

# ALASKA RUNNERS CALENDAR 2020

The 2020 U.S. Olympic Team Trials Marathon on Feb. 29 in Atlanta, Georgia, will feature five Alaskans, the most ever for our state. The male runners had to meet the qualifying standard of 2 hours, 19 minutes while the women had to run 2:45.

**Aaron Fletcher** — Aaron excelled as a runner at South Anchorage High School and Brigham Young University and returned to Anchorage in 2019. He qualified by winning the 2018 Indianapolis Marathon in 2:17:23. He also shattered Stan Justice's 35-year-old record at the 2019 Equinox Marathon. (Top Left)

**Tony Tomsich** — Tony grew up in Fairbanks, ran at Western Washington University, coached at UAA and currently lives in Vancouver, British Columbia, Canada. He qualified with a 2:18:49 at the 2019 Eugene Marathon. (Bottom Left)

**Keri McEntee** — Keri is from New York state and lives in Fairbanks. She qualified at the 2019 Grandma's Marathon in Duluth, Minn., in 2:41:19. She has also won both the Mayor's and RunFest Marathons. (Top Right)

**Megan Youngren** — Megan is from Soldotna and qualified by running a huge personal best at the 2019 California International Marathon in 2:43:52. (Bottom Right)

**Anna Dalton** — Anna is from Anchorage and divides her time between Alaska and Montana. She excels on the roads, trails and mountains and qualified at the 2018 California International Marathon in 2:44:18. (Center)

## 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 purpose 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 the 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 racecourse 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 or posted results!

**Brad Cooke, Editor**

**Produced by Anchorage Parks & Recreation**

**Contacting Alaska Runners Calendar**

**907-343-6397 (voice) 907-249-7530 (fax)**

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

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

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

Jan  
11  
Sat

Frosty Bottom Half Marathon - Anchorage  
Meet Time: 9:15:00 AM - Kincaid Park Chalet  
Distance: 13.1 miles - Multi-use snow trails from Kincaid to Goose Lake Park  
Race Time: 10:15:00 AM  
Adult Fee: \$50 Child Fee:  
Contact: Matias Saari - 907-529-4178  
matiasmountain@gmail.com  
Alternative: -  
Website: [www.ultrasignup.com](http://www.ultrasignup.com) (search for Frosty Bottom event)  
Sponsored By:  
Comments: Event held in conjunction with Frosty Bottom bike race. Aid station at Mile 6.5.

Jan  
11  
Sat

Frosty Bottom Marathon - Anchorage  
Meet Time: 9:15:00 AM - Kincaid Park Chalet  
Distance: 26.2 miles - Multi-use snow trails from Kincaid to Hillside Trailhead  
Race Time: 10:15:00 AM  
Adult Fee: \$55 Child Fee:  
Contact: Matias Saari - 907-529-4178  
matiasmountain@gmail.com  
Alternative: -  
Website: [www.ultrasignup.com](http://www.ultrasignup.com) (search for Frosty Bottom event)  
Sponsored By:  
Comments: Event held in conjunction with Frosty Bottom bike race. Aid stations at Mile 10.7 and Mile 17.5.

Jan  
17  
Fri

Alaska Indoor Splash n' Dash Race #1 - Anchorage  
Meet Time: 6:30:00 PM - The Alaska Club Eagle River  
Distance: 5minute swim-10minute run - Kid's only indoor swim-run race.  
Race Time: 6:30:00 PM  
Adult Fee: 0 Child Fee: 25  
Contact: Heather Helzer - 907-351-2232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: [www.TurnagainTraining.com](http://www.TurnagainTraining.com)  
Sponsored By: The Alaska Club  
Comments: 5minute timed pool swim, followed by a 10minute timed run in the gymnasium.

Jan  
19  
Sun

Alaska Indoor Triathlon Series Race #1 - Anchorage

Meet Time: 7:00:00 AM - The Alaska Club Eagle River

Distance: 10min swim- 30min bike - 20min run - Indoor triathlon with a pool swim, spinning bikes & treadmill run.

Race Time: 8:00:00 AM

Adult Fee: 30 Child Fee: 25

Contact: Heather Helzer - 907-351-2232  
heather.helzer@turnagaintraining.com

Alternative: -

Website: [www.TurnagainTraining.com](http://www.TurnagainTraining.com)

Sponsored By: The Alaska Club

Comments: Indoor swim in pool, bike on spinning bikes, run on treadmill.

Jan  
24  
Fri

MSLT Spring Equinox Challenge - Wasilla

Meet Time: 6:00:00 PM - Wherever You Are

Distance: Varies - This virtual challenge runs from January 24th to March 20th. Keep your momentum from the new year going with this virtual challenge. The goal is to exercise 30 or more days heading into the Spring Equinox. You can accomplish this by running, skiing, biking, snowshoeing, doing yoga, soccer, swimming, or any other physical activity.

Race Time: 6:00:00 PM

Adult Fee: 35 Child Fee: 35

Contact: Traci Sanders - 907-355-6110  
htraci@hotmail.com

Alternative: Christy Hronkin - 907-232-8871

Website: <http://midnightsunlazyman.weebly.com/>

Sponsored By: If you know of someone who would like to donate please get us in contact with them.

Comments: The MSLT Spring Equinox Challenge runs January 24th to March 20th. Register on our website, like us on Facebook, join like minded folks who want to stay healthy in 2020 by moving forward and sweating. This is a virtual challenge, your SWAG will be mailed out at the end of the challenge



## **Frostbite Footrace & Costume Fun Run**

**9:30am Saturday, February 29**

Register at [furrondy.net](http://furrondy.net)



## **5K or 2.5K Fun Run**

Leap out and Join in the Fun!

Break out of the winter blues by breaking out the running shoes in a downtown event supporting the Food Bank of Alaska!

**Don't miss the Costume Contest!**

# **Great Prizes!**

Brought to you by Kendall Toyota of Anchorage,  
IBEW, Enstar Natural Gas Company,  
and the Glacier Brewhouse

Feb  
7  
Fri

MSLT Spring Equinox Challenge - Wasilla

Meet Time: 6:00:00 PM - Where You Are

Distance: Varies - This virtual challenge runs from January 24th to March 20th. Keep your momentum from the new year going with this virtual challenge. The goal is to exercise 30 or more days heading into the Spring Equinox. You can accomplish this by running, skiing, biking, snowshoeing, doing yoga, soccer, swimming, or any other physical activity.

Race Time: 6:00:00 PM

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Contact: Traci Sanders - 907-355-6110  
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Website: <http://midnightsunlazyman.weebly.com/>

Sponsored By: If you know of someone who would like to donate please get us in contact with them.

Comments: The MSLT Spring Equinox Challenge runs January 24th to March 20th. Register on our website, like us on Facebook, join like minded folks who want to stay healthy in 2020 by moving forward and sweating. This is a virtual challenge, your SWAG will be mailed out at the end of the challenge

Feb  
9  
Sun

V Day 5 K - Homer

Meet Time: 10:00:00 AM - Homer

Distance: 5 K - An easy 5K from the High school

Race Time: 10:00:00 AM

Adult Fee: 20 Child Fee:

Contact: Andy Haas - 9072353270  
yatra@ak.net

Alternative: -

Website: <https://www.facebook.com/KachemakBayRunningClub/>

Sponsored By: Kachemal Bay Running Club

Comments:

Feb 15 Sat 2020 Little Su 50K - Big Lake  
Meet Time: 9:15:00 AM - Happy Trails Kennel  
Distance: 50 Kilometers - Cross-country via rivers, lakes and trails  
Race Time: 11:00:00 AM  
Adult Fee: Check web-site Child Fee:  
Contact: Kim & Erin Kittredge - 907-746-5959  
info@susitna100.com  
Alternative: Pam Richter - 907-346-1220  
Website: www.susitna100.com  
Sponsored By: Alaska Winter Wilderness Races  
Comments: 1 checkpoint with warm water. Check website for required gear. Shirt, finisher award and post-race party.

Feb 15 Sat 2020 Susitna 100 - Big Lake  
Meet Time: 7:30:00 AM - Happy Trails Kennel  
Distance: 100 miles - Cross-country via rivers, lakes and trails  
Race Time: 9:00:00 AM  
Adult Fee: Check website for details Child Fee:  
Contact: Kim & Erin Kittredge - 907-746-5959  
info@susitna100.com  
Alternative: Pam Richter - 9073461220  
Website: www.susina100.com  
Sponsored By: Alaska Winter Wilderness Races  
Comments: 5 checkpoints with warm water. Check website for required gear and food requirements. Shirt, finisher award and post-race party!

Feb 23 Sun Alaska Indoor Triathlon Series Race #2 - Anchorage  
Meet Time: 7:00:00 AM - The Alaska Club West  
Distance: 10minute run- 30 minute bike - 10minute run - Indoor duathlon on treadmills & spinning bikes.  
Race Time: 8:00:00 AM  
Adult Fee: 30 Child Fee: 0  
Contact: Heather Helzer - 907-351-2232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: www.TurnagainTraining.com  
Sponsored By: The Alaska Club  
Comments: Indoor duathlon on treadmills & spinning bikes.



Feb  
27  
Thu

Frostbite Footrace Reg/Bib Pick Up - Anchorage  
Meet Time: 3:30:00 PM - Glacier BrewHouse  
Distance: n/a - 3:30 - 7:00 pm  
Race Time: 12:00:00 AM  
Adult Fee: \$22 individual \$150 team thru Feb 2, \$25 individual \$150 team thru Feb 27, \$22 thru Feb 27 if runner in 2019, \$30 individual \$175 team race day Child Fee: 0  
Contact: Fur Rondy Headquarters - 274-1177  
info@furrondy.net  
Alternative: -  
Website: www.furrondy.net  
Sponsored By: Kendall Toyota, Enstar, IBEW, Fur Rondy, and Glacier BrewHouse  
Comments: Late bib pickup at Skinny Raven Feb 28 3-6pm, Proceeds and food drive benefit the Food Bank of Alaska

Feb  
29  
Sat

Frostbite Footrace & Costume Fun Run - Anchorage  
Meet Time: - Glacier BrewHouse  
Distance: 2.5K & 5K - Downtown Parade Route  
Race Time: 9:30:00 AM  
Adult Fee: \$22 individual \$125 team thru Feb 2, \$25 individual \$150 thru Feb 27, \$22 individual thru Feb 27 if adult runner in 2019, \$30 individual \$175 team race day, registration 7:30 - 9 am Child Fee: 0  
Contact: Fur Rondy Headquarters - 274-1177  
info@furrondy.net  
Alternative: -  
Website: www.furrondy.net  
Sponsored By: Kendall Toyota, Enstar, IBEW, Fur Rondy, and Glacier BrewHouse  
Comments: Cash prizes (\$25-\$100) for the costume contest sponsored by IBEW, An Anchorage District WACO points event, Proceeds and food drive benefit the Food Bank of Alaska

Feb  
29  
Sat

Fur Rondy Outhouse Race - Anchorage

Meet Time: 3:00:00 PM - Downtown, 4th Avenue between E & F  
Distance: 100 ft - Down & back pushing an outhouse on skis  
Race Time: 3:00:00 PM  
Adult Fee: \$100/team -- 10 person teams, 5 at a time on course Child Fee:

Contact: AE Club of UAA -  
AEclubUAA@gmail.com

Alternative: -

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

Sponsored By: AE Club at UAA & supported by AK Colorectal Surgery, Internal Medicine Associates, AARP, Mirage Auto Collision & Renee Miller Realty

Comments: Double elimination tournament brackets with 3 races guaranteed, trophies for top finishers. Event supports the AE Club of UAA

Mar  
1  
Sun

Rondy DASH - Anchorage

Meet Time: 8:00:00 AM - Town Square Park 6th/5th & F St.  
Distance: n/a - 90 Minute Downtown Anchorage Scavenger Hunt  
Race Time: 10:00:00 AM  
Adult Fee: \$30/ team (2) \$45/team (3) \$50/team (4) Max 200 teams  
Child Fee:

Contact: n/a -  
-

Alternative:

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

Sponsored By: IHeartMedia & AK Alchemist

Comments: Best costumes prizes and random draw Grand prize- 4 AK Airline tickets. Portion of proceeds to American Cancer Society -- Associate Board of Ambassadors of AK

# 47th Annual



## June 20, 2020

Check out the  
Fitness Expo June 19-20  
at the  
Alaska Airlines Center

Kincaid Park  
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: 9:30 a.m.

Coastal 5K - Race Start: 9:45 a.m.

Healthy Futures Kids Mile - June 18

Race Start: 7:00 p.m.

Registration Deadline June 19

No Race Day Bib Pickup

Anchorage Mayor's Marathon

Anchorage, Alaska

(907) 786-1325

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

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



Mar  
3  
Sat  
Annual Running with the Critters - Anchorage  
Meet Time: - Visit Anchorage Visitor Center  
Distance: 1 block - F to E street  
Race Time: 3:00:00 PM  
Adult Fee: Youth Event Child Fee: 0  
Contact: Fur Rondy Headquarters - 274-1177  
info@furrondy.net  
Alternative: -  
Website: www.furrondy.net  
Sponsored By: Fur Rondy, Enstar, Interstate Hotels, Hard Rock, Visit Anchorage  
Comments: Enjoy hot chocolate and photos with the Critters hosted by Hard Rock Café. Come out for some whacky, Alaskan-style family fun! Proceeds benefit Ronald McDonald House

Mar  
7  
Sat  
13th Annual Running of the Reindeer - Anchorage  
Meet Time: - 4th Avenue at H Street  
Distance: 3 blocks -- city streets - Sat late Bib pickup: 12noon-3:45pm  
Egan Convention Center Lobby  
Race Time: 4:00:00 PM  
Adult Fee: \$30, Commemorative T-shirt \$10 Child Fee:  
Contact: Fur Rondy Headquarters - 907-274-1177  
info@furrondy.net  
Alternative: -  
Website: www.furrondy.net  
Sponsored By: Fur Rondy, KWHL 106.5 Morning Show, AK Communications & Liberty Tax  
Comments: Come out for some whacky, Alaskan-style fun! See if you can outrun the reindeer. Must be 18 years or older to participate. Proceeds benefit Toys for Tots

Mar  
14  
Sat  
Skinny Raven Shamrock Shuffle - Anchorage  
Meet Time: 8:30:00 AM - Bear Tooth Theatre  
Distance: 5K - Lollypop course on paved roads and bike paths  
Race Time: 9:30:00 AM  
Adult Fee: \$40 Child Fee:  
Contact: Skinny Raven Events & Timing -  
timing@skinnyraven.com  
Alternative: -  
Website:  
Sponsored By:  
Comments: Join us for St. Paddy's Day tradition. Put on your best kelly green and celebrate with us at the Bear Tooth. You get a sweet beanie, pint glass, and a drink on us!

- Mar 15 Sun Shamrock Shuffle - Soldotna  
 Meet Time: 1:00:00 PM - Soldotna Regional Sports Center  
 Distance: 1.5 & 3.0 walk/run - Flat trail out and back  
 Race Time: 2:00:00 PM  
 Adult Fee: \$20.00/\$50.00 family Child Fee: 10  
 Contact: Tammy Strausbaugh - 907-252-2959  
 wrestle@acsalaska.net  
 Alternative: Kurt Strausbaugh - 907-252-6172  
 Website:  
 Sponsored By: Soldotna Whalers Wrestling Club  
 Comments: Age group awards, door prizes, proceeds to benefit The Soldotna Whalers Wrestling Club
- Mar 20 Fri Alaska Indoor Splash n' Dash Series Race #2 - Anchorage  
 Meet Time: 6:00:00 PM - The Alaska Club East  
 Distance: 5minute swim- 10minute run - Indoor SwimRun in the pool and in the gymnasium.  
 Race Time: 6:30:00 PM  
 Adult Fee: 0 Child Fee: 25  
 Contact: Heather Helzer - 907-351-2232  
 heather.helzer@turnagaintraining.com  
 Alternative: -  
 Website: www.TurnagainTraining.com  
 Sponsored By: The Alaska Club  
 Comments: Indoor SwimRun with a timed 5minute swim then 10minute timed run in the gymnasium.
- Mar 21 Sat Crazy Lazy - Palmer  
 Meet Time: 9:30:00 AM - Lazy Mountain Trailhead  
 Distance: 6.0 miles - Mountain Race loop course  
 Race Time: 11:00:00 AM  
 Adult Fee: \$30 Child Fee:  
 Contact: Dane Crowley - 907-354-8461  
 moosejv@hotmail.com  
 Alternative: John Clark - 907-982-9001  
 Website:  
 Sponsored By: Lazy Mountain Foothills Running  
 Comments: Registration will open Jan 15th at 8:00am on webscorer.com until full. Kids uphill 1 mile race. After race party with prize drawings, food and refreshments at Arkose Brewery 2:30pm. Spikes/traction and appropriate clothing recommended. Please no poles or dogs on the course. Shirts and awards. Proceeds benefit girls athletics.

THEALASKARELAY.COM

12  
TEAMS

187  
MILES

THIS IS  
HOW YOU RELAY

JUNE  
14TH - 15TH  
2020



- Mar  
22  
Sun
- Alaska Indoor Triathlon Series Race #3 - Anchorage  
Meet Time: 7:00:00 AM - The Alaska Club East  
Distance: 10minute swim- 30minute bike - 20minute run - Indoor triathlon with a pool swim, bike on spinning bikes, run on treadmills.  
Race Time: 8:00:00 AM  
Adult Fee: 30 Child Fee: 0  
Contact: Heather Helzer - 907-351-2232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: www.TurnagainTraining.com  
Sponsored By: The Alaska Club  
Comments: Indoor triathlon with a pool swim, bike on spinning bikes, run on the treadmill.
- Mar  
28  
Sat
- Glacier 10K and 1 Mile - Juneau  
Meet Time: 9:30:00 AM - Mendenhall Glacier Parking Lot  
Distance: 10K and 1 Mile - Route for both races go along Glacier Spur Road. The 10K goes further onto Back Loop Rd.  
Race Time: 10:00:00 AM  
Adult Fee: \$15 pre-register and \$20 on race day Child Fee: 0  
Contact: Dwayne Duskin - 907-796-9440  
dduskin1@hotmail.com  
Alternative: None - None  
Website: jtrr.org/event/2020  
Sponsored By: Juneau Trail & Road Runners and Healthy Futures  
Comments: On registration form
- Apr  
4  
Sat
- Valley Thaw Out Races - Palmer  
Meet Time: 10:00:00 AM - Machetanz Elementary  
Distance: 5k, 10k, Half marathon - Out & back with some hills, mixed bike path and gravel road.  
Race Time: 10:00:00 AM  
Adult Fee: \$35-50 depending on distance Child Fee: 0  
Contact: Natalie Bickers - (907)232-6145  
happymalamuteak@gmail.com  
Alternative: Eric Bickers - (907)982-3981  
Website: <https://happymalamuterunning.com/valley-thaw-out-races>  
Sponsored By:  
Comments:

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

# Alaska Run for Women



Saturday June 13<sup>th</sup>, 2020



1 Mile Fun Run/Walk 5 Mile Run/Walk

All abilities encouraged and welcomed!

Every donation directly supports the fight against breast cancer.

## Race Registration

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



Online: Opens Wednesday, April 15

Bib Pick-Up Events!

University Center Mall

- Sat., June 6 ..... 10am-1pm
- Tue., June 9 .... 4pm - 7pm
- Thu., June 11 .... 4pm - 7pm

Start: Sullivan Arena  
Parking Lot

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

To volunteer contact:  
[volunteer@akrfw.org](mailto:volunteer@akrfw.org)

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



- Apr  
7  
Tue
- MatSu Running Club Information meeting - Palmer  
Meet Time: 6:00:00 PM - Palmer Junior Middle school library  
Distance: N/A - N/A  
Race Time: 6:00:00 PM  
Adult Fee: Free Child Fee:  
Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com  
Alternative: -  
Website: matsunningclub.org  
Sponsored By: MatSu Running Club  
Comments: Information presented about the MatSu Running Club's women, co-ed, and junior's groups and beginner's clinic.
- Apr  
7  
Tue
- MatSu Running Club Informational meeting - Palmer  
Meet Time: 6:00:00 PM - Palmer Junior Middle School Library  
Distance: N/A - Information presented about the MatSu Running Club's women, co-ed, and junior's groups and beginner's clinic.  
Race Time: 6:00:00 PM  
Adult Fee: N/A Child Fee:  
Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com  
Alternative: -  
Website: matsunningclub.org  
Sponsored By: MatSu Running club  
Comments:
- Apr  
11  
Sat
- Superhero Showdown - Anchorage  
Meet Time: 9:00:00 AM - Chuck Albrecht Softball Fields  
Distance: 1.3K & 5K - Fast flat and wide city streets  
Race Time: 10:00:00 AM  
Adult Fee: \$35 Child Fee: 25  
Contact: Skinny Raven Events & Timing -  
timing@skinnyraven.com  
Alternative: -  
Website: <https://skinnyraven.com/event/superhero-showdown/>  
Sponsored By:  
Comments: The Little Hero 1.3K is limited to kids aged 10 years or younger. Parents are welcome to assist their young heroes in the 1.3K without registering for an event.  
Participants receive a T-Shirt, a medal at the finish, and tons of fun!

Apr  
14  
Tue

Matsu Running Club Beginner's Running Clinic - Classroom session - TBD

Meet Time: 6:00:00 PM - TBD

Distance: N/A - N/A

Race Time: 6:00:00 PM

Adult Fee: N/A Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com

Alternative: -

Website: matsurunningclub.org

Sponsored By: MatSu Running Club

Comments: Classroom instruction to help get beginner runners ready for the running season.

Apr  
14  
Tue

MatSu Running Club Beginner's Running Clinic-Classroom Session - Palmer

Meet Time: 6:00:00 PM - TBA

Distance: N/A - N/A

Race Time: 6:00:00 PM

Adult Fee: N/A Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com

Alternative: -

Website: matsurunningclub.org

Sponsored By: MatSu Running club

Comments: Classroom instruction to help get beginner runners ready for the running session.

Apr  
16  
Thu

MatSu Running Club Beginner's Running Clinic - Palmer

Meet Time: 6:00:00 PM - Colony High Track

Distance: Various - N/A

Race Time: 6:00:00 PM

Adult Fee: Free Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com

Alternative: -

Website: matsurunningclub.org

Sponsored By: MatSu Running Club

Comments:

Apr  
16  
Thu

MatSu Running Club Beginner's Running Clinic - Palmer

Meet Time: 6:00:00 PM - Colony High Track

Distance: Various - N/A

Race Time: 6:00:00 PM

Adult Fee: Free Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com

Alternative: -

Website: matsurunningclub.org

Sponsored By: MatSu Running club

Comments:

Apr  
17  
Fri

Alaska Indoor Splash n' Dash Series Race #3 - Anchorage

Meet Time: 6:00:00 PM - The Alaska Club South

Distance: 5minute swim- 10minute run - Indoor SwimRun with a pool swim, run in the gymnasium.

Race Time: 6:30:00 PM

Adult Fee: 0 Child Fee: 25

Contact: Heather Helzer - 907-351-2232  
heather.helzer@turnagaintraining.com

Alternative: -

Website: www.TurnagainTraining.com

Sponsored By: The Alaska Club

Comments: Indoor SwimRun with a 5minute timed swim in the pool followed by a 10minute timed run in the gymnasium.

Apr  
18  
Sat

Alaska Heart Run - Anchorage

Meet Time: 8:00:00 AM - Alaska Airlines Center

Distance: 3k & 5k - City Roads

Race Time: 9:30:00 AM

Adult Fee: Fees vary please see website Child Fee: 0

Contact: Kristin George - 907-865-5300  
kristin.george@heart.org

Alternative: Alaina Burton - 907-865-5300

Website: AlaskaHeartRun.org

Sponsored By: American Heart Association

Comments: The Timed race starts at 9:30am and the Untimed race starts at 10am.

Race / Walk starts at the UAA AK Airlines Center. Register online at AlaskaHeartRun.org Fees increase after March 22 and after April 12. Bib pickups are at King Tech High School on April 15 & April 17. Please see website for details. All proceeds benefit the American Heart Association.

Apr  
19  
Sun

Alaska Indoor Triathlon Series Race #4 - Anchorage  
Meet Time: 7:00:00 AM - The Alaska Club South  
Distance: 10minute swim- 30minute bike - 20minute run - Indoor triathlon in the pool, on spinning bikes & treadmills.  
Race Time: 8:00:00 AM  
Adult Fee: 30 Child Fee: 0  
Contact: HEATHER HELZER - 907-351-2232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: www.TurnagainTraining.com  
Sponsored By: The Alaska Club  
Comments: Indoor triathlon with a pool swim, bike on spinning bikes & run on treadmills.

Apr  
21  
Tue

MatSu Running Club - Palmer  
Meet Time: 6:00:00 PM - Colony High Track  
Distance: Various - N/A  
Race Time: 6:00:00 PM  
Adult Fee: N/A Child Fee:  
Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com  
Alternative: -  
Website: matsunningclub.org  
Sponsored By: MatSu Running Club  
Comments: Tuesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April-July. Trail runs through September.

Apr  
21  
Tue

MatSu Running Club-Women's Group - Palmer  
Meet Time: 6:00:00 PM - Colony High Track  
Distance: N/A - N/A  
Race Time: 6:00:00 PM  
Adult Fee: N/A Child Fee:  
Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com  
Alternative: -  
Website: matsunningclub.org  
Sponsored By: MatSu Running Club  
Comments: Tuesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 4. Trail runs through September.

Apr  
24  
Fri

Who let the Runner's out 5k - Downtown Palmer  
Meet Time: 6:00:00 PM - Palmer Depot  
Distance: 5k - N/A  
Race Time: 6:00:00 PM  
Adult Fee: N/A Child Fee:  
Contact: Katie Myers - 804-691-1661  
kmyers037@gmail.com  
Alternative: Heidi Quinn - 907-521-3031  
Website: Matsurunningclub@gmail.com  
Sponsored By: MatSu Running Club  
Comments: Race/Walk 5k through downtown Palmer; free kid's fun run.

Apr  
24  
Fri

Who Let The Runner's Out 5k - Palmer  
Meet Time: 6:00:00 PM - Palmer Depot  
Distance: 5k - N/A  
Race Time: 6:00:00 PM  
Adult Fee: N/A Child Fee:  
Contact: Heidi Quinn -  
matsurunningclub@gmail.com  
Alternative: -  
Website:  
Sponsored By: MatSu Running Club  
Comments: Race/walk 5k through downtown Palmer; free kids' fun run.

Apr  
25  
Sat

Grace Ridge Brew Half Marathon - Homer  
Meet Time: 10:30:00 AM - Grace Ridge Brewery at the base of the spit  
Distance: Half Marathon - Run the length of the spit and back, plus a little extra. Have a beer and burger afterwards  
Race Time: 11:00:00 AM  
Adult Fee: donations Child Fee:  
Contact: andy haas - 9072353270  
yatra@ak.net  
Alternative: -  
Website: <https://www.facebook.com/KachemakBayRunningClub/>  
Sponsored By: Kachemak Bay Running Club  
Comments: Flat, fast and pretty: with a burger and cold fresh beer afterwards.

Apr  
25  
Sat

Kinderlauf - Anchorage

Meet Time: 9:30:00 AM - Goose Lake Park  
Distance: 5k/2k - Paved trail in Midtown Anchorage  
Race Time: 10:00:00 AM  
Adult Fee: \$20 Child Fee: 0

Contact: Jessie Anderson -  
rilkekinderlauf@gmail.com

Alternative: -

Website: [www.rilkeschuleverein.com/](http://www.rilkeschuleverein.com/)

Sponsored By:

Comments: 5k and 2k paved trail

Apr  
25  
Sat

Tok Trot - Tok

Meet Time: 1:00:00 PM - Visitor's Center  
Distance: 10 km - Flat out and back  
Race Time: 1:00:00 PM  
Adult Fee: \$1.00 non-entry free Child Fee:

Contact: Paul Kelley - 907-940-7913  
kelleys@aptalaska.net

Alternative: Nancy Kelley - 907-883-5393

Website: n/a

Sponsored By: Paul and Nancy Kelley

Comments: April 25th... 40th Annual 10 km Tok Trot. Race starts at the Visitor's Center in Tok with walkers leaving at noon and runners at 1:00pm. Picnic at the Kelleys after the race. \$1.00 non-entry fee. Race Directors... Paul and Nancy Kelley. 907-883-5393 kelleys@aptalaska.net. This is possibly the longest consecutive run 10 km over the same course in the state.

Apr  
26  
Sun

Boondocks Breakaway 2.5 & 5k Trail Run - Anchorage

Meet Time: 10:00:00 AM - Site TBD  
Distance: 2.5K & 5K - Trail Run and social afterwards  
Race Time: 11:00:00 AM  
Adult Fee: See Website Child Fee:

Contact: Anchorage Running Club -

-

Alternative:

Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

Sponsored By: Anchorage Running Club

Comments: Race day registration only. Refreshments & age group awards immediately following.

Apr  
26  
Sun  
Nic's Race - Anchorage  
Meet Time: 9:30:00 AM - Ship Creek Trail  
Distance: 5k run, 2k kids run, 4mile family social bike ride - This is a flat, paved trail that goes along Ship Creek in downtown Anchorage.  
Race Time: 10:00:00 AM  
Adult Fee: 35 Child Fee: 10  
Contact: Heather Helzer - 9073512232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: www.TurnagainTraining.com  
Sponsored By: Turnagain Training  
Comments: This is a fundraiser 5k race, 2k fun run, 4mile family social bike ride to support Alaskan Nic Nelson age 13 while he undergoes cancer treatment at John Hopkins Hospital in MD.

Apr  
28  
Tue  
Spring Out fo the Den Duathlon Series Race #1 - Anchorage  
Meet Time: 5:30:00 PM - Kincaid Chalet  
Distance: 1.25mile run - 10mile bike - 1.25mile run - This is a run - bike - run duathlon, all on paved surface.  
Race Time: 6:00:00 PM  
Adult Fee: 25 Child Fee: 20  
Contact: Turnagain Training - 907-351-2232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: www.TurnagainTraining.com  
Sponsored By: Turnagain Training  
Comments: This is a fun duathlon for kids ages 4 and up through adults.

Apr  
Tue  
Exceed Women's Running Team - Anchorage  
Meet Time: 6:00:00 PM - Various location  
Distance: dependent on workout - Coached workouts, track and trail runs, occasional potlucks  
Race Time: 6:00:00 PM  
Adult Fee: Membership \$100/season Child Fee:  
Contact: Robin Mullen - 907.903.5837  
runexceedAK@gmail.com  
Alternative: Laura Harris - 907.632.3595  
Website: www.runexceed.org  
Sponsored By: Exceed Women's Running Team  
Comments: We meet every Tuesday at 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

- Apr  
Tue
- Peak Performers Track Club - Anchorage  
Meet Time: 6:00:00 PM - APU Moseley Sports Center  
Distance: intervals - APU - paved roads, West - track  
Race Time: 6:00:00 PM  
Adult Fee: Membership fee: \$65, \$110 family(2)/\$160 3 or more Child  
Fee:  
Contact: Jason Hofacker - 240-6982  
anchoragekim@yahoo.com  
Alternative: Kim Baldwin - 274-1061  
Website:  
Sponsored By:  
Comments:
- May  
2  
Sat
- Amblin' for Alzheimer's - Anchorage  
Meet Time: - Anchorage Golf Course  
Distance: - Just a walk around the course on the paved path (please stay  
off the grass, it's only May).  
Race Time: 10:00:00 AM  
Adult Fee: Before May 2: \$45, Students & Military: \$20, Event Day: \$30,  
Students & Military: \$25 Child Fee: 0  
Contact: Francy Bennett - 907-563-3313  
fbennett@alzalaska.org  
Alternative: -  
Website: www.alzalaska.org  
Sponsored By:  
Comments:
- May  
2  
Sat
- Polar Bear Pink Cheeks Triathlon - Seward  
Meet Time: 10:00:00 AM - Seward High School  
Distance: 5K run , 10K bike, 600Y swim - Trail run, bike path, indoor pool  
Race Time: 11:00:00 AM  
Adult Fee: \$50 solo or \$100 team Child Fee: 0  
Contact: Ian Jones - 907-224-4054  
ijones@cityofseward.net  
Alternative: Latesha Layne - 907-224-4055  
Website: runsignup.com  
Sponsored By: City of Seward Parks and Recreation  
Comments:



May 2 Sat Salmon Run - Anchorage (Cancelled)  
Meet Time: 9:30:00 AM - Inlet View Elementary  
Distance: 2K, 5K, 10K - Run from Inlet View Elementary down N street out and back on the coastal trail. Mostly flat with one long downhill on N. street and up N. street on the way back.  
Race Time: 10:00:00 AM  
Adult Fee: 35.00 for 5k/ 10K Child Fee: 0  
Contact: Bonnie J. DeArmoun - 907-575-9715  
bdearmoun@yahoo.com  
Alternative: Emily Satake - 907-952-9905  
Website: emsatake@gmail.com  
Sponsored By:  
Comments: Out and back along the Coastal Trail, it's a fast course, set your P.R for the season! Afterwards enjoy our carnival with food and games, just \$5.

May 7 Thu Turnagain Arm Trail Run - Anchorage  
Meet Time: 6:30:00 PM - Rainbow Trailhead  
Distance: 8 and 4 mile - Hilly POINT-TO-POINT trail run. 8-mile goes from Rainbow Trailhead to Potter Trailhead. 4-mile goes from McHugh Trailhead to Potter.  
Race Time: 6:30:00 PM  
Adult Fee: \$42 Child Fee:  
Contact: Anna Berez - (907)786-4806  
seawolfskiing@gmail.com  
Alternative: -  
Website: goseawolves.com  
Sponsored By:  
Comments: Hilly POINT-TO-POINT trail run. 8-mile goes from Rainbow Trailhead to Potter Trailhead. 4-mile goes from McHugh Trailhead to Potter.

May 9 Sat Alaska Zoo Kids Fun Run - Anchorage  
Meet Time: 9:00:00 AM - Alaska Zoo 4731 O'Malley Rd.  
Distance: .25K, 1k - Gravel trails through the zoo  
Race Time: 9:30:00 AM  
Adult Fee: N/A Child Fee: 25  
Contact: Jill Myer - 907-341-6435  
development@alaskazoo.org  
Alternative: Pat Lampi - 907-341-6427  
Website: www.alaskazoo.org  
Sponsored By: McDonalds, Healthy Futures  
Comments: Gravel trails through the zoo

May  
9  
Sat  
Girls on the Run 5K - Anchorage  
Meet Time: 9:30:00 AM - Alaska Football Stadium  
Distance: 5.0 KM - For this Family Fun Run - pre- and post- run activities will be at the AFS, with the run route on the adjacent Chester Creek Trail.  
Race Time: 10:30:00 AM  
Adult Fee: 15 Child Fee: 10  
Contact: Kennis Brady - 907-351-2250  
director@gotrsouthcentralak.org  
Alternative: -  
Website: www.gotrsouthcentralak.org  
Sponsored By:  
Comments: Out and back on the Chester Creek Trail

May  
9  
Sat  
Love A Nurse Run - Anchorage  
Meet Time: 10:00:00 AM - Hilltop Ski Area  
Distance: 5K - Trail Run  
Race Time: 10:00:00 AM  
Adult Fee: \$25 Child Fee: 0  
Contact: Chanti Ward - 9072740827  
chanti@aknurse.org  
Alternative: Andrea Nutty - 9072740827  
Website: www.loveanurserun.com  
Sponsored By: Alaska Nurses Association  
Comments: This is a cross country style trail run using the Besh and Gasline trails at Hilltop. Start/Finish will be near the parking lot. Wildlife are active in this area --- please be on the lookout and use judgement. Course subject to change.

May  
9  
Sat  
Moose River Hustle - Sterling  
Meet Time: 9:00:00 AM - Sterling Senior Center Milepost 83.5 Sterling Hwy  
Distance: 1 mile \$ 3 mile - 1 mile is flat, 3 mile mostly flat with a moderate hill  
Race Time: 10:00:00 AM  
Adult Fee: \$20.00/\$50.00 Family Child Fee: 10  
Contact: Tammy Strausbaugh - 907-252-2959  
wrestle@acsalaska.net  
Alternative: Kurt Strausbaugh - 907-252-6172  
Website: www.sterlingseniors.org  
Sponsored By: Sterling Senior Center  
Comments: Age group awards, door prizes, proceeds to benefit the Sterling Senior Center's "Meals on Wheels" program.

May  
9  
Sat

Trailside Triathlon - Anchorage  
Meet Time: 10:00:00 AM - Trailside Elem./Service HS pool  
Distance: Various - Service pool swim, bike loops around Service High School, run trails behind school.  
Race Time: 11:00:00 AM  
Adult Fee: N/A Child Fee: 20  
Contact: Carleen Ulbrich - 907-742-5500  
ulbrich\_carleen@asdk12.org  
Alternative: Trailside PTA -  
Website: runsignup.com  
Sponsored By: Trailside PTA and Healthy Futures  
Comments: Service pool swim, bike loops around Service High School, run trails behind school.  
Course lengths vary according to grade, open to grades K-6. Register at runsignup.com. Volunteers needed, please e-mail ulbrich\_carleen@asdk12.org

May  
10  
Sun

2nd Annual Olin Turbo and Mom Family Fun Run - Anchorage  
Meet Time: 11:00:00 AM - Service High School  
Distance: 2 Kilometers - Rolling trail through the park trails behind Service  
Race Time: 11:00:00 AM  
Adult Fee: \$5 suggested donation per bib Child Fee:  
Contact: Adam Ahonen - 907-244-0066  
ahonenadam@gmail.com  
Alternative: Mary.ahonen3@gmail.com - 907-317-4252  
Website:  
Sponsored By:  
Comments:

May  
10  
Sun

Migration Run - Homer  
Meet Time: 9:30:00 AM - Homer Fishing Hole  
Distance: 5 K - An easy flat 5 K along the spit trail.  
Race Time: 10:00:00 AM  
Adult Fee: 25 Child Fee:  
Contact: Andy Haas - 9072353270  
yatra@ak.net  
Alternative: -  
Website: <https://www.facebook.com/KachemakBayRunningClub/>  
Sponsored By: Kachemak Bay Running Club  
Comments: Flat and easy and fun along the Homer Spit.

May  
12  
Tue

Spring Out of the Den Duathlon Series Race #2 - Anchorage

Meet Time: 6:00:00 PM - Kincaid Chalet

Distance: 1.25mile run - 10mile bike - 1.25mile run - This is a run-bike-run duathlon on all paved surfaces.

Race Time: 6:00:00 PM

Adult Fee: 25 Child Fee: 20

Contact: Heather Helzer - 9073512232  
heather.helzer@turnagaintraining.com

Alternative: -

Website: [www.TurnagainTraining.com](http://www.TurnagainTraining.com)

Sponsored By: Turnagain Training

Comments: This is a fun duathlon race for kids ages 4yrs old through adults with 3 different courses depending on age.

May  
16  
Sat

2020 Alaska Law Enforcement Torch Run and Pledge Drive - Statewide

Meet Time: 10:00:00 AM - Statewide

Distance: 5K - Out & Back

Race Time: 10:00:00 AM

Adult Fee: \$35 Child Fee: 35

Contact: Sage Caswell - 907-222-7625  
sage@specialolympicsalaska.org

Alternative: -

Website: [www.specialolympicsalaska.org](http://www.specialolympicsalaska.org)

Sponsored By:

Comments:

May  
16  
Sat

Exit Glacier 5K/10K - Seward

Meet Time: 8:00:00 AM - Resurrection Roadhouse

Distance: 5K & 10K - Flat-ish

Race Time: 10:00:00 AM

Adult Fee: \$40 Child Fee: 26

Contact: Ian Jones - 907-224-4054  
ijones@cityofseward.net

Alternative: Latesha Layne - 907-224-4055

Website: [runsignup.com](http://runsignup.com)

Sponsored By: City of Seward Parks and Recreation

Comments:

- May 16 Sat Fairbanks Heart walk - Fairbanks  
 Meet Time: 9:00:00 AM - Veteran's Memorial Park  
 Distance: 1 & 3 Mile - City roads  
 Race Time: 10:00:00 AM  
 Adult Fee: \$25 Donation Child Fee: 0  
 Contact: Jacyn DeBaun - 907-374-4446  
 Jacyn.DeBaun@Heart.org  
 Alternative: JoLee Giuchici - 907-388-1072  
 Website: FairbanksHeartWalk.org  
 Sponsored By: American Heart Association  
 Comments: Fun, non-competitive event for all ages and abilities. All proceeds benefit the American Heart Association.
- May 16 Sat O'Malley Fun Run - Anchorage  
 Meet Time: 10:00:00 AM - O'Malley Elementary School  
 Distance: 2K & 5K - Family-friendly 2K & 5K Fun Run & Walk  
 Race Time: 10:00:00 AM  
 Adult Fee: \$20 Child Fee: 20  
 Contact: Melissa Sundberg - 907-830-4691  
 melamiller@hotmail.com  
 Alternative: omalleypta@gmail.com -  
 Website: <https://runsignup.com/omalleyfunrun2020>  
 Sponsored By: O'Malley Elementary PTA & Healthy Futures  
 Comments: A family-friendly Fun Run/Walk including a 2K and 5K race.
- May 21 Thu Kal's Knoya Ridge Run - Anchorage  
 Meet Time: 5:00:00 PM - Klutina Dr., Chugach Foothills  
 Distance: 8.5K-4300' vert, 5.6K-2900' vert., 2.5K-1200' vert - Rolling foothills climb with alpine finish. Significant elevation gain.  
 Race Time: 6:00:00 PM  
 Adult Fee: Donation, CC, Cash, or Check Child Fee: 0  
 Contact: Bill Spencer - 907 306 0077  
 bill.spencer@hdrinc.com  
 Alternative: Anson Moxness - 907 242 5995  
 Website: <http://www.alaskamountainrunners.org>  
 Sponsored By: Skinny Raven Sports, HDR ALASKA, Tom Besh Memorial Fund  
 Comments: Registration: Day of race only, minors require parent or guardian signature. Parking along pioneer DR. Do not block driveways. You must have a JBER: Sportsman pass to access this area at any time except during the event.

May 21 Thu Trent Waldron Half Marathon Bib Pick Up - Anchorage  
Meet Time: 4:30:00 PM - Skinny Raven Sports (800 H Street)  
Distance: n/a - Meet Time 4:30-6:30 PM  
Race Time: 12:00:00 AM  
Adult Fee: \$35.00 Half Marathon, \$25.00 10K Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored By: Anchorage Running Club  
Comments: Day of race bib pick up 07:30-08:45am at Westchester Lagoon.

May 23 Sat Prince of Wales Island Marathon - Prince of Wales Island  
Meet Time: 7:00:00 AM - Craig High School  
Distance: Marathon, Half Marathon, 4-person and 8-person Marathon Relays - Early Bird fees end at midnight on April 15th. All registrations are accepted until midnight Wed May 20th  
Race Time: 8:00:00 AM  
Adult Fee: marathon-\$65, half marathon-\$60, relay team captain/member-\$55 Child Fee:  
Contact: -  
[info@powmarathon.org](mailto:info@powmarathon.org)  
Alternative: -  
Website: <http://www.powmarathon.org>  
Sponsored By: Prince of Wales Runners Club  
Comments: Our out-and-back course starts at Craig High School along the Klawock Channel, which runs to the Big Salt Lake Highway and back. The marathon course (standard 26.2 miles) has more challenging mountainous terrain than the half. Marathon is USATF certified, #AK14007FW. Boston Marathon qualifying race. Aid stations on the course will close at 4 PM on race day.

May 23 Sat Seldovia Memorial Day 5K - Seldovia  
Meet Time: 10:00:00 AM - Seldovia  
Distance: 5K - Mostly flat loop around the City of Seldovia  
Race Time: 10:00:00 AM  
Adult Fee: \$10.00 Child Fee: 0  
Contact: Steve Bainbridge - 907-202-3095  
[bainbridge.noblespirit.steve@gmail.com](mailto:bainbridge.noblespirit.steve@gmail.com)  
Alternative: -  
Website:  
Sponsored By:  
Comments:

May  
23  
Sat

Trent Waldron Half Marathon & 10K - Anchorage

Meet Time: 7:30:00 AM - Margaret Sullivan Park on W 15th Ave  
between S Street & U Street

Distance: 13.1 mi & 10K -

Race Time: 12:00:00 AM

Adult Fee: \$35.00 Half Marathon, \$25.00 10K Child Fee:

Contact: Anchorage Running Club -

-

Alternative:

Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

Sponsored By: Anchorage Running Club

Comments: Located at Margaret Sullivan Park on W. 15th Ave, between  
S St. & U St.

Benefits Anchorage Young Cancer Coalition.

This race is a qualifier for the Sleeping Lady Challenge. Day of race bib  
pick up 07:30-08:45am.

May  
25  
Mon

Mouth to Mouth Wild Run & Ride - Kasilof to Kenai

Meet Time: 10:00:00 AM - 10 mile start: Kasilof River Special Use Area. 3  
mile start: Cannery Rd beach access off Dunes Rd

Distance: 10 miles or 3 miles - Low tide beach run/ fat bike ride between  
Kasilof and Kenai rivermouths

Race Time: 12:00:00 PM

Adult Fee: \$30 by Apr 1st, \$35 pre-reg, \$40 day of, \*\$5 off CIK members  
Child Fee: 20

Contact: Kaitlin Vadla - 907-252-6525  
[kaitlin@inletkeeper.org](mailto:kaitlin@inletkeeper.org)

Alternative: Steve Cothran - 907-953-0233

Website: [inletkeeper.org/m2m](http://inletkeeper.org/m2m)

Sponsored By: Cook Inletkeeper. Proceeds support Inletkeeper's work to  
protect the Cook Inlet watershed and all the life it sustains.

Comments: All participants entered to win fat bike! Beautiful race shirts  
guaranteed if you register by Apr 1st. CIK members get \$5 off. 10 mile  
run/fat bike from Kasilof to Kenai 10:00am registration, 12:00pm start @  
Kasilof River Special Use Area. 3 mile run from Cannery Rd Beach to  
Kenai River mouth and back 12:00pm registration, 1:00pm start @  
Cannery Rd beach access off Dunes Rd. Finish line beach party, awards,  
local food & drink 2-4pm.

- May  
26  
Tue
- Spring Out of the Den Duathlon Series Race #3 - Anchorage  
Meet Time: 6:00:00 PM - Kincaid Chalet  
Distance: 1.25mile run - 10mile bike - 1.25mile run - This is a run-bike-run duathlon on all paved surfaces.  
Race Time: 6:00:00 PM  
Adult Fee: 25 Child Fee: 20  
Contact: Heather Helzer - 9073512232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: [www.TurnagainTraining.com](http://www.TurnagainTraining.com)  
Sponsored By: Turnagain Training  
Comments: This is a fun, duathlon for kids ages 4yrs old through adults with 3 different courses, depending on age.
- May  
29  
Fri
- Skinny Raven Twilight 12K & Skinny Mini 6K - Anchorage  
Meet Time: 6:00:00 PM - Skinny Raven Sports, Delaney Park Strip  
Distance: 12K & 6K - Roads and bike paths, featuring the bridge to Government Hill  
Race Time: 7:00:00 PM  
Adult Fee: \$50 Child Fee: 40  
Contact: Skinny Raven Events & Timing -  
timing@skinnyraven.com  
Alternative: -  
Website: <https://skinnyraven.com/event/twilight-12k/>  
Sponsored By:  
Comments: Join us for a sweet tour of Downtown, Government Hill, the Coastal Trail, and South Addition on the most unique road course in Anchorage.
- May  
30  
Sat
- 5.29 K Race For Financial Fitness - Anchorage  
Meet Time: 10:00:00 AM - Campbell Tract  
Distance: 5.29 K - Loop with some hills  
Race Time: 10:00:00 AM  
Adult Fee: 40 Child Fee: 0  
Contact: Flora Teo - 907-344-0101  
fteo@ja-alaska.org  
Alternative: Tito Munoz - 907-344-0101  
Website: [alaska.ja.org](http://alaska.ja.org)  
Sponsored By: Alaska 529 and Junior Achievement of Alaska  
Comments: Join community members and raise funds to support statewide K-12 financial literacy programs. Students will be eligible to win scholarships sponsored by Alaska 529. See website for details on how to enter.



May  
Tue

Exceed Women's Running Team - Anchorage

Meet Time: 6:00:00 PM - Various locations

Distance: varies depending on workout - Coached workouts, track and trail runs, occasional potlucks

Race Time: 6:00:00 PM

Adult Fee: Membership \$100/season Child Fee:

Contact: Robin Mullen - 907.903.5837  
runexceedAK@gmail.com

Alternative: Laura Harris - 907.632.3595

Website: [www.runexceed.org](http://www.runexceed.org)

Sponsored By: Exceed Women's Running Team

Comments: We meet every Tuesday at 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

May  
Tue

Peak Performers Track Club - Anchorage

Meet Time: 6:00:00 PM - West High Track

Distance: intervals - West High track

Race Time: 6:00:00 PM

Adult Fee: Membership fee \$65, \$110.00 family(2)/\$160 3 or more Child Fee:

Contact: Jason Hofacker - 240-6982  
anchoragekim@yahoo.com

Alternative: Kim Baldwin - 274-1061

Website:

Sponsored By: Peak Performers Track Club

Comments:

Jun  
2  
Tue

MatSu Running Club Junior Group - Palmer

Meet Time: 4:30:00 PM - Colony High Track

Distance: Various - N/a

Race Time: 4:30:00 PM

Adult Fee: N/A Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com

Alternative: -

Website: [matsunningclub.org](http://matsunningclub.org)

Sponsored By: MatSu Running Club

Comments: Ages 10-15; Coached training sessions on track and trail.

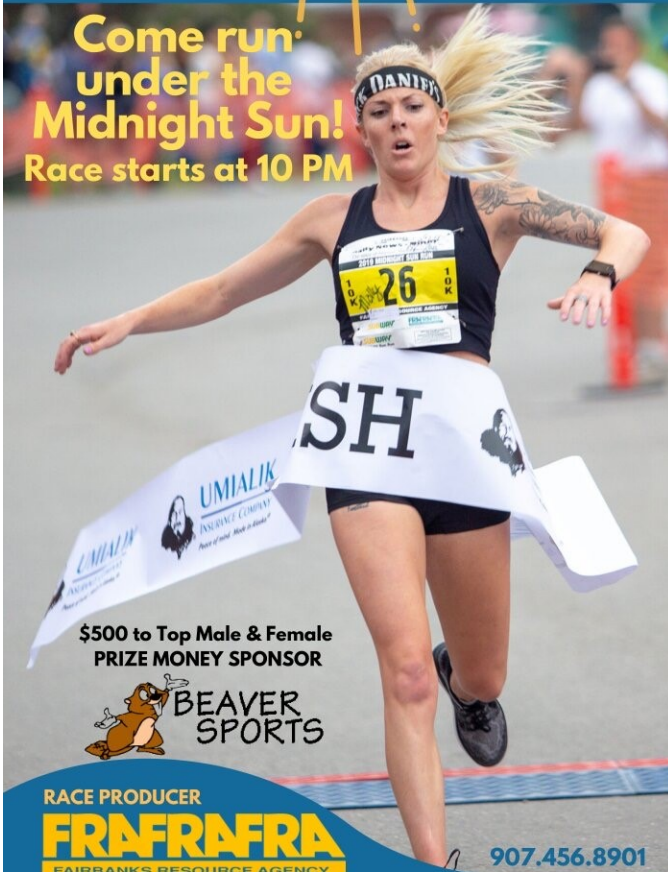
Contact Coach Knopp for more information. June - July

FAIRBANKS  
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38th Annual  
**Midnight Sun Run 10K**

**June 20, 2020**  
Fairbanks, Alaska

**Come run  
under the  
Midnight Sun!**  
Race starts at 10 PM



**\$500 to Top Male & Female  
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907.456.8901

Race proceeds benefit FRA, a non-profit organization  
championing individuals with disabilities since 1967.



**midnightsunrun.net**

Jun  
2  
Tue

MatSu Running Club-Junior group - Palmer

Meet Time: 4:30:00 PM - Colony High Track

Distance: N/A - N/A

Race Time: 4:30:00 PM

Adult Fee: N/A Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com

Alternative: -

Website: matsurunningclub.org

Sponsored By: MatSu Running Club

Comments: Ages 10-15; Coached training sessions on track and trail.

Contact Coach Knopp for more information. June2-July 21.

Jun  
5/6  
Fri/Sat

Alaska Relay - Chugiak-Seward

Meet Time: - Mirror Lake Park

Distance: 187 miles -

Race Time: 7:00:00 AM

Adult Fee: \$1450/team Child Fee:

Contact: Nathan Luke - 907-671-2005  
Nathan@NxNWRelays.com

Alternative: -

Website: www.TheAlaskaRelay.com

Sponsored By: North by Northwest Relays

Comments: AK Relay is a 36 leg course from Chugiak, through the Anchorage trail system, and down the Seward Hwy all the way to Seward.

Jun  
6  
Sat

Alaska Run for Women - Registration - Anchorage

Meet Time: 10:00:00 AM - University Center

Distance: 1, 5 - 10am - 1pm

Race Time: 10:00:00 AM

Adult Fee: Donation Child Fee:

Contact: Rachel Huckfeldt -  
run@akrffw.org

Alternative: -

Website: www.akrffw.org

Sponsored By:

Comments:

Jun 9 Tue Alaska Run for Women - Registration - Anchorage

Meet Time: 4:00:00 PM - University Center

Distance: 1 & 5 Mile - 4pm - 7pm

Race Time: 4:00:00 PM

Adult Fee: Donation Child Fee:

Contact: Rachel Huckfeldt -  
registration@akrfw.org

Alternative: -

Website: www.akrfw.org

Sponsored By:

Comments:

Jun 11 Thu Alaska Run for Women - Registration - Anchorage

Meet Time: 4:00:00 PM - University Center

Distance: 1 & 5 mile - 4pm - 7pm

Race Time: 4:00:00 PM

Adult Fee: Donation Child Fee:

Contact: Rachel Huckfeldt -  
registration@akrfw.org

Alternative: -

Website: www.akrfw.org

Sponsored By:

Comments:

Jun 12 Fri Midnight Sun Lazyman Triathlon - Wasilla

Meet Time: 6:00:00 PM - Wherever You Are

Distance: 140.7 -- Inside or outside, in a lake or a pool, on a stationary or mobile bicycle. Do what you can, when you can, with what you can.

Race Time: 6:00:00 PM

Adult Fee: 35 Child Fee: 35

Contact: Traci Sanders - 907-355-6110  
htraci@hotmail.com

Alternative: Christy Hronkin - 907-232-8871

Website: <http://midnightsunlazyman.weebly.com/>

Sponsored By: Varies, if you would like to donate please contact us.

Comments: The Midnight Sun Lazyman Triathlon is an Ironman distance accomplished over 6 weeks, 2.5 mile swim, 112 miles on bike, 26.2 miles by foot. Do it alone, do it with others, do what you can, we encourage forward movement. This is a virtual race, register on our website, do the mileage over 6 weeks, and join us at the celebration BBQ August 8th to eat, greet, get treats, and feel good you did this feat. Join us on Facebook for encouragement and accountability.

Jun 13 Sat 28th Annual Mosquito Meander Fun Race/Walk - Fairbanks  
Meet Time: 8:30:00 AM - Pioneer Park  
Distance: 5K - 5K run/walk through city streets. Race begins and ends at Pioneer Park  
Race Time: 10:00:00 AM  
Adult Fee: \$25 Child Fee: 10  
Contact: Nadia Riley - 907-456-9018  
nriley@rcpcfairbanks.org  
Alternative: Agnes Brockmeyer - (907) 456-9032  
Website: www.rcpcfairbanks.org  
Sponsored By: Kinross Fort Knox  
Comments: Fun 5K run through city streets that begins and ends at Pioneer Park

Jun 13 Sat Alaska Run for Women - Anchorage  
Meet Time: 8:00:00 AM - Anchorage Football Stadium  
Distance: 5 mile & 1 mile - Scenic on road and paved trail.  
Race Time: 8:30:00 AM  
Adult Fee: Donation Child Fee: 0  
Contact: Rachel Huckfeldt -  
run@akrfw.org  
Alternative: -  
Website: www.akrfw.org  
Sponsored By: Alaska Run for Women  
Comments: Grab your friends & family for this inspiring all women's event benefiting the fight against breast cancer. 100% of the entry fee goes towards mammograms, breast research and education. Walkers welcome! One of the largest all women's runs in the US.

Jun 13 Sat Run for the River - Soldotna  
Meet Time: 8:00:00 AM - Soldotna Creek Park  
Distance: 5K & 10 Mile - Trail, gravel and paved roads; multiple run flat loop course  
Race Time: 8:30:00 AM  
Adult Fee: \$25 Child Fee: 25  
Contact: Rhonda McCormick - 907-260-5449 X1203  
rhonda@kenaiwatershed.org  
Alternative: Tami Murray - 907-260-5449  
Website: www.kenaiwatershed.org  
Sponsored By: Kenai Watershed Forum  
Comments: 10 Mile starts at 8:30, 5K starts at 9:00. Registration fee increases after May 31. Bib pick-up and FREE Runners Feed June 12. All runners receive free t-shirt with registration. Run is a component of the Kenai River Festival. "Like" our Facebook page for updates, pictures and results!

Jun  
13  
Sat

**Why Not Tri? - Wasilla**

**Meet Time:** 8:00:00 AM - Wasilla High School

**Distance:** race - Pool swim, followed by a fast road bike loop, and a 5K on pavement.

**Race Time:** 9:00:00 AM

**Adult Fee:** \$55 - \$150, see registration page for details **Child Fee:**

**Contact:** Why Not Tri -  
wasillatriinfo@gmail.com

**Alternative:** -

**Website:** <https://www.whynottrivasilla.net/>

**Sponsored By:**

**Comments:**

Jun  
13  
Sat

**Why Not Tri? - Kid's Race - Wasilla**

**Meet Time:** 3:15:00 PM - Wasilla High School

**Distance:** 50 yard swim (two laps), 3 mile bike, 1 mile run - New this year - all kids race the same distance! Pool swim. Out and back bike on a trail. Run is out and back.

**Race Time:** 3:30:00 PM

**Adult Fee:** \$30 (Kid's) **Child Fee:** 30

**Contact:** Why Not Tri -  
wasillatriinfo@gmail.com

**Alternative:** -

**Website:** <https://www.whynottrivasilla.net>

**Sponsored By:**

**Comments:**

Jun  
18  
Thu

**Healthy Futures Kids Mile - Anchorage**

**Meet Time:** 7:00:00 PM - Alaska Airlines Center

**Distance:** 1 mi - Paved loop in vicinity of Alaska Airlines Center

**Race Time:** 7:00:00 PM

**Adult Fee:** see website **Child Fee:** 0

**Contact:** UAA - 907-786-1325  
track@alaska.edu

**Alternative:** Matias Saari - 907-529-4178

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

**Sponsored By:** Healthy Futures, Anchorage Parks & Recreation, University of Alaska Anchorage & ConocoPhillips.

**Comments:** In conjunction with Anchorage Mayor's Marathon and Half Marathon Expo and Bib Pickup. Healthy Heroes role models will be in attendance and will run with the kids and pass out Healthy Future pins.

# HeartReach Center's 5k for LIFE

PRIZE DRAWINGS!!!  
DETAILS ONLINE



BIKE \* WALK \* RUN

June 20th!

Races begin and end at the Trunk Rd. Park & Ride

**Bikers Heat @ 10 a.m.**

**Foot Heat @ 10:30 a.m.**

Heats are professionally timed, and competitive racers will be given the opportunity to start at the line. Walkers, wheelchairs, strollers and kiddie bikes are welcome.

**[friendsofheartreach.com](http://friendsofheartreach.com)**

**(or by phone @ 373-3456)**

Jun  
20  
Sat

5K Family Fun Run/Walk - Nikiski  
Meet Time: 9:00:00 AM - Nikiski Community Recreation Center  
Distance: 5 K - Groomed trails. Mostly flat, with some hills.  
Race Time: 10:00:00 AM  
Adult Fee: \$25- Tshirt included. Child Fee:  
Contact: Jackie Cason - 907-776-8800  
jcason@kpb.us  
Alternative: Teri Langston - 907-776-8800  
Website: www.northpenrec.com  
Sponsored By: North Peninsula Recreation Service Area  
Comments: Groomed trails. Mostly flat, with some hills.

Jun  
20  
Sat

Anchorage Mayor's ½ & Buddy Marathon - Anchorage  
Meet Time: 8:00:00 AM - Delaney Park Strip  
Distance: 13.1 mi - Paved road, dirt and paved trails  
Race Time: 9:30:00 AM  
Adult Fee: Check Website Child Fee:  
Contact: UAA - 907-786-1325  
track@alaska.edu  
Alternative: -  
Website: www.mayorsmarathon.com  
Sponsored By: Anchorage Parks & Recreation, University of Alaska  
Anchorage & ConocoPhillips.  
Comments: Walkers welcome! Medallions to finishers, t-shirts all. No  
Race Day Registration or Bib Pick-up

Jun  
20  
Sat

Anchorage Mayor's Coastal 5K - Anchorage  
Meet Time: 8:30:00 AM - Delaney Park Strip  
Distance: 3.1 mi - Paved roads and trails  
Race Time: 9:45:00 AM  
Adult Fee: Check Website  
Contact: UAA - 907-786-1325  
track@alaska.edu  
Alternative: -  
Website: www.mayorsmarathon.com  
Sponsored By: Anchorage Parks & Recreation, University of Alaska  
Anchorage & ConocoPhillips.  
Comments: Walkers welcome! Medallions to finishers, t-shirts all. No  
Race Day Registration or Bib Pick-up



Jun  
20  
Sat

Anchorage Mayor's Marathon & Relay - Anchorage  
Meet Time: 6:30:00 AM - Kincaid Park  
Distance: 26.2 Miles - Kincaid to Far North Bicentennial Park and back to Delaney Park Strip  
Race Time: 7:30:00 AM  
Adult Fee: Check Website  
Contact: UAA - 907-786-1325  
track@alaska.edu  
Alternative: -  
Website: www.mayorsmarathon.com  
Sponsored By: Anchorage Parks & Recreation and UAA  
Comments: University of Alaska Anchorage & ConocoPhillips. 4 person relay team event, 6 team divisions. Walkers welcome! Medallions to finishers, t-shirts all. No Race Day Registration or Bib Pick-up

Jun  
20  
Sat

5k for Life - Palmer  
Meet Time: 10:00:00 AM - Trunk Road Park and Ride  
Distance: 5k - Professionally timed event. Out and back course. Mostly flat with a slight incline on the out portion.  
Race Time: 10:00:00 AM  
Adult Fee: \$25 per racer or \$50 per family (pre-registered) Race day is \$35/\$65 Child Fee: 0  
Contact: HeartReach Center - (907) 373-3456  
info@heartreachalaska.com  
Alternative: Tara Vanaman - 4045839788  
Website: friendsofheartreach.com  
Sponsored By: HeartReach Center  
Comments: 5k out and back course beginning at the Trunk Road Park and Ride and following the bike route along Trunk Road past the Matanuska Susitna College.

Jun  
20

Kenai's Solstice Run 5k & 10K - Kenai  
Meet Time: 10:00:00 PM - Kenai Visitor & Cultural Center  
Distance: 5k & 10k - Run will start at the Kenai Visitor Center, wind through Old Town and along the Kenai Spur ending at Kenai Joe's for post run fun!  
Race Time: 10:00:00 PM  
Adult Fee: \$30 Child Fee: 15  
Contact: Kenai Chamber of Commerce - 907.283.1991  
johna@kenaichamber.org  
Alternative: - 907.283.1991  
Website: kenaichamber.org  
Sponsored By:  
Comments:

Jun  
20  
Sat

Midnight Sun Run - Fairbanks

Meet Time: 10:00:00 PM - UAF Patty Center - UAF Campus  
Distance: 10K - Sidewalks and paved roads through Fairbanks neighborhoods, point to point.  
Race Time: 10:00:00 PM  
Adult Fee: 30 Child Fee: 15  
Contact: Wendy Cloyd - 907-456-8901  
racedirector@fra-alaska.net  
Alternative: - 9074568901  
Website: <https://midnightsunrun.net/>  
Sponsored By: Fairbanks Daily News-Miner  
Comments:

Jun  
21  
Sun

Robert Spurr Memorial Hill Climb (Bird Ridge) - Indian

Meet Time: 9:30:00 AM - Bird Ridge Trailhead (original)  
Distance: 3 miles - Uphill only with 3400' vertical gain on singletrack trail  
Race Time: 10:00:00 AM  
Adult Fee: \$35 Child Fee:  
Contact: Lyon Kopsack - 907-707-5316  
lyonkopsack@yahoo.com  
Alternative: Annie Connelly - 907-390-7073  
Website: [www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)  
Sponsored By: Alaska Mountain Runners  
Comments: No bib pickup after 9:30 a.m. on race day. No race-day registration. 250 person limit. Junior course goes halfway. Use new large parking lot (called "Bird Creek Access"). Lottery registration open from May 1-7 (link at [www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)).

Jun  
23  
Tue

Rainbow Run - Anchorage

Meet Time: 5:00:00 PM - Next to the Comfort Inn at 111 W. Ship Creek Avenue  
Distance: 5K - This 5K run or walk will be held along Anchorage's Ship Creek Trail.  
Race Time: 6:00:00 PM  
Adult Fee: \$30 Child Fee:  
Contact: Eric Van Dongen - 907-240-2904  
AKRainbowRun@gmail.com  
Alternative: Kathleen Chivers-Carter - 907-947-0331  
Website: <http://anchoragepride.org>  
Sponsored By: dentity Inc., Snow City Cafe, and Anchorage Front Runners  
Comments: Lace up your running shoes, show off your most creative rainbow costume, and join in at Alaska PrideFest's 6th Annual Rainbow Run.

Jun  
25  
Thu

Running Free 4 Miler - Eagle River

Meet Time: 6:00:00 PM - Eagle River High School

Distance: 4 Miles - Out and back from Eagle River High School to Hiland Correctional

Race Time: 7:00:00 PM

Adult Fee: \$35 Child Fee: 15

Contact: Lisa Keller - 9072429361  
info@runningfreealaska.com

Alternative: -

Website: [www.runningfreealaska.com](http://www.runningfreealaska.com)

Sponsored By: Running Free Alaska

Comments: This unique course includes a loop around Hiland Mountain Correctional Center where runners in the Running Free Alaska program will cheer you on! The race is a fundraiser for RFA, celebrating the redemptive power of running in Alaska's prisons.

Jun  
26  
Fri

Midnight Sun Lazyman Triathlon - Wasilla

Meet Time: 6:00:00 PM - Wherever You Are

Distance: 140.7 - -- Inside or outside, in a lake or a pool, on a stationary or mobile bicycle. Do what you can, when you can, with what you can.

Race Time: 6:00:00 PM

Adult Fee: 35 Child Fee: 35

Contact: Traci Sanders - 907-355-6110  
htraci@hotmail.com

Alternative: Christy Hronkin - 907-232-8871

Website: <http://midnightsunlazyman.weebly.com/>

Sponsored By: : Varies, if you would like to donate please contact us

Comments: The Midnight Sun Lazyman Triathlon is slightly longer than an Ironman distance accomplished over 6 weeks, 2.5 mile swim, 112 miles on bike, 26.2 miles by foot. Do it alone, do it with others, do what you can, we encourage forward movement. This is a virtual race, register on our website, do the mileage over 6 weeks, and join us at the celebration BBQ August 8th to eat, greet, get treats, and feel good you did this feat. Join us on Facebook for encouragement and accountability.

Jun  
27  
Sat

10 K to the Bay - Homer

Meet Time: 9:00:00 AM - Homer High School

Distance: 10 K - A lovely run from the High School to the end of the spit

Race Time: 10:00:00 AM

Adult Fee: 30 Child Fee:

Contact: Andy Haas - 907-235-3270  
yatra@ak.net

Alternative: -

Website: <https://www.facebook.com/KachemakBayRunningClub/>

Sponsored By: Kachemak Bay Running Club

Comments: This is the traditional Spit Run: starting at the High School to the end of the spit, it has magnificent views.

# ANCHORAGE RUNNING CLUB



August 15-16  
2020

## START / FINISH DOWNTOWN

### SATURDAY



Kids' 2K Fun Run



The Anchorage Mile  
USATF Certified



The Military Mile  
USATF Certified

### SUNDAY



49K Ultra  
USATF Certified



Marathon  
USATF Certified / Boston Marathon Qualifier  
Marathon Relay



1/2 Marathon  
USATF Certified



5K  
USATF Certified



Anchorage Running Club is a 501(c)(3) not-for-profit organization.

Register online: [anchoragerunfest.org](http://anchoragerunfest.org)

Jun  
27  
Sat

Cosmic Hamlet Half Marathon - Homer

Meet Time: 8:00:00 AM - End of the spit (Land's End parking lot)  
Distance: Half Marathon - End of the spit to the high school and back of the end of the spit. Prettiest views in the state.

Race Time: 9:00:00 AM

Adult Fee: 40 Child Fee:

Contact: Andy Haas - 9072353270  
yatra@ak.net

Alternative: -

Website: <https://www.facebook.com/KachemakBayRunningClub/>

Sponsored By: Kachemak Bay Running Club

Comments:

Jun  
30  
Tue

Alaska Outdoor Splash n' Dash Series Race #1 - Anchorage

Meet Time: 5:00:00 PM - Service High Pool

Distance: 100m swim - .75mile run - This is a pool swim followed by a mostly flat trail run.

Race Time: 5:30:00 PM

Adult Fee: 0 Child Fee: 25

Contact: Heather Helzer - 907-351-2232  
heather.helzer@turnagaintraining.com

Alternative: -

Website: [www.TurnagainTraining.com](http://www.TurnagainTraining.com)

Sponsored By: Turnagain Training

Comments: This is a fun kids only SwimRun race. Kids can either compete in the shorter distance 100m swim - .75mile run or longer distance 300m swim - 1.5mile running race.

Jun  
Tue

Exceed Women's Running Team - Anchorage

Meet Time: 6:00:00 PM - Various locations

Distance: varies depending on workout - Coached workouts, track and trail runs, occasional potlucks

Race Time: 6:00:00 PM

Adult Fee: Membership \$100/season Child Fee:

Contact: Robin Mullen - 907.903.5837  
runexceedAK@gmail.com

Alternative: Laura Harris - 907.632.3595

Website: [www.runexceed.org](http://www.runexceed.org)

Sponsored By: Exceed Women's Running Team

Comments: We meet every Tuesday at 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

Jun  
Tue  
Peak Performers Track Club - Anchorage  
Meet Time: 6:00:00 PM - West High Track  
Distance: intervals - West track  
Race Time: 6:00:00 PM  
Adult Fee: Membership fee \$65, \$110 family(2)/\$160 3 or more Child  
Fee:  
Contact: Jason Hofacker - 240-6982  
anchoragekim@yahoo.com  
Alternative: Kim Baldwin - 274-1061  
Website:  
Sponsored By: Peak Performers Track Club  
Comments:

July  
4  
Sat  
Salmon Shuffle - Seldovia  
Meet Time: 9:00:00 AM - Seldovia Harbor  
Distance: 5 km - Flat, some hills, from town to airport and back.  
Race Time: 9:00:00 AM  
Adult Fee: \$25 Child Fee: 10  
Contact: Tania Spurkland - 9072022740  
tmspurkland@gmail.com  
Alternative: Steve Bainbridge - 9072023095  
Website: SeldoviaArtsCouncil.net  
Sponsored By: Seldovia Arts Council  
Comments: 5 km, easy course, through town to airport and back.

July  
4  
Sat  
Talkeetna All Trails Run - Talkeetna  
Meet Time: 1:30:00 PM - Talkeetna Lakes Park  
Distance: 5 K and 10 K - Join us following our small town parade, this 4th  
of July run is on the Talkeetna Lakes Park Trail System, a boreal forest  
that circumnavigates natural lakes. A variety of Alaskan wildlife, such as  
loons & other bird life are seen here. Both distances have viewpoints of  
the Alaska Range. The race start & end is at the Whigmi Road Trailhead,  
located 3.5 miles from downtown Talkeetna. The race is on maintained  
unpaved trails. Both distances are loops. 5K has moderate hills & wide  
grass trail, 10K is both wide grass & single track dirt hiking trail, some  
steeper hills. This race is timed. Porta-potties will be at the start/finish  
area.  
Race Time: 2:00:00 PM  
Adult Fee: 30 Child Fee: 0  
Contact: Caitlin Palmer -  
svptsa@gmail.com  
Alternative: -  
Website: <http://www.webscorer.com/Talkeetna-4th-Run>  
Sponsored By: Susitna Valley Jr. Sr. high School PTSA  
Comments: Non-profit 501 C3 volunteer organization dedicated to  
providing Su Valley Middle and High School students a high quality  
educational experience.

# 22nd Annual Wildlife Rescue Run & Walk

**Saturday • July 25, 2020**

*All Proceeds Benefit Rescue  
of Alaskan Marine Wildlife*



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

July  
8  
Wed

Master's 5K & 10K - Anchorage

Meet Time: 5:30:00 PM - Chuck Albrecht Fields

Distance: 5K or 10K- limited to runners 40 years and older - n/a

Race Time: 6:00:00 PM

Adult Fee: See Website Child Fee:

Contact: Anchorage Running Club -

Alternative:

Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

Sponsored By: Anchorage Running Club

Comments: Race day registration only. Age group awards immediately following.

July  
8  
Wed

Salmon Run Series #1 - Soldotna

Meet Time: 5:45:00 PM - Tsalteshi Trails

Distance: 5K - Trail run, some hills

Race Time: 6:00:00 PM

Adult Fee: \$10 Online/\$40 for 5 week series or \$15 Race Day Child Fee:

Contact: Tami Murray - 907-260-5449 X1204  
tami@kenaiwatershed.org

Alternative: Rhonda McCormick - 907-260-5449

Website: [www.kenaiwatershed.org](http://www.kenaiwatershed.org)

Sponsored By: Kenai Watershed Forum

Comments: World Class trail running on Tsalteshi Trails with 1 mile kids race before the 5K

July  
11  
Sat

Bear Paw 5K - Eagle River

Meet Time: 10:30:00 AM - Auto Zone, Eagle River

Distance: 5K - Run the streets of Cheering Fans along the parade route, to the bike trail and back to the Finish. Fast 5K.

Race Time: 10:30:00 AM

Adult Fee: \$30.00 With T-shirt 20.00 No T-shirt. See online Registration for more details. [www.cer.org](http://www.cer.org) or [www.skinnyraven.com](http://www.skinnyraven.com) Child Fee: 0

Contact: Joey Caterinichio - 907 229 6427  
jcaterinichio@alaska.net

Alternative: -

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

Sponsored By: GCI

Comments:

July  
11  
Sat

Hatcher Pass Marathon & Relay - Willow

Meet Time: 7:00:00 AM - Shirley Towne Drive to Independence Mine

Distance: Marathon or 2-3 person marathon relay - From Willow side, 25ish miles climb followed by steep 1.5ish miles steep descent.

Race Time: 7:00:00 AM

Adult Fee: \$80 individual, \$160 relay Child Fee: 0

Contact: Natalie Bickers - (907)232-6145  
happymalamuteak@gmail.com

Alternative: Eric Bickers - (907)982-3981

Website: <https://happymalamuterunning.com/hatcher-pass-marathon>

Sponsored By:

Comments:



July  
14  
Tue

Alaska Outdoor Splash n' Dash Series Race #2 - Anchorage  
Meet Time: 5:00:00 PM - Service High School Pool  
Distance: 100m swim - .75mile run - This is a pool swim followed by a trail run.  
Race Time: 5:30:00 PM  
Adult Fee: 0 Child Fee: 25  
Contact: Heather Helzer - 907-351-2232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: www.TurnagainTraining.com  
Sponsored By: Turnagain Training  
Comments: This is a fun kids only SwimRun race. Kids can either compete in the shorter distance 100m swim - .75mile run or longer distance 300m swim - 1.5mile running race.

July  
15  
Wed

Salmon Run Series #2 - Soldotna  
Meet Time: 5:45:00 PM - Tsalteshi Trails  
Distance: 5K - Trail run, some hills  
Race Time: 6:00:00 PM  
Adult Fee: \$10 Online/\$15 Day Of Child Fee:  
Contact: Tami Murray - 907+260+5449 X1204  
tami@kenaiwatrshed.org  
Alternative: Rhonda McCormick - 907-260-5449  
Website: www.kenaiwatershed.org  
Sponsored By: Kenai Watershed Forum  
Comments: World Class trail running on Tsaltsi Trails with 1 mile kids race before the 5K

July  
18  
Sat

Alaska Salmon Runs Coho 10K - Cordova  
Meet Time: 10:00:00 AM - CCMC parking lot  
Distance: 6.2 miles - Level, paved, point to point. From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination running series with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!  
Race Time: 10:30:00 AM  
Adult Fee: 20 Child Fee: 20  
Contact: Kristin Carpenter - 907-424-5135  
runningwild@copperriver.org  
Alternative: -  
Website: <https://salmonjam.org/ak-salmon-runs/>  
Sponsored By: Baja Taco, REI, Skinny Raven, Trident Seafoods  
Comments: Level, scenic, paved, point to point.

July  
18  
Sat

Alaska Salmon Runs, Humpy 5K - Cordova

Meet Time: 10:00:00 AM - CCMC parking lot

Distance: 5K - Level, paved, point to point.

Race Time: 10:45:00 AM

Adult Fee: 20 Child Fee: 20

Contact: Kristin Carpenter - 907-424-5135  
runningwild@copperriver.org

Alternative: -

Website: <https://salmonjam.org/ak-salmon-runs/>

Sponsored By: Baja Taco, REI, Skinny Raven, Trident Seafoods

Comments: From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination running series with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

July  
18  
Sat

Alaska Salmon Runs, King Salmon Marathon - Cordova

Meet Time: 6:15:00 AM - CCMC parking lot

Distance: 26.2 miles - Level, 15.2 miles gravel, 11 miles paved, point to point.

Race Time: 7:00:00 AM

Adult Fee: 50 Child Fee:

Contact: Kristin Carpenter - 907-424-5135  
runningwild@copperriver.org

Alternative: -

Website: <https://salmonjam.org/ak-salmon-runs/>

Sponsored By: Baja Taco, REI, Skinny Raven, Trident Seafoods

Comments: USATF certified, level, first 15.5 miles gravel road and remaining 11 miles are on paved road. Course is point to point. 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!

July  
18  
Sat

Alaska Salmon Runs, Smolt 1 Mile - Cordova  
Meet Time: 10:45:00 AM - CCMC parking lot  
Distance: 1 mile - Level, paved, point to point loop around Odiak Pond and CCMC.  
Race Time: 11:15:00 AM  
Adult Fee: 20 Child Fee: 20  
Contact: Kristin Carpenter - 907-424-5135  
runningwild@copperriver.org  
Alternative: -  
Website: <https://salmonjam.org/ak-salmon-runs/>  
Sponsored By: Baja Taco, REI, Skinny Raven, Trident Seafoods  
Comments: From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination running series with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

July  
18  
Sat

Alaska Salmon Runs, Sockeye Half-Marathon - Cordova  
Meet Time: 9:00:00 AM - CCMC parking lot  
Distance: 13.1 miles - Level, 1.2 miles gravel, 12 miles paved, point to point.  
Race Time: 9:30:00 AM  
Adult Fee: \$50 Child Fee: 20  
Contact: Kristin Carpenter - 907-424-5135  
runningwild@copperriver.org  
Alternative: -  
Website: <https://salmonjam.org/ak-salmon-runs/>  
Sponsored By: Baja Taco, REI, Skinny Raven, Trident Seafoods  
Comments: From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination running series with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

July  
18  
Sat

Crow Pass Crossing - Girdwood  
Meet Time: 8:00:00 AM - Crow Pass Trailhead  
Distance: 22.5 miles - Technical backcountry wilderness race from Crow Pass Trailhead to Eagle River Nature Center  
Race Time: 9:00:00 AM  
Adult Fee: \$75 Child Fee:  
Contact: Harlow Robinson - 907-240-3684  
matias@healthyfuturesak.org  
Alternative: -  
Website: [www.crowpasscrossing.com](http://www.crowpasscrossing.com)  
Sponsored By:  
Comments: Lottery registration open May 1-5 (link at race website). Capped at 150 entrants. See website for entry requirements, mandatory gear, cutoff info and more. Bib pickup and safety meeting Friday July 17 at Chain Reaction Cycles.

- July  
19  
Sun
- Hightail Half Marathon - Anchorage  
Meet Time: 8:00:00 AM - Delaney Park Strip  
Distance: 1/2 Marathon & 1/4 Marathon - Paved roads and bike paths along beautiful Chester Creek  
Race Time: 9:00:00 AM  
Adult Fee: \$100/\$110 Child Fee:  
Contact: Skinny Raven Events & Timing -  
timing@skinnyraven.com  
Alternative: -  
Website: <https://skinnyraven.com/event/hightail-half-marathon/>  
Sponsored By:  
Comments: Alaska's ladies only half marathon. A boutique experience unlike any you will find in Alaska.
- July  
22  
Wed
- Salmon Run Series #3 - Soldotna  
Meet Time: 5:45:00 PM - Tsalteshi Trails  
Distance: 5K - Trail run, some hills  
Race Time: 6:00:00 PM  
Adult Fee: \$10 Online/\$15 Day of Child Fee:  
Contact: Tami Murray - 907-260-5449 X1204  
tami@kenaiwatershed.org  
Alternative: Rhonda McCormick - 907-260-5449  
Website: [www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
Sponsored By: Kenai Watershed Forum  
Comments: World Class trail running on Tsalteshi Trails with 1 mile kids race before the 5K
- July  
25  
Sat
- 22nd Annual Wildlife Rescue Run/Walk - Seward  
Meet Time: 10:00:00 AM - Alaska SeaLife Center, 301 Railway Ave., Seward, AK  
Distance: 5K - Mostly flat, scenic waterfront.  
Race Time: 12:00:00 PM  
Adult Fee: \$35 before July 24, \$40 Day of Child Fee: 0  
Contact: Nancy Deel - 907-224-6375  
nancyd@alaskasealife.org  
Alternative: Nancy Anderson - 907-224-6396  
Website: [www.alaskasealife.org](http://www.alaskasealife.org)  
Sponsored By:  
Comments: Mostly flat, scenic waterfront. Entry fee includes t-shirt & admission to ASLC race day. Proceeds benefit the rescue, rehabilitation & release of Alaska marine animals.

July  
25  
Sat

Jakolof Bay 10 Miler - Seldovia  
Meet Time: 11:00:00 AM - Jakolof Bay Dock  
Distance: 10 miles - 10 tough miles of hilly dirt road through the wilderness.  
Race Time: 11:00:00 AM  
Adult Fee: \$10 Child Fee: 10  
Contact: Tania Spurkland - 9072022740  
tmspurkland@gmail.com  
Alternative: Steve Bainbridge - 9072023095  
Website: facebook.com/10miler  
Sponsored By: Kachemak Running Club, Seldovia Chamber of Commerce  
Comments: 10 tough miles of hilly dirt road through the wilderness.

July  
26  
Sun

Bearfest Marathon, Half Marathon and 5K - Wrangell  
Meet Time: 7:00:00 AM - Nolan Center  
Distance: 26.2/ 13.1/5K - Through town and out the road and back along the water  
Race Time: 8:00:00 AM  
Adult Fee: \$50.00 early \$60 at the door Child Fee: 0  
Contact: Sylvia Etefagh - 907-874-2998  
fun@alaskabearfest.org  
Alternative: Carol Rushmore - 907-874-2381  
Website: www.alaskabearfest.org  
Sponsored By:  
Comments: Out and back - rolling hills along the water

July  
28  
Tue

Alaska Outdoor Splash n' Dash Series Race #3 - Anchorage  
Meet Time: 5:00:00 PM - Service High School Pool  
Distance: 100m swim - .75mile run - This is a pool swim followed by a trail run.  
Race Time: 5:30:00 PM  
Adult Fee: 0 Child Fee: 25  
Contact: Heather Helzer - 907-351-2232  
heather.helzer@turnagaintraining.com  
Alternative: -  
Website: www.TurnagainTraining.com  
Sponsored By: Turnagain Training  
Comments: This is a fun kids only SwimRun race. Kids can either compete in the shorter distance 100m swim - .75mile run or longer distance 300m swim - 1.5mile running race.

July  
29  
Wed

Salmon Run Series #4 - Soldotna

Meet Time: 5:45:00 PM - Tsalteshi Trails

Distance: 5K - Trail run, some hills

Race Time: 6:00:00 PM

Adult Fee: \$10 Online/\$15 Day of Child Fee:

Contact: Tami Murray - 907-260-5449 X 1204  
tami@kenaiwatershed.org

Alternative: Rhonda McCormick - 907-260-5449

Website: [www.kenaiwatershed.org](http://www.kenaiwatershed.org)

Sponsored By: Kenai Watershed Forum

Comments: World Class running on Tsalteshi Trails with 1 mile kids race before the 5K

July  
Tue

Exceed Women's Running Team - Anchorage

Meet Time: 6:00:00 PM - Various locations

Distance: varies depending on workout - Coached workouts, track and trail runs, occasional potlucks

Race Time: 6:00:00 PM

Adult Fee: Membership \$100/season Child Fee:

Contact: Robin Mullen - 907.903.5837  
runexceedAK@gmail.com

Alternative: Laura Harris - 907.632.3595

Website: [runexceed.org](http://runexceed.org)

Sponsored By: Exceed Women's Running Team

Comments: We meet every Tuesday at 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

July  
Tue

Peak Performers Track Club - Anchorage

Meet Time: 6:00:00 PM - West High Track

Distance: intervals - West track

Race Time: 6:00:00 PM

Adult Fee: Membership fee \$65, \$110 family(2)/\$160 3 or more Child Fee:

Contact: Jason Hofacker - 240-6982  
anchoragekim@yahoo.com

Alternative: Kim Baldwin - 274-1061

Website:

Sponsored By: Peak Performers Track Club

Comments:

Aug  
1  
Sat

32nd. Matanuska Peak Challenge - Palmer  
Meet Time: 8:00:00 AM - Lazy Mountain Parking Lot  
Distance: 12 miles-10,000 vertical gain - This is a mountainous race with 10,000 vertical gain  
Race Time: 9:00:00 AM  
Adult Fee: \$30 Child Fee:  
Contact: Braun Kopsack - 907-355-0435  
knikg@gci.net  
Alternative: Lance Kopsack - 907-795-6666  
Website:  
Sponsored By: Knik Glacier Adventures  
Comments: 12 miles mountain race-10,000 vertical gain.Mandatory gear is required.No Aid Station available.

Aug  
1  
Sat

ABC LIFE CHOICES Celebrate Life! 5K Run - Soldotna  
Meet Time: 8:30:00 AM - Soldotna Bible Chapel  
Distance: 5K - Through the Soldotna area  
Race Time: 10:00:00 AM  
Adult Fee: Donation Child Fee:  
Contact: Kris Harris - 907-283-9062  
kharris@abclifechoices.org  
Alternative: -  
Website: <http://www.abclifechoices.org/>  
Sponsored By: ABC Life Choices  
Comments: Event starts at Soldotna Bible Chapel located at 300 W Marydale Ave Soldotna, AK 99669

Aug  
1  
Sat

Alaska Distance Classic - Anchorage  
Meet Time: 8:00:00 AM - Alaska Pacific University  
Distance: 5K & 10K - Paved roads and bike paths, with some dirt trail around University Lake  
Race Time: 9:00:00 AM  
Adult Fee: \$35, \$40, \$45 Child Fee:  
Contact: Skinny Raven Events & Timing -  
timing@skinnyraven.com  
Alternative: -  
Website: <https://skinnyraven.com/event/alaska-distance-classic/>  
Sponsored By: Skinny Raven Sports, Alaska Pacific University  
Comments: Is 10K too far? Join us for a 5K. Is 10K not far enough? Sign up for the Double-Up. You can run both the 5K and the 10K and earn yourself a special finisher award!

# Anchorage Parks and Recreation



## 2020 SCHEDULE

Sept 8  
Sept 15  
Sept 22  
SEPT 29  
Oct 6  
Oct 13  
Oct 20  
Oct 27

## TUESDAY NIGHT RACES

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

**Race Time 6:30p**

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

Munchkin  
Farm  
Lightning

1-5K  
3-10K  
4-12K

Kids & Kids at heart  
Recreational Runners  
Competitive Runners





Aug  
1  
Sat Archangel Marathon & Relay - Palmer  
Meet Time: 7:00:00 AM - Independence Mine to Shirley Towne  
Distance: Marathon or 2-3 person marathon relay - Opposite of Hatcher  
Pass Marathon. Steep ascent for 1.5ish miles followed by 25ish miles  
mixed steep to rolling downhill.  
Race Time: 7:00:00 AM  
Adult Fee: \$80 individual, \$160 relay Child Fee: 0  
Contact: Natalie Bickers - (907)232-6145  
happymalamuteak@gmail.com  
Alternative: Eric Bickers - (907)982-3981  
Website: <https://happymalamuterunning.com/archangel-marathon>  
Sponsored By:  
Comments:

Aug  
2  
Sun Yukon River Trail Marathon - Whitehorse  
Meet Time: 8:00:00 AM - Rotary Park  
Distance: 13.1, 26.2 plus relay - Scenic and hilly run along Yukon River  
Race Time: 8:30:00 AM  
Adult Fee: 50 Child Fee: 0  
Contact: Ken Sylvestre - 867 668 7592  
yukonmarathon@gmail.com  
Alternative: -  
Website: [www.yukonmarathon.com](http://www.yukonmarathon.com)  
Sponsored By:  
Comments: Scenic and hilly run along Yukon River trails

Aug  
4  
Tue MatSu Running Club Season Ends - Palmer  
Meet Time: 6:00:00 PM - Colony High Track  
Distance: Various - N/A  
Race Time: 6:00:00 PM  
Adult Fee: N/A Child Fee:  
Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com  
Alternative: -  
Website: [matsurunningclub.org](http://matsurunningclub.org)  
Sponsored By: MatSu Running club  
Comments:

Aug  
5  
Wed

Salmon Run Series #5 - Soldotna

Meet Time: 5:45:00 PM - Tsalteshi Trails

Distance: 5K - Trail run, some hills

Race Time: 6:00:00 PM

Adult Fee: \$10 Online/\$15 Day of Child Fee:

Contact: Rhonda McCormick - 2605449X1203  
rhonda@kenaiwatershed.org

Alternative: Tami Murray - 2605449X1203

Website: [www.kenaiwatershed.org](http://www.kenaiwatershed.org)

Sponsored By: Kenai Watershed Forum

Comments: World Class trail running on Tsalteshi Trails with 1 mile kids race before the 5K, and end of Series BBQ after the race

Aug  
8  
Sat

Eagle River Challenge - Eagle River

Meet Time: 9:00:00 AM - Eagle River Nature Center

Distance: 5K or 10K - Trail race on the Dew Mound and Crow Pass Trails, some hills, roots and rocks.

Race Time: 10:00:00 AM

Adult Fee: \$30 Pregistered, \$35 Day of race Child Fee:

Contact: Asta Spurgis - 907-694-2108  
info@ernc.org

Alternative: admin@ernc.org - 907-694-2108

Website: [www.ernc.org](http://www.ernc.org)

Sponsored By: Friends of Eagle River Nature Center and REI Coop Anchorage

Comments: Back-country trail with natural obstacles; volunteers stationed along the trail; pizza and prizes after the race. Fundraiser for the Eagle River Nature Center.

Aug  
8  
Sat

Eagle River Challenge Kids Race - Eagle River

Meet Time: 9:00:00 AM - Eagle River Nature Center

Distance: 1K - Trail race on the Rodak Nature Trail, some hills, roots and rocks.

Race Time: 10:15:00 AM

Adult Fee: \$10 Child Fee: 10

Contact: Asta Spurgis - 907-694-2108  
info@ernc.org

Alternative: admin@ernc.org - 907-694-2108

Website: [www.ernc.org](http://www.ernc.org)

Sponsored By: Friends of Eagle River Nature Center and REI Coop Anchorage

Comments: 1K trail race for kids ages 5-11 years of age. Limited to 50 racers. Back-country trail with natural obstacles; volunteers stationed along the trail; pizza and prizes.

Aug  
8  
Sat

Pioneer Ridge Vertical Mile - Palmer

Meet Time: 10:00:00 AM - Pioneer Ridge Trailhead, Mile 4 E. Knik River Rd.

Distance: 4.5 miles - Uphill only race on steep singletrack trail with 5,300 feet of vertical gain

Race Time: 11:00:00 AM

Adult Fee: \$5 Child Fee:

Contact: Ben Marvin - 907-317-8115  
benjamin.marvin5@gmail.com

Alternative: -

Website: [www.alaskamountainrunners.org](http://www.alaskamountainrunners.org)

Sponsored By:

Comments: Race-day registration only. Due to limited parking, all participants must take a shuttle to the trailhead. The shuttle runs from 9:30-10:40 a.m. at the gravel bar parking area just north of the Knik River Bridge on the Old Glenn Hwy. (follow signs).

Aug  
8  
Sat

The Nifty Fifty - Juneau

Meet Time: 7:00:00 AM - Perseverance Trail, at End of Basin Road

Distance: 50K, 25K, or 10K - A challenging trail run with lots of climbing

Race Time: 7:30:00 AM

Adult Fee: \$35 for 50K, \$30 for 25K, \$20 for 10K Child Fee: 0

Contact: Keith Levy - 907-723-1427  
keithblevy@gmail.com

Alternative: -

Website: <http://ultrasignup.com/register.aspx?did=73091>

Sponsored By: Juneau Trail and Road Runners

Comments: 2 Start times: 7:30AM for the 50k and 9:30AM for the 10K and 25K. The 10K is out and back on Perseverance Trail. 25K adds Granite Creek Trail and Mt. Roberts. 50K adds Salmon Creek Trail. More details on Ultrasignup.

Aug  
13  
Thu

Anchorage RunFest -- Kickoff Movie - Anchorage

Meet Time: 5:15:00 PM - Bear Tooth Theatrepub 1230 W. 27th Ave.

Distance: n/a - n/a

Race Time: 12:00:00 AM

Adult Fee: n/a Child Fee:

Contact: Anchorage Running Club -  
-

Alternative:

Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

Sponsored By: Anchorage Running Club

Comments:

Aug  
14  
Fri  
Anchorage RunFest Expo- Bib Pickup, Last Chance Registration - Anchorage  
Meet Time: 3:00:00 PM - Dena'ina Center  
Distance: n/a - Meet Time 3-7 pm  
Race Time: 12:00:00 AM  
Adult Fee: N/A Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
Sponsored By: Anchorage Running Club  
Comments:

Aug  
15  
Sat  
Anchorage RunFest -- Pasta Feed - Anchorage  
Meet Time: 12:30:00 PM - Dena'ina Center  
Distance: n/a - Meet Time 12:30-2:30 p.m.  
Race Time: 12:00:00 AM  
Adult Fee: \$14 Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
Sponsored By: Anchorage Running Club  
Comments:

Aug  
15  
Sat  
Anchorage RunFest Expo- Bib Pickup, Last Chance Registration - Anchorage  
Meet Time: 9:00:00 AM - Dena'ina Center  
Distance: n/a - Meet Time 9am-4 p.m.  
Race Time: 12:00:00 AM  
Adult Fee: n/a Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
Sponsored By: Anchorage Running Club  
Comments:

Aug  
15  
Sat

Anchorage RunFest, The Children's Hospital at Providence Kids 2K - Anchorage  
Meet Time: 9:00:00 AM - Delaney Park Strip  
Distance: 2k - untimed, flat, city streets  
Race Time: 10:00:00 AM  
Adult Fee: Free- donations welcome Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
Sponsored By: Anchorage Running Club & The Children's Hospital At Providence  
Comments: For ages 12 & under.

Aug  
15  
Sat

Anchorage RunFest, Three Heats-Women's Mile, Men's Mile, and the Community Mile - Anchorage  
Meet Time: 10:40:00 AM - Delaney Park Strip  
Distance: 1 mi - n/a  
Race Time: 11:00:00 AM  
Adult Fee: See Website Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored By: Anchorage Running Club  
Comments: USATF certified course. Four Heats- The Community Mile, The Women's Mile, and The Men's Mile.

Aug  
15  
Sat

Anchorage RunFest- The Military Mile - Anchorage - Anchorage  
Meet Time: 11:25:00 AM - Delaney Park Strip  
Distance: 1 mi - n/a  
Race Time: 11:40:00 AM  
Adult Fee: See Website Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored By: Anchorage Running Club  
Comments: USATF certified course.

Aug  
16  
Sun

**Anchorage RunFest 5K - Anchorage**

Meet Time: - 6th Ave, Near Town Square  
Distance: 5K - Mostly flat on paved trails & streets  
Race Time: 9:15:00 AM  
Adult Fee: See Website Child Fee:

Contact: Anchorage Running Club -

-

Alternative:

Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

Sponsored By:

Comments: This race is a Sleeping Lady Challenge qualifier.

Aug  
16  
Sun

**Anchorage RunFest, Humpy's Marathon & Marathon Relay - Anchorage**

Meet Time: 12:00:00 AM - 6th Ave, Near Town Square  
Distance: 26.2 miles - Mostly flat on paved trails. Race time 8 am  
(walkers) 9 am (runners)  
Race Time: 8:00:00 AM  
Adult Fee: See Website Child Fee:

Contact: Anchorage Running Club -

-

Alternative:

Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

Sponsored By: Anchorage Running Club & Humpy's

Comments: USATF certified course. Discounts for ARC members and current Military. This race is a Sleeping Lady Challenge qualifier

Aug  
16  
Sun

**Anchorage RunFest, Skinny Raven Half Marathon - Anchorage**

Meet Time: - 6th Ave, Near Town Square  
Distance: 13.1 miles - Mostly flat on Chester Creek Trail  
Race Time: 8:45:00 AM  
Adult Fee: See Website Child Fee:

Contact: Anchorage Running Club -

-

Alternative:

Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

Sponsored By: Anchorage Running Club & United Physical Therapy

Comments: USATF certified course. Discounts for ARC members and current Military.

Aug  
16  
Sun

Anchorage RunFest, United Physical Therapy 49K - Anchorage

Meet Time: - 6th Ave, Near Town Square  
Distance: 49K - Mostly flat on paved trails  
Race Time: 8:00:00 AM  
Adult Fee: See Website Child Fee:

Contact: Anchorage Running Club -  
-

Alternative:  
Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored By: Anchorage Running Club & United Physical Therapy  
Comments: USATF certified course. Discounts for ARC members and current Military

Aug  
18  
Tue

MatSu Running Club - Extended Season - Palmer

Meet Time: 6:00:00 PM - Colony High Track  
Distance: Various - N/A  
Race Time: 6:00:00 PM  
Adult Fee: N/a Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
[coachknopp@yahoo.com](mailto:coachknopp@yahoo.com)

Alternative: -

Website: [matsunningclub.org](http://matsunningclub.org)  
Sponsored By: MatSu Running Club  
Comments: Ages 16+ runners of all ability levels welcome. Coached training held each week through late September. Weekly locations TBA.

Aug  
18  
Tue

MatSu Running Club -Extended season - Palmer

Meet Time: 6:00:00 PM - Colony High Track  
Distance: Various - N/A  
Race Time: 6:00:00 PM  
Adult Fee: N/a Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
[coachknopp@gmail.com](mailto:coachknopp@gmail.com)

Alternative: -

Website: [matsunningclub.org](http://matsunningclub.org)  
Sponsored By: MatSu Running Club  
Comments: Ages 16+ runners of all ability levels welcome. Coached training held each week through mid September. Weekly locations TBA.

Aug  
22  
Sat

Tri Nikiski - Nikiski

Meet Time: 7:20:00 AM - Pool Side Ave. , Nikiski  
Distance: 500 yard swim, 10.6 mile bike, 5k run - Easy swim, few hills for the paved bike portion, and dirt trail for the run t  
Race Time: 8:20:00 AM  
Adult Fee: \$45 Child Fee: 45  
Contact: Maria Cox - 2535928945  
mammamia21@yahoo.com  
Alternative: Bud Sexton - +1 (907) 513-9173  
Website: <https://www.thecompassak.com/tri-nikiski.html>  
Sponsored By:  
Comments:

Aug  
29  
Sat

Kesugi Ridge Half Traverse - Denali State Park

Meet Time: 8:00:00 AM - Little Coal Creek Trailhead  
Distance: 14.5 miles - Challenging singletrack trail from Little Coal Creek to just beyond Ermine Hill Trail Junction  
Race Time: 9:00:00 AM  
Adult Fee: \$65 Child Fee:  
Contact: Matias Saari - 907-529-4178  
matiasmountain@gmail.com  
Alternative: -  
Website: [www.kesugiridgetraverse.com](http://www.kesugiridgetraverse.com)  
Sponsored By:  
Comments: Lottery registration will be open June 1-5. Capped at 50 entrants. After race, participants will take exit trail 3.5 miles to Parks Highway. See website for more information about mandatory gear, entry requirements, time cutoffs, camping and more.

Aug  
29  
Sat

Kesugi Ridge Traverse - Denali State Park

Meet Time: 8:00:00 AM - Little Coal Creek Trailhead  
Distance: 30 miles - Challenging singletrack trail from Little Coal Creek to Byers Lake  
Race Time: 9:00:00 AM  
Adult Fee: \$65 Child Fee:  
Contact: Matias Saari - 907-529-4178  
matiasmountain@gmail.com  
Alternative: -  
Website: [www.kesugiridgetraverse.com](http://www.kesugiridgetraverse.com)  
Sponsored By:  
Comments: Lottery registration will be open June 1-5. Capped at 50 entrants. See website for more information about mandatory gear, entry requirements, time cutoffs, camping and more.



Aug  
Tue

Exceed Women's Running Team - Anchorage

Meet Time: 6:00:00 PM - Various locations  
Distance: varies depending on workout - Coached workouts, track and trail runs, occasional potluck  
Race Time: 6:00:00 PM  
Adult Fee: Membership \$100/season Child Fee:  
Contact: Robin Mullen - 907.903.5837  
runexceedAK@gmail.com  
Alternative: Laura Harris - 907.632.3595  
Website: runexceed.org  
Sponsored By: Exceed Women's Running Team  
Comments: We meet every Tuesday at 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

Aug  
Tue

Peak Performers Track Club - Anchorage

Meet Time: 6:00:00 PM - APU Moseley Sports Center thru mid April  
West High Track late April thru Aug  
Distance: intervals - APU - paved roads, West - track  
Race Time: 6:00:00 PM  
Adult Fee: Membership fee: \$65, \$110 family(2)/\$160 3 or more Child Fee:  
Contact: Jason Hofacker - 240-6982  
anchoragekim@yahoo.com  
Alternative: Kim Baldwin - 274-1061  
Website:  
Sponsored By: Peak Performers Track Club  
Comments:

Sep  
5  
Sat

Chain Saw Carving 5K - Seldovia

Meet Time: 10:00:00 AM - Seldovia  
Distance: 5K - out and back with some hills  
Race Time: 10:00:00 AM  
Adult Fee: \$10.00 Child Fee: 0  
Contact: Steve Bainbridge - 907-202-3095  
bainbridge.noblespirit.steve@gmail.com  
Alternative: -  
Website:  
Sponsored By: Kachemak Bay Running Club  
Comments: out and back with some hills

Sep  
5  
Sat  
Homer Mariner Tri - Homer  
Meet Time: 7:00:00 AM - Homer High School  
Distance: 0.57 mi / 15 mi / 5 mi - Pool; Bike up E. Hill (STEEP!) and cycle above Homer down to Spit; Run back up to HHS  
Race Time: 8:00:00 AM  
Adult Fee: \$55 individual / \$110 team Child Fee:  
Contact: Paul Story - (907) 299-3523  
pstory@kpbsd.org  
Alternative: Caleb Miller - (907) 299-7692  
Website: [www.facebook.com/HomerMarinerTri](http://www.facebook.com/HomerMarinerTri)  
Sponsored By: Homer High School Swim Team  
Comments: A challenging course in one of the most beautiful places on earth: 1,000 yard swim; 15 mile bike up East Hill, across Skyline, and down to Spit; 5 mile run back to HHS.  
Commemorative t-shirts and awards.  
Proceeds benefit HHS Swim Team. Join us in Homer Labor Day weekend!

Sep  
5  
Sat  
McCarthy Half Marathon and 5 Mile Runs - McCarthy  
Meet Time: 2:00:00 PM - Glacier View Campground (Mile 59 of the McCarthy Road)  
Distance: 13 miles and 5 miles - Dirt road up to Kennecott and back to McCarthy  
Race Time: 2:00:00 PM  
Adult Fee: See website Child Fee:  
Contact: Tamara Harper - 907-554-4464  
info@wrangells.org  
Alternative: -  
Website: <https://www.wrangells.org/run>  
Sponsored By:  
Comments:

Sep  
8  
Tue  
Bonny Sosa Tuesday Night Race Series - Anchorage  
Meet Time: 5:30:00 PM - Location and course vary each week.  
Distance: Varies (up to 12K) - n/a  
Race Time: 6:30:00 PM  
Adult Fee: Varies Child Fee:  
Contact: Parks & Recreation - 907-343-6397  
kincaid@muni.org  
Alternative: -  
Website: [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored By: Anchorage Parks & Recreation  
Comments: Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at [www.muni.org/active](http://www.muni.org/active).

Sep  
11  
Fri

Klondike Road Relay - Whitehorse

Meet Time: 7:00:00 PM - Skagway, AK

Distance: 175kms - You won't find another race like the Klondike Trail of '98 International Road Relay. It offers breath-taking scenery, team camaraderie, physical challenge and gracious northern hospitality. This relay is Sport Yukon's annual fundraiser so we thank you for your participation. Have fun! The race will commence on Friday evening, September 11th, in Skagway, Alaska. It follows the trail of the Gold Rush Stampeders over the famous White Pass, through British Columbia, and into the Yukon, finishing Saturday, September 12th, along the banks of the Yukon River in Whitehorse.

Race Time: 7:00:00 PM

Adult Fee: 700 Child Fee:

Contact: Sandra Soares - 867-393-8334  
coordinator@sportyukon.com

Alternative: -

Website: [www.klondikeroadrelay.com](http://www.klondikeroadrelay.com)

Sponsored By:

Comments: <https://klondikeroadrelay.com/race-categories/>

Sep  
12  
Sat

Anchorage Heart Walk - Anchorage

Meet Time: 9:00:00 AM - Delaney Park Strip

Distance: 3k & 5k - City Streets and Coastal Trail

Race Time: 10:00:00 AM

Adult Fee: \$25 Donation (Suggested) Child Fee: 0

Contact: Kristin George - 907-865-5304  
Kristin.George@heart.org

Alternative: Alaina Burton - 907-865-5300

Website: [AnchorageHeartWalk.org](http://AnchorageHeartWalk.org)

Sponsored By: American Heart Association

Comments: Fun, non-competitive family and dog friendly event for all ages and abilities. All proceeds benefit the American Heart Association to fight heart disease and stroke.

Sep  
12  
Sat

Bun to Bun 26.4k Trail run - Talkeetna

Meet Time: 9:30:00 AM - Flying Squirrel Bakery Cafe

Distance: 26.4k - Rolling trail with some rough and steep parts. Point a to b.

Race Time: 9:00:00 AM

Adult Fee: \$50 (\$60 on/after 7/1/2019) Child Fee: 0

Contact: Abby Bradley+L74K73:N74J73:N74 - 907-841-8052  
abbyjane4109@gmail.com

Alternative: Alison McCoullough - 907-841-8953

Website: [www.talkeetnapta.wordpress.com](http://www.talkeetnapta.wordpress.com)

Sponsored By: Talkeetna elementary PTA

Comments: Race starts at the Flying Squirrel bakery in Talkeetna. It is mostly on dirt trail, going through a single track trail, then ski trails in our Burrough park, then the the Talkeetna Alaskan lodge property and down a short bushwhack track to a canted, but beautiful trail, up to an aid station, then along a hilly dirt road, to a rocky trails, and finishing at Close to downtown Talkeetna.

Sep  
12  
Sat

Bun to Bun 5.5k Fun run - Talkeetna

Meet Time: 11:40:00 PM - Flying Squirrel Bakery Cafe

Distance: 5.5k - This is 5.5k from Flying squirrel bakery to NSI mostly on bike path and ending with some gravel roads

Race Time: 11:00:00 PM

Adult Fee: 25 Child Fee: 0

Contact: Abby Bradley - 907-841-8052  
abbyjane4109@gmail.com

Alternative: Allison McCullough - 907-841-8953

Website: [talkeetnapta.wordpress.com](http://talkeetnapta.wordpress.com)

Sponsored By: Talkeetna elementary PTA

Comments: 5.5k from Flying Squirrel Bakery to Northern Susitna Institute (NSI). Mostly on bike path until last bit on gravel roads.

Sep  
12  
Sat

New Balance XC Classic - Anchorage  
Meet Time: 9:00:00 AM - Russian Jack Golf Course  
Distance: 3K - Cross-country on golf course and grass  
Race Time: 10:00:00 AM  
Adult Fee: \$20 Child Fee:  
Contact: Skinny Raven Event & Timing -  
timing@skinnyraven.com  
Alternative: -  
Website: <https://skinnyraven.com/event/new-balance-xc-classic/>  
Sponsored By: New Balance, Skinny Raven Sports  
Comments: Skinny Raven and New Balance are hosting a fun and fast flight style cross country running race at Russian Jack Golf Course to highlight high school cross country runners. With a middle school flight at 12:00 p.m. and a community flight at 2:40 p.m., anyone can challenge themselves against Alaska's top cross country runners.

Sep  
13  
Sat

Halibut Hustle - Homer  
Meet Time: 9:30:00 AM - Homer  
Distance: 5 K - 5 K around the Homer Harbor.  
Race Time: 10:00:00 AM  
Adult Fee: 20 Child Fee:  
Contact: Andy Haas - 9072353270  
yatra@ak.net  
Alternative: -  
Website: <https://www.facebook.com/KachemakBayRunningClub/>  
Sponsored By: Kachemak Bay Running Club  
Comments: Chase the halibut around the Homer Harbor and see if you can beat the fish to the finish line.

Sep  
14  
Sat

Matsu Relay - Wasilla-Palmer  
Meet Time: 7:00:00 AM - Hatcher Pass  
Distance: 55 miles - 12 leg course for teams of 6, on road shoulder & paved paths around the MatSu Valley  
Race Time: 7:00:00 AM  
Adult Fee: TBD Child Fee:  
Contact: Nathan Luke - 907-671-2005  
Nathan@NxNWRelays.com  
Alternative: -  
Website: [www.MatSuRelay.com](http://www.MatSuRelay.com)  
Sponsored By: North by Northwest Relays  
Comments:

Sep  
15  
Tue

Bonny Sosa Tuesday Night Race Series - Anchorage

Meet Time: 5:30:00 PM - Location and course vary each week.  
Distance: Varies (up to 12K) - n/a  
Race Time: 6:30:00 PM  
Adult Fee: Varies Child Fee:

Contact: Parks & Recreation - 907-343-6397  
kincaid@muni.org

Alternative: -

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

Sponsored By: Anchorage Parks & Recreation

Comments: Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at [www.muni.org/active](http://www.muni.org/active).

Sep  
22  
Tue

Bonny Sosa Tuesday Night Race Series - Anchorage

Meet Time: 5:30:00 PM - Location and course vary each week.  
Distance: Varies (up to 12K) - n/a  
Race Time: 6:30:00 PM  
Adult Fee: Varies Child Fee:

Contact: Parks & Recreation - 907-343-6397  
kincaid@muni.org

Alternative: -

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

Sponsored By: Anchorage Parks & Recreation

Comments: Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at [www.muni.org/active](http://www.muni.org/active).

Sep  
22  
Tue

MatSu Running Club-Extended session - Palmer

Meet Time: 6:00:00 PM - Colony High Track  
Distance: Various - N/A  
Race Time: 6:00:00 PM  
Adult Fee: N/A Child Fee:

Contact: Rhonda Knopp - 907-355-6258  
coachknopp@yahoo.com

Alternative: -

Website: [matsunningclub.org](http://matsunningclub.org)

Sponsored By: MatSu Running club

Comments: Ages 16+ runners of all ability levels welcome. Coached training held each week through mid September. Weekly locations TBA.

- Sep  
24  
Thu
- Oktoberfest 5K & 10K, Run to End Homelessness Bib Pick UP - Anchorage  
Meet Time: 4:30:00 PM - Skinny Raven Sports (800 H St.)  
Distance: n/a - Meet time 4:30-6:30 PM  
Race Time:  
Adult Fee: \$35.00 5k, \$40.00 10K Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored By: Anchorage Running Club  
Comments: Day of race bib pick up 07:30-08:45am at 49th State  
Brewery. Benefits Beans Café & Brother Francis Shelter
- Sep  
26  
Sat
- Oktoberfest 5K & 10K, Run to End Homelessness - Anchorage  
Meet Time: 7:30:00 AM - 750 W 2nd Ave.  
Distance: 5K & 10K - Race time 9am (kids), 9:15 am (10K), 9:25am (5K)  
Race Time: 9:00:00 AM  
Adult Fee: See Website Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored By: Anchorage Running Club  
Comments: Runners in costume will be given a 1 min head start.  
Benefits Beans Café and Brother Francis Shelter.  
This race is a qualifier for the Sleeping Lady Challenge.
- Sep  
27  
Sun
- Kenai River Marathon Run Series - Kenai  
Meet Time: 10:00:00 AM - Soldotna Regional Sports Comple  
Distance: Full Marathon, Half Marathon, Relay and 5k - Flat & fast. DUE  
TO ROAD CONSTRUCTION AND THE NEW COURSE, THE 2020 KENAI  
RIVER MARATHON IS NOT A BOSTON QUALIFIER  
Race Time: 10:00:00 AM  
Adult Fee: \$55 - \$150 Child Fee:  
Contact: Kenai Chamber of Commerce - 907.283.1991  
[johna@kenaichamber.org](mailto:johna@kenaichamber.org)  
Alternative: - 907.283.1991  
Website: [kenairivermarathon.org](http://kenairivermarathon.org)  
Sponsored By:  
Comments: DUE TO ROAD CONSTRUCTION AND THE NEW COURSE, THE  
2020 KENAI RIVER MARATHON IS NOT A BOSTON QUALIFIER

Sep  
29  
Tue

Bonny Sosa Tuesday Night Race Series - Anchorage  
Meet Time: 5:30:00 PM - Location and course vary each week.  
Distance: Varies (up to 12K) - n/a  
Race Time: 12:00:00 AM  
Adult Fee: Varies Child Fee:  
Contact: Parks & Recreation - 907-343-6397  
kincaid@muni.org  
Alternative: -  
Website: [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored By: Anchorage Parks & Recreation  
Comments: Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at [www.muni.org/active](http://www.muni.org/active).

Oct  
3  
Sat

Autumn Gold - Palmer  
Meet Time: 10:00:00 AM - Lazy Mountain area trails  
Distance: 5 miles - Hilly climb through the Lazy Mountain system using a variety of trails and pathways. Hilly.  
Race Time: 10:00:00 AM  
Adult Fee: \$50 Child Fee: 0  
Contact: Natalie Bickers - (907)232-6145  
happymalamuteak@gmail.com  
Alternative: Eric Bickers - (907)982-3981  
Website: <https://happymalamuterunning.com/autumn-gold>  
Sponsored By:  
Comments:

Oct  
6  
Tue

Bonny Sosa Tuesday Night Race Series - Anchorage  
Meet Time: 5:30:00 PM - Location and course vary each week.  
Distance: Varies (up to 12K) - n/a  
Race Time: 6:30:00 PM  
Adult Fee: Varies Child Fee:  
Contact: Parks & Recreation - 907-343-6397  
kincaid@muni.org  
Alternative: -  
Website: [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored By: Anchorage Parks & Recreation  
Comments: Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at [www.muni.org/active](http://www.muni.org/active).



Oct  
8  
Thu  
Zombie Half Marathon Bib Pick UP - Anchorage  
Meet Time: 4:30:00 PM - Skinny Raven Sports (800 H St.)  
Distance: n/a - Meet time 4:30-6:30 PM  
Race Time: 12:00:00 AM  
Adult Fee: See Website Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored By: Anchorage Running Club  
Comments: Day of race bib pick up 08:00-09:45am at Goose Lake Park

Oct  
10  
Sat  
Zombie Half Marathon - Anchorage  
Meet Time: 8:30:00 AM - Goose Lake Park  
Distance: 13.1 mi - Goose Lake to Kincaid Chalet Race Time 9am  
(walkers) 10 am (runners)  
Race Time: 9:00:00 AM  
Adult Fee: See Website Child Fee:  
Contact: Anchorage Running Club -  
-  
Alternative:  
Website: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored By: Anchorage Running Club  
Comments: This race is a qualifier for the Sleeping Lady Challenge. Plan on carpooling and staging vehicles, NO shuttles will be provided. If you will take longer than 3 hrs make sure to start with the walkers at 9am. Dress up like a Zombie!

Oct  
13  
Tue  
Bonny Sosa Tuesday Night Race Series - Anchorage  
Meet Time: 5:30:00 PM - Location and course vary each week.  
Distance: Varies (up to 12K) - n/a  
Race Time: 6:30:00 PM  
Adult Fee: Varies Child Fee:  
Contact: Parks & Recreation - 907-343-6397  
[kincaid@muni.org](mailto:kincaid@muni.org)  
Alternative: -  
Website: [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored By: Anchorage Parks & Recreation  
Comments: Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at [www.muni.org/active](http://www.muni.org/active).

Oct  
17  
Sat

5K Costume Run - Nikiski

Meet Time: 10:00:00 AM - Nikiski Community Recreation Center  
Distance: 5K - Groomed trails. Some hills, mostly flat.  
Race Time: 11:00:00 AM  
Adult Fee: Entry fee is canned food or non-perishable food items to help support our local Food Drive. Child Fee:  
Contact: Jackie Cason - 907-776-8800  
jcason@kpb.us  
Alternative: Teri Langston - 907-776-8800  
Website: [www.northpenrec.com](http://www.northpenrec.com)  
Sponsored By: North Peninsula Recreation Service Area  
Comments: Groomed trails. Mostly flat, with some hills.

Oct  
20  
Tue

Bonny Sosa Tuesday Night Race Series - Anchorage

Meet Time: 5:30:00 PM - Location and course vary each week.  
Distance: Varies (up to 12K) - n/a  
Race Time: 6:30:00 PM  
Adult Fee: Varies Child Fee:  
Contact: Parks & Recreation - 907-343-6397  
kincaid@muni.org  
Alternative: -  
Website: [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored By: Anchorage Parks & Recreation  
Comments: Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at [www.muni.org/active](http://www.muni.org/active).

Oct  
27  
Tue

Bonny Sosa Tuesday Night Race Series - Anchorage

Meet Time: 5:30:00 PM - Location and course vary each week.  
Distance: Varies (up to 12K) - n/a  
Race Time: 6:30:00 PM  
Adult Fee: Varies Child Fee:  
Contact: Parks & Recreation - 907-343-6397  
kincaid@muni.org  
Alternative: -  
Website: [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored By: Anchorage Parks & Recreation  
Comments: Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at [www.muni.org/active](http://www.muni.org/active).

Oct  
31  
Sat

Skinny Raven Frightening 4K - Anchorage

Meet Time: 10:00:00 AM - Hotel Captain Cook

Distance: 4K - Paved city streets

Race Time: 11:00:00 AM

Adult Fee: \$30 Child Fee:

Contact: Skinny Raven Events & Timing -  
timing@skinnyraven.com

Alternative: -

Website: <https://skinnyraven.com/event/frightening-4k/>

Sponsored By:

Comments: With trick-or-treat stations every kilometer, this fun out-and-back course will allow

you to see all the awesome costumes. There will be a team and individual costume

contest with great prizes after the run.

Nov  
14  
Sat

Girls on the Run 5K - Anchorage

Meet Time: 9:30:00 AM - Sullivan Arena

Distance: 5.0 KM - This family fun run will start and finish at the Sullivan Arena. The run/walk route will be out and back on the Chester Creek Trail

Race Time: 10:30:00 AM

Adult Fee: 15 Child Fee: 10

Contact: Kennis Brady - 907-351-2250  
director@gotrsouthcentralak.org

Alternative: -

Website: [www.gotrsouthcentralak.org](http://www.gotrsouthcentralak.org)

Sponsored By:

Comments: Out and back on the Chester Creek Trail

Nov  
26  
Thu

Skinny Raven Turkey Trot - Anchorage

Meet Time: 9:30:00 AM - Dena'ina Convention Center

Distance: 3K & 5K - Paved city streets, indoor finish.

Race Time: 10:30:00 AM

Adult Fee: \$35 Child Fee: 20

Contact: Skinny Raven Events & Timing -  
timing@skinnyraven.com

Alternative: -

Website: <https://skinnyraven.com/event/turkey-trot/>

Sponsored By: Skinny Raven Sports

Comments: Make the Turkey Trot a family tradition on the biggest running/walking day in the

US. With Alaska's only outdoor race with and indoor finish line, keep warm and help us

support the Food Bank of Alaska.

- Nov  
26  
Thu
- Turkey Trot - Soldotna  
Meet Time: 9:00:00 AM - Soldotna Regional Sports Center  
Distance: 1.5 mile & 3 mile walk/run - Flat trail out & back  
Race Time: 10:00:00 AM  
Adult Fee: \$20.00/\$50.00 Family Child Fee: 10  
Contact: Tammy Strausbaugh - 907-252-2959  
wrestle@acsalaska.net  
Alternative: Kurt Strausbaugh - 907-252-6172  
Website:  
Sponsored By: The Freedom House  
Comments: Age group awards, Thanksgiving dessert door prizes.  
Proceeds benefit The Freedom House
- Nov  
26  
Thu
- Turkey Trot - Homer  
Meet Time: 9:30:00 AM - Homer High School  
Distance: 5 K - Easy 5 K  
Race Time: 10:00:00 AM  
Adult Fee: 2 cans of food for the food bank Child Fee:  
Contact: Andy Haas - 9072353270  
yatra@ak.net  
Alternative: -  
Website: <https://www.facebook.com/KachemakBayRunningClub/>  
Sponsored By: Kachemak Bay Running Club  
Comments:
- Nov  
27  
Fri
- Boycott Black Friday - Palmer  
Meet Time: 8:00:00 AM - Wendt Road trail system  
Distance: 2.6 mile looped course - Multi-day race, choose 1, 2, or 3 days.  
Each loop is total 2.6 miles. Only slightly hilly but variable weather  
conditions!  
Race Time: 8:00:00 AM  
Adult Fee: \$50-\$80 depending on days chosen Child Fee: 0  
Contact: Natalie Bickers - (907)232-6145  
happymalamuteak@gmail.com  
Alternative: Eric Bickers - (907)232-6145  
Website: <https://happymalamuterunning.com/boycott-black-friday>  
Sponsored By:  
Comments:

Dec  
31  
Thu

Northern Lights Resolution Run - Anchorage

Meet Time: 5:00:00 PM - Alaska Pacific University

Distance: About 5K - Paved streets, dirt and snowy trails.

Race Time: 6:00:00 PM

Adult Fee: \$40 Child Fee:

Contact: Skinny Raven Events & Timing -  
timing@skinnyraven.com

Alternative: -

Website: <https://skinnyraven.com/event/northern-lights-resolution-run/>

Sponsored By: Skinny Raven Sports

Comments: Run and dance yourself into the new year. Music, lights, and an awesome course will

ring in the new year! This run will feature multiple unique light and music

experiences out on course for nearly 5K of fun through the woods trails and APU

Campus

Jan  
9  
Sat

Frosty Bottom Half Marathon (2021) - Anchorage

Meet Time: 9:15:00 AM - Kincaid Park Chalet

Distance: 13.1 miles - Multi-use snow trails from Kincaid to Goose Lake Park

Race Time: 10:15:00 AM

Adult Fee: \$50 Child Fee:

Contact: Matias Saari - 907-529-4178  
matiasmountain@gmail.com

Alternative: -

Website: [www.ultrasignup.com](http://www.ultrasignup.com) (search for Frosty Bottom event)

Sponsored By:

Comments: Held in conjunction with the Frosty Bottom bike race. Aid station at Mile 6.5.

Jan  
9  
Sat

Frosty Bottom Marathon (2021) - Anchorage

Meet Time: 9:15:00 AM - Kincaid Park Chalet

Distance: 26.2 miles - Multi-use snow trails from Kincaid to Hillside Trailhead

Race Time: 10:15:00 AM

Adult Fee: \$55 Child Fee:

Contact: Matias Saari - 907-529-4178  
matiasmountain@gmail.com

Alternative: -

Website: [www.ultrasignup.com](http://www.ultrasignup.com) (search for Frosty Bottom event)

Sponsored By:

Comments: Held in conjunction with Frosty Bottom bike race. Aid stations at Mile 10.7 and Mile 17.5

Feb  
13  
Sat

2021 Little Su 50K - Big Lake

Meet Time: 10:00:00 AM - Happy Trails Kennel

Distance: 50 Kilometers - Cross-country via rivers, lakes and trails

Race Time: 11:00:00 AM

Adult Fee: Check web-site Child Fee:

Contact: Kim & Erin Kittredge - 907-232-2553  
info@susitna100.com

Alternative: Pam Richter - 907-346-1220

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

Sponsored By:

Comments: 1 checkpoint with warm water. Check website for required gear. T-shirt, finisher award and post-race party.

Feb  
13  
Sat

2021 Susitna 100 - Big Lake

Meet Time: 7:30:00 AM - Happy Trails Kennel

Distance: 100 miles - Cross-country via rivers, lakes and trails

Race Time: 9:00:00 AM

Adult Fee: Check website Child Fee:

Contact: Kim & Erin Kittredge - 907-232-2553  
info@susitna100.com

Alternative: Pam Richter - 907-242-9137

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

Sponsored By:

Comments: 5 checkpoints with warm water. Check website for required gear and food requirements. T-shirt, finisher award and post-race party.



The background of the entire page is a dark gray topographic map. It features intricate white contour lines that swirl and curve across the frame, creating a sense of depth and movement. The lines vary in thickness and spacing, representing different elevations and terrain features.

**ALASKA RUNNERS CALENDAR  
2020**