MS Society
Ending multiple sclerosis for good will take all of us. Walk MS
helps us team up with friends, loved ones and co-workers to
change the world for everyone affected by MS. Together, we
will end MS forever.

May 20 Walk MS – Sitka

Sat Meet time: 9 AM – Sawmill Cove Industrial Park
Race time: 10 AM No entry fee – registration required
Contact: Cassey Bradley-Leonardis 907-331-0179
cassey.bradleyleonardis@nmss.org
walkms.org
Sponsored by: National MS Society
Ending multiple sclerosis for good will take all of us. Walk MS
helps us team up with friends, loved ones and co-workers to
change the world for everyone affected by MS. Together, we
will end MS forever.

- May 21 Sun Gold Nugget Triathlon – Anchorage**
 Meet time: 8 am – Bartlett High School
 Sprint Triathlon – 500 meter swim, 12 mile bike, 4.1 mile run
 Race time: 9 am Entry fee: \$75
 Contact: Lia Keller 907-330-7019
 kellerlia@gmail.com
 Betsy Haines 907-223-7792
www.goldnuggettriathlon.com
 Sponsored by: Gold Nugget Triathlon Board of Directors
 The longest running all-female triathlon, in its 34th year, has 1,500 women competing in sprint-distance race. Registration fills up in less than five minutes. The biggest draws are beginner friendliness, the sense of camaraderie, and the high quality of the event. It has been named one of the “13 Must-Do U.S. Destination Races” by USA Triathlon’s magazine.
- May 21 Sun Presbyterian Hospitality House Fun Run – Fairbanks**
 Race time: 10 am – Birch Hill Recreation Area
 5K and 10 K –hilly ski trails Entry fee: TBD
 Contact: Ty Tigner 378-9918
 Sponsored by: Presbyterian Hospitality House
 Fundraiser for the junior race-training program for NSCF. Door Prizes/awards. Pint glasses with race logo first 100 entries.
- May 24 Wed Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Mile 2.2 Campbell Airstrip Rd
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- May 25 Thu Kal’s Knoya Ridge Hill Climb - Anchorage**
 Meet time: 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 alpine finishes
 Race time: 6 pm, Entry fee: Donation
 Contact: Bill Spencer (907) 306-0077
bill.spencer@hdrinc.com
www.alaskamountainrunners.org
 Sponsored by: Alaska Mountain Runners, HDR Alaska, Skinny Raven Sports & JBER.
 Park with respect for neighbors, don’t block driveways.
 Course utilizes JBER property. You must have an iSportsman Recreational Access Permit to **train**. <http://jberisportsman.net>.
NO EXCEPTIONS. (iSportsman not required on race day).
 All proceeds benefit Tom Besh Memorial Scholarship
- May 27 Sat POW Island Marathon - Craig**
 Meet time: 8 am - Craig HS
 26.2 miles - out-and-back, hilly, quite scenic.
 Race time: 8 am Entry Fee: \$50 before April 15; \$65 after April 15
 Contact: Jean Jackson 401-0805
jc4jackson@gmail.com powmarathon.org
 Sponsored by: Prince of Wales Runners and Walkers Club
 Other options include half marathon and relay teams. Course runs along coast and then veers into more hilly terrain.
 Fifteen aid stations and multiple vans with EMTs on the course. Local seafood/hamburger feed at finish line. Medals and long sleeve, high tech race shirts. Winners’ plaques 1st - 3rd place. Certified, Boston qualifier.

*Children’s age groups/ability levels available

- May 27 Trent/Waldron Glacier Half Marathon - Anchorage**
Sat Meet time: 8 am – Westchester Lagoon
 13.1 miles – flat and fast on the Chester Creek and U-Med trails. USATF certified course.
 Race time: 9 am. Entry fee: Check ARC website for details.
 Contact: info@anchoragerunningclub.org.
 Registration information at www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
- May 27 Pulsator 10K - Anchorage**
Sat Meet time: 8 am – Westchester Lagoon
 6.2 miles – flat and fast Chester Creek Trail. USATF certified course.
 Race time: 9:10 am. Entry fee: Check ARC website for details.
 Contact: info@anchoragerunningclub.org.
 Registration information at www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
- May 27 Two-Way Torture Test – Fairbanks**
Sat Race time: 10 am – Pump House Restaurant
 Distance: 13.1 miles
 Contact: Erika Burr 978-4481
[Message](#) “Running Club North” on facebook
 Sponsored by: Running Club North
 Teams of two run a half marathon on Chena Pump- Chena Ridge in opposite directions!
 Teams can be formed at the event.
- May 30 Masochism on Moose Mountain #2 Trail Series – Fairbanks**
Tue Race time: 6:30 pm – Near Moose Mountain Base Lodge
 4 mile trail run – steep 1300’ ascent in 1.41 miles, 2.94 mile descent
 Entry fee: \$5
 Contact: Dan Bishop 322-4314
 Sponsored by: Running Club North
- May 31 Alaska Run for Women Registration – Wasilla**
Wed Meet time: 4-6:30 pm, Location – The Alaska Club Valley
 Contact: Babette McIlroy run@akrffw.org
 Nicole Thibodeau
www.akrffw.org
 Sponsored by: Alaska Run for Women
 Registration for the 25th annual Alaska Run for Women on 6/10/17, 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 6/8.
- May 31 Orienteering Meet - Anchorage**
Wed Meet time: starts from 5 pm to 7 pm
 Location – Fort Richardson Fossil Creek
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates

- June every Tue** **Exceed Women's Running Team – Anchorage**
 Meet time: 6 pm – Various locations
 Coached workouts, track and trail runs
 Entry Fee: Membership \$100/season
 Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
www.runexceed.org
 Sponsored by: Exceed Women's Running Team
 We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details.
 You can attend twice for free before paying membership fee.
 All levels are welcome!
- Jun every Tue** **Peak Performers Track Club – Anchorage**
 6 pm – APU Moseley Sports Center thru mid April
 Central Jr High Track late April thru Aug –
 APU – paved roads, Central – track
 Membership fee: \$65, \$110 family (2)/\$160 3 or more
 Contact: Jason Hofacker 240-6982
 Kim Baldwin 274-1061
 and in spirit, Chester Franz
 Sponsored by: Peak Performers Track Club
 Training & conditioning program led by coaches
- Jun every Tue** **Women's Training – Fairbanks**
 Meet time: 5:30 pm – West Valley HS Track
 Weekly summer training on the track
 Contact: Bruce Miller 479-5585
 Sponsored by: Running Club North
 Interval workouts – all abilities welcome. Free
- Jun every Tue** **Men's Training – Fairbanks**
 Meet time: 6 pm – West Valley HS Track
 Weekly summer training on the track
 Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
 Sponsored by: Running Club North
 Interval workouts. All abilities welcome. Free
- Jun Thu** **Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North
 Regardless of temperature. Walkers welcome.
- Jun Tue, Thu** **MatSu Running Club - Women's Group – Palmer**
 Meet time: 6 pm – Colony High School Track
 Tuesday track work out, Thursday trail runs – various locations around the valley.
 Entry Fee: membership fee
 Rhonda Knopp 907-355-6258
coachknopp@yahoo.com or website: vwrt.org
 Sponsored by: MatSu Running Club
 Ages 16+. Women runners of all ability levels welcome. Coach training held each week of April through mid-August with coed trail runs through September. For more information look up races @vwrt.org

*Children's age groups/ability levels available

- Jun Wed, Thu** **Mat-Su Running Club-Co-Ed Group – Palmer**
 Meet time: 6 pm – Colony High School Track
 Wednesday track workouts, Thursday co-ed trail runs
 Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
 Norm Rousey
coachrousey@hotmail.com or website: vwrt.org
 Sponsored by: MatSu Running Club
 Ages 16+. Runners of all ability levels welcome. Coached training each week of April - mid-August, trail runs thru September.
- Jun 2** **Twilight 12K - Anchorage**
Fri Meet time: 6 pm – Skinny Raven Sports
 12K - loop course, some hills
 Race time: 7 pm
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.
 Pizza, beer, refreshments, live DJ & sweet prizes after race.
- Jun 2** **Skinny Mini 6K - Anchorage**
Fri Meet time: 6 pm – Skinny Raven Sports
 6K - loop course, some hills
 Race time 7 pm
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.
 Pizza, beer, refreshments, live DJ & sweet prizes after race
- Jun 3** **Run for Dads - Dillingham**
Sat Race time: 12 pm. Location: TBD. No entry fee.
 Contact snunn@bbahc.org for the most up to date information.
 Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion
- Jun 3** **Alaska Run for Women Registration – Anchorage**
Sat Meet time: 10 am-1pm – University Center Mall
 Contact: Babette Mclroy run@akrfw.org
 Nicole Thibodeau
www.akrfw.org
 Sponsored by: Alaska Run for Women
 Registration for the 25th annual Alaska Run for Women on 6/10/17, benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 5/31, 6/6 and 6/8.
- Jun 3** **Alaska Endurance Trail Run - Fairbanks**
Sat Meet time: 8 am – UAF West Ridge Trails (Tentative)
 Distance: by time
 Contact: Don Kiely 455-6749
donkiely@computer.org
 Timed endurance race, with options 6 or 12 and 24 hours.
 The 24 hour race will start on Friday evening at 8 pm.

*Children's age groups/ability levels available

- Jun 4 Sun Eagle River Triathlon – Chugiak**
 Meet time: 8 am – Chugiak High School
 500 yd swim, 20K bike, 5K run – Pool swim, rolling bike course and flat run.
 Race time: 8 am Entry fee: \$70 and up
 Contact: Kristin Folmar
info@eaglerivertri.com
 Missy Roberts
www.eaglerivertri.com
 Sponsored by: Eagle River Triathlon
 Alaska's premier sprint triathlon. Individual and team categories – all abilities welcome. T-shirts for all pre-registered racers in adult tri. Kid's event following adult race
 Great for the whole family! USAT sanctioned event.
- Jun 4 Sun Eagle River Triathlon Kid's – Chugiak**
 Meet time: 2:30 pm – Chugiak High School
 50-100 yd swim, 2 mile bike, .5-1 mile run – Pool swim, flat bike course and mixed trail/pavement run.
 Race time: 2:30 pm Entry fee: \$20-25
 Contact: Kristin Folmar
info@eaglerivertri.com
 Missy Roberts
www.eaglerivertri.com
 Sponsored by: Eagle River Triathlon and Healthy Futures
 A great tri for youth 6-12 years old. Fun for all abilities.
 Medals and racer swag for all kid's racers. A great introduction for kids to the sport of triathlon! USAT sanctioned and Healthy Futures event.
- Jun 4 Sun 10K in May & 5K Cooper Landing Trail Run – Cooper Landing**
 Meet: 9:30 am – CL Community Hall, 0.6 mile Bean Creek Rd
 10K & 5K – 1K paved, then rolling terrain, scenic & challenging
 Race time: 11am Entry fee: donation
 Contact: Karl Romig 907-288-2435
cooperlandingtrailrun@gmail.com
shrewsnest@gmail.com
 Deb Carlson 595-1455
www.cooperlandingwalkablecommunity.org
 Sponsored by: Cooper Landing Walkable Community Project.
 New this year, 10K out and back, both races start at Kenai river, the 5K ends at Kenai Lake & 10K ends at start area.
 Shuttle provided back to start area.
- Jun 4 Sun 8th Run Lu Lu Run – Fairbanks**
 Race time: 9 am – Lu Lu's Bread & Bagels, Old Chena Spur Rd
 5K – flat, 10K – hilly partial trail and road
 Contact: Julie Schwab
 Active.com
 Sponsored by: Lu Lu's Bread & Bagels
 Registration is on Active.com or entry forms can be picked up and dropped off at Lu Lus or Beaver Sports.

*Children's age groups/ability levels available

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



alaska run for women

CELEBRATING 25 YEARS
1993  2017

june 10th
saturday

Every donation directly supports the fight against breast cancer

ONLINE
Race Registration
Opens Saturday, April 15

AB

START: Sullivan Arena Parking Lot

IN-PERSON Registration
at our *Bib Pick-Up Events!*

Wasilla - The Alaska Club
• Wed., May 31: 4pm - 6:30pm

Anchorage - University Center Mall

- Sat., June 3: 10am-1pm
- Tue., June 6: 4pm - 7pm
- Thu., June 8: 4pm - 7pm

**All
abilities
encouraged
and
welcomed!**

25th  www.akrfw.org

Info Contact: run@akrfw.org
To volunteer contact: volunteer@akrfw.org
Decorate your own Port-a-Potty contact: potties@akrfw.org

*Children's age groups/ability levels available

- Jun 6
Tues** **Alaska Run for Women Registration – Anchorage**
 Meet time: 4-7 pm, Location – University Center Mall
 Contact: Babette Mclloy run@akrffw.org
 Nicole Thibodeau
www.akrffw.org
 Sponsored by: Alaska Run for Women
 Registration for the 25th annual Alaska Run for Women on 6/10/17, benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 5/31, 6/3 and 6/8.
- Jun 6
Tues** MatSu Running Club Junior Group - Palmer
 4:30 pm – Colony High School Track
 Rhonda Knopp 907-355-6258
coachknopp@yahoo.com or vwrt.org
 MatSu Running Club
 Ages 10-15. Coached training sessions on track and trail.
 Contact Coach Knopp for more information.
- Jun 7
Wed** **Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Bartlett High School
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Jun 7
Wed** **All-Comers Track Meet 40th Year – Fairbanks**
 Meet time: 6:30 pm – West Valley HS Track
 100 meters to 5,000 meters- two meets; June 7th & June 14th
 Contact: Dan Callahan 322-6097
Akcallahans@hotmail.com
 Sponsored by: Running Club North
 All welcome. No entry fee!
- Jun 8
Thu** **Alaska Run for Women Registration – Anchorage**
 Meet time: 4-7 pm, Location – University Center Mall
 Contact: Babette Mclloy run@akrffw.org
 Nicole Thibodeau
www.akrffw.org
 Sponsored by: Alaska Run for Women
 Registration for the 25th annual Alaska Run for Women on 6/10/17, benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 5/31, 6/3 and 6/6.
- Jun 9
Fri** **Kids' Cross Country Races – Fairbanks**
 Meet time: 6 pm – West Valley HS Track (start at Soccer Field)
 Free! Timed kids race of 0.5, 1 and 1.5 mile options
 Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
 Monte Jordan 451-8696
mjresourceak@gmail.com
 Sponsored by: Running Club North
 Free. Registration 5:45 pm open to ages 3-12, but anyone welcome.

*Children's age groups/ability levels available

44th Annual



June 17, 2017

Check out the
Fitness Expo June 15 & 16
at the
Alaska Airlines Center

Bartlett High School
to
Delaney Park Strip
Race Time 7:30 a.m.
(This is a Boston Marathon Qualifier)

Other Races Provided
Alaska Half Marathon & Buddy Half Marathon
Race Start: 9:00 a.m.
Coastal 5K - Race Start: 9:15 a.m.

Healthy Futures Kids Mile - June 15
Race Start: 7:00 p.m.

Registration Deadline June 16
No Race Day Bib Pickup

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



*Children's age groups/ability levels available

- Jun 9 Fri Bear's Den B&B Bear Bell Run for Kids – Seward**
 Meet time: 10:30 am – Branson Pavilion
 1 mile – along the waterfront bike path
 Race time: 11am Entry fee: Earlybird fee \$13 by 5/20.
 Discounts available.
 Contact: Robert Perea 224-4054
rperea@cityofseward.net
 Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com
 Sponsored by: Kenai Fjords Tours, Resurrection Roadhouse
 and Seward Parks & Rec.
 Race just kids ages 5 to 12. Registration closes 10:30 am race day.
- Jun 10 Sat 5K Rotary Interact Rainbow Suicide Prevention Run - Ketchikan**
 Meet time: 9:00 am - Wardlike
 Distance - 3K & 5K
 Race time: Entry fee: pending
 Contact: Diane Gubatayao [530-219-7524](tel:530-219-7524)
- Jun 10 Sat Alaska Run for Women – Anchorage**
 Meet time: 8 am – Anchorage Football Stadium
 5 miles and 1 mile – Scenic course on road and paved trail
 Race time: 8:30 am
 Contact: Babette Mclroy
run@akrffw.org
 Nicole Thibodeau
www.akrffw.org
 Sponsored by: Alaska Run for Women
 Register on-line @ www.akrffw.org
 Grab friends & family for this inspiring all women's event
 benefitting the fight against breast cancer. 100% of entry fee
 goes towards mammograms, breast research & education.
 Walkers welcome! One of largest all women's runs in the US.
- Jun 10 Sat Why Not Tri - Wasilla**
 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 Mar 31
 Contact: Christina Hancey
wasillatriinfo@gmail.com
www.whynottriwasilla.net
 Sponsored by: Alaska Bicycle Center
 Registration February 1- April 30
 Great beginner sprint tri, limit 500 racers. Benefits ALS Association
- Jun 10 Sat Why Not Tri Kids - Wasilla**
 Meet 2 pm – Wasilla High School
 150 meter swim (pool), 3 mile bike, 1.5 mile run or 50 meter
 swim, 2 mile bike, 1 mile run
 Race: 3:30 pm, Entry fee: \$25/\$30 for optional timed long course
 Contact: Christina Hancey
wasillatriinfo@gmail.com
www.whynottriwasilla.net
 Sponsored by: Alaska Bicycle Center
 For ages 6-12 years, can choose either course
 Registration opens Feb 1, limited to 175 entrants

*Children's age groups/ability levels available

- Jun 10 Sat Run for the River – Soldotna**
 Meet time: 8 am – Soldotna Creek Park
 5K & 10 miles – gravel/paved roads, multiple turn flat loop course
 Race time 8:30 & 9 am
 Entry fee: \$25
 Contact: Rhonda McCormick 907-260-5449 x1203
rhonda@kenaiwatershed.org
 Sarah Hobart 907-260-5449
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Bib pick up and FREE Runners Feed June 9. Runners receive free T-shirt with registration. A component of the Kenai River Festival
- Jun 10 Sat 25th Annual Mosquito Meander – Fairbanks**
 Race time: 10 am – Pioneer Park
 5K walk/run – flat looped course
 Contact: Sabrina Davis 907-322-1427
dmonroe@fcaalaska.org
 Sponsored by: Kinross Fort Know for FCA
 Fairbanks Counseling and Adoption's 25th annual 5K Family Fun Run/Walk.
 T-shirt included with registration. Join us after the race for refreshments and kid friendly activities!
- Jun 11 Sun Wickersham Dome Trail Run #3 Trail Series - Fairbanks**
 Race time: 11am – White Mtns Trailhead (Mile 28 Elliott Hwy)
 7.75 miles – hills, scenic, out & back, Entry fee: None
 Contact: Drew Harrington 451-6604
Drew.harrington@live.com
 Sponsored by: Running Club North
- Jun 11 Sun Bill Mitchell Fun Run – Palmer**
 Meet time: 10 am – MTA Events Center-Palmer Ice Rink
 5K adult, 5K youth / 18 & under, 1 mile / 13 & under - Flat course
 Race time: 11am Entry fee: Check website
 Contact: Carolyn Hanson 907-745-2800
bchanson@mtaonline.net
 Palmer Chamber 907-745-2880
www.palmerchamber.org
 Sponsored by: MTA
- Jun 14 Wed Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Service High School
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Jun 14 Wed All-Comers Track Meet 41st Year – Fairbanks**
 Meet time: 6:30 pm – West Valley HS Track
 100 meters - 5,000 meters. Two meets: June 7th and June 14th
 Contact: Dan Callahan 322-6097
Akcallahans@hotmail.com
 Sponsored by: Running Club North
 All welcome. No entry fee!

*Children's age groups/ability levels available

- Jun 15** **Anchorage Mayor's Marathon Fitness Expo Marathon,**
16 **Marathon Relay, Alaska ½ Marathon & Buddy ½ Marathon,**
Thu **Coastal 5K Bib Pick-up & Last Chance Registration**
Fri **Anchorage**
 Thursday 3 pm - 8 pm – Alaska Airlines Center.
 Friday 10 am - 6 pm – Alaska Airlines Center
 Contact: UAA 786-1325
track@alaska.edu
www.mayorsmarathon.com
 When picking up your bib/t-shirt, check out the Expo
 No Race Day Registration or Bib Pick-up
- Jun 15** **Anchorage Mayor's Marathon Healthy Futures Kids Mile**
Thu **Anchorage**
 7 pm – Alaska Airlines Center
 Contact: UAA 786-1325
track@alaska.edu
www.mayorsmarathon.com
 The Kids Mile is free of charge, but parents/guardians must register their kids to receive a bib and prizes. The event includes refreshments and prizes. Local “Healthy Heroes” will run with the kids and hand out Healthy Futures medals.
- Jun 15** **USATF All Comers Track & Field Meet – Anchorage**
Thu Meet time 6:30 pm at The Dome. A variety of Track and field events will be offered. \$5.00 entry fee
 Contact: Jason Hofacker jhofacker@acsedu.org
 Sponsored by USATF AK
- Jun 17** **USATF Junior Olympic Track & Field Meet – Anchorage**
Sat Meet time 9:00 am at The Dome. A variety of Track and field events will be offered. \$5.00 entry fee
 Contact: Jason Hofacker jhofacker@acsedu.org
 Sponsored by USATF AK
- Jun 17** **Anchorage Mayor's 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
 Register on-line & save
 Contact: UAA 786-1325
track@alaska.edu
www.mayorsmarathon.com
 Sponsored by: Anchorage Parks & Recreation,
 University of Alaska Anchorage & ConocoPhillips
 Walkers welcome! Medallions to finishers, t-shirts all
 No Race Day Registration or Bib Pick-up
- Jun 17** **Anchorage Mayor's Relay Race – 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
 4 person relay team event, 6 team divisions
 Approximate leg distances – 7, 8, 5.6 & 5.6
 Contact: UAA 786-1325
track@alaska.edu
www.mayorsmarathon.com
 Sponsored by: Anchorage Parks & Recreation,
 University of Alaska Anchorage & ConocoPhillips
 Walkers welcome! T-shirts for participants
 No Race Day Registration or Bib Pick-up

*Children's age groups/ability levels available

- Jun 17 Anchorage Mayor's ½ & Buddy Marathon – Anchorage**
Sat Meet 8 am – Delaney Park Strip
 * 13.1 miles. Race time 9 am, Entry fee: Check website
 Register on-line & save
 Contact: UAA 786-1325
track@alaska.edu
www.mayorsmarathon.com
 Sponsored by: Anchorage Parks & Recreation,
 University of Alaska Anchorage, & ConocoPhillips
 Walkers welcome! T-shirts for participants
 No Race Day Registration or Bib Pick-up
- Jun 17 Mayor's Midnight Sun Coastal 5K – Anchorage**
Sat Meet 8 am – Delaney Park Strip
 * 3.1 miles
 Race time 9:15 am, Entry fee: Check website
 Registration on-line & save
 Contact: UAA 786-1325
track@alaska.edu
www.mayorsmarathon.com
 Sponsored by: Anchorage Parks & Recreation,
 University of Alaska Anchorage & ConocoPhillips
 Walkers welcome! T-shirts for participants
 No Race Day Registration or Bib Pick-up
- Jun 17 Family Fun Walk/Run – 3 miles and 5 miles - Nikiski**
Sat Meet time: 9 am – Nikiski Community Recreation Center
 3 & 5 miles – groomed trails
 Race time: 10 am; Entry fee: \$25 (includes t-shirt)
 Contact: Jackie Cason 907-776-6416
jcason@kpb.us
 Teri Langston 907-776-8800
www.northpenrec.com
 Sponsored by: North Peninsula Recreation Service Area
 Groomed trails. Mostly flat with some hills. T-shirt included
 in registration fee.
 Choose course, 3 or 5 miles. Visit website for details & entry forms.
- Jun 17 Fairbanks Daily News Miner Midnight Sun Run #2**
Sat Usibelli Cup– Fairbanks
 Time: 10 pm – UAF Patty Center
 Distance: 10K run/walk- starting at UAF, ending in Pioneer Park
 Contact: Susan Kramer
 FRA 456-8901
racedirector@fra-alaska.net
 Sponsored by: FRA & Daily News-Miner
 Information and on-line registration begins December 1st at
www.midnightsunrun.net
- Jun 18 Robert Spurr Memorial Hill Climb – Indian**
Sun Meet: 9:30 am - Bird Ridge Trailhead. No bib pickup after 9:30 am
 3 miles - 3400' vertical, up-hill only
 Race time: 10:00 am
 Contact: Brad Precosky: akmtnrun@hotmail.com
 Entry fee: \$35. No race day entry. 250 person limit
 Lottery registration begins May 1 at
www.alaskamountainrunners.org
 More information at www.alaskamountainrunners.org
 Use new large parking lot. Junior race course goes halfway.
 No Race Day Registration

*Children's age groups/ability levels available

Jun 20 **Rainbow Run –Anchorage**
Tue Meet time: 5:15 pm - TBD
Race time: 6 pm Entry fee: \$25
5 K – This 5 K run or walk will be held along Anchorage’s trails and is an official Alaska PrideFest Event.
Eric Van Dongen 907-240-2904
AKRainbowRun@gmail.com
ShelbyMahoganyWilsonAK RainbowRun@gmail.com
<http://identityalaska.org/>

Sponsored by: Identity Inc.

Lace up your running shoes, show off your most creative rainbow costume; join the PrideFest’s 3rd annual Rainbow Run.

Jun 21 **Orienteering Meet - Anchorage**
Wed Meet time: starts from 5 pm to 7 pm
Location – Ruth Arcand Park
Entry fee: \$8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

Jun 21 **Dusk to Dawn – D2D part 1- All night run –Fairbanks**
Wed 12:01 am Fun Run - 4 plus miles - New GPS division this year, total distance placements– UAF Campus – Ski Hut start/finish
No Fee, Sign up half hour prior to event start time at Ski Hut,
See last years details, time line is the same, just different date.
Contact: George Berry 907-687-8769
membership@runningclubnorth.org

Sponsored: Running Club North

All night novelty run. Starts at Sunset of the 21st till Sunrise.



July 7 & 8
Chugiak to Seward
TheAlaskaRelay.com



The first overnight running relay in Alaska

*Children’s age groups/ability levels available

- Jun 22 Thu Jim Loftus Mile #3 Usibelli Cup – Fairbanks**
 Meet time: 6:30 pm – West Valley HS Track
 Distance: 1 mile for ages 10-and up, 800M for 9 and under
 Contact: Susan Kramer
 FRA 456-8901
 Eventplanning2014@hotmail.com
 Sponsored by: Running Club North
 Usibelli Running Event.
 Register on line: www.runningclubnorth.org Late fees apply.
- Jun 23 Fri Kids' Cross Country Races – Fairbanks**
 Meet time: 6 pm – West Valley HS Track (start at Soccer Field)
 Free! Timed kids race of 0.5, 1 and 1.5 mile options
 Contact: Tracey Martinson 474-8353
 Tamartinson67@gmail.com
 Monte Jordan 451-8696
 mjreesourceak@gmail.com
 Sponsored by: Running Club North
 Free. Registration 5:45 pm open to ages 3-12, but anyone is welcome
- Jun 24 Sat Little a triathlon – Palmer**
 Meet time: 10 am – Matanuska Lake State Recreation Park
 .5 mile swim in Matanuska Lake, 10 mile mountain bike, 4 mile trail run.
 Entry fee: \$100 for individual/\$150 for teams
 Contact: J.T. Lindholm
 littleatriathlon@gmail.com
 Both memorial event and fundraiser for local family with a child going through cancer treatment or hospice care. For course preview dates, course descriptions, registration information, information about recipient, and more, please see website.
- Jun 24 Sat 14th Annual Only Fools Run At Midnight - Ketchikan**
 Distance -5K & 1 Mile Fun Run/Walk/Wheel
 Race time: 11:59 pm Start & Finish @ the Gateway Rec Center
 Entry fee: \$ Pre-registration: \$20.00 per person through June 22nd. Night of Registration: \$25.00 per person.
 Contact: Register online @ krbd.org, or pick up a form at KRBD Studios, the Rec Center, Fat Stans, & the SAIL office.
 Website: krbd.org
 Prizes for best costumes. Medals for top finishers in 5K Race.
- Jun 24 Sat North Pole Kids' Triathlon – Fairbanks**
 Time: 11:30 am – Chena Lakes Rec Area
 Distance: 200M swim, 6 mile bike, 1.2 mile run
 Contact: Tyson Flaharty
 Amber Barlow
thebreakuptri@hotmail.com
 \$15 fee + \$15 one day USAT membership. Registration opens Feb 1st on active.com. There is a 99 racer limit and no relays.
- Jun 24 Sat North Pole Triathlon – Fairbanks**
 Time: 9 am – Chena Lakes Rec Area
 Distance: 1500M swim, 40K bike, 10K run
 Contact: Tyson Flaharty
 Amber Barlow
thebreakuptri@hotmail.com
 \$45 fee + \$15 one day USAT membership. Registration opens Feb 1st on active.com. There is a 99 racer limit and no relays

*Children's age groups/ability levels available

HeartReach Center
5k/10k^{for} Life



Saturday—July 8, 2016

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

***RACE STARTS AT 10:00AM,
SAT. JULY 8***

Day of Race Registration & BIB pick-up 9:00am

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

**Register Online:
www.HeartReachAlaska.com**

Or 907-373-3456



**PRIZE DRAWINGS!
See Details online.**

*Children's age groups/ability levels available

Jun 24 Sat Spit Run 10 K and Half Marathon – Homer
Meet time: 9:30 am – Homer High School
10K & Half Marathon – Homer Spit Bicycle & Pedestrian Path
Race time: 9:30 am walkers; 10 am runners Entry fee: TBA
Contact: Jen Booz
jenbooz7@gmail.com
www.kachemakbayrunningclub.org
Sponsored by: Kachemak Bay Running Club.
USATF certified 10 K. Proceeds benefit local youth running sports. Register online at kachemakbayrunningclub.org.
Discounts available for KBRC members.

Jun 24 Sat Kesugi Ridge Traverse – Denali State Park
Meet time: 8:00 am – Little Coal Creek Trailhead
30 miles – Challenging singletrack trail Little Coal Creek to Byers Lake trailheads
Race time: 9 am Entry fee: \$50
Contact: Matias Saari 907-529-4178
matiasmountain@gmail.com
www.kesugiridgetraverse.com
Sponsors: Active Soles, Skinny Raven, United Physical Therapy.
Registration opens April 1 at www.ultrasignup.com. Limited to 50 entrants. See website for information about mandatory gear, qualifier races, time cut-offs and camping.

Jun 24 Sat Kesugi Ridge Half Traverse – Denali State Park
Meet time: 8:00 am – Little Coal Creek Trailhead
15 miles – Challenging singletrack trail from Little Coal Creek to Ermine trail junction
Race time: 9 am Entry fee: \$50
Contact: Matias Saari 907-529-4178
matiasmountain@gmail.com
www.kesugiridgetraverse.com
Sponsors: Active Soles, Skinny Raven, United Physical Therapy
Registration opens April 1 at www.ultrasignup.com. Limited to 50 entrants. Participants will race to Ermine Hill junction, then follow Ermine trail 3 miles to Parks Highway at own leisure. See website for information about mandatory gear, time cut-off, shuttle and camping.

Jun 23- Aug 5 Sat Midnight Sun Lazyman Triathlon - Wasilla
Location: Where you are
140.7 miles – Ironman Tri over 6 weeks
Entry fee: \$35
Contact: Traci Sanders 355-6110
htraci@hotmail.com
<http://midnightsunlazyman.weebly.com/>
Sponsored by: Midnight Sun Lazyman Triathlon
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 activities). Celebration BBQ August 6th. Enter by 6/25 to ensure your swag.

*Children's age groups/ability levels available

- Jun 24 Sat** **Spruce Tree Classic – Fairbanks**
 Race time: 10 am – UAF West Ridge Ski Hut
 6.7 miles – trail run on rolling terrain, Entry fee: None
 Contact: Roy Strandberg 378-7111
roy@akwater.com
 Sponsored by: Running Club North
 Course is over rolling terrain, on well-established trails.
 Register day of race at the start.
- Jun 28 Wed** **Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Mile 1.1 Campbell Airstrip Rd
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Jun 29 Thur** **USATF All Comers Track & Field Meet – Anchorage**
 Meet time 5:30 pm at The Dome. A variety of Track and field events will be offered.
 Contact: Jason Hofacker jhofacker@acsedu.org
 Sponsored by USATF AK
 \$5.00 entry fee
- Jul every Tue** **Exceed Women's Running Team – Anchorage**
 Meet time: 6 pm – Various locations
 Coached workouts, track and trail runs
 Entry Fee: Membership \$100/season
 Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
www.runexceed.org
 Sponsored by: Exceed Women's Running Team
 We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!
- Jul every Tue** **Peak Performers Track Club – Anchorage**
 6 pm – APU Moseley Sports Center thru mid April
 Central Jr High Track late April thru Aug –
 APU – paved roads, Central – track
 Membership fee: \$65, \$110 family (2)/\$160 3 or more
 Contact: Jason Hofacker 240-6982
 Kim Baldwin 274-1061
 and in spirit, Chester Franz
 Sponsored by: Peak Performers Track Club
 Training & conditioning program led by coaches
- Jul Tue, Thu** **MatSu Running Club - Women's Group – Palmer**
 Meet time: 6 pm – Colony High School Track
 Tuesday track work out, Thursday trail runs – various locations around the valley.
 Entry Fee: membership fee
 Rhonda Knopp 907-355-6258
coachknopp@yahoo.com or website: vwrt.org
 Sponsored by: MatSu Running Club
 Ages 16+. Women runners of all ability levels welcome. Coach training held each week of April through mid-August with coed trail runs through September. For more information look up races @vwrt.org

*Children's age groups/ability levels available

The 22nd Annual

ALASKA MEN'S RUN

PROCEEDS BENEFIT MEN AND AGENCIES FIGHTING
PROSTATE AND TESTICULAR CANCER

Who will you run for?

SATURDAY, JULY 8th 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 7, 2017

In-person Registration:

Thursday, July 6th

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

*Children's age groups/ability levels available

- Jul Wed, Thu** **Mat-Su Running Club-Co-Ed Group – Palmer**
 Meet time: 6 pm – Colony High School Track
 Wednesday track workouts, Thursday co-ed trail runs
 Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
 Norm Rousey
coachrousey@hotmail.com or website: vwrt.org
 Sponsored by: MatSu Running Club
 Ages 16+. Runners of all ability levels welcome. Coached training held each week of April through mid-August with trail runs thru September.
- Jul every Tues** **Women's Training – Fairbanks**
 Meet time: 5:30 pm – West Valley HS Track
 Weekly summer training on the track
 Contact: Bruce Miller 479-5585
 Sponsored by: Running Club North
 Interval workouts – all abilities welcome. Free
- Jul every Tues** **Men's Training – Fairbanks**
 Meet time: 6 pm – West Valley HS Track
 Weekly summer training on the track
 Contact: Tracey Martinson 907-474-8353
Tamartinson67@gmail.com
 Sponsored by: Running Club North
 Interval workouts. All abilities welcome. Free
- Jul Thu** **Summer Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North
 Regardless of temperature. Walkers welcome.
- Jul 4 Tue** **32st Annual Independence Day Run – Fairbanks**
 Race time: 10 am – SE Corner of Pioneer Park
 5K- race on bike path, side roads and sidewalks
 Contact: Dan Callahan 322-6097
akcallahans@hotmail.com
 Sponsored by: Running Club North/ West Valley High School Cross Country Running team
 Online registration through July 2nd at runningclubnorth.org.
 Preregistration available at Beaver Sports/Goldstream Sports/ Raven Cross Country. Preregistration, \$20; \$25 on race day.
 T-Shirts to first 100 to register. Proceeds benefit West Valley HS
- Jul 4 Tue** **Salmon Shuffle – Seldovia,**
 Meet Time: 9 am – In Town
 5K- Through town. In and out. Generally level.
 Race time: 9 am Entry fee: \$20 tee shirt
 Contact: Tobben Spurland 907-399-0300
klippfisk@msn.com
 Registration: July 2 & 3, 5-7 pm at Gateway Pavilion.
 Day of Race: 7:00 am.

*Children's age groups/ability levels available

ANCHORAGE RUNNING CLUB



www. anchorage running club. org

MAY 27th

**Trent Waldron Glacier Half
Marathon & Pulsator 10K**

Anchorage RunFest



#runwildak

AUGUST 19th

**The Anchorage Mile &
The kid's 2K**

JULY

9th_____

**Boondocks Breakaway
5K/2K trail race Kincaid**

_____ **20th**

**49K ultra, Marathon,
Marathon walk, Marathon
relay, Half Marathon, and 5K**

12th_____

**Masters 5K/10K
Albrecht Ball Fields**

SEPTEMBER 23rd

Oktoberfest 5K/10K/Kids

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

OCTOBER 14th

**Zombie Half Marathon
& Zombie Kids Run**



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



**Jul 5
Wed**

Salmon Run Series #1 – Soldotna

Meet time: 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: Sarah Hobart 907-260-5449
sarah@kenaiwatershed.org
KWF Office 260-5449
www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm \$5, with 5K race immediately following.
Race course differs each week. 5 series race, all ages, walkers welcome. “Like” our Facebook page for updates and results.

**Jul 6
Thu**

Alaska Men’s Run Registration & Bib PU– Anchorage

4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 8)
5 mile run/2 mile walk – Chester Creek paved trails
Entry fee: \$35/\$70 family, \$45/\$80 race day
Contact: Dave Fisher 622-9243
Sponsored by: Alaska Men’s Run Race Board
Register on-line @ www.alaskamensrun.com thru July 7th
Race day registration from 8:30–9:30 am, includes t-shirt & prizes, visit the website for additional info

**Jul 6
Thu**

Steve’s Equinox Training #1 – Fairbanks

Meet time: 6 pm – UAF Patty Center
8+ miles – Loop thru Equinox start to mile 5 to T-field
Contact: George Berry & Trail Elves 687-8769
Sponsored by: Running Club North.

19th Annual Wildlife Rescue Run & Walk

Saturday
July 29, 2017



Seward, Alaska
www.alaskasealife.org
1-888-378-2525

*Children’s age groups/ability levels available

- Jul 7 Kids' Cross Country Races – Fairbanks**
Fri Meet time: 6 pm – West Valley HS Track (start at Soccer Field)
 Free! Timed kids race of 0.5, 1 and 1.5 mile options
 Contact: Tracey Martinson 474-8353
 Tamartinson67@gmail.com
 Monte Jordan 451-8696
 mjresourceak@gmail.com
 Sponsored by: Running Club North. Free
 Registration 5:45 pm open to ages 3-12, but anyone is
 welcome
- Jul 7-8 Alaska Relay- Anchorage to Seward**
Fri Time: 8 am – Starts at Mirror Lake Park in Chugiak, goes
Sat through Anchorage, and then down to Seward
 Distance: 183 miles 36 Legs ranging 2.5-8.5 miles each
 Free: \$1200/team
 Contact: Nathan Luke 907-519-6825
 Nathan@TheAlaskaRelay.com
www.TheAlaskaRelay.com
 12 Person teams run a 190 mile, 36 leg course from Chugiak
 to Seward over 2 Days
- Jul 8 5K/10K for Life – Palmer/Wasilla**
Sat Meet time: 9 am – New Trunk Road bike/foot pathway
 5K/10K Walk/run – out & back, rolling hills, scenic byways
 Race time: 10 am
 Entry fee: \$25/\$50 family, \$35/\$60 family day of race
 Contact: Patti Price 907-373-3456
patti.price@heartreachalaska.com
 Joyce Moropoulos 907-373-3456
www.heartreachalaska.com
 Sponsored by: HeartReach Center
 Registration/bib pick-up at Honda Hartley Motors Frontage
 Road, mile 36.5 Parks Highway, vehicle parking at Janssen
 MatSu Funeral Home, mile 36.6 Park Highway. Great
 relaxing place to run/walk. Food vendors on site.
- Jul 8 Wardlake Fun Run - Ketchikan**
Sat Distance: 3/5K
 Race time: 9:00 AM - Wardlake
 Entry fee: \$15.00
 Contact: Diane Gubatayao 907-225-7851
 Sponsored by Ketchikan Wellness Coalition
- Jul 8 Opera Fairbanks/FNBA Run of the Valkyries #4**
Sat Usibelli Cup – Fairbanks
 Time: 10 am – Pioneer Park
 Distance: 8K Flay and fast on bike trails
 Contact: Bill Reed 907-456-7573
 morganreed@mac.com
 Sponsored by: Opera Fairbanks

*Children's age groups/ability levels available

- Jul 8 Sat *** **Alaska Men's Run – Anchorage**
 Meet time: 8:30 am – Anchorage Football Stadium
 5 mile run/2 mile walk – Chester Creek paved trails
 Race time: 10 am
 Entry fee: \$45/\$80 race day, includes t-shirt, prizes, post race BBQ!
 Contact: Dave Fisher 622-9243
dfisher@gci.net
 John Swartz 349-0906
 Sponsored by: Alaska Men's Run Race Board
 Register on-line @ www.alaskamensrun.com thru July 7
 Race day registration from 8:30-9:30 am, event open to all.
 Men, women, children, teams & military encouraged.
- Jul 9 Sun** **Ester Dome Ass Kicker #4 Trail Series – Fairbanks**
 Time: 10 am – Golden Eagle & Ester Gold Camp parking lots
 Distance: 6.75 miles – Steep run up and down hill
 Contact: Oralee Nudson 252-0530
 Sponsored by: RCN, Goldstream Sports
 Very steep trail run! Toughest short distance race in the Interior.
- Jul 9 Sun** **Boondocks Breakaway 2.5 & 5K Trail Run -- Anchorage**
 Meet time: 10 am – Kincaid Bunker
 Trail run in Kincaid Park and social afterwards.
 Race time: 11 am. Entry fee: ARC membership.
 Race day registration only.
 Contact: info@anchoragerunningclub.org.
 More information at www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
- Jul 9 Sun** **Pioneer Ridge Vertical Mile – Palmer**
 Meet: 10 am – Pioneer Ridge Trailhead, Mile 4 E. Knik River Rd.
 4.5 miles – Uphill-only race on steep singletrack trail with
 5,300 feet of vertical gain
 Race time: 11am Entry fee: \$5
 Contact: Matias Saari 907-529-4178
matiasmountain@gmail.com
 Ben Marvin 907-317-8115
www.equinoxmarathonbook.com/pioneer-vertical-mile
 Race-day registration only. There will be NO EARLY START.
 Due to limited parking, all participants MUST take a shuttle
 to the trailhead. The shuttle will begin at 9:30 a.m. at the
 gravel bar parking area just north of the Knik River bridge on
 the Old Glenn Highway (follow the signs).
- Jul 12 Wed** **Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Russian Jack Park
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Jul 12 Wed** **Master's 5K & 10K -- Anchorage**
 Meet time: 5:30 pm – Chuck Albrecht Fields
 Distance: 5K or 10K limited to runners 40 years and older.
 Race time: 6:00 pm. Entry fee: ARC membership.
 Race day registration only.
 Contact: info@anchoragerunningclub.org.
 More information at www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club

*Children's age groups/ability levels available

- Jul 12** **Salmon Run Series #2 – Soldotna**
Wed Meet time: 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: Sarah Hobart 907-260-5449
sarah@kenaiwatershed.org
 KWF Office 260-5449
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 1K kids race at 6 pm \$5, with 5K race immediately following.
 Race course differs each week. 5 series race, all ages, walkers
 welcome. “Like” our Facebook page for updates and results.
- Jul 12** **Master’s 5K & 10K -- Anchorage**
Wed Meet time: 5:30 pm – Chuck Albrecht Fields
 Distance: 5K or 10K limited to runners 40 years and older.
 Race time: 6:00 pm. Entry fee: ARC membership.
 Race day registration only.
 Contact: info@anchoragerunningclub.org.
 More information at www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
- Jul 13** **Steve’s Equinox Training #2 – Fairbanks**
Thur Meet time: 6 pm – Ann’s Greenhouse pull-out
 8 miles – Equinox Trail Mile 8.5 – 4.5 – 8.5
 Contact: George Berry 687-8769
 Sponsored by: Running Club North
- Jul 13** **USATF All Comers Track & Field Meet – Anchorage**
Thur Meet time 5:30 pm at The Dome. A variety of Track and field
 events will be offered.
 Contact: Jason Hofacker jhofacker@acsedu.org
 Sponsored by USATF AK
 \$5.00 entry fee
- Jul 15** **Bear Paw 5K Run – Eagle River**
Sat Meet time: 8:30 am bib pick-up/Late reg.– Auto Zone,
 Main Street Eagle River. Race time 10:30 am
 Entry fee: \$30, \$80 family of 4 (immediate only), additional
 members \$20, \$40/\$95 family of 4 race day, includes t-shirt
 For entry only, no t-shirt, \$20/\$60 family of 4 (immediate
 only), \$25/\$70 family race day
 Contact: Joey Caterinichio
jcaterinichio@alaska.net,
info@cer.com
 Sponsors: Anchorage Women’s Clinic, Midas, Skinny Raven
 Sports.
 Hosted by: ANR/ERNTC
 Sign up at Skinny Raven, Eagle River Chamber of Commerce,
 or register on-line @ www.cer.org or www.skinnyraven.com.
 Fun for all ages
 A Healthy Futures event.

*Children’s age groups/ability levels available

- Jul 15 Sat** **Alaska Salmon Runs Humpy 5K – Cordova**
 Meet time: 10 am – Cordova hospital parking lot
 5 K – level, paved, point to point
 Race time: 10:45 am Entry fee \$20
 Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsors: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!
- Jul 15 Sat** **Alaska Salmon Runs Coho 10K– Cordova**
 Meet time: 10 am – Cordova hospital parking lot
 10K – one-way, flat, paved
 Race time: 10:30 am Entry fee \$20
 Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!
- Jul 15 Sat** **Alaska Salmon Runs Smolt 1 Mile– Cordova**
 Meet time: 11 am – Cordova hospital parking lot
 1 mile – level, paved, one mile loop
 Race time: 11:15 am Entry fee \$20
 Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!
- Jul 15 Sat** **Alaska Salmon Runs Sockeye Half-Marathon– Cordova**
 Meet time: 9:00 am – Cordova hospital parking lot
 13.1 miles – level, 1.2 miles gravel, 12 paved, point to point
 Race time: 9:30 am Entry fee \$50
 Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

*Children's age groups/ability levels available

- Jul 15 Sat** **Alaska Salmon Runs King Salmon Marathon– Cordova**
 Meet time: 6:20 am – Cordova hospital parking lot
 26.2 miles – level, 15.2 miles gravel, 11 paved, point to point
 Race time: 7 am Entry fee \$50
 Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!
- Jul 15 Sat** **Angel Creek 50 Miler – Fairbanks**
 Meet time: 5 am – Chena River Recreation Area
 50 miles of mountain & backcountry trails, ultramarathon
 Contact: Drew Harrington
drew.harrington@live.com 451-6604
 Karen Taber 450-9620
ktrailrunner@gmail.com
 George Berry 687-8769
 or membership@runningclubnorth.org
 Website: www.angelcreek50.org
 Sponsored by: Running Club North, Goldstream Sports, Beaver Sports, Date-Line Digital Printing, Big Street Construction, Alaska Salmon Bake.
 Registration on-line at ultrasignup.com and see www.angelcreek50.org for more information.
 The Angel Creek 50 is a Northern Trail Series event, though it is not required for the "Going to Distance" award.
- Jul 16 Sun** **Her Tern Women's ½ Marathon – Anchorage**
 Meet time: 8 am – Delaney Park Strip (West End)
 13.1 miles – out & back
 Race time: 9 am, walkers wave at 8 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Her Tern Boutique, Brooks
 Women's only ½ marathon, perfect training opportunity for the Big Wild Life Full Marathon
- Jul 16 Sun** **Northern Alaska Environmental Center**
 Meet time: 12 pm –UAF Ski Trains
 5 and 10 K options
 Contact: Anna Sorensen (907) 452-5091
officemanager@gmail.com
 The annual Run for the Refuge promotes protection of Alaska's Arctic National Wildlife Refuge.
 2017 will be the run's 21st anniversary.
- Jul 16 Sun** **Run for the Gold Bib Pick Up – Fairbanks**
 Bib Pick-up 5 pm – 8pm – Toy Quest
 Contact: Jim Brader
www.runningclubnorth.org
 Sponsored by: Running Club North & Council of Alaska
 \$10 youth, \$15 adult, \$25 family. \$5 extra for race day entry. Great prizes, including GOLD! Literacy Council of Alaska Fundraiser.

*Children's age groups/ability levels available

- Jul 16 Sun Her Tern ¼ Marathon – Anchorage**
 Meet time: 8 am – Delaney Park Strip (West End)
 6.55 miles – out and back course
 Race time 9:10 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Her Tern Boutique, Brooks
- Jul 19 Wed Salmon Run Series #3 – Soldotna**
 Meet time: 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: Sarah Hobart 907-260-5449
sarah@kenaiwatershed.org
 KWF Office 907-260-5449
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 1K kids race at 6 pm \$5, with 5K race immediately following. Race course differs each week. 5 series race, all ages, walkers welcome. “Like” our Facebook page for updates and results.
- Jul 19 Wed Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Kincaid Park
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Jul 20 Thu Steve’s Equinox Training #3 – Fairbanks**
 Meet time: 6 pm – Ann’s Greenhouse Pull-out
 8 miles +
 Contact: George Berry and Trail Elves 687-8769
 Sponsored by: Running Club North
- Jul 21 Fri Kids’ Cross Country Races – Fairbanks**
 Meet time: 6 pm – West Valley HS Track (start at Soccer Field)
 Free! Timed kids race of 0.5, 1 and 1.5 mile options
 Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
 Monte Jordan 451-8696
mjresourceak@gmail.com
 Sponsored by: Running Club NorthFree.
 Registration 5:45 pm open to ages 3-12, but anyone is welcome
- Jul 22 Sat Run for the Gold – Fairbanks**
 Time 9:50 am – Aurora Energy Power Plant on First Avenue
 Distance: 1 mile road run along Golden Days parade route
 Contact: Jim Brader 452-4986
 Andy Holland 479-4444
 Sponsored by: RCN & Literacy Council of Alaska
 \$10youth, \$15 adult, \$25 family. \$5 extra for race day entry.
 Great prizes, including GOLD! Literacy Council of Alaska.
 Fundraiser

*Children’s age groups/ability levels available

- Jul 22 Sat Subway Tri-Harder-Thon – Seward**
 Meet time: 8 am Shuttle to start – Wellington Picnic Area
 5 mile kayak, 6 mile trail run, 15 mile road bike – adventure race triathlon
 Race time: 10 am Entry fee: Earlybird fee \$75 solo or \$125 team by 6/27. Discounts available.
 Contact: Melanie Hauze 224-4011
mhauze@cityofseward.net
 Robert Perea 224-4054
www.cityofseward.us or www.runsignup.com
 Sponsored by: Subway & Seward Parks and Rec
 Not you're traditional Triathlon, Seward's only Adventure Challenge! Teams must consist of 3 different individuals, 18 years and older. Athletes are required to provide own kayak. Limited to 80 participants, need 20 participants to hold the event.
- Jul 22 Sat Calamity Parks and Recreation Kayak/5K/Bike - Ketchikan**
 Distance: 5K, 1 mile kayak, & 8 mile bike
 Race time: 9 am - Totem Bight State Park
 Entrance fee: \$25.00
 Contact: Parks and Recreation Center 225-9579
 Diane Gubatayao [907-225-7851](tel:907-225-7851)
 If weather is an issue, race will be rescheduled to July 29th
- Jul 22 Sat XTERRA Hammerman Duathlon – Anchorage**
 Meet time: 8 am – Little Campbell Lake
 1.2M trail run, 14M mtn bike, 4M trail run, off road duathlon
 Race time: 10 am Entry fee: \$82; late entry \$102
 Contact: Andy Duenow 344-2740
ajdino@gci.net
 Jason Lamoreaux 350-3625
www.alaskatriathlon.org
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven, AA Spine & Pain Clinic
 Presented by: Alaska Triathlon Club
 This is an off-road event on the dirt trails of Kincaid Park. The use of road, cross or hybrid bikes is not allowed. This is a mountain bike only event.
- Jul 22 Sat XTERRA Hammerman Triathlon – Anchorage**
 Meet time: 8 am – Little Campbell Lake
 .5M lake swim, 14M mtn bike, 4M trail run – off road triathlon
 Race time: 10 am Entry fee: \$82; late entry \$102
 Contact: Andy Duenow 344-2740
ajdino@gci.net
 Jason Lamoreaux 350-3625
www.alaskatriathlon.org
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven, AA Spine & Pain Clinic
 Presented by: Alaska Triathlon Club
 This is an off road event on the dirt trails of Kincaid Park. The use of road, cross or hybrid bikes is not allowed. This is a mountain bike only event.
 Grants available for individuals and organizations supporting advocacy, education and early detection.
 Benefits Alaska men with prostate or testicular cancer
 Every year we make a difference!

*Children's age groups/ability levels available

- Jul 23 Sun 52nd Annual Gold Discovery Run #5 Usibelli Cup – Fairbanks**
 Meet Time: 8 am-9 am – Silver Gulch Brewery for Shuttle Ride bus to start at top of Cleary Summit at Fort Knox Gold Mine, run down trails and dirt roads for the first half, then onto road system to finish at Silver Gulch Brewery in Fox. Challenging course is mostly downhill.
 Distance: 16.5 Miles- trail and road run
 Contact: Gary Pohl 388-8085
runningclubnorthcalendar@gmail.com
 Sponsored by: RCN
 Start times are 8:00 am for runners expecting to take more than 3 hours and 9:00 am for runners expecting to take less than 3 hours. Busses will depart 45 minutes prior to race starting times at 7:15 am and 8:15 am, respectively. Do not be late or you will miss the bus!!
- Jul 26 Wed Salmon Run Series #4 – Soldotna**
 Meet time: 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: Sarah Hobart 907-260-5449
sarah@kenaiwatershed.org
 KWF Office 907-260-5449
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 1K kids race at 6 pm \$5, with 5K race immediately following. Race course differs each week. 5 series race, all ages, walkers welcome. “Like” our Facebook page for updates and results.
- Jul 26 Wed Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Mile 2.2 Campbell Airstrip Rd
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Jul 27 Thu Steve’s Equinox Training #4 – Fairbanks**
 Meet time: 6 pm – Top of Ester Dome
 5 miles – Equinox “out & back”
 Contact: George Berry 687-8769
 Sponsored by: Running Club North
 Equinox “Out and Back”
- Jul 27 Thur USATF All Comers Track & Field Meet – Anchorage**
 Meet time 5:30 pm at The Dome. A variety of Track and field events will be offered.
 Contact: Jason Hofacker jhofacker@acsedu.org
 Sponsored by USATF AK
 \$5.00 entry fee
- Jul 28 Friday Deltana Fair and Music Festival Pipeline Run**
 5 K run Registration fee \$20.00 (includes a t-shirt)
 Register at: www.deltanafair.com
 Contact: Tawnia Butorac 907-895-FAIR
 Sponsored by Buffalo Center Drive-in
 Fair events, pipeline run

*Children’s age groups/ability levels available

Jul 29 USATF All Comers Championships Track & Field Meet
Sat Anchorage

Meet time 9:00 am at The Dome. A variety of Track and field events will be offered.

Contact: Jason Hofacker jhofacker@acsedu.org

Sponsored by USATF AK

\$5.00 entry fee

July 29 Wildlife Rescue Run/Walk – Seward

Sat Meet time: 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; \$30 Race Day

Contact: Nancy Anderson 224-6396

nancya@alaskasealife.org

Shannon Wolf 224-6355

shannonw@alaskasealife.org

www.alaskasealife.org

Sponsored by: Alaska SeaLife Center

Entry fee includes t-shirt & admission to ASLC race day.

Proceeds benefit the rescue, rehabilitation & release of Alaska marine animals

Jul 29 Jakolof Bay 10-mile Run - Seldovia

Sat 10 mile. The race will start at the Jakolof Bay Dock and will end at the Pavilion of the City of Seldovia, adjacent to the Seldovia Harbor.

Race time: 11 am. Entry fee: TBD

Contact: Tania Spurkland 907-399-7379

tmspurkland@alaska.edu



30th Annual

Kenai Peninsula Run for Women

5K and 10K Courses • 10 a.m. Start

Annual Awareness Event

Saturday, August 12, 2017

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

Sponsored by: *The LeeShore Center*

907-283-9479

further information online: www.leeshoreak.org

The LeeShore Center is a United Way agency



*Children's age groups/ability levels available

- Jul 29 Sat Tutka 10 - Seldovia**
 Meet time: 10 am
 10 mile - begins at Jakolof Bay and finishes in Seldovia.
 Race time: 11 a.m.
 Entry Fee: TBD
 Contact: Andy Haas 907-235-1007
yatra@ak.net
 website: kachemakbayrunningclub.org/event-information
 Sponsored by: Kachemak Bay Running Club
 Course is on a quiet and scenic dirt road that travels from Jakolof Bay to Seldovia Bay. You will need boat or aerial transportation from Homer to the race.
- July 30 Sun Yukon River Trail Marathon – Whitehorse, Yukon**
 Race time: 8:00 am - Rotary Park
 13.1/26.2 Scenic trails above the Yukon River.
 Entry fee: TBD, typically CAN \$45
 Contact: Ken Sylvestre 867-668-7592
yukonmarathon@gmail.com
www.yukonmarathon.com
 Marathon, half marathon and 4 person relay. Hilly course
- July 30 Sun REI Trail Run Series – Anchorage**
 Meet time 9:00 – Hilltop Ski Area
 Race starts at 10:30 am - Hilltop Ski Area
 5K – Hilly, loop course on Hillside ski trails and single track.
 Race time: 10:30 am Entry fee: \$15
 Contact: REI - Mike Morganson 907-272-2423
mmorgan@rei.com
 Mike Herzog 907-2423
mherzog@rei.com
www.rei.com/anchorage
 Sponsored by: REI
- Aug every Tue Exceed Women’s Running Team – Anchorage**
 Meet time: 6 pm – Various locations
 Coached workouts, track and trail runs
 Entry Fee: Membership \$100/season
 Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
www.runexceed.org
 Sponsored by: Exceed Women’s Running Team
 We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details.
 You can attend twice for free before paying membership fee.
 All levels are welcome!
- Aug every Tue Peak Performers Track Club – Anchorage**
 6 pm – APU Moseley Sports Center thru mid April
 Central Jr High Track late April thru Aug
 APU – paved roads, Central – track
 Membership fee: \$65, \$110 family (2)/\$160 3 or more
 Contact: Jason Hofacker 240-6982
 Kim Baldwin 274-1061
 and in spirit, Chester Franz
 Sponsored by: Peak Performers Track Club
 Training & conditioning program led by coaches

*Children’s age groups/ability levels available

**Aug
Tue,
Thu** **MatSu Running Club - Women's Group – Palmer**
Meet time: 6 pm – Colony High School Track
Tuesday track work out
Thursday trail runs – various locations around the valley.
Entry Fee: membership fee
Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
or [website: vwrt.org](http://website.vwrt.org)
Sponsored by: MatSu Running Club
Ages 16+. Women runners of all ability levels welcome.
Coach training held each week of April through mid-August
with coed trail runs through September.
For more information look up races @vwrt.org

**Aug
Wed,
Thu** **Mat-Su Running Club-Co-Ed Group – Palmer**
Meet time: 6 pm – Colony High School Track
Wednesday track workouts
Thursday co-ed trail runs
Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
Norm Rousey
coachrousey@hotmail.com
or [website: vwrt.org](http://website.vwrt.org)
Sponsored by: MatSu Running Club
Ages 16+. Runners of all ability levels welcome.
Coached training held each week of April through mid-August
with trail runs thru September.

**Aug
every
Tue** **Women's Training – Fairbanks**
Meet time: 5:30 pm – West Valley HS Track
Weekly summer training on the track
Contact: Bruce Miller 479-5585
Sponsored by: Running Club North
Interval workouts – all abilities welcome. Free

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

- Aug every Tue** **Men's Training – Fairbanks**
 Meet time: 6 pm – West Valley HS Track
 Weekly summer training on the track
 Contact: Tracey Martinson 907-474-8353
 Tamartinson67@gmail.com
 Sponsored by: Running Club North
 Interval workouts. All abilities welcome. Free
- Aug Thu** **Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and
 Running Club North
 Regardless of temperature. Walkers welcome.
- Aug 2 Wed** **Salmon Run Series #5 – Soldotna**
 Meet time: 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: Sarah Hobart 907-260-5449
 sarah@kenaiwatershed.org
 KWF Office 907-260-5449
 www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 1K kids race at 6 pm \$5, with 5K race immediately
 following. Race course differs each week. 5 series race,
 all ages, walkers welcome. “Like” our Facebook page for
 updates and results.
- Aug 2 Wed** **Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – UAA Campus
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Aug 3 Thu** **Great Alaskan Cruiseship Run -Ketchikan**
 Distance: 10K
 Race time: 9:00 AM - Wardlake
 Entry fee: free
 Contact: Leigh Woodard, [907-617-8245](tel:907-617-8245)
- Aug 3 Thu** **Steve's Equinox Training #5 – Fairbanks**
 Meet time: 6 pm – Top of Ester Dome
 5 miles – Equinox Trail Mile 17 – 21.5 – 17
 Contact: George Berry 687-8769
 www.runningclubnorth.org
 Sponsored by: Running Club North
 Get ready for the Equinox on the installment plan
- Aug 5 Sat** **Blueberry Fun Run -Ketchikan**
 Distance: 1 mile/5k/10K
 Race time: 9 am - Alaska State Office Building/Police Station
 Entry fee: \$15.00
 Contact: Lori and Dan Ortiz (907) 225-7309
 On-line registration /ACTIVE.COM

*Children's age groups/ability levels available

- Aug 5** **Salmon Run - Dillingham**
Sat Race time: 12 pm. Location: TBD
 Contact: snunn@bbahc.org for the most up to date information.
 No entry fee.
 Your Time and Pace your business.
 Course set for 1 hour of fitness.
 Organized by Rural People in Motion
- Aug 5** **Celebrate Life! 5K Run & Walk – Soldotna**
Sat Meet time: 8:30 am – Soldotna Bible Chapel
 5K – flat, residential & along highway
 Race time: 10 am Entry fee: No charge
 Contact: Colleen Ward 907-283-9062
cward@abcwecare.org
 Devin Johnston 907-283-9062
www.abcwecare.org
 Sponsored by: ABC Pregnancy Care Center
 Donations welcomed. Free t-shirt and brunch. Runners 5K starts at 10 am and walkers start at 10:05 am on a shorter course suitable for all ages.
- Aug 5** **Matanuska Peak Challenge - Palmer**
Sat Meet time: 8 am – Lazy Mountain Parking Lot
 14 miles – 9,100' vertical gain
 Race time: 9 am Entry fee: \$30
 Contact: Braun Kopsack 907-746-5133
 Lance Kopsack 907-745-5966
www.alaskamountainrunners.org
 Sponsored by: Knik Glacier Adventures
 No aid stations available. Mandatory gear (windbreaker/long underwear tops/bottoms, hat, gloves, H2O bottle) required.
- Aug 5** **24rd Santa Claus ½ Marathon #6 Usibelli Cup – North Pole**
Sat Race time: 8-9 am – Chena Lakes reaction area
 13.1 miles – flat and scenic loop on paved and gravel trails.
 Entry fee: \$20 advance/No race day registration.
 Contact: Byron Dudley 541-515-3255
Byron.dudley@k12northstar.org
 Post race BBQ and awards.
- Aug 5** **Alaska Distance Classic – Anchorage**
Sat Meet time: 9 am – APU, Moseley Sports Center
 Race time 10 am, Entry fee: Check Website
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
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

*Children's age groups/ability levels available

- Aug 6 Sun Running with the Bulls – Palmer**
 Meet time: 11am – Musk Ox Farm
 1K/5K/10K – Hills, grass, gravel, flat
 Race time: 1pm Entry fee: Adults: \$30 Children: \$15
 Contact: Musk Ox Farm 745-4151
info@muskoxfarm.org
www.muskoxfarm.org
 A nice run through our pastures. We have gravel, hills and grass. There is a 1K for kids and a 5K/10K run for those who are looking for a challenge.
- Aug 6 Sun Moose Nugget Triathlon – Anchorage**
 Meet time: 8 am – Jewel Lake
 1.5K lake swim, 40K road bike, 10K run.
 Olympic distance road triathlon
 Race time: 10 am Entry fee: \$85; late entry \$105
 Contact: Andy Duenow 344-2740
ajdino@gci.net
 Jason Lamoreaux 350-3625
www.alaskatriathlon.org
 Sponsors Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven
 Presented by: Alaska Triathlon Club
 This is a lake swim, road based, Olympic distance event.
- Aug 9 Wed Orienteering Meet - Anchorage**
 Meet time: starts from 5 pm to 7 pm
 Location – Kincaid Jodphur
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Aug 10 Thu Steve's Equinox Training #6 – Fairbanks**
 Meet time: 6 pm – Top of Ester Dome
 5 miles - Equinox Trail Mile 17 to St Pats & up Ester Dome
 Contact: George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Get ready for the Equinox on the installment plan
- Aug 12 Sat Walk MS – Anchorage**
 4 miles – The 4-mile route goes around Lake Hood
 Meet time: 9 AM – The Lakefront, Millennium Hotel
 Fun Run: 9:55 am Walk time: 10 am, no entry fee – registration required
 Contact: Cassey Bradley Leonardis 907-331-0179
Cassey.bradleyleonardis@nmss.org
Walkms.org
 Sponsored by: National MS Society, The Lake Front, The Alaska Club, Ohana Media
 Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.

*Children's age groups/ability levels available

ANCHORAGE RUNNING CLUB



August **19-20**,
2017

START/FINISH DOWNTOWN

SATURDAY



Kids' 2K Fun Run
The Anchorage Mile
USATF Certified Course.

SUNDAY



49K Ultra
RCCA Western Regional Championship.



**Marathon, Marathon Walk,
Marathon Relay**
USATF Certified/Boston Marathon qualifier.



Half Marathon
USATF Certified



5K
USATF
Certified

ARC is a 501(c) (3) organization whose mission is to promote healthy lifestyles through running and walking. Funds raised from the Anchorage RunFest are used to award scholarships to high school seniors, support high school running programs, and support other running events in the Anchorage area.

Register online at: www.anchoragerunfest.org

*Children's age groups/ability levels available

- Aug 12 Kenai Peninsula Run for Women – Kenai**
Sat Meet time: 9 am – Kenai City Park
 5K & 10K – multi-looped course thru downtown streets
 Race time: 10 am Entry fee: \$20/\$25 on race day
 Contact: Georgia Putney 907-283-9479
gputney@leeshoreak.org
 Ashley Blatchford 907-283-9479
www.leeshoreak.org
 Sponsored by: The LeeShore Center
 Course is wheelchair accessible & certified
- Aug 12 Eagle River Challenge Race – Eagle River**
Sat Meet time: 9 am – Eagle River Nature Center
 5 & 10K – Dew Mound and Historic Iditarod Trails
 Race time: 10 am Entry Fee: \$30
 Contact: Asta Spurgis 907-694-2108
info@ernc.org
 Laura Kruger 907- 694-2108
www.ernc.org
 Sponsored by: Friends of Eagle River Nature Center
 Trail races on uneven terrain with some hills. Proceeds
 benefit trail maintenance at the Eagle River Nature Center.
- Aug 12 Lace Up for Leukemia 5K Fun Run/Walk - Fairbanks**
Sat Race time: 10 am – Pioneer Park, Boat launch
 5K Run/walk- This is a fundraising race for team in training
 to raise money for the leukemia & Lymphoma Society. It is
 family friendly, fast, flat course.
 Contact: Wendy Demers 907-388-6847
Pioneerwendy@yahoo.com
 Sponsored by: LLS
 Fast, flat 5K along the Chena River bike path. Family friendly.
 All proceeds to LLS Team-in training
- Aug 12 Nifty Fifty – Juneau**
Sat Meet time: 8 am – End of Basin Road
 50K, 25K, 10K – Perseverance trail, Granite Creek trail,
 Mt. Roberts trail, and Salmon Creek Trail
 Race time: 8:30 am for 50K, 9 am for 25K, 9:15 a.m. for 10K
 Entry fee: \$20 for 50K and \$15 for 25K/10K
 Contact: Keith Levy 586-1427
keithblevy@gmail.com
<http://ultrasignup.com>
 Sponsored by: Southeast Road Runners
 Challenging course on beautiful trails with lots of climbing.
- Aug 12 Granite Tors Trail Run #6 Trail Series – Fairbanks**
Sat Time: 10 am – Granite Tors
 Distance: 15 miles Grueling, Trail Series Run
 Contact: Chris Greene 978-6472
 Sponsored by: RCN

*Children's age groups/ability levels available

Aug 12 Share Your Spare Kidney Dash – Anchorage

Sat

Meet time: 9 am – TBA

Race time: 10 AM

5K – TBA

Entry fee: check AKPA website for entry fee

Contact: Kristie Lemmon 907-240-2562

kristie@alaskakidney.org

www.alaskakidney.org

Sponsors: Alaska Kidney Patients Association, Healthy Futures
Share your Spare Kidney Dash highlights the need for living donors to share their spare kidney with an Alaskan waiting for a kidney transplant.

Aug 12 Finlo's Valley 5K - Palmer

Sat

Meet time: 8:00 am – Palmer Train Depot

5K USATF certified flat 5K

Race time: 10 am Entry fee: \$25 with T-shirt, teams of 8 = \$150

Contact: Niall Linden

niallinden@yahoo.com

Kate Arnold 907-746-0600

Website: valley5K.com

Sponsored by: Active Soles Performance Footwear
The first USATF certified 5K Valley Championship and fun run. This is a fast and flat course in Palmer city is open to teams of 8 as well as open categories for age group athletes.

Aug 13 Dirty Deeds Tri - Fairbanks

Sun

Meet time: 10 am – UAF Patty Center and UAF Trails

300yd swim, 10K bike, 5K run – Sprint triathlon

Entry fee: \$35 + \$15 one day USAT membership

Contact: Amber Barlow 203-5535

thebreakuptri@hotmail.com

Registration opens Feb 1st on active.com. Relay teams are not allowed and a 99 racer limit.

www.arctic-triathlon-series.weebly.com

Aug 14 Alaska International Senior Games 5K– Fairbanks

Mon

Time: 6:30 pm – Location: Chena Lakes Rec Area

Distance: 5K- road race

Contact: Don Kiely – 907-455-6749

donkiely@alaska.org

Sponsored by: Alaska International Senior Games

Must preregister with Senior Games and be age 50 & up

Aug 16 Alaska International Senior Games 10K – Fairbanks

Wed

Race time: 6:30 pm – Chena Lakes Rec Area

Distance: 10K Road race

Contact: Don Kiely 455-6749

donkiely@alaskaisg.org

www.alaskaisg.org

Sponsored by: Alaska International Senior Games

Must pre-register with Senior Games & be 50 years & up

Aug 16 Orienteering Meet - Anchorage

Wed

Meet time: starts from 5 pm to 7 pm

Location – Mirror Lake Middle School

Entry fee: \$8 adults/kids free

Sponsored by: Arctic Orienteering Club

See www.oalaska.org for details & updates

*Children's age groups/ability levels available

- Aug 17 Steve's Equinox Training #7 – Fairbanks**
Thu Meet time: 6:00 pm – UAF Patty Center shuttle to Ester Dome
 9.5 miles: Get ready for Equinox on installment plan
 Contact: George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Shuttle from Patty Center to Ester Dome
- Aug 18 Running Dead Fairbanks – Fairbanks**
Fri Meet time: 6 pm – Location- UAF
 5K Fun Run
 Contact: Chaia Brower 378-5636
Chaia.brower@gmail.com
 Sponsored by: Fairbanks Roller Girls
 5K Fun Run with Zombies benefiting the Fairbanks Rollergirls
- Aug 18 Anchorage Running Club's "Anchorage Runfest"**
Fri **Bib/Package PU & Registration & Expo - Anchorage**
 Meet time: 3 - 7 pm – Denaina Center
 Contact: sharron@ancrun.org
www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club
-] **Aug 19 Anchorage Running Club's "Anchorage Runfest"**
Sat **Bib/Package PU, Last Change Reg. & Expo - Anchorage**
 Meet time: 9 am-4 pm – Denaina Center
 Contact: sharron@ancrun.org
www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club
- Aug 19 Anchorage RunFest – Pasta Feed -- Anchorage**
Sat 12:30 – 2:30 pm -- Dena'ina Center
 \$10 for the best pasta in Anchorage or purchase during registration
 Contact sharron@ancrun.org
 More information at www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club
- Aug 19 Anchorage RunFest –**
Sat **Children's Hospital at Providence Kids 2K – Anchorage**
 Race time: 10:00 am – Delaney Parkstrip
 2K – untimed, flat, city streets for ages 12 & under.
 Entry fee: None, but donations are accepted.
 Contact: sharron@ancrun.org
 More information at www.anchoragerunfest.org
 Sponsored by Anchorage Running Club and Children's Hospital at Providence
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Aug 19 Anchorage RunFest – The Anchorage Mile – Anchorage**
Sat Race time: 11:00 am – Delaney Parkstrip
 Race consists of six heats. USATF certified mile course.
 Contact: sharron@ancrun.org
 Registration information at www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club

*Children's age groups/ability levels available

- Aug 19 Sat 10th Annual Seekins Ford Golden Heart Trail Run #7 Usibelli Cup - Fairbanks**
 Race time: 10:00 am – Birch Hill Recreation Area
 Distance: Cross Country 1Km for age 7 and under, 2.5Km for ages 8-14; 5Km for ages 15 and over
 Contact: Sportalaska.com
 Sponsored by: Seekins Ford
 The 7th race in the Usibelli Cup Series. The Seekins Ford Golden Heart Trail Run is the only cross country race in the series and features three age-appropriate distances.
- Aug 20 Sun Anchorage RunFest United Physical Therapy 49K Ultra – Anchorage**
 Meet – Sixth Avenue near Town Square
 Race time: 8:00 am
 Relatively flat course on paved trails, a couple of hills.
 Discounts for Anchorage Running Club members, current military.
 Contact: sharron@ancrun.org
 Registration information at www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club and United Physical Therapy
- Aug 20 Sun Anchorage RunFest – Humpy’s Marathon Run, Walk, and Relay – Anchorage**
 Meet – Sixth Avenue near Town Square
 Race time: 8:00 am walkers, 9:00 am. For runners and relay.
 Relatively flat course on paved trails, a couple of hills. USATF certified course.
 Discounts for Anchorage Running Club members, current military.
 Contact: sharron@ancrun.org
 Registration information at www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club and Humpy’s Great Alaskan Ale House
- Aug 20 Sun Anchorage RunFest – Skinny Raven Half Marathon – Anchorage**
 Meet – Sixth Avenue near Town Square
 Race time: 9:30 am.
 Relatively flat course on the Chester Creek Trail. USATF certified course.
 Discounts for Anchorage Running Club members, current military.
 Contact: sharron@ancrun.org
 Registration information at www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club and Skinny Raven Sports
- Aug 20 Sun Anchorage RunFest – Spenard Roadhouse 5K – Anchorage**
 Meet – Sixth Avenue near Town Square
 Race time: 10:00 am.
 Relatively flat course on downtown streets and the Coastal Trail. USATF certified course.
 Discounts for Anchorage Running Club members, current military.
 Contact: sharron@ancrun.org
 Registration info at www.anchoragerunfest.org
 Sponsored by Anchorage Running Club and the Spenard Roadhouse

*Children’s age groups/ability levels available

- Aug 20 Alaska International Senior Games Triathlon– Fairbanks**
Sun Race time: 10:00 am –UAF – Patty Center
 Distance: 400 yd swim, 13.1 mile bike, 5K run- Sprint triathlon
 Contact: Amber Barlow
 Abarlow5@alaska.edu
 Sponsored by: Alaska International Senior Games
- Aug 20 Equinox Training Run (the annual long one) – Fairbanks**
Sun Meet Time: 9 am – Ann’s Greenhouse Pull-out
 Distance: 11, 16 + Miles
 Contact: George Berry 687-8769
 membership@runningngclubnorth.org
 Sponsored by: RCN
- Aug 23 Orienteering Meet - Anchorage**
Wed Meet time: starts from 5 pm to 7 pm
 Location – Earthquake Park
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Aug 26 Deer Mountain Fun Run**
Sat Distance: 3 miles estimated
 Race time: 9:00 AM - Tatusadas IGA Grocery Parking Lot
 Contact: Tom Fowler (907) 617-3736
- Aug 26 Musk Ox Run #7 Trail Series – Fairbanks**
Sat Race time: 10 am– UAF Large Animal Research Stations (LARS) on Yankovich Rd
 13.1 miles (half marathon)
 Contact: Bobbi Jo Katchmar 451-9204
 bobbijo@gci.net
www.runningclubnorth.org
 Sponsored by: Running Club North
 Hilly out & back. \$5 suggested donation to LARS. Fun & food after! Last race in the Trial Series #7
- Aug 26 The Milk Run - Anchorage**
Sat Race time: 10 am – Russian Jack Park, 801 Pine Street
 2K & 5K – XC course, dirt & paved
 Entry fee: \$15 individuals/\$40 family
 Contact: Arthur Harmon 333-2422
owensmilkmoney@gmail.com
www.owensmilkmoney.org
 Proceeds benefit Owen’s Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic. Join us after the race for prizes, fun and ice cream!

**INTERESTED IN ADVERTISING IN THE
 2018 ALASKA RUNNER’S CALENDAR?**

Contact runnerscalendar@muni.org

Anchorage Parks and Recreation

2017
SCHEDULE



Sept 5
Sept 12
Sept 19
Sept 26
Oct 3
Oct 17
Oct 24
Oct 31
Nov 7*

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



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

***November 7th
Awards Celebration/Pizza Provided**

*Children's age groups/ability levels available

- Aug 30 Old Murphy Dome Ridge Run – Fairbanks**
Wed Meet Time: 6 pm – Take Pandora drive off of Goldstream road and follow it to the end. The race will start at the end of Green Leaf road.
 9.5 miles. 4.25 out and 4.25 back-
 Contact: Trent Hubbard 699-2090
 beltedhan72@gmail.com
 Sponsored by: RCN
 9.5 mile trail run along the ridge between Eorado and O'Connor Creeks between Goldstream and Old Murphy Dome Road. The out and back race goes along a narrow rocky trail between Green Leaf Road and old Murphy dome Road. Water will be available at the beginning/end and at the turn around.
- Aug 30 Orienteering Meet - Anchorage**
Wed Meet time: starts from 5 pm to 7 pm
 Location – Klutina Drive
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details & updates
- Sep TBD Cross Country Support Run - Dillingham**
Sat Will coordinate date/time in conjunction with home XC meet
 Contact: snunn@bbahc.org for most up to date information.
 No entry fee.
 Your Time and Pace your business.
 Course set for 1 hour of fitness.
 Organized by Rural People in Motion
- Sep Hoodoo Goldstream Beer Runs - Fairbanks**
Thu Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North
 Regardless of temperature. Walkers welcome.
- Sep 2 McCarthy Half Marathon & 5 Mile Runs – McCarthy**
Sat Meet time: 12 pm – Glacier View Campground
 Half marathon and 5 miles.
 Race time: 2 pm Entry fee: \$30 for adults/\$15 for 18 & under
 Contact: Nate Anderson 907-554-4464
 info@wrangells.org
www.wrangells.org/run
 Sponsored by: Wrangell Mountains Center
- Sep 2 Run for Relief - Anchorage**
Sat Meet time: 9 am – 4240 Wisconsin St.
 5K – flat, side walk/bike paths in West Anchorage
 Race time: 10 am Entry fee: Donation
 Contact: Scott Clemetson 907-244-1119
miles@alaska.net
 Dianna Clemetson 907-244-2217
www.faiythak.com
 Sponsored by: Faith Christian Community
 A fun family event to support relief efforts in Burma and Christian outreach to the oppressed and persecuted. This course is USATF certified, get an official PR!

*Children's age groups/ability levels available

Sep 2 Sat **Seldovia End of Summer Mini Marathon – Seldovia**
Registration Friday Sept. 1 from 6 - 8 pm at Boardwalk Hotel.
Distance: 5K/10K, Course: 5K runs thru town, 10K adds extra trails, some hills, dirt and gravel.
Meet time: 9:30 am– Gateway Pavilion
Race time: 10 am, entry fee: \$25/\$74 immediate family up to 4
Contact: Jenny Chissus 234-8000
Jenny@Seldovia.com
www.SeldoviaChamber.org

Sep 3 Sun **Halibut Hustle – Homer**
Meet time: 10 am – Land's End - End of Homer's Spit
5K- Starts and ends at Land's End parking lot
Race Time: 10 am
Entry fee TBA
Contact: Saundra Hudson
Saundrahudson24@gmail.com
www.kachemakbayrunningclub.org
Sponsored by: Kachemak Bay Running Club
Register online at www.kachemakbayrunningclub.org.
Day of registration 9-9:45 am - Land's End Parking Lot.
Discount available for KBRC members.

Sep 4 Mon **Labor Day Run 5K – Fairbanks**
Meet Time: 12 pm – Pioneer Park SE corner (Alaska Land)
Distance: 5K along flat course along Chena River bike trails
Contact: Chris Benshoof 406-2369
Christopher.benshoof@k12northstar.org
Sponsored by: RCN & Lathrop HS XC Running
\$20 preregistered at Beaver Sports, \$25 race day.
T-shirts to first 70.

Sep 5 Tue **Bonny Sosa Tuesday Night Race Series - Anchorage**
Meet time: 5:30 pm – Kincaid Park
Distances up to 12K Race time: 6:30 pm
Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35 adult/\$16 youth season pass
Contact: Outdoor Recreation 343-6397
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
Register on-line @ www.muni.org/Active
A Healthy Futures Series Event – www.healthyfuturesak.org

Sep 7 Thu **Thursday Night Run Series - Mat-Su Valley**
Meet time: 5:30
Distances up to 12K
Entry fee: \$20 family; \$7 adult; \$2 youth
Contact: Kate Arnold 907-746-6000
Sponsored by: Valley Mountain Bikers and Hikers, Active Soles and Healthy Futures
These runs will be at difference locations around the Valley each course may be rugged, hilly, rooted. An option of a short, medium or long distance.

*Children's age groups/ability levels available

- Sep 8 Fri** **Alaska Nanooks Blue and Gold Open**
 Distance: 5-8 K trail run
 Race time: 10 am - UAF North Campus Trails
 Contact: Nick Crawford 907-474-6802
 ncrawford2@alaska.edu
 Sponsored by: UAF Cross Country Team
 Open cross country race hosted by UAF Cross Country Team
- Sep 9 Sat** Preliminary Race#1 – Chugiak
 Meet time: 8:30 AM – Beach Lake Trails
 Distance: 2 milies – wide trails, slight hills, looped course
 Race time: 9 am Entry fee: see website
 Contact: Debora Summers 907-351-1227
 cdmadogsled@gmail.com
 www.chugiakdogmushers.com
 Sponsored by: Chugiak Dog Mushers Association
 Canicross (running while pulled by your dog) is one of the events during this race. Enjoy swag, food tent, Trek tent, raffles, purse money, awards and fun! See website for complete rules and event details. Come for all events or if preregistered, just for the canicross!
- Sep 9 Sat** **6th Annual Troth Yeddha Run for the Park (Fundraiser) – Fairbanks**
 Start: 12 pm – Troth Yeddha Park, UAF campus, N entrance
 Distance: 5K- run
 Contact: Pete Pinney 978-0425
 pppinney@alaska.edu
 Sponsored by: RCN, College of R&CD UAF
 Forms and waivers are available at Beaver Sports, CRCSD dean's office, and via a Facebook event
- Sep 9 Sat** **Midnight Sun Fun Run – Wasilla**
 Race time 2:00 pm, Location- Lake Lucille Park, 1401 S Endeavor St (Mile 2.2 Knik Goose Bay Rd)
 \$5 - 100yd, \$10 – 1 mi, \$20 - 5K, \$30 - 10K
 Contact: msfunrun@gmail.com
 www.midnightsunschool.com
 www.facebook.com/midnightsunschool
 Fundraiser for Midnight Sun Family Learning Center. All racers receive a free snow cone and t-shirt.
 Join us for a fun run in the afternoon for the whole family from little legs in our Balloon Dash and 1 Mile Run to the long legs in our 5k and 10k. Supports after school programs at one of our local schools!
- Sep 9 Sat** **New Balance XC Classic - Anchorage**
 Location: Russian Jack Golf Course
 3K Loop course with hills
 Contact: Mark Iverson 274-7222
 timing@skinnyraven.com
 www.skinnyraven.com
 Sponsored by: Skinny Raven Sports
 For the 4th year, Skinny Raven and New Balance welcome Alaska's High School XC runners to a fast and fun flight race. Russian Jack Golf Course will be the host of 12 races over 4 hours. Join us for an open community race and see how your time stacks up against Alaska's best prep runners.

*Children's age groups/ability levels available

- Sep 10 Sun Run Rover Run – Anchorage**
 Meet time: 11:30 am -12:15 – Kincaid Park, Lower Parking Lot, 10 K-Mize loop
 5K – run with your dog, hilly loop
 Race time: 12:30 pm
 Entry fee: \$15 Anchorage Ski Club members, \$20 – non-members
 Contact: Becky Voris 907-243-5234
 beckyattla@gmail.com
 ASC Hotline 349-WOOF (9663)
www.skijorclub.org
 Sponsored by: Anchorage Skijor Club
 Run with your dog on leash, all dogs present must have vaccines
 Men & woman’s class available.
 Junior class available if 5 participants.
 Anchiskijorclub membership: \$15 individual, \$20 family.
- Sep 12 Tue Bonny Sosa Tuesday Night Race Series - Anchorage**
 Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Sep 14 Thu Thursday Night Run Series - Mat-Su Valley**
 Meet time: 5:30
 Distances up to 12K
 Entry fee: \$20 family; \$7 adult; \$2 youth
 Contact: Kate Arnold 907-746-6000
 Sponsored by: Valley Mountain Bikers and Hikers, Active Soles, Healthy Futures
 These runs will be at difference locations around the Valley each course may be rugged, hilly, rooted. An option of a short, medium or long distance.
- Sep 14 Thu Equinox Marathon Bib Pick-Up – Fairbanks**
 Meet Time: 5 pm – UAF Wood Center, 505 S Chandalar, Fairbanks, Ak 99709, USA
 Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
 Sponsored by: Running Club North
- Sep 15 Fri Equinox Marathon Bib Pick-Up – Fairbanks**
 Meet Time: 5 pm – UAF Wood Center, 505 S Chandalar, Fairbanks, Ak 99709, USA
 Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
 Sponsored by: Running Club North

*Children’s age groups/ability levels available

Sep 16 **15th Annual Equinox Kid's Marathon – Fairbanks**
Sat Race time: 9 am – UAF Patty Center
1.2 miles – Hilly trail run on Equinox marathon course
Entry fee: \$12
Contact: Tracey Martinson 907-474-8353
Tamartinson67@gmail.com
Monte Jordan 907-451-8696
<http://runningclubnorth.org/kids-equinox>
Sponsored by: Running Club North & Healthy Futures
Kids K-6 run 25 miles in the 5-6 weeks leading up to the
Equinox marathon. Then run the final 1.2 miles of their
marathon effort at this time. Event is not timed, and t-shirts
and goodies are at the finish line. Healthy Futures Event.

Sep 16 **Preliminary Race#2 – Chugiak**
Sat Meet time: 8:30 AM – Beach Lake Trails
Distance: 2 miles – wide trails, slight hills, looped course
Race time: 9:00 am Entry fee: see website
Contact: Debora Summers 907-351-1227
cdmadogsled@gmail.com
[website: www.chugiakdogmushers.com](http://www.chugiakdogmushers.com)
Sponsored by: Chugiak Dog Mushers Association
Canicross (running while pulled by your dog) is one of
the events during this race. Enjoy swag, food tent, Trek
tent, raffles, purse money, awards and fun! See website for
complete rules and event details. Come for all events or if
preregistered, just for the canicross!

Sep 16 **Run/Walk for Recovery**
Sat 5k fun run/walk
Meet time: 9 am - Delaney Park Strip
Race Time: 10 am, Entry Fee: \$25.00 / \$30.00 race day
Contact: Kim Whitaker 440-7289
kwhitaker@realaboutaddiction.net
Sponsored by: R.E.A.L. About Addiction
Recovery is Everyone's Access to Life
<http://www.realaboutaddiction.net>
We are Recovery Advocates fighting the drug epidemic
our state is facing, and our goal is to #SaveLives.
We bring awareness to the community and connect
families and addicts with local resources and provide
sponsorship. #AnonymousNoMore, #NoMoreLivesLost,
#MakeRecoveryAnEpidemic, #RaiseTheStigma

Sep 16 **55th Annual Equinox Marathon 25th Annual Marathon**
Sat **Relay- #8 Usibelli Running– Fairbanks**
Race time: 8 am – UAF Patty Center
26.2 mile relay (x3)
Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Running Club North & Others
Register on-line @ www.equinoxmarathon.org
One of America's toughest marathons. Usibelli Running event.
3 person relays. Register online at equinoxmarathon.org

*Children's age groups/ability levels available

Sep 16 **Cooper Landing Equinox Run – Cooper Landing**
Sat Meet time: 9 am – Cooper Landing School
5K – Bean Creek Road/pavement
Race time: 10 am Entry fee: \$35
Contact: Susanna LaRock 907-595-1244
equinoxrun@gmail.com
Tommy Gosard 907-598-8061
<http://cooperlandingschool.blogs.kpbsd.k12.ak.us>
Sponsored by: Cooper Landing Equinox Run on Facebook

Sep 16 **Cooper Landing Equinox Run – Cooper Landing**
Sat Meet time: 9 am – Cooper Landing School
10K – Trail run: some pavement some semi-rugged terrain
Race time: 10 am Entry fee: \$35
Contact: Susanna LaRock 907-595-1244
slarock@kpbsd.org
equinoxrun@gmail.com
Tommy Gossard 907-598-8061
<http://cooperlandingschool.blogs.kpbsd.k12.ak.us>
Sponsored by: Cooper Landing Equinox Run on Facebook.

Sep 16 **Titan Trail Run – Wasilla**
Sat Meet time: 10:30 am
1.8 and 1 mile run, as well as a Balloon Run for 4 and under-
Teeland Middle School
Race time 11am
Entry fee \$10
Contact: Kristi Shea 315-2424; kristi.shea@matsuk12.us
Sponsored by: Teeland XC Team and Healthy Futures
Longer runs are rooty and rugged cross country trails.



WWW.ANCHORAGERUNNING.CLUB.ORG

*Children's age groups/ability levels available

- Sep 16 Tustumena 5K - Kasilof**
Sat Meet time: 9 am – Tustumena Elementary School
 5K – paved, gravel roads & dirt trail, scenic route taken through Johnson Lake Recreation Area
 Race time 10:00 am Entry fee: \$10
 Contact: Cynthia Fudzinski 420-7356
cfudzinski@kpbsd.org
- Sep 19 Bonny Sosa Tuesday Night Race Series - Anchorage**
Tue Meet time: 5:30 pm – check website
 Distances up to 12K, Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Sep 21 Thursday Night Run Series - Mat-Su Valley**
Thu Meet time: 5:30
 Distances up to 12K
 Entry fee: \$20 family; \$7 adult; \$2 youth
 Contact: Kate Arnold 907-746-6000
 Sponsored by: Valley Mountain Bikers and Hikers, Active Soles and Healthy Futures
 These runs will be at difference locations around the Valley each course may be rugged, hilly, rooted. An option of a short, medium or long distance.
- Sep 23 Oktoberfest 5K/10K/Kids 2K**
Sat **Run to End Homelessness – Anchorage**
 This is a benefit for Brother Francis Shelter and Bean's Cafe
 Meet: 7:30 am 49th State Brewing Company
 Race time: 9:00 am. Costumed runners receive a head start.
 Flat course on the Coastal Trail.
 Contact: info@anchorage Running club.org.
 Registration information at www.anchorage Running club.org
 Sponsored by: Anchorage Running Club
- Sep 23 Anchorage Heart Walk – Anchorage**
Sat Meet time: 9 am – Delaney Park Strip
 1 & 3 mile – streets, coastal trail
 Race time: 10 am Entry fee: \$25 suggested donation
 Contact: Dustin Morris 865-5303
Dustin.Morris@heart.org
 Alaina Burton 865-5300
Alaina.burton@heart.org
www.AnchorageHeartWalk.org
 Hosted by: American Heart Association
 A non-competitive family & dog friendly event. Details on website at www.anchorageheartwalk.org All proceeds benefit the American Heart Association to fight heart disease and stroke.

*Children's age groups/ability levels available

- Sep 23 Sat Preliminary Race #3 – Chugiak**
 Meet time: 8:30 AM – Beach Lake Trails
 Distance: 2 milies – wide trails, slight hills, looped course
 Race time: 9:00 am Entry fee: see website
 Contact: Debora Summers 907-351-1227
cdmadogsled@gmail.com
 website: www.chugiakdogmushers.com
 Sponsored by: Chugiak Dog Mushers Association
 Canicross (running while pulled by your dog) is one of the events during this race. Enjoy swag, food tent, Trek tent, raffles, purse money, awards and fun! See website for complete rules and event details. Come for all events or if preregistered, just for the canicross!
- Sep 23 Sat Making Strides against Breast Cancer 5K – Fairbanks**
 Race time: 11 am – Griffen Park/Morris Thompson Cultural Center
 Distance: 5K with a 1 mile option
 Contact: Becky Zaverl 452-7084 (cell 460-6326)
 Sponsored by: American Cancer Society
 No fee. Teams are encouraged to form and fundraise!. Event t-shirts for purchase. Not timed. American Cancer Society's 4th Annual 5K walk. Come join us for fun along route and special survivor tent at Morris Thompson Cultural Center
- Sep 24 Sun Kenai River Marathon – Kenai**
 Meet at Kenai Visitors & Cultural Center, 11471 Kenai Spur Hwy
 Race Series: Marathon (Boston qualifier), Relay Marathon, Half marathon, 5K
 Race time: Full/Relay Marathon - 9 am, Half - 10 am
 5Kish Family Fun Run/Walk - 10:15 am
 Entry fee: Before 9/5/17 Marathon - \$65, Half - \$55, (4) person Relay Team - \$125, 5k Fun Run/Walk - \$25.
 If you register after 9/5/17 cost is: Marathon - \$75; Half - \$65; (4) person Relay Team - \$150; 5k Fun Run/Walk - \$35.
 Contact: Johna Beech 283-1991
johna@kenaichamber.org
 Kenai Visitor Center 283-1991
 Sponsored by: Kenai Chamber of Commerce & Visitor Center in partnership with the City of Kenai.
 Register on-line @ www.kenairivermarathon.org. Toast your accomplishments afterwards with locally brewed beer.
- Sept 26 Tue Bonny Sosa Tuesday Night Race Series – Anchorage**
 Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org

*Children's age groups/ability levels available

8th Annual ANCHORAGE RUNNING CLUB



ZOMBIE
HALF MARATHON
& KIDS MINI
ZOMBIE 2.5K
SATURDAY
OCTOBER 14, 2017

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

Register online if you dare:
www.anchoragerunningclub.org

*Children's age groups/ability levels available

- Sept 28 Thursday Night Run Series - Mat-Su Valley**
Thurs Meet time: 5:30
 Distances up to 12K
 Entry fee: \$20 family; \$7 adult; \$2 youth
 Contact: Kate Arnold 907-746-6000
 Sponsored by: Valley Mountain Bikers and Hikers, Active Soles and Healthy Futures
 These runs will be at difference locations around the Valley each course may be rugged, hilly, rooted. An option of a short, medium or long distance
- Sept 30 It Ain't Easy Hill Run – Fairbanks**
Sat Race time: 10 am – Dog Musher's Hall, Farmers Loop
 Distance: 10 miles Hilly terrain / hilly 5-mile gravel road run
 Entry fee: none
 Contact: Andy Sterns 508-542-3036
 Sponsored by: Running Club North
- Oct. Fahrenheit Be Darned Winter Training Run – Fairbanks**
Wed Meet time: 5:45 pm – UAF Patty Center
 Distance: various. Group runs various courses, Wednesdays
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by: Running Club North
 Regardless of temperature
- Oct. Hoodoo Goldstream Beer Runs**
every Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
Thu Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North
 Regardless of temperature. Walkers welcome.
- Oct 3 Bonny Sosa Tuesday Night Race Series - Anchorage**
Tue Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 5 Full Moon Run – Fairbanks**
Thu Meet time: 5:45 pm – UAF Patty Center
 Distance: 4 Miles
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by Running Club North
 Entry fee: free

*Children's age groups/ability levels available

- Oct 7 Sat Goldstream To Hoodoo Half Marathon**
 Meet time: 10:00 AM – Goldstream Sports
 Distance: 13.1 miles from Goldstream Sports to Hoodoo Brewery. Rolling to flat, bike paths, roads, point to point
 Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports.
- Oct 7 Sat Hit the Trails – Anchorage**
 Meet time: 9 am – Trailside Elementary
 5K, 2K - trails behind Trailside Elementary
 Race time: 10 am Entry fee: Varying
 Contact: Carleen Ulbrich 907-742-5500
Ulbrich_carleen@asdk12.org
trailsidepta.org
runsignup.com
 Sponsored by: Healthy Futures and Trailside PTA
- Oct 7-8 Sat-Sun Speedy Glass Dog Derby – Chugiak**
 Meet time: 8:30 AM – Beach Lake Trails
 Distance: 2 miles – wide trails, slight hills, looped course
 Race time: 9:00 am Entry fee: see website
 Contact: Debora Summers 907-351-1227
cdmadogsled@gmail.com
 website: www.chugiakdogmushers.com
 Sponsored by: Chugiak Dog Mushers Association
 The CDMA Dryland Season comes to an end with this 2-day championship series. Canicross (running while pulled by your dog) is one of the events during this race. Enjoy swag, food tent, Trek tent, raffles, purse money, awards and fun!
 Please see the website for complete details.
- Oct 10 Tue Bonny Sosa Tuesday Night Race Series - Anchorage**
 Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 11 Wed USATF All Comers Cross Country Championships – Anchorage**
 Meet time 4:30 pm -3k, 5 pm -5K at Anch Christian School.
 Contact: Jason Hofacker jhofacker@acsedu.org
 Sponsored by USATF AK
 \$10.00 entry fee
- Oct 14 Sat Bobbie Jones Memorial Vampire Run 5K**
 Race starts at sunset 6:49pm. Fundraiser for Habitat for Humanity and the AE club. AEclubUAA.com

*Children's age groups/ability levels available

- Oct 14 Sat** **Zombie Half Marathon -- Anchorage**
 Meet time: 8 am – Goose Lake Park
 Race time: walkers 9 am, runners 10:00 am.
 13.1 miles Goose Lake to Kincaid Chalet. Dress like a zombie!
 Contact: info@anchorageclub.org.
 Registration information at www.anchorageclub.org
 Sponsored by: Anchorage Running Club
- Oct 14 Sat** **Kid's Zombie Mini 2.5K -- Anchorage**
 Race time: 12 noon – Kincaid Park
 Costumes and lots of fun.
 Contact: info@anchorageclub.org.
 Registration information at www.anchorageclub.org
 Sponsored by: Anchorage Running Club
- Oct - Dec Wed** **Wednesday walk/run at the Alaska Dome 400 m track**
 Time: 6:00 pm – 7:00 pm
 Entry fee: Anchorage Running Club membership
 Contact: info@anchorageclub.org
 More information at www.anchorageclub.org
 Sponsored by the Anchorage Running Club
- Oct 12 Thu** **RCN Annual Membership Meeting – Fairbanks**
 Meet time: 6:30 pm – TBD check RNC website
 Contact: Gary Pohl 388-8085 garypohl@runningclubnorth.org
 Karen Taber 451-9621 karentabler@runningclubnorth.org
www.runningclubnorth.org
 Sponsored by: Running Club North
 Board Election, Race calendar
- Oct 14 Sat** **KMXT's Run the Rock Marathon, 1/2 Marathon, 10K, and 5k– Kodiak**
 Meet time: Marathon: 8 am, Rotary Park, Near Island; 1/2 Marathon: 10 am, Bear Valley Golf Course; 10k: 10 am, Bear Valley Golf Course 5k: 10:30 am, Bear Valley Golf Course
 Registration: will open in July of 2017
 Entry fee: TBD
 Contact: Pam Foreman 907-486-3181
pam@kmxt.org
www.kmxt.org/run_the_rock
<https://www.facebook.com/kmxttruntherock>
 Sponsored by: Kodiak Public Broadcasting Corporation
 NOTE: Marathon starts on Near Island and finishes at Bear Valley Golf Course.
 All other races start and finish at Bear Valley Golf Course.
 Post race BBQ included. USATF certified course.
- Oct 17 Tue** **Bonny Sosa Tuesday Night Race Series - Anchorage**
 Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org

*Children's age groups/ability levels available

- Oct 21 Sat RCN Awards Social/Potluck – Fairbanks**
 Meet time: 6 pm – Fairbanks Pipeline Training Center,
 Building C, 3600 Cartwright Court
 Contact: Bobbi Jo Katchmar 888-2287
 bobbijo@gci.net
www.runningclubnorth.org
 Sponsored by: Running Club North
 Potluck: last names A-J main dish , K-R salads, S-Z Desserts/Breads
- Oct 21 Sat Annual 5K Costume Run – Nikiski**
 Meet time: 10 am, 5K – Nikiski Community Recreation Center
 Race time: 11 am Entry fee: Canned Food/Non-Perishable Items
 Contact: Jackie Cason 776-6416
 jcason@kpb.us
 Teri Langston 776-8800
www.northpenrec.com
 Sponsored by: North Peninsula Recreation Service Area
 Groomed trails. Mostly flat with some hills. Supports local
 food drive. Visit website for details and entry form.
- Oct 22 Sun United Nations Day 5K/2K – Anchorage**
 Meet time 9 am Westchester Lagoon
 5K/2K –Coastal Trail
 Race time: 10 am Entry Fee: 18 & under, student -\$12; Over 18-\$30
 Contact: Jenny Kimball 907-529-7578
anchorageunitednationsday5K@gmail.com
www.anchorageunitednationsday5K.com
 Sponsored by: Mission Is Russian, Inc., Healthy Futures
 Fundraiser for the Russian Immersion Program @ Turnagain
 Romig and West schools. Includes UN Competition between
 all Anchorage School District language programs.
- Oct 24 Tue Bonny Sosa Tuesday Night Race Series - Anchorage**
 Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35
 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 28 Sat Pirates and Zombie Run - Dillingham**
 Race time: 1 pm. Location: TBD
 Contact snunn@bbahc.org for the most up to date information.
 No entry fee.
 Your Time and Pace your business. Course set for 1 hour of
 fitness. Organized by Rural People in Motion.
- Oct 28 Sat * 36th Annual Halloween Family Run – Fairbanks**
 Race time: 10 am – UAF Patty Center
 2 & 10 miles, or you pick it
 Contact: Ron Oliver 360-867-3279
 Ron.oliver@teamrwb.org
 Sponsored by: Running Club North
 Pre- registration not required. Free! Time bonus for costumes.

*Children's age groups/ability levels available

- Oct 28 Sat** **Skinny Raven Frightening 4K – Anchorage**
 Meet time: 10 am – Captain Cook Hotel
 4K – out & back
 Race time: 11am
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven
 Costume contest & trick-or-treat aid stations
- Oct 31 Tue** **Bonny Sosa Tuesday Night Race Series - Anchorage**
 Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 Register on-line @ www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Nov every Wed** **Fahrenheit Be Darned Winter Training Run – Fairbanks**
 Meet time: 5:45 pm – UAF Patty Center
 Distance: various. Group runs on various courses, Wednesdays
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by: Running Club North
 Regardless of temperature
- Nov every Thu** **Hoodoo Goldstream Beer Runs**
 Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North
 Regardless of temperature. Walkers welcome.
- Nov 3 Fri** **Full Moon Run – Fairbanks**
 Meet time: 5:45 pm – UAF Patty Center
 Distance: 4 Miles
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by Running Club North
 Entry fee: free
- Nov 4 Sat** **Maddy's Run – Eagle River**
 Meet time: 10:30 am – Eagle River High School (ERHS)
 .7K, 2.5K & 5K – Starts and ends on track, mainly on trails
 Race time: 11:30 am & 12 pm Entry fee: \$10.00 for .7K, \$15.00 for 2.5K and \$25.00 for 5K
 Contact: Dana Johnson 742-3550
Johnson_dana@asdk12.org
 Website: runformaddy.com
 Sponsored by: Healthy Futures
 Shirts will be available to purchase on-line at the website or at the race.

*Children's age groups/ability levels available

Nov 4 **10th Annual Cache Creek Warm Up – Fairbanks**
Sat Race time: 10 am – Cache Crk Rd at Murphy Dome Rd, Mile 8.7
6.8 miles – out & back on roads in the hills Entry fee: free
Contact: Jane Lanford 687-0769
 jane@usibelli.com
Sponsored by: Running Club North


Nov 7 **Bonny Sosa Tuesday Night Race Series - Anchorage**
Tue Meet time: 5:30 pm – check website
Distances up to 12K Race time: 6:30 pm
Entry fee: \$20 family/\$7 adult/\$2 youth or \$70 family/\$35
adult/\$16 youth season pass
Contact: Outdoor Recreation 343-6397
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
Register on-line @ www.muni.org/Active
A Healthy Futures Series Event – www.healthyfuturesak.org

Nov 11 **Go for the Gravy Family Fun Run & Silent Auction- Wasilla**
Sat Meet time: 9 am – Wasilla High School
3K & 5K (outdoor) Race Time: 10 am
Kids Inside Fun Run Race Time: 10:45 am
Entry fee: Check website
Contact: frc@matsu12k.us
 907-376-2223
 <http://www.matsuk12.us/frc>
Sponsored by: Fronteras Spanish Immersion Charter School
We are also hosting a silent auction.

Nov. 11 **Turkey Trot – Ketchikan**
Sat Meet time: 8 am - Ketchikan Gateway Borough Parks and
Recreation Center. Distance: 3.7 miles
Walkers start at 8:30, runners 9 am.
Entry fee: \$10.00 plus/and/or non perishable food items
Contact: Sue Doherty, dohertyktn@gmail.com
Donations goes to Ketchikan Homeless Shelter/Day Shelter,
Salvation Army Soup Kitchen and Love Inc.

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

- Nov 11 RCN Turkey Trot – Fairbanks**
Sat Race time: 10 am – UAF Patty Center Bus Shelter
 Distance: 6K Entry fee: \$1
 Contact: Andy Holland 479-4444
 aholland56@gmail.com
 Sponsored by: Running Club North
 Predicted time, no watches, prizes
- Nov 23 Sweating Gravy Turkey Trot 5K - Homer**
Thu Meet time: 10 am – Homer High School
 5K out and back on East end Road bicycling path
 Race time: 10 am Entry fee: food donation
 Contact: Mike Illg 907-299-6425
 Sponsored by: Kachemak Bay Running Club
 Food donations benefit the Homer Food Pantry
- Nov 23 Freedom House Turkey Trot – Soldotna**
Thu Meet time: TBA Location: TBA Race time: TBA
 Distance: 5K, 1 mile kids race,
 Entry fee: \$20 adult, \$10 youth, \$5.00 kids race
 Contact: Tammy Strausbaugh at 252-2959
 Kurt Strausbaugh- 907-262-1721
wrestle@acsalaska.net.
 Kurt Strausbaugh 907-420-7023
 Proceeds benefit Freedom House Recovery Residence. Age
 group winners will receive a Thanksgiving dessert.
- Nov 25 Turkey Trot - Dillingham**
Sat Race time: 1 pm. Location: TBD
 Contact snunn@bbahc.org for most up to date information.
 No entry fee.
 Your Time and Pace your business. Course set for 1 hour of
 fitness.
 Organized by Rural People in Motion
- Nov 23 Skinny Raven Turkey Trot – Anchorage**
Thur 3K Kids Run & 5K – One loop course
 Race time 10 am - Skinny Raven
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven
 Win your age class, win a pie. Mini Turkey 2K for kids.
 Proceeds benefit Team Alaska Track Club & The Food Bank of AK.
- Dec every Fahrenheit Be Darned Winter Training Run – Fairbanks**
Wed Meet time: 5:45 pm – UAF Patty Center
 Distance: various. Group runs on various courses, Wednesdays
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by: Running Club North
 Regardless of temperature

*Children's age groups/ability levels available



SANTA 5K FUN RUN

Christmas TOWNE



Saturday,
December 9th
10:30am

2001 Camp Gersuch Road
Chugiak, Alaska 99587

All proceeds
will be used to
purchase gifts for
children in foster
care in Alaska

ADULTS: \$20

CHILDREN (12 & under): \$10

SIGN UP ONLINE AT
CHRISTMASTOWNEALASKA.COM

Find us on Facebook! Christmas Towne, Alaska.

*Children's age groups/ability levels available

- Dec every Thu Hoodoo Goldstream Beer Runs**
 Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave
 Distance: 1-3 miles
 Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North
 Regardless of temperature. Walkers welcome.
- Dec 2 Sat 25th Annual Heart of Darkness Snowshoe Race – Fairbanks**
 Race time: 12 Noon
 6K & 3K – hilly, run regardless of temperature
 Entry fee: Free
 Contact: Andy Holland 479-4444
 Jim Brader 452-4986
www.runningclubnorth.org
 Sponsored by: Running Club North
 Extra snowshoes available. A Snowshoe Series Event.
- Dec 3 Sun Full Moon Run – Fairbanks**
 Meet time: 5:45 pm – UAF Patty Center
 Distance: 4 Miles
 Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by Running Club North
 Entry fee: free
- Dec 9 Sat Santa 5K Fun Run - Chugiak**
 Race time: 10:30 am, 2301 Camp Gorsuch Road, Chugiak
 5K run, Entry fee: adults \$20, children 12 and under \$10.
 Sign up online at ChristmasTowneAlaska.com
 All proceeds will be used to purchase gifts for children in foster care in Alaska
- Dec 16 Sat Solstice Snowshoe Shuffle – Fairbanks**
 Race time: 12 Noon – UAF West Ridge- to be confirmed
 1 mile loop – extra snowshoes available
 Entry fee: Free
 Contact: Erika Burr 907-978-4481
 burrlke@gmail.com
<https://www.facebook.com/AlaskaSnowshoe/>
 Sponsored by: RCN
 Free. Extra snowshoes available.
 Great opportunity to try out snowshoe running on a short groomed course!
- Dec 16 Sat 29th Annual George Bloom Memorial Mid-Day Sun Fun Run – Fairbanks**
 Race time: 11 am – UAF Patty Center- Regardless of temperature!
 Distance: 6.5 miles Entry Fee: Free
 Contact: David Bloom 750-9158
 Dabloom97@gmail.com
 Sponsored by: Running Club North
 Parking lot running out past the AG far, up Miller Hill Road, to Farmers Loop Road and back to the Patty Center

*Children's age groups/ability levels available

- Dec 23 Santa 2.5K Run – Anchorage**
Sat Meet time 10 am – UAA Social Sciences Building
 Distance: 2.5 K – one lap around Goose Lake
 Race time: 10:30 Entry Fee: \$25
 Contact: Bob Maxwell 907-786-4914
Afrdm1@alaska.edu
 Marcia Maxwell 907-748-2552
<http://teamfrostbite.uaa.alaska.edu>
 Sponsored by: AE club
 Santa Medals for all finishers, run starts in the parking lot north of the Central Parking Garage at UAA
 Fund-raiser for Habitat for Humanity and the AE club.
- Dec 23 Dawn to Dusk, Part 2, All Day Run – Fairbanks**
Sat Race time: 10 am – UAF Great Hall
 Distance: Various- Novelty Run. Run all recorded daylight hours.
 Entry Fee: Free!
 Contact: George Berry 687-8769
membership@runningclubnorth.org
www.runningclubnorth.org
 Sponsored by: Running Club North
 Sign up at 10 am, event ends at 3 pm. Individuals and teams.
 No fee, prizes, certificate!
 4 mile campus course plus new GPS division. Total miles for placements 1,2,3. Individual and team.
- Dec 31 New Year's Eve Run – Fairbanks**
Sun Race time: 11:30 pm – “The Diner” on Illinois Street
 3 miles – Last run of 2017!
 Entry Fee: Free
 Contact: Paul Reynolds 322-1142
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Run regardless of temperature!
- Dec 31 Northern Lights Resolution Run – Anchorage**
Sun Meet time: 5 pm
 Distance: 5K roads and trails
 Race time: 6 pm Entry fee: \$35
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
 Erin Philips 274-7222
www.skinnyraven.com/races/northern-lights-r
 Run and dance yourself into 2018!

2018 ALASKA RUNNERS CALENDAR

- Jan 6** **Moose Mountain Snowshoe Challenge – Fairbanks**
Sun Meet time: 12:00 pm – 2809 Waldheim Drive (last left off Jones Road)
Distance: 6K and 9K
Contact: Erika Burr 978-4481
burrluke@gmail.com
Dan Bishop
“Alaska Snowshoe” on Facebook or text 978-4481
Sponsored by: Running Club North
Challenging 1000-ft climb first two miles. Limited parking, carpool from Ivory Jacks. Free snacks. Extra snowshoes available
- Feb 18** **Little Su 50K – Big Lake**
Sat Meet time: 10 am – Happy Trails Kennels
50 km- Cross-country via rivers, lakes and woodland trails
Race time: 11am Entry fee: Check website
Contact: Kim & Erin Kittredge 907-746-5959
info@susitna100.com
Pam Richter 907-346-1220
www.susitna100.com
1 checkpoint with warm water, check website for required gear. T-shirt, finisher award & post-race party.
- Feb 17** **Susitna 100 – Big Lake**
Sat Meet time: 8 am – Happy Trails Kennels
100 miles – X-C across rivers, lakes and woodland trails
Race time: 9 am Entry fee: Check website
Contact: Kim & Erin Kittredge 907-746-5959
info@susitna100.com
Pam Richter 907-346-1220
www.susitna100.com
5 checkpoints with warm water available
15# of survival gear & food required to be carried over entire course. T-shirt and finisher award.

Notes

*Children's age groups/ability levels available

Notes

Cut out and mail

RUNNER'S CALENDAR ORDER FORM

Name _____ email _____

Address _____

City _____ State _____ Zip _____

Please send me a copy of the 2017 Calendar

Please send me a copy of the 2018 Calendar

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

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

email: runnerscalendar@muni.org

Please make checks payable to the Municipality of Anchorage.

Top 10 Reasons to Connect with Trail Watch

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



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

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



Register to Volunteer @
www.muni.org/parks

For more information call 343-4587



This 2017 calendar is brought to you by:

Anchorage Parks & Recreation

343-4355



2017 CALENDAR

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
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FEBRUARY						
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OCTOBER						
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DECEMBER						
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ANCHORAGE



Alaska Runner's Calendar

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