Alaska Runner’s Calendar

2015
5k run, open to all ages.
Timed and untimed events.
At the UAF Experimental Farms.
Also, potato sack race for kids
Food, drinks, lawn games, farm animals.

Sat, 9/26/15

Check www.friendsofthefarm.org
For race times, registration and updates.
Registration fee includes free drinks, t-shirt and lunch.

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

Flip and Patti Foldager

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

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

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

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

• The race calendar is a good starting point for planning your personal race schedule. Race directors reserve the right to change dates, locations or cancel races. Use the race calendar for preliminary planning purposes only.

• To find out whether a race is still on, check with the race director and/or be on the alert for any newspaper announcements. Race directors can help by having an announcement in the local newspaper(s), usually a few days before race. Some races may require more lead time, especially if there is an entry deadline.

• If you fill out a racing form, please read the instructions before asking questions.

• When you arrive at race start, be careful where you park. Observe all traffic regulations and do not park too close to the start.

• Allow ample time for check-in and warm-up.

• Pay close attention to all pre-race instructions.

• Use only your assigned running number and display it proudly.

• Run on the side of the road facing traffic unless race course directs you otherwise.

• You are responsible for your warm-up clothes & personal items.

• Leave your pets at home unless race allows them!

• Slower runners please start behind the faster runners.

• Be at least two strides ahead before cutting in front of another runner.

• No pacing by non-race participants.

• Follow instructions after your cross the line.

• Unofficial runners do not cross the finish line. Do not hassle race officials – wait patiently for posted results!

Brad Cooke, Editor

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Note: All area codes are 907 unless otherwise listed

Contacting Alaska Runners Calendar
343-6566 (voice) 249-7725 (fax) 343-6457 (TDD)
e-mail: runnerscalendar@muni.org
webpage: www.muni.org/parks
Jan Fahrenheit Be Darned Winter Training Run – Fairbanks
Wed 5:45 pm, Location – UAF Patty Center
Distance: various
Contact: Ed Debevec 978-8961
George Berry 687-8769
Sponsored by: RCN
Regardless of temperature

Jan 3 Moose Mountain Snowshoe Challenge – Fairbanks
Sat Time 12:00 pm, Location – 2809 Waldheim Drive
(Last left off Jones Road), Distance: 6K and 9K
Contact: Erika Burr 978-4481
Dan Bishop
Sponsored by: RCN
Challenging 1000-ft climb in first two miles.
Limited parking, carpool from Ivory Jacks. Free snacks.
Extra snowshoes available.

Jan 4 Full Moon Run – Fairbanks
Sun Time 5:45 pm, Location – UAF Patty Center
Distance: 4 miles
Contact: George Berry 687-8769
Sponsored by: RCN
Regardless of temperature

Jan 10 35th Annual Airport Run – Fairbanks
Sat Time 11 am, Location – Pike’s Landing
Distance: 4 or 8 Miles
Contact: Bob Vitale 322-0117
Sponsored by: RCN
No entry fee; regardless of temperature. Flat out & back.

Jan 17 Polar Bear 5K Run – Anchorage
Sat Meet time 9:30 am, Race time 10 am, location – Alaska Zoo
5K – trails and pavement, some hills
Entry fee: $40/$45 Contact: Eileen Floyd 341-6431
efloyd@alaskazoo.org
www.alaskazoo.org
Sponsored by: Healthy Futures, Alaska Spine Institute, USI

Jan 17 Nunataq Snowshoe Series #1 – Palmer
Sat Meet time 8 am, Race time 9 am,
Location – Hatcher Pass Recreation Area
1K, 5K, 10K – 1k kids, 5k, 10k some hills
Entry fee: $25, 1k Kids Race is free (no snowshoes needed)
Contact: Kate Arnold 907-746-0722
kevans.arnold@gmail.com
alaskasnowshoecompetition.com
OR Activesoles.net
Sponsored by: Active Soles Performance Footwear
5k & 10k requires snowshoes, at 9:00 am before race starts,
there are Mens & Women’s 50 yd dash for cash. Fastest
runners get $50 cash.
Free pizza, electrolite drinks at finish.

*Children’s age groups/ability levels available
Jan 19  Martin Luther King Jr. Day

Jan 24  Neon Northern Lights Snowshoe Race – Valdez
Sat  Meet 4:30 pm – Civic Center Overlook Trail
     1 Mile – snowshoe race (hilly), Race time 5 pm
     Entry fee: $5/individual or $20/family
     Contact: Sarah Jorgenson-Owen 907-835-2531
            SJOwen@ci.valdez.ak.us
            www.ci.valdez.ak.us/specialevents
     Sponsored by: Valdez Parks & Rec
     Proceeds benefit Valdez Race Series
     This glow-in-the-dark style snowshoe race begins after dark,
     glow sticks and neon paint to guide your way.
     Snowshoes available for FREE rental with PWSCC “Ski for
     Free” program-limited quantities, must pick up at PWSCC
     before race.

Jan 24  Chilly Buns Mid-Winter Run – Fairbanks
Sat  Time 11 am, Location – UAF Bus Center across from Patty Ctr
     Distance: 6.5 Miles Hilly
     Contact: George Berry 687-8769
     Sponsored by: RCN
     Free. Miller Hill loop. Regardless of temperature!

Jan 25  Emily-Oliver Snowshoe Race – Fairbanks
Sun  Time 12:00 pm, Location – Oboe Ct
     (1st left off Isberg from Cripple Creek)
     Distance: 5K and 10K
     Contact: Ariana Graf 451-0817
     Sponsored by: RCN
     Extra snowshoes available. Hot chocolate & more.
     Regardless of temperature

Jan 25  Half Marathon at the Dome – Anchorage
Sun  Meet time: 10 am, Race time: 11 am, Location – The Dome
     Distance: 13.1, 49-51 laps around the track, Entry fee: $50
     Contact: Mark Iverson 274-7222
            timing@skinnyraven.com
            Erin Philips 274-7222
            www.skinnyraven.com/races/dome-half
     Sponsored by: Skinny Raven Sports
     The Dome and Skinny Raven introduce Alaska’s first indoor
     Half-Marathon. Ready for a fast surface and warm temps?

Jan 31  RCN Members Winter Social – Fairbanks
Sat  Location – Goldstream Sports
     Contact: George Berry 6887-8769
     Sponsored by: RCN and Goldstream Sports
     See www.runningclubnorth.org for information

Feb  Fahrenheit Be Darned Winter Training Run – Fairbanks
Weds  Time 5:45 pm, Location – UAF Patty Center
       Distance: Various
       Contact: Ed Debevec 978-8961
                George Berry 687-8769
       Sponsored by: RCN
       Regardless of temperature

*Children’s age groups/ability levels available
Feb 5  Trail of Remembrance 5K Early Registration – Wasilla
Wed Bike, run or walk – April 25
Contact: Kim Carney 352-0150
kimberly.carney@matsuk12.us
http://matsuk12.us/domain/2880
Sponsored by: American Charter Academy, multiple
community organizations
Start Training Now! Cash prizes, medals and BBQ

Feb 2 Why Not Tri & Why Not Tri Kids - Wasilla
Mon Registration opens
Contact: www.whynottriwasilla.net

Feb 3 Full Moon Run – Fairbanks
Tue Time 5:45 pm, Location – UAF Patty Center
Distance: 4 miles
Contact: George Berry 687-8769
Sponsored by: RCN
Regardless of temperature

Feb 7 Sweetheart Snowshoe Sprint & Ski – Valdez
Sat Meet 10 am – West Dike Mineral Creek Trail, Egan Drive
SC Ski Race at 11 am, Snowshoe & Run Race at 11:15 am
5K – snowshoes, XC ski, winter trail running (groomed trail),
Enter fee: $5/individual, $7/couple, or $20/family
Contact: Sarah Jorgenson-Owen 907-835-2531
SJOwen@ci.valdez.ak.us
www.ci.valdez.ak.us/specialevents
Sponsored by: Valdez Parks & Rec
Proceeds benefit Valdez Race Series
Bring your sweetheart to this race! First sweetheart “couple”
to cross the finish line wins a gift for two. Snowshoes and XC
Skis are available for FREE rental with PWSCC “Ski for Free”
program-limited. Quantities, pick up at PWSCC before race.

Feb 7 Fairbanks Snowshoe Classic – Fairbanks
Sat Time 12:00 pm, Location – Goldstream Sports
711 Sheep Creek Road
Distance: 5K and 10K
Contact: Erika Burr 978-4481
Sponsored by: RCN
Regional Qualifier for US Natl Snowshoe. Extra snowshoes.
No entry fee. Prizes.

Feb 7 Nunataq Snowshoe Series #2 – Palmer
Sat Meet time 8 am, Race time 9 am
Location – Independence Mine, Hatcher Pass
1K, 5K, 10K – 1k kids,5k,10k some hills
Entry fee: $25, 1k Kids Race is free (no snowshoes needed)
Contact: Kate Arnold 907-746-0722
kevans.arnold@gmail.com
alaskasnowshoechallenge.com OR Activesoles.net
Sponsored by: Active Soles Performance Footwear
5k & 10k requires snowshoes, at 9 am before race starts, there
are Mens & Women’s 50 yd dash for cash. Fastest runners get
$50 cash. Free pizza, electrolyte drinks at finish.

*Children’s age groups/ability levels available
**Children’s age groups/ability levels available**

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Registration and information for all races at: [www.skinnyraven.com](http://www.skinnyraven.com)
Feb 14  Valentines Day

Feb 14  Snow Run – Fairbanks
Sat  Time 11:00 am, Location – Patty Center
     Distance: 4.1 Miles & 7.2 Miles, Hilly
     Contact:  Mary Brunner 699-1496
     Sponsored by: RCN
     Sign up at bus shelter across from Patty Center, free! Cookies!

Feb 14  Valentine’s Day Chocolate Run – Anchorage
Sat  Meet time: 9 am, Race time: 10 am
     Location – Ship Creek by Ulu factory
     Distance: 5K, roads and bike path, Entry fee: $30
     Contact:  Mark Iverson 274-7222
timing@skinnyraven.com
        Erin Philips 274-7222
        www.skinnyraven.com/races/valentines-day-5K
     Sponsored by: Skinny Raven Sports
Running, Chocolate, and Love. Join us for all of them along
Ship Creek. Let cupid chase you along the creek and through
the Tunnel of Love! There is a couples team event.

Feb 14  Little Su 50K – Big Lake
Sat  Meet 9:30 am – Big Lake Area, Happy Trails Kennels
     Race time 11 am, Entry fee: Check website
     Pam Richter 346-1220
     info@susitna100.com
     Kim Kittredge
     www.susitna100.com
     1 checkpoint with warm water, check website for required
     gear. T-shirt, finisher award & post-race pizza party.
     12 hour cutoff.

Feb 14  Susitna 100 – Big Lake
Sat  Meet 7:30 am – Big Lake Area, Happy Trails Kennels
     100 miles – XC across rivers & woodlands
     Race time 9 am, Entry fee: Check website
     Contact:  Kim & Erin Kittredge
             info@susitna100.com
             Pam Richter 346-1220
             www.susitna100.com
     Loop course. 5 checkpoints with warm water available
     15# of survival gear & food required to be carried over
     entire course. T-shirt, finisher award & post-race pizza party

Feb 16  Presidents’ Day
Mon

Feb 20  Trail of Remembrance 5K Early Registration Ends – Wasilla
Fri  Bike, run or walk – April 25
     Contact:  Kim Carney 352-0150
             kimberly.carney@matsuk12.us
             http://matsuk12.us/domain/2880
     Sponsored by: American Charter Academy, multiple
     community organizations
     Start Training Now! Cash prizes, medals and BBQ

*Children’s age groups/ability levels available
Feb 21  Walk for Warmth – Anchorage  
Sat  Meet 9 am, Location – First United Methodist Church  
1 mile & 5K – Downtown Route,  
Entry fee: $40/timed, Free/untimed  
Contact: Aimee Chauvot 263-3831  
achauvot@ak.org  
Help keep Anchorage families warm & financially stable!  
To celebrate our 5th anniversary, we are adding a 5k!

Feb 21  16th Ballaine Ridge Snowshoe Trail Run – Fairbanks  
Sat  Time 12:00 pm, Location – Keith Pollock’s House 834 Goldfinch  
Distance: 3.6 & 9K  
Contact: Keith Pollock 479-0779  
Sponsored by: RCN  
Regardless of temperature. Extra snowshoes available.  
Hot drinks & munchies.

Feb 26  Frostbite Footrace Reg/Bib Pick Up – Anchorage  
Thu  3:30 - 7:30 pm – Glacier BrewHouse  
Entry fee: $27/$10 youth/$150 team Feb 2 thru Feb 26  
$25 Feb 2 thru Feb 26 if adult runner in 2014  
$30/$15/$175 race day registration 7:30 – 9 am  
Contact: Fur Rondy Headquarters 274-1177  
info@furrondy.net  
Sponsored by: Fur Rondy, Glacier BrewHouse, Imaging Assoc.  
Timing & registration supported by Skinny Raven Sports  
Register on-line @ www.furrondy.net  
T-shirts to first 700 runners to pick up bibs

Feb 28  Frostbite Footrace & Costume Fun Run – Anchorage  
Sat  *  
Race time 9:30 am – Glacier BrewHouse  
Entry fee: $27/$10 youth/$150 team Feb 2 thru Feb 26  
$25 Feb 2 thru Feb 28 if adult runner in 2014  
$30/$15/$175 race day, registration 7:30 – 9 am  
2.5 & 5K – Downtown Parade Route  
Contact: Fur Rondy Headquarters 274-1177  
info@furrondy.net  
Sponsored by: Fur Rondy & Glacier BrewHouse  
Timing & registration supported by Skinny Raven Sports  
Register on-line @ www.furrondy.net  
T-shirts to first 700 runners to pick up bibs  
Cash prizes ($25-$100) for the costume contest  
A Healthy Futures Series Event – www.healthyfuturesak.org

Feb 28  Fur Rondy Outhouse Race – Anchorage  
Sat  Meet 3 pm – Downtown, 4th Avenue between E & F  
100’ - down & back pushing an outhouse on skis  
Entry fee: $100/team – 10 person teams, 5 at time on course  
Contact: AEclubUAA@gmail.com  
www.AEclubUAA.com  
Sponsored by: AE Club at UAA  
Double elimination tournament brackets with 3 races guaranteed, trophies for top finishers

*Children’s age groups/ability levels available
IT’S A RONDY TRADITION
Frostbite Footrace & Costume Fun Run
9:30am, Saturday, February 28th
Register at www.furrondy.net

5K or 2.5K Fun Run
Grab the entire family and join the fun!

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

DON’T MISS THE COSTUME CONTEST
GREAT FUN & PRIZES!
Mar 17–18  Valdez Clinic Challenge
(2-Day 35/km XC Ski Race)
January 24  Neon Northern Lights
Snowshoe Race (1 Mi)
February 7  Sweetheart Snowshoe Sprint
&Ski (5K)
March 7  Pot-O’Gold Fun Run (5K) *
April 18  Healthier You “Spring Surprise” 5K
May 30  Bike Race Run (10k Run & 5K) *
June 6  H.A.W.K. 10K Mountain Bike Race
June 19  H.A.W.K. Half Marathon

July 4  Uncle Salmon Freedom Fun Run
(4K & 10K)
August 22  RHR Rock & Roll Races
(5K & 10K Run & Bike) *
September 7  Annual Labor Day Family Fun Runs
(1K, 5K, & 5K)
October 17  The Running Dead Zombie Obstacle Run *
(Nov 1st & 5K)
November 26  Turkey Trot Family 5K
December 19  Ugly Sweater Walk, Run or Ski (5K)

Mar  Fahrenheit Be Darned Winter Training Run – Fairbanks
Time 5:45 pm, Location – UAF Patty Center
Distance: Various
Contact: Ed Debevec 978-9861
George Berry 687-8769
Sponsored by: RCN
Regardless of temperature

Mar  Trail of Remembrance 5K Pre-registration – Wasilla
Bike, run or walk – April 25
Contact: Kim Carney 352-0150
kimberly.carney@matsuk12.us
http://matsuk12.us/domain/2880
Sponsored by: American Charter Academy, multiple
community organizations
Start Training Now! Cash prizes, medals and BBQ

Mar 5  Full Moon Run – Fairbanks
Thu
Time 5:45 pm, Location – UAF Patty Center
Distance: 4 miles
Contact: George Berry 687-8769
Sponsored by: RCN
Regardless of temperature

Mar 7  8th Annual Running of the Reindeer – Anchorage
Sat
Race time 4 pm – 4th Avenue at H Street
3 blocks – city streets, Entry fee: $30 includes t-shirt
Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net
Sponsored by: Fur Rondy, KWHL 106.5, Bob & Mark Show
Register on-line @ www.furrondy.net
Come out for some whacky, Alaskan-style fun! See if you
can outrun the reindeer. Must be 18 yrs or older to participate.
Proceeds benefit Toys for Tots

*Children’s age groups/ability levels available
Mar 7 11th Annual Troth Yedda’ Snow Show Scramble – Fairbanks
Sat Time 12:00 pm, Location – Troth Yedda’ Park @ UAF, Yukon Dr
Distance: ¼ Mile Loop
Entry fee: $20, FREE for UAF students with ID
Contact: Pete Pinney 978-0425
Sponsored by: RCN, College of RCD UAF

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

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

*Children’s age groups/ability levels available
Mar 8  Daylight Saving Time Begins
Sun  Don’t be late to your race!

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

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

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

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

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

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

Mar 30  |  Seward’s Day
Mon     |  

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

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

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

Race organizers and sponsors interested in advertising in the 2016 Alaska Runner’s Calendar should contact
runnerscalendar@muni.org

*Children’s age groups/ability levels available
April 22, 2015 @ 5:30-8p

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

www.muni.org/Active

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

Apr 4 Spring Fling – Fairbanks
Sat Time 11 am, Location – UAF Patty Center
Distance: 5K
Contact: Jeff Hebard 322-5450
Sponsored by: RCN
Fundraiser for Lathrop HS XC Running.
No entry fee, donations gladly accepted.

Apr 5 Easter

Apr 6 Beat Beethoven 5K Early Bib Pick Up – Fairbanks
Mon Time 5 to 7 pm, Location – UAF Patty Center
Contact: Dorli McWayne 474-5733
Sponsored by: Fairbanks Symphony
$20 early bird, $30 late, and $40 race day.

Apr 11 21st Beat Beethoven 5K – Fairbanks
Sat Race time 11 am – UAF Patty Center
* Contact: Dorli McWayne 479-6701
Steve Bainbridge 726-7521
www.FairbanksSymphony.org
Sponsored by: Fairbanks Symphony Orchestra
Beat Beethoven & get a free concert ticket
T-shirts with registration.

*Children’s age groups/ability levels available
Apr 11 | Super Hero Throwdown – Anchorage
Sat | Meet time: 9 am, Race time: 10 am, Location – The Dome
Distance: 5K, Entry fee: $35-45
Contact: Mark Iverson 274-7222
timing@skinnyraven.com
Erin Philips 274-7222
www.skinnyraven.com
Sponsored by: Skinny Raven Sports
Who is the fastest band of super heroes? Avengers, X-Men, Justice League, The Defenders, Fantastic Four, or another?

Apr 18 | Healthier You “Spring Surprise” 5K – Valdez
Sat | Meet 9:30 am – Woody Woodman Teen Center
5K-run in town with stations, Race time 10 am
Entry fee: FREE for Healthier You Participants;
$5/Individual or $20/Family
Contact: Sarah Jorgenson-Owen 907-835-2531
SJOwen@ci.valdez.ak.us
www.ci.valdez.ak.us/specialevents
Sponsored by: SWAN, PWSCC, Providence Valdez Medical Center, and Valdez Parks & Rec
Proceeds benefit Valdez Race Series
A surprise theme for this race that celebrates the end of our 12 week Healthier You program. Come ready to party-this Spring Surprise will bring the fun while raising your heart rate.

COME JOIN US!

Orienteering is a fun and challenging activity for all ages and abilities.
Weekly meets throughout the summer.

http://www.oalaska.org

*Children’s age groups/ability levels available
Who Let The Girls Out 5K
Women only Race/Walk Event
Friday, April 24th 6:30 pm
Downtown Palmer

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

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

For club info: rhondaknopp@hotmail.com

Events: valleywomensrunningteam@gmail.com or check us out on Facebook.

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

*Children’s age groups/ability levels available
Apr 18 35th Annual Tok Trot – Fairbanks
Sat  Race time 1 pm – Tok Visitors Center
  * 10K walk/run
  Contact: Paul Kelley 883-5393
  Corky Hebard
  Sponsored by: Running Club North
  Ribbons & prizes, picnic at Kelley’s afterwards

Apr 22 Rubber Boot Run – Anchorage
Thu  Check in time 5:30 pm – Russian Jack Park
  Race Time 6:30 pm
  Entry fee $10/family, $5/adult, $2/youth
  Contact: Margaret Timmerman – 907-343-4217
  timmermanma@muni.org
  Sponsored by: Anchorage Parks and Recreation
  Don’t make a fuss, lets run in the slush!
  Register online at www.muni.org/active

Apr 22 Who Let The Girls Out 5K – Palmer
Fri  Meet 4 -6 pm, Race time 6:30 pm –Downtown Palmer
  Contact: Vera Hershey 355-0222
  Sponsored by: Valley Women’s Running Team
  Visit https://sites.google.com/site/valleywomensrunningteam/
  or FB for updates. A fun, women only, run/walk event

Apr 25 Alaska Heart Run – Anchorage
Sat  3 & 5K – City Streets
  Entry fee: varies, check the website for race day details
  Contact: Kristin Luby 865-5304
  kristin.luby@heart.org
  Alaina Burton 865-5300
  alaina.burton@heart.org
  www.AlaskaHeartRun.org
  Sponsored by: American Heart Association
  NEW COURSE! Starting at the Alaska Airlines Center.
  Register online! Late fees apply April 4th.
  Bib Picksups at King’s Career Center on April 18, 22, 24 –
  Please see website for details
  www.AlaskaHeartRun.org

Apr 25 Trail of Remembrance (Run, Bike, Walk) – Wasilla
Sat  Meet 9:30 am – Mile 52 Parks Highway
  * 5K – paved bike trails, Race time 11 am, Entry fee: $35
  Contact: Becky Huggins 354-4885
  becky.huggins@matsuk12.us
  Kim Carney 352-0150
  www.matsuk12.us/domain/2880
  Sponsored by: American Charter Academy students & staff
  CASH prizes!! Medals & t-shirts. Sign honoring your Veteran
  is placed along trail. ‘The Trail’ honors & remembers our US
  Veterans & Active Duty members of all US military branches.
  BBQ after event.
  A Healthy Futures Series Event - www.healthyfuturesak.org

*Children’s age groups/ability levels available
2015 Usibelli Cup Series

Races in this Fairbanks’ eight race series include:

May 2nd
34th Annual Chena River Run 5K
June 20th
34th Annual Midnight Sun Run 10K
June 25th
Jim Loftus Mile
July 18th
Run of the Valkyries 8K
July 26th
50th Annual Gold Discovery Run 16.5 Mile
August 8th
Flint Hills 22nd Santa Claus Half-Marathon
August 22nd
8th Annual Golden Heart Trail Run
September 19th
53rd Annual Equinox Marathon & 7th Annual 40 Mile Ultra Marathon

Visit the RCN website at www.runningclubnorth.org

Earn your patch on the most challenging race in Alaska!

53rd Annual Equinox Marathon & 7th Annual 40 Mile Ultra Marathon
Saturday, September 19, 2015

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

Thursday, September 17th
Bib pick-up and spaghetti feed at the Pump House Restaurant from 5-8 pm.
Last chance for early registration fee.

Friday, September 18th
Equinox eve bib pick-up and spaghetti feed at the Pump House Restaurant 5-8 pm.

September 19th
RACE DAY! 8 am at the UAF Patty Center.

For race info, contact Race Directors Susan Kramer at 907.590.5086 or John Estle at 907.347.1061 or visit the Equinox Website: www.equinoxmarathon.org
Registration online!

*Children’s age groups/ability levels available
Apr 25 | 6th Annual Run for Relief – Fairbanks
Sat | Time 2 pm, Location – Pioneer Park
     | Distance: 5K fun run/walk, $20 entry
     | Contact: Kathy Petersen 388-6830
     | Keith Petersen 388-6628
     | friendsofpartners@gmail.com
     | Sponsored by: RCN, FOP
     | T-shirts to first 300.

Apr 29 | Orienteering Meet – Anchorage
Wed | Meet time: Mass start 6:30 pm
     | Location – APU Mosley parking lot
     | Score-O, Entry fee: $8 adults/kids free
     | Contact: www.oalaska.org
     | Sponsored by: Arctic Orienteering Club
     | Check website for contact info & updates
     | A Healthy Futures Series Event - www.healthyfuturesak.org

May | Exceed Women’s Running Team – Anchorage
Tue | Meet 6 pm – Various locations
     | Coached workouts, track with some trail runs
     | Membership: $100
     | Contact: Kayse Hinrichsen 717-9939
     | kaysehinrichsen@gmail.com
     | Paola Banchero 223-5102
     | www.runexceed.org
     | Sponsored by: Exceed Women’s Running Team
     | Every Tuesday April through August
     | Check website for location and planned workout
     | All levels of runners welcome

May | Women’s Training – Fairbanks
Tues | Meet 5:30 pm – West Valley HS Track
     | Track & Intervals – all levels welcome, Free
     | Contact: Bruce Miller 479-5585
     | www.runningclubnorth.org
     | Sponsored by: Running Club North

May | Men’s Training – Fairbanks
Tues | Meet 6 pm – West Valley HS Track
     | Track & Intervals – all levels welcome, Free
     | Contact: Tracey Martinson 474-8353
     | Sponsored by: Running Club North
     | Interval workouts. All abilities welcome.

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

*Children’s age groups/ability levels available
May – Peak Performers Track Club – Anchorage
Aug Central Jr High Track late April thru Aug
Tue APU – paved roads, Central – track

Membership fee: $65, $110 family (2)/$160 3 or more
Contact: Jason Hofacker 240-6982
Kim Baldwin 274-1061
and in spirit, Chester Franz
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

May 1 Race Judicata Reg/Bib PU – Anchorage
Fri 4 - 7 pm at Skinny Raven
Contact: Bonnie Calhoun 264-0679
Sponsored by: Young Lawyers Section of the Anchorage Bar Association

May 2 Alaska Zoo Kids Fun Run – Anchorage
Sat Race time 9:30 am 3-4 yrs, 9:45 am 5-6 yrs
10 am 7-8 yrs, 10:15 am 9-10 yrs
Entry fee: $15 – Alaska Zoo, 4731 O’Malley Road
5-1 mile – gravel trails, hill, animals
Contact: Jill Myer 341-6435
jmyer@alaskazoo.org
Eileen Floyd 341-6431
www.alaskazoo.org
Sponsored by: McDonalds of Alaska and Healthy Futures

May 2 Salmon Run – Anchorage
Sat Meet 9 am – Inlet View Elementary School
2, 5 & 10K – begins & ends at Inlet View Elementary School, out & back on Coastal Trail
Race time 10 am, Entry fee: $35
Contact: Cathy Opinsky 223-7184
info@anchoragesalmonrun.com
Wendy Shem 742-7630
www.anchoragesalmonrun.com
Sponsored by: Inlet View PTA
A Healthy Futures Series Event - www.healthyfuturesak.org

*Children’s age groups/ability levels available
May 2  
**Polar Bear Pink Cheeks Triathlon – Seward**  
Sat  
Meet 9 am – Seward High School  
5K run, 10K bike, 900Y swim – varied terrain  
Race time 10 am, Entry fee: See website  
Contact: Casey Wright 224-4054  
cwright@cityofseward.net  
www.cityofseward.us  
Sponsored by: Polar Bear Fest & Seward Parks & Recreation  
Recommend off-road bike, helmets required  
Registration remains open, space permitting  
Annual pass, family, volunteer & military discounts

May 2  
**34th Annual Chena River Run #1 Usibelli Cup– Fairbanks**  
Sat  
Race time 10 am – Woodriver Elementary School  
5K – school to Princess Hotel, certified course  
(No parking at either location!)  
Entry fee: $25/$20 youth,$30/$25 race day, t-shirts  
Contact: Travis Lewis 479-3831  
Steve Haagensen  
Sponsored by: Rotary Club of Fairbanks

May 3  
**Mat-Su Rotary 5K (aka Menard Run) – Palmer**  
Sun  
Meet 12 pm – Colony High School,  
5K – mostly flat, some hills, loop  
Race time 2 pm, Entry fee: $25  
Contact: Joni Gerharz 354-3382  
joni@travelservicesinc.com  
Daryl Lowe 351-0829  
www.matsurotary.org  
Sponsored by: Mat-Su Rotary Clubs  
Proceeds benefit Rotary High School Scholarships Program

May 3  
**Race Judicata – Anchorage**  
Sun  
Race start: 10 am, Location – Westchester Lagoon  
5K, Entry fee: $20/$20 canines/$30 race day  
Contact: Bonnie Calhoun 264-0679  
Sponsored by: Young Lawyers Section of  
the Anchorage Bar Association

May 3  
**The Breakup Tri – Fairbanks**  
Sun  
Race time TBD – UAF Patty Center  
*500 yd pool swim, 13.1 mile bike, 3.1 mile run  
Entry fee: $30 + $12 USA Tri one day membership  
Contact: Tyson Flaharty  
Amber Barlow  
thebreakuptri@hotmail.com  
T-shirt & swim cap included, 99 max participants

May 5  
**Orienteering Meet – Anchorage**  
Tue  
Mass start 6:30 pm, Location – Kincaid Chalet  
Score-O, Entry fee: $8 adults/kids free  
Contact: www.oalaska.org  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - www.healthyfuturesak.org

*Children’s age groups/ability levels available
May 6  Do Run-Run – Anchorage
Wed  Meet 5:30 pm – Check website
*  4 miles – Ship Creek Trail
    Race time 6:30 pm, Entry fee: ARC Membership
    Contact:  www.anchagerunningclub.org
    Sponsored by: Anchorage Running Club

May 6  24th Annual GHU Water Walk & Run 5K – Fairbanks
Wed  Race time 6:30 pm – Golden Heart Water Plant, 1304 1st Ave
    Distance: 5K
    Contact:  Steve Offenborn 479-3118
    Sponsored by: Golden Heart Utilities
    T-shirts for first 350. Follow the bike path!

May 9  Moose River Hustle – Sterling
Sat  Meet 8:30 am – Sterling Senior Center, MP 83.5
    1 mile, 5 & 10K – mostly flat, out & back
    Race time 10 am, Entry fee: $20/adult, $10/youth, $50/family
    Contact:  Kurt Strausbaugh 262-1721
              wrestle@acsalaska.net
              Tammy Strausbaugh 252-2959
    Sponsored by: Sterling Senior Center
    Awards, drawing for door prizes.
    Benefits Sterling Senior Center’s Meals on Wheels Program

May 9  O’Malley Fun Run – Anchorage
Sat  Meet 10 am, Race time 11 am, Location – O’Malley Elementary
    2K - 11 am, 5K - 11:30 am – trail run, flat to hilly
    Entry fee: $20
    Contact:  Gretchen Kiskaddon
              omalleypta@gmail.com
              omalleypta.org
    Sponsored by: Healthy Futures

May 9  7th Annual Alaska Walk/Run for Autism – Fairbanks
Sat  Race time 11 am – Pioneer Park
*  Distance: 5K
    Contact:  Brandy Ruby 374-4421
              Heidi Haas
              www.asagoldenheart.org
    Sponsored by: Autism Society of Alaska
    T-shirt, see website for entry fees

May 10  18th Annual Murphy Dome Roam – Fairbanks
Sun  Time 9 am, Location – Gravel Pit 8 Mile Murphy Dome Rd
    Distance: 11 Miles, hilly back roads
    Contact:  Jane Lanford 687-0769
              Donna Hawkins 455-9017
    Sponsored by: RCN

May 10  Migration Run – Homer
Sun  Race time 9 am – Fishing Lagoon/Homer Spit
    5K – flat, point to point along Homer Spit. Entry fee: TBA
    Contact:  Bill Steyer 399-1078
              steyerbill@yahoo.com
              www.kachemakbayrunningclub.org
    Sponsored by: Homer Chamber of Commerce &
    Kachemak Bay Running Club. USA TF Certified course.
    Benefits local youth running sports programs

*Children’s age groups/ability levels available
Everyone is Welcome!

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

Call 1-888-499-7625 ext. 605

www.specialolympicsalaska.org

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

Thank you to our sponsors

*Children’s age groups/ability levels available
May 10  Mother’s Day

May 12  Turnagain Arm Trail Run – Anchorage
  Tue  Meet 5:30 pm – McHugh Creek (4 miles) or Potter Trailhead (8 miles), a point to point race
  Rolling terrain with roots, rock & mud
  Both races finish at Rainbow Trailhead
  Race time 6:30 pm, Entry fee: $25
  Contact: Sara Studebaker 786-6104
  ssstudebaker@uaa.alaska.edu
  Julie-Pierre Leclerc 830-9623
  Sponsored by: UAA Ski Team
  Register on-line @ www.signmeup.com
  Proceeds benefit UAA Ski Team Scholarships
  No Race Day Registration - 200 person limit

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

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

May 16  Armed Forces Day

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

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

*Children’s age groups/ability levels available
May 16  **Fairbanks Heart Walk – Fairbanks**  
**Sat**  
Meet 9 am – Veteran’s Memorial Park  
1 & 2.75 miles – start & finish at park  
Walk start 10 am, Entry fee: $25 min donation  
Contact: Janet Bartels 456-3659  
Janet.bartels@heart.org  
Wendie MacNaughton 374-2927  
Wendie.macnaughton@heart.org  
www.fairbanksheartwalk.org  
Sponsored by: American Heart Association, Fairbanks Memorial Hospital & ConocoPhillips  
Fun, non-competitive event for all age & abilities  
Proceeds benefit the American Heart Association  
Please see website for more details.

May 16  **Alaska Law Enforcement Torch Run – Statewide**  
**Sat**  
Race 10 am – Various cities (see below)  
5K – fun run format  
Entry fee: $35, + pledges encouraged  
Contact: Jessica 222-7625 ext 605  
SO-AK State Office 1-888-499-7625 x609  
www.SpecialOlympicsAlaska.org  
Sponsored by: Alaska Law Enforcement  
Proceeds benefit Special Olympics Alaska (SO-AK)  
This is a simultaneous run organized thru Alaska  
Races held in Anchorage, Barrow, Delta Junction, Fairbanks, Homer, Juneau, Kenai, Ketchikan, Kodiak, Mat-Su Valley, Seward, Sitka & Valdez.  
Check website for updates and additional runs.  
Go to www.firstgiving.com/SO-AK to begin pledging now

May 16  **Terry Pollard Memorial Exit Glacier Race – Seward**  
**Sat**  
Meet 8 am – Resurrection Road House, Exit Glacier Rd/ Herman Leirer Rd  
5 & 10K – gradual incline on paved road  
Race time 10 am, Entry fee: Check website  
Contact: Casey Wright 224-4054  
cwright@cityofseward.net  
www.cityofseward.us  
Sponsored by: Kenai Fjords National Park, National Forest Service, Kenai Fjords Tours, Windsong Lodge, Resurrection Roadhouse & Seward Parks & Recreation  
Registration closes at 8:30 am. Annual pass, family, volunteer & military discounts available.

May 16  **Bear Valley 5K Challenge – Anchorage**  
**Sat**  
Meet 8:30 am, Race time 10 am – Bear Valley Elementary  
5K – Storck Park, various terrain; roads, trails, hills, creek bed  
Entry fee: $9/$6 children thru high school  
Contact: Bear Valley Community Assn 345-0434  
www.akbvca.org  
Sponsored by: Bear Valley Community Association  
Scholarships available, family fun run/walk for all  
A Healthy Futures Series Event - www.healthyfuturesak.org

*Children’s age groups/ability levels available
May 16  Anchorage March for Babies Walk – Anchorage
Sat  Meet: 9 am, Race: 10 am, Location – Westchester Lagoon
Distance: 3 miles, Entry fee: FREE
Contact: Ashleigh Green 276-4111
agreen@marchofdimes.org
Janie Odgers 276-4111
www.marchforbabies.org
Sponsored by: Tesoro and Alaska Airlines

May 16  Ketchikan March for Babies Walk – Ketchikan
Sat  Meet time: 9 am, Race time: 10 am, Location – A&P Markets
Distance: 3 miles, Entry fee: FREE
Contact: Ashleigh Green 276-4111
agreen@marchofdimes.org
www.marchforbabies.com
Sponsored by: Tesoro, Alaska Airlines & IBEW #1547

May 17  Presbyterian Hospitality House Fun Run – Fairbanks
Sun  Race time 10 am – UAF Patty Center
*  5K – flat & fast, Entry fee: $20
Contact: Ty Tigner 378-9918
Naomi Tigner 354-7900
Sponsored by: Presbyterian Hospitality House
T-shirts to first 100 entrants, prizes

May 17  Gold Nugget Triathlon – Anchorage
Sun  Meet time: 7:30 am, Race time: 9 am, Location – Bartlett HS
Distance: sprint, rolling terrain, Entry fee: $75
Contact: Betsy Haines 223-7792
info@goldnuggettriathlon.com
Sheila Swanson 242-0600
www.goldnuggettriathlon.com
Sponsored by: Gold Nugget Triathlon, Inc
500 yard swim, 12 mile bike, 4 mile run. Swim Bartlett Pool, followed by rolling bike/run course
All women sprint triathlon set up for first timer or elite racer
Helmets required, t-shirts to finishers.
No Race Day Registration.

May 18  Alaskan Girls Walk & Wine Bib Pick-up – Fairbanks
Mon  5 – 7 pm – Pioneer Park Square Dance Hall
Entry fee: Last chance for $20 fee, $25 after this date
Contact: Susan Kramer 590-5086
Denise Irish 322-5646

May 20  Orienteering Meet – Anchorage
Wed  Meet time: Starts from 5 pm to 7 pm
Location – Earthquake Park
Traditional meet, beginner through advanced courses
Entry fee: $8 adults/kids free
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Check website for contact info & updates
A Healthy Futures Series Event - www.healthyfuturesak.org

*Children's age groups/ability levels available
May 21 Trent/Waldron Glacier ½ Marathon Pre-Registration & Bib PU – Anchorage
Meet 4:30-6:30 pm – Skinny Raven Sports
Entry fee: Check ARC website for details
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

May 21 Alaskan Girls Walk & Wine – Fairbanks
Start time 6 pm – Pioneer Park Civic Center
5K – flat, out & back, Entry fee: $20 by May 18/$25 race day
Contact: Susan Kramer 590-5086
Denise Irish 322-5646
Sponsored by: Golden Heart Rotary Club
Women only, entry fee includes wine tasting (must be 21 for wine tasting), t-shirts $10 extra

May 23 POW Island Marathon & Half Marathon - Craig
Meet 8 am, Location – Craig HS
26.2/13.1 Entry Fee: $50/$45
Contact: Jean Jackson 401-0805
annjames326@gmail.com
powmarathon.org
Sponsored by: Prince of Wales Runners and Walkers Club
Out-and-back course with 15 aid stations and van support.
Relay teams also an option.
Free salmon BBQ for participants at finish line.
Winners’ plaques for 1st, 2nd, 3rd places in each division made by local ceramic artist. Shirt/medal also.

May 23 Trent/Waldron Glacier ½ Marathon – Anchorage
Meet 8 am – Westchester Lagoon, flat & fast
13.1 miles – Chester Creek & Coastal Trails, Race time 9 am, Entry fee: Check ARC website for details
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

May 23 FYSA Run-A-Much – Fairbanks
Time 10 am, Location – Trails at Pearl Creek Elementary
Distance: 5K
Contact: Raelen Wentz 456-3976, 799-6669
Sponsored by: Fairbanks Youth Soccer Association
$10 youth, $20 adult, $40 family. Includes T-shirt.

May 23 Annihilator #1 Trail Series – Fairbanks
Time 11 am, Location – Gravel Pit 1.5 Miles North of Nenana
(marked on race day)
Distance: 10K, Entry Fee: $5
Contact: Drew Harrington 451-6604
Bobbi Jo 451-9204
Katchmar
Drew.harrington@live.com
Sponsored by: RCN
Toughest 10K in the Interior! $5 entry includes BBQ potluck.
Trail Series opener!

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

May 25  
**Memorial Day Observed**

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

*Children’s age groups/ability levels available
May 28

**Kal’s Knoya Ridge Hill Climb - Anchorage**

Meet 5 pm – Klutina St, Chugach Foothills, 2.5, 5.6 & 8.5K – 1,200, 2,900 & 4,300 elevation gains, rolling climb along forest trail with finishes on top, Race time 6 pm, Entry fee: Donation

Contact: Bill Spencer 306-0077
bill.spencer@hdrinc.com
Marianne Pedersen 333-8836
marianne_peders@hotmail.com
www.alaskamountainrunners.org

Sponsored by: Alaska Mountain Runners, HDR Alaska, Skinny Raven Sports & JBER

When parking be respectful of neighbors, don’t block driveways. Course utilizes JBER property. You must have a current iSportsman Recreational Access Permit & be signed in to train on trails, **NO EXCEPTIONS**.

Contact http://jberisportsman.net/access for permit. If race shortened due to snow, longest race offered will be awarded AK Mt Runners Grand Prix points.

Proceeds benefit Tom Besh Memorial Scholarship Fund

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May 30

**Bite Back 5K – Valdez**

Meet 10 am – John Kelsey Dock/Plaza
5K, Race time 11 am, 10:45 am kids 1 mile run
Entry fee: $5 kids mile, $10/Individual, or $20/Family

Contact: Sheri Beck 835-2903
sheribeck33@hotmail.com
rfool.blogspot.com

Sponsored by: Compassion Int’l & Valdez Parks & Rec

Proceeds benefit Compassion International Malaria Fund

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**Red Shirt Lake Trail Run – Willow**

Race time 10 am, Location – Nancy Lake State Rec Area
6 miles, out-an-back course very hilly single track trail
Entry fee: $30

Contact: Andrea Hambach
wilrunco@gmail.com
www.willowrunningcompany.com

Sponsored by: Willow Running Company

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**Walk n Roll for Animals – Palmer**

Meet 9 am, Race time 10 am
Location – Trunk Rd Commuter Lot, Palmer
3 mi – wheelchair accessible trail, Entry fee: $35

Contact: Julie 351-1385
adpwjulie@aol.com
Sue 355-4969

Sponsored by: Advocates for Dog and Puppy Wellness and Matsu Animal Shelter

The purpose of the event is to enhance the health of our community’s residents and their companion animals by getting out for a day of fresh air, exercise and social interaction; and raise awareness for our local animal shelter.

*Children’s age groups/ability levels available*
May 30 41st Annual Arctic Valley Run – Ft. Richardson
Sat
Meet 7:30 – 8:45 am, Race time 9 am – Moose Run Golf Course
12.6 & 5 miles – 800’ gradient (5 M)/2,500’ gradient (12.6 M),
Entry fee: $15/$20 race day, $15 for t-shirt
Contact: Ellis Alston 384-1304
ellis.alston@us.af.mil
Sponsored by: Ft. Richardson Sports & Fitness
Mens, Womens & Military Team
Register at Buckner 9 am – 4 pm thru May 29, or mail
registration w/entry fee (check payable to 673d Buckner Fitness
Center) to: Buckner Physical Fitness Center, D St Bldg 690
Attn: Ellis Alston, JBER, AK 99505, Postmarked by May 22

May 30 Two-Way Torture Test – Fairbanks
Sat
Race time 9 am – Pump House Restaurant
Distance: 13.1 miles
Contact: Karen Harris 378-8504
www.runningsclubnorth.org
Sponsored by: Running Club North
Two person teams run in opposite directions

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

June Women’s Training – Fairbanks
Tues
Meet 5:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
Sponsored by: Running Club North

June Men’s Training – Fairbanks
Tues
Meet 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
Sponsored by: Running Club North
Interval workouts. All abilities welcome

June Valley Women’s Running Team – Palmer
Tue & Thu
Tue track work out, Thu trail runs – various locations
around the valley
Contact: Rhonda Knopp 355-6258
rhondaknopp@hotmail.com
Norm Rousey
coachrousey@hotmail.com
https://sites.google.com/site/valleywomensrunningteam
Sponsored by: Valley Women’s Running Team
Runners of all ability levels welcome
Coached training held each week thru
mid-August with trail runs thru September

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

**June 2** **Masochism on Moose Mountain #2 Trail Series – Fairbanks**
Tue **Race time 6:30 pm – Base of Moose Mountain**
4 miles – steep 1400’ ascent in 1.25 miles, 2.75 mile descent, Entry fee: $5
Contact: Dan Bishop 322-4314
Sponsored by: Running Club North

**June 3** **Alaska Run for Women Registration – Wasilla**
Wed **3-7 pm, Location – The Alaska Club Valley**
Contact: Kristin Folmar run@akrfw.org
Sponsored by: Alaska Run for Women Board of Directors
Register on-line @ www.akrfw.org
Registration for the 23rd annual Alaska Run for Women on 6/13/15, benefitting the fight against breast cancer.
Additional registration and bib pick-up dates and locations listed in this calendar on 6/6, 6/9, 6/11.

**June 3** **Mugwumps 10K – Anchorage**
Wed **Meet 5:30 pm – Location TBD**
*10K – out & back, Race time 6:30 pm**
Entry fee: ARC Membership
Contact: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

**June 3** **Orienteering Meet – Anchorage**
Wed **Meet time: Starts from 5 pm to 7 pm**
Location – Ft. Richardson, see website about access
Traditional meet, beginner through advanced courses
Entry fee: $8 adults/kids free
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Check website for contact info & updates
A Healthy Futures Series Event - www.healthyfuturesak.org

**June 4** **All-Comers Track Meet 39th Year – Fairbanks**
Thu **Meet 6:30 pm – West Valley HS Track**
100 meters to 5,000 meters
Contact: Dan Callahan 322-6097
Sponsored by: Running Club North

*Children’s age groups/ability levels available*
June 5  Bear's Den B&B Bear Bell Run – Seward
Fri  Meet 10:30 am – Waterfront Park, 6th Ave
1 mile – flat, paved, Race time 11 am
Entry fee: Check website
Contact: Casey Wright  224-4054
cwright@cityofseward.net
www.cityofseward.us
Sponsored by: Bear's Den Bed & Breakfast,
Seward Teen & Youth Center & SPRD
Limited to kids 5-12 years
Registration remains open, space permitting
Annual pass, family, volunteer & military discounts
A Healthy Futures Series Event – www.healthyfuturesak.org

June 5  Twilight 12K - Anchorage
Fri  Meet 6 pm – Skinny Raven Sports
* 12K - loop course, some hills, Race time 7 pm
Contact: timing@skinnyraven.com
www.skinnyraven.com
Sponsored by: Adidas, Bear Tooth, Kaladi Bros, Stellar Design
Pizza, beer, refreshments, live DJ & sweet prizes after race

June 5  Skinny Mini 6K - Anchorage
Fri  Meet 6 pm – Skinny Raven Sports
* 6K - loop course, some hills, Race time 7 pm
Contact: timing@skinnyraven.com
www.skinnyraven.com
Sponsored by: Adidas, Bear Tooth, Kaladi Bros, Stellar Design
Pizza, beer, refreshments, live DJ & sweet prizes after race

June 5  Alaska Run for Women Registration – Anchorage
Sat  10 am – 1 pm, Location – University Center Mall
Contact: Kristin Folmar run@akrfw.org
Sponsored by: Alaska Run for Women
www.akrfw.org
Registration for the 23rd annual Alaska Run for Women on
6/13/15 benefitting the fight against breast cancer. Additional
registration and bib pick-up dates and locations listed in this
calendar on 6/3, 6/9, and 6/11.

June 6  Government Peak Climb – Palmer
Sat  Meet 10 am, Race time 11 am, Location - GRPA
3 miles – trail up a mountain
Entry fee: May 1-19 $30, May 20-June 3 $40, Day of race $50
Contact: Mark Strabel 746-7547
strabel@mtaonline.net
Register on-line @ www.webscorer.com
Fundraiser for Colony High School XC Running Team

June 7  Eagle River Triathlon – Chugiak
Sun  Meet time 8 am, Race time 8 am, Location – Chugiak HS
Distance: Adult race; Sprint distance – 500 yd swim, 12 mile
bike, 5K run
Kid’s Tri – Ages 6-12 – pool swim, rolling bike course, flat run
Entry fee: check website. Reduced fees for early registration
Contact: info@eaglerivertri.com  www.eaglerivertri.com
Sponsored by: Eagle River Triathlon
Sprint Triathlon for all abilities. Individual and team categories
T-shirts for all pre-registered racers in adult tri. Medals and
racer gift for all kid’s racers! USAT sanctioned event.

*Children’s age groups/ability levels available
Join thousands of women and raise funds for breast cancer awareness, education, early detection, research and prevention!

**ALASKA RUN FOR WOMEN 2015**

**13th JUNE SATURDAY 2015**

**1 Mile Fun Run/Walk**
**5 Mile Run/Walk**

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

Information Contact:
- Run contact: run@akrfw.org
- Volunteer contact: volunteer@akrfw.org
- Decorate your own Port-a-Potty contact: potties@akrfw.org

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

Every donation directly supports the fight against breast cancer.

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

**On-line Race Registration Opens April 15, 2015**

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

Info Contact:
run@akrfw.org

*Children’s age groups/ability levels available
June 7 7th Run Lu Lu Run – Fairbanks
Sun Race time 10 am – Lu Lu’s Bread & Bagels
Old Chena Spur Road
5K – flat, 10K – mixed hilly
Contact: Tamara Rose
Active.com
Julie Schwab
Sponsored by: Lu Lu’s Bread & Bagels, AK Health & Fitness
Register on-line @ www.active.com
T-shirt first 100 entrants

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

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

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

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

*Children's age groups/ability levels available

35
June 10  Orienteering Meet – Anchorage
Wed  Meet time: Mass start 6:30 pm, Location – Storck Park
Billy Goat-O, Entry fee: $8 adults/kids free
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Check website for contact info & updates
A Healthy Futures Series Event - www.healthyfuturesak.org

June 11  Alaska Run for Women Registration – Anchorage
Thu  4 - 7 pm, Location – University Center Mall
Contact: Kristin Folmar
run@akrfw.org
Sponsored by: Alaska Run for Women www.akrfw.org
Registration for the 23rd annual Alaska Run for Women on 6/13/15 benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 6/3, 6/6, and 6/9.

June 11  All-Comers Track Meet 39th Year – Fairbanks
Thu  Meet 6:30 pm – West Valley HS Track
100 meters to 5,000 meters
Contact: Dan Callahan 322-6097
Sponsored by: Running Club North

June 12  Kids’ Cross Country Races – Fairbanks
Fri  Meet 6 pm – West Valley HS Trails (start at Soccer Field)
0.5 & 1.5 mile options, Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353
Monte Jordan 451-8696
www.runningclubnorth.org
Sponsored by: Running Club North

Jun 13  H.A.W.K. Half-Marathon – Valdez
Sat  Meet 9 am – Woody Woodman Teen Center
13.1 Mile – running along trails and roadways near town
Race time 10 am  Entry fee: $10/Individual
Contact: Sarah Jorgenson-Owen 907-835-2531
SJOwen@ci.valdez.ak.us
www.ci.valdez.ak.us/specialevents
Sponsored by: Valdez Parks & Rec
Proceeds benefit Valdez Race Series
H.A.W.K. (Hiking Alaska’s Wild Kountry) presents its first Half Marathon event. Within 13.1 Miles, you will have run along 4 of the H.A.W.K. Trails in Valdez (Mineral Creek, Shoup, Dock Point, and Overlook Trail) and will be able to mark those trails from your 2015 H.A.W.K. Trail card.

June 13  Run for the River – Soldotna
Sat  Meet 8 am – Soldotna Creek Park
5K & 10 miles – gravel/paved roads, multiple turn flat loop course, Race time 8:30 & 9 am (5K)
Enter fee: $25/pre-registration
Contact: Rhonda McCormick 260-5449
rhonda@kenaiwatershed.org
Lisa Beranek 260-5449
www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
Bib pick up and spaghetti feed June 12

*Children’s age groups/ability levels available
June 13  Alaska Run for Women – Anchorage
Sat  Race time 8:30 am, Location – Anchorage Football Stadium
Distance: 5mi and 1mi – scenic on road and paved trail
Entry fee: Donation
Contact: Kristin Folmar run@akrfw.org
Sponsored by: Alaska Run for Women www.akrfw.org
Grab your friends & family for this inspiring all women’s event benefitting the fight against breast cancer. 100% of the entry fee goes towards mammograms, breast research & education.
Walkers welcome! One of the largest all women’s runs in the US.

June 13  Why Not Tri - Wasilla
Sat  Meet 7 am – Wasilla High School
400 meter swim (pool), 9.5 mile bike (hilly), 5K run (loop),
Race time 9 am
Entry fee: $50 solo/$80 (2 person team)/$120 (3 person team)
(ages 13 and up)
$60 solo/$90 (2 person team)/$135 (3 person team) after 3/31
Contact: Robin Rice
wasillatri@gmail.com
www.whynottriwasilla.net
Sponsored by: Alaska Bicycle Center
Registration February 2 – May 4
A great beginner sprint tri, limited to 500 racers
Proceeds benefit ALS Association

June 13  Why Not Tri Kids - Wasilla
Sat  Meet 2 pm – Wasilla High School
150 meter swim (pool), 3 mile bike, 1.5 mile run OR
50 meter swim, 2 mile bike, 1 mile run,
Race time 3 pm, Entry fee: $20/$25 for optional timed long course. For ages 6-12 years, can choose either course
Contact: Robin Rice
wasillatri@gmail.com
www.whynottriwasilla.net
Sponsored by: Alaska Bicycle Center
Registration opens Feb 2, limited to 175 entrants

June 13  23rd Annual Mosquito Meander – Fairbanks
Sat  Race time 10 am – Pioneer Park
5K walk/run – flat looped course
Contact: Sabrina Davis 456-4729
www.fcaalaska.org
Sponsored by: Fairbanks Counseling & Adoption
$35 family includes 2 T-shirts; $20 adult,
$15 child under 12 includes T-shirt
After June 10, add $10 to fee

June 13  Kodiak Bear Crawl – Kodiak
Sat  Meet time: 8:30 am, Race time: 9 am
Distance: 1.5 miles, obstacle course race, Entry fee: $40
Contact: Pam Foreman 486-3181
pam@kmxt.org
Sponsored by: Kodiak Public Broadcasting Corporation
9 obstacles designed to challenge all levels.

*Children’s age groups/ability levels available
June 13  Mr. Miles 24 Hour of Alaska – Palmer
& 14  Race start 12N – Matanuska Lake State Rec Area/Matanuska
Sat & Greenbelt, 4.5 mile loop course thru the greenbelt, hilly,
Sun  single track trails. 6, 12 & 24 hour races, start June 13, end
12N June 14. Entry fee: $100
Contact:  Andrea Hambach
wilrunco@gmail.com
www.willowrunningcompany.com
Sponsored by: Willow Running Company

June 14  Mud Factor – Anchorage
Sun  Meet 9 am, Location – Kincaid Park
Distance: 5K obstacle mud run. Entry fee: $25 & Up
Contact:  info@mudfactor.com
www.mudfactor.com
“Seriously Fun, 5K Obstacle Run!” for ages 14 and up.
MF Kidz! For your little runners ages 4-13.

Jun 14  Wickersham Dome Trail Run #3 Trail Series - Fairbanks
Sun  Race time 11 am – White Mtns Trailhead (Mile 28 Elliott Hwy)
7.75 miles – hills, scenic, out & back, Entry fee: None
Contact:  Drew Harrington 451-6604
Drew.harrington@live.com
Bobbi Jo 451-9204
Katchmar
Sponsored by: Running Club North & Goldstream
Northern Trail Series Event #3

June 14  Bill Mitchell Fun Run – Palmer
Sun  Meet 9:30 am – MTA Events Center-Palmer Ice Rink
*  5K adult, 5K youth (19 & under), 1 mile (13 & under)
Flat course, out & back
Race time 11 am, Entry fee: Check website
Contact:  Carolyn Hanson 745-2800
bchanson@mtaonline.net
Palmer Chamber 745-2880
info@palmerchamber.org
www.palmerchamber.org
Sponsored by: MTA

*Children's age groups/ability levels available
June 14 TriTheKenai – Soldotna
Sun
Meet 8 am – Skyview Middle School
Sprint & Intermediate Distance Events
Race Time 10 am, Entry Fee: Check website
Contact: Tony Oliver 252-0558
wahoo@trithekenai.com
Sponsored by: Kenai Peninsula Tourism Marketing Council
Adult and youth races.

June 17 Dawn 2 Dusk/Dusk 2 Dawn Pt 1 All Night Run – Fairbanks
& 18
Race time 12:47 am on 18th, Location – UAF Ski Hut (W Ridge)
Wed & Thur
4 mile loop – roads & trails, sunset to sunrise
Contact: George Berry 687-8769
membership@runningclubnorth.org
www.runningclubnorth.org
Sponsored by: Running Club North
Registration at midnight, run all night, 12:47am to 2:58 am
(sunset to sunrise)

June 17 Orienteering Meet – Anchorage
Wed
Meet time: Starts from 5 pm to 7 pm
Location – Mile 2.2 Campbell Airstrip Rd
Traditional meet, beginner through advanced courses
Entry fee: $8 adults/kids free
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Check website for contact info & updates
A Healthy Futures Series Event - www.healthyfuturesak.org

June 18 Mayor’s Midnight Sun Marathon, Marathon
Thur Relay, ½ Marathon, 4 Miler & Youth Cup Bib
June 19 Pick-up & Last Chance Registration – Anchorage
Fri Thurs, 3 - 8 pm; Fri, 10 am - 6 pm – Alaska Airlines Center
Contact: UAA 786-1230
track@uaa.alaska.edu
www.mayorsmarathon.com
When picking up your bib/t-shirt, check out the Expo
No Race Day Registration or Bib Pick-up

June 20 “Nikiski Days” Family Fun Walk/Run – Nikiski
Sat Meet 9 am – Nikiski Community Recreation Center
3 & 5 miles – groomed trails, mostly flat, some hills
Race time 10 am, Entry fee: $20, t-shirts included
Contact: Tammy Berdahl 776-8800 ext. 6416
tberdahl@kbp.us
Jackie Cason 776-8800
www.northpenrec.com
Sponsored by: North Peninsula Recreation Service Area
Visit the website for details & entry forms

June 20 33rd Annual Midnight Sun Run #2 Usibelli Cup– Fairbanks
Sat Time 10PM, Location – UAF Patty Center
10K run/walk
Contact: FRA 456-8901
Sponsored by: FRA & Daily News-Miner
Information and on-line registration a
www.midnightsunrun.net

*Children’s age groups/ability levels available
ConocoPhillips presents

**42nd Annual Mayor’s Midnight Sun Marathon**

June 20, 2015  Bartlett High School

**to**

Anchorage Park Strip

Anchorage, Alaska

**Race Time:** 7:30 a.m.

**Relay Start:** 8:00 a.m.

**Other Races Provided:**

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

Kid’s Cup - Race Start: 9:00 a.m.

Walkers Welcome

Registration Deadline June 18

No Race Day Bib Pickup

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

*Children’s age groups/ability levels available
June 20  Mayor’s Midnight Sun Marathon – Anchorage
Sat  Meet 6:30 am – Bartlett High School
26.2 miles – Bartlett to Delaney Park Strip
Race time 7:30 am, Entry fee: Check website
Registration on-line & save
Contact: UAA 786-1325
        track@uaa.alaska.edu
        www.mayorsmarathon.com
Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Walkers welcome! Medallions to finishers, t-shirts all
No Race Day Registration or Bib Pick-up

June 20  Mayor’s Midnight Sun Relay Race – Anchorage
Sat  Meet 6:30 am – Bartlett High School
26.2 miles – Bartlett to Delaney Park Strip
Race time 8 am, Entry fee: Check website
Registration on-line & save thru June 18
4 person relay team event, 6 team divisions
Approximate leg distances – 7, 8, 5.6 & 5.6
Contact: UAA 786-1230
        track@uaa.alaska.edu
        www.mayorsmarathon.com
Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Walkers welcome! T-shirts for participants
No Race Day Registration or Bib Pick-up

June 20  Mayor’s Midnight Sun ½ Marathon – Anchorage
Sat  Meet 8 am – Delaney Park Strip
*  13.1 miles
Race time 9 am, Entry fee: Check website
Registration on-line & save
Contact: UAA 786-1325
        track@uaa.alaska.edu
        www.mayorsmarathon.com
Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage, & ConocoPhillips
Walkers welcome! T-shirts for participants
No Race Day Registration or Bib Pick-up

June 20  Mayor’s Midnight Sun 4 Miler – Anchorage
Sat  Meet 8 am – Delaney Park Strip
*  4 miles
Race time 9 am, Entry fee: Check website
Registration on-line & save
Contact: UAA 786-1325
        track@uaa.alaska.edu
        www.mayorsmarathon.com
Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Walkers welcome! T-shirts for participants
No Race Day Registration or Bib Pick-up

*Children’s age groups/ability levels available
ALASKA MOUNTAIN RUNNING

Grand Prix

Kalgin’s
Knoya Ridge Run

Government Peak Hill Climb

Robert Spurr Mountain Run (Bird Ridge)

Mount Marathon

Matanuska Peak Challenge

Alyeska Mountain Run

Scan our QR Code or visit us at:
www.alaskamountainrunners.org
for race dates, information, results and archives.

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

*Children’s age groups/ability levels available
June 20  Mayor’s Midnight Sun Youth Cup – Anchorage
Sat  Race time 9 am, 2 miles, Entry fee: Check website
* Registration on-line & save
Contact:  UAA 786-1325
          track@uaa.alaska.edu
          www.mayorsmarathon.com
Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Recreation timed event, completion awards given
Walkers welcome! T-shirts for participants
No Race Day Registration or Bib Pick-up

June 21  Father’s Day
Sun

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

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

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

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

*Children’s age groups/ability levels available
Saturday, July 11, 2015

HeartReach Center 2015
5k/10k

for Life

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

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

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

Day of Race Registration & Bib Pick-up 9:00am
At Honda Hartley Motors Frontage Rd. Mile 36.5 Parks Hwy.
Vehicle parking at Valley Church of Christ Parking Lot, Mile 36.6 Parks Hwy

Runners-Walkers-Strollers-Bikes Welcome!

www.HeartReachAlaska.com
or 907-373-3456

*Children's age groups/ability levels available
<table>
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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time/Details</th>
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</thead>
</table>
| June 27    | **Spit Run – Homer**                       | Homer        | Race time 10 am – Homer High School  
10K – flat, fast, point to point, certified course  
Entry fee: TBA  
Contact: Bill Steyer 399-1078  
steyerbill@yahoo.com  
www.kachemakbayrunningclub.org  
Sponsored by: South Peninsula Hospital, Homer Community Recreation, Homer News & Kachemak Bay Running Club  
USATF certified course  
Proceeds benefit youth running sports programs |
| June 27    | **Spruce Tree Classic – Fairbanks**        | Fairbanks    | Race time 10 am – UAF West Ridge Ski Hut  
7.2 miles – trail run, Entry fee: None  
Contact: Roy Strandberg 378-7111  
rtstrandberg@alaska.edu  
David McDowell 488-6068  
www.runningclubnorth.org  
Sponsored by: Running Club North  
A classic run on north UAF trails. |
| June 27    | **Run From The Cops – Fairbanks**          | Fairbanks    | Race time 11 am – 911 Cushman Street FPD  
5K walk/run – paved, Entry fee: $25, t-shirts included  
Contact: Brenda Geier 459-6800  
Eric Jewkes  
Sponsored by: Carl’s Jr.  
$25 entry, $20 for 17 & under, T-shirts  |
| June 27    | **MTA Race for Technology – Palmer**       | Palmer       | Meet 8:30 am – Palmer Public Library  
*  
5K, 1 mile youth & Team Challenge/Relay  
Race time 10 am  
Contact: Palmer Library 745-4690  
Sponsored by: Matanuska Telephone Association  
Proceeds benefit Big Lake, Palmer, Sutton, Talkeetna, Trapper Creek, Wasilla & Willow Libraries |
| June 27    | **Midnight Sun Lazyman Triathlon - Wasilla** | Wasilla      | Event spans 6/27-8/8, entries accepted thru 6/27  
- Aug 8  
Sat -  
140.7 miles – Ironman Tri over 6 weeks  
Sat  
Entry fee: $30, enter as individual or team  
Contact: Traci Sanders 355-6110  
htraci@hotmail.com  
Christy Hronkin 232-8871  
sites.google.com/site/midnightsunlazymantriathlon/  
Experience an Ironman Triathlon at your own pace.  
Goal is 112 miles bike, 2.5 miles swimming, 26.2 miles running (see log sheet for alternative suggestive activities).  
Celebration BBQ August 8 |

*Children’s age groups/ability levels available
July
Tue  |   Exceed Women’s Running Team – Anchorage
| Meet 6 pm – Various locations
| Coached workouts, track with some trail runs
| Membership: $100
| Contact: Kayse Hinrichsen 717-9939
| kaysehinrichsen@gmail.com
| Paola Banchero 223-5102
| www.runexceed.org
| Sponsored by: Exceed Women’s Running Team
| Every Tuesday April through August
| Check website for location and planned workout
| All levels of runners welcome

July
Tues | Women’s Training – Fairbanks
| Meet 5:30 pm – West Valley HS Track
| Track & Intervals – all levels welcome, Free
| Contact: Bruce Miller 479-5585
| www.runningclubnorth.org
| Sponsored by: Running Club North

July
Tues | Men’s Training – Fairbanks
| Meet 6 pm – West Valley HS Track
| Track & Intervals – all levels welcome, Free
| Contact: Tracey Martinson 474-8353
| www.runningclubnorth.org
| Sponsored by: Running Club North

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

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

July 4
Sat | Independence Day

*Children’s age groups/ability levels available

46
July 4  30th Annual Independence Day Run – Fairbanks  
Sat  Race time 10 am – SE Corner of Pioneer Park  
5K –fast course, Entry fee: $20 preregister at Beaver Sports  
or by email akcallahans@hotmail.com, $25 race day  
T-shirts to first 100 entrants  
Contact:  Dan Callahan 322-6097  
Sponsored by: Running Club North  

July 4  Seldovia 5K Salmon Shuffle – Seldovia  
Sat  Race time: 9 am, Location – Harbor Parking Lot  
Entry fee: $20  
Contact:  Tania Spurkland 399-7379  
tmspurkland@alaska.edu  
Tobben Spurkland 399-0300  
http://seldoviaartscouncil.net  
Sponsored by: Seldovia Arts Council  
Get a start on the 4th of July festivities with a 5K race that  
winds through town. Enjoy the scenery, the wildlife, the  
community, and racing with your fellow competitors. Prizes  
for 1st, 2nd, 3rd Male and Female, Adult and Juvenile.  

July 4  Mount Marathon Race – Seward  
Sat  Meet 4th & Adams Street  
* Road/mountain run, 3,022’ climb (3.5 miles)  
Junior division only goes to half-way point  
Race times: 9:30 am juniors (7-17 years),  
11:15 am women, 3 pm men  
Entry limits: 350 men, 350 women, 250 juniors  
Entry fee: $25 juniors/$65 adults  
Contact:  Chamber of Commerce 224-8051  
events@seward.net  
www.seward.com  
Sponsored by: Seward Chamber of Commerce  
All 1st year runners must participate in a safety  
briefing July 3 or they will not be permitted to run  
Applications accepted thru Mar 31  

July 4  Annual Uncle Salmon Freedom Fun Runs - Valdez  
Sat  Meet 8:30 am, Race time 9:30 am – Valdez Civic Center  
5K and 10K – running along roadways and trails in town,  
Entry fee: FREE  
Contact:  Sarah Jorgenson-Owen 907-835-2531  
SJOwen@ci.valdez.ak.us  
www.ci.valdez.ak.us/specialevents  
Sponsored by: Valdez Parks & Recreation  

July 4  Hatcher Pass Marathon & Marathon Relay – Willow to Palmer  
Sat  26.2 miles & 3 person relay – uphill 25 miles, gravel road  
Start Willow side Hatcher Pass Rd, finish Independence Mine  
Independence Mine, Race time TBA, Entry fee: TBA  
Contact:  Andrea Hambach  
wilrunco@gmail.com  
www.willowrunningcompany.com  
Sponsored by: Willow Running Company  
Register on-line thru website. Carpool recommended, limited  
parking at start/finish. $5 parking fee at Independence Mine  
State Park  

*Children’s age groups/ability levels available
May
6th  **Do Run Run**
ARC's First event of the season.
Free with ARC membership

23rd  **Trent Waldron Glacier 1/2 Marathon**
A good Tune up for Mayor’s or BWLR.

June
4th  **Mugwumps 10K**
A mid packer’s challenge.
Free with ARC membership

July
12th  **Boondocks Breakaway 2.5K & 5K**
Trail Run with social afterwards.
Free with ARC membership

15th  **Master’s 5K & 10K**
Life begins at 40!
Free with ARC membership

August
15th &16th  **Big Wild Life Runs**
Our biggest race event & runners expo.
Full page ad on page 66.

September
26th  **Octoberfest Run**
5K & 10K
Food and clothing for the needy.

October
10th  **Zombie 1/2 Marathon**
Kids Zombie Mini 2.5K

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

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

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

Scan this QR code and join the club. Become a member now and save.
**July 8**  **Salmon Run Series #1 – Soldotna**  
*Meet 5 pm – Tsalteshi Trails*  
5K – multiple loop, hilly, groomed trail course  
Race time 6 pm  
Entry fee: $10 on-line/$15 in person/$45 series  
Contact: Josselyn O’Connor 260-5499 x 1201/josselyn@kenaiwatershed.org  
Rhonda McCormick 260-5449 x 1203/www.kenaiwatershed.org  
Sponsored by: Kenai Watershed Forum  
Race course differs each week  
5 series race, all ages, walkers welcome

**July 8**  **Orienteering Meet – Anchorage**  
*Meet 5 pm – Tsalteshi Trails*  
Sprint-O, beginner through advanced courses  
Entry fee: $8 adults/kids free  
www.oalaska.org  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - www.healthyfuturesak.org

**July 9**  **Steve’s Equinox Training #1 – Fairbanks**  
*Meet 5 pm – UAF Patty Center*  
8+ miles – Loop thru Equinox start to mile 5 to T-field  
Contact: Emily Schwing 801-550-4752/George Berry 687-8769  
www.runningclubnorth.org  
Sponsored by: Running Club North

**July 10**  **Kids’ Cross Country Races – Fairbanks**  
*Meet 6 pm – UAF Patty Center*  
8+ miles – Loop thru Equinox start to mile 5 to T-field  
Contact: Emily Schwing 801-550-4752/George Berry 687-8769  
www.runningclubnorth.org  
Sponsored by: Running Club North

**July 11**  **Miles for Meals – Wasilla**  
*Meet 9 am, Race time 10:45am, Location – WASI*  
5K – bike path, Entry fee: $20  
Contact: Claudia Dolfi 376-3104/Claudia.dolfi@alaskaseniors.com  
www.wasillaseniors.com  
Sponsored by: Wasilla Area Seniors  
Course is flat on paved bike path. BBQ and awards to follow

**July 11**  **Pioneer Ridge Climb – Palmer**  
*Meet 10 am, Race time 11 am, Entry fee: $5*  
Location – Pioneer Ridge Trailhead, Mile 1.4 E. Knik River Rd  
4.5 miles, 5,100 feet vertical gain, uphill only on singletrack trail  
Contact: Matias Saari 529-4178/matiasmountain@gmail.com/alaskamountainrunners.org  
Sponsored by: Alaska Mountain Runners  
This is Alaska’s biggest vertical gain in uphill-only races!  
An early start will be offered at 10 am. Parking is limited at trailhead so a shuttle will begin at 9:30 am at the west-side gravel bar immediately after crossing the Knik River Bridge.

*Children’s age groups/ability levels available*
July 11  **North Pole Jingle in July - North Pole**  
**Sat**  
Meet: 8:30 am, Race 10:15 am, Santa Claus House  
5k, Flat, Entry Fee: $25/early, $30/regular, $35/late, $40/last min.  
Contact: Anna Campione  
907-277-2784  
acampione@arthritis.org  
www.jingleinjuly.com  
Sponsored by: Arthritis Foundation  
Wear a holiday themed costume. Tie jingle bells to your shoelaces. Raise funds to fight arthritis, the nation’s leading cause of disability. Run or walk a 5 kilometer route with your team members and celebrate the summer by giving.

July 11  **5K/10K for Life – Palmer/Wasilla**  
**Sat**  
Meet 9 am, Race time 10 am – New Trunk Rd bike/foot path  
Walk/run – out & back, rolling hills, scenic byways  
Enter fee: $25/$50 family, $35/$60 family day of race  
Contact: Patti Price 373-3456  
patti.price@heartreachalaska.com  
Joyce Moropoulos 373-3456  
www.heartreachalaska.com  
Sponsored by: HeartReach Center  
Registration/bib pick-up at Honda Hartley Motors Frontage Road, mile 36.5 Parks Highway, vehicle parking at Valley Church of Christ, mile 36.6 Parks Highway  
Great relaxing place to run/walk, bring your own sack lunch  
Early bib pick up at Heartreach Center 7/9 & 10, 9 am-1 pm

July 11  **North Pole Triathlon – Fairbanks**  
**Sat**  
Time 9 am, Location – Chena Lakes Rec Area  
Distance: 1500M swim, 40K bike, 10K run  
Contact: Tyson Flaharty  
Amber Barlow  
thebreakuptri@hotmail.com  
$40 fee + $12 one day pass. USAT sanctioned.  
99 participant limit

July 11  **Bear Paw 5K Run – Eagle River**  
**Sat**  
Meet 8:30 am bib pick-up/reg, Race time: 10:30 am  
* – Main Street Eagle River, Entry fee: $30, $80 family of 4 (immediate only), additional members $20, $40/$95 family of 4 race day, includes t-shirt  
For entry only, no t-shirt, $20/$60 family of 4 (immediate only), $25/$70 family race day  
Contact: Joey Caterinichio  
jcaterinichio@alaska.net  
info@cer.com  
Sponsored by: Anch Women’s Clinic, Midas, Skinny Raven  
Hosted by: ANR/ERNTC Sign up at Skinny Raven, Eagle River Chamber of Commerce or register on-line  
@ www.cer.org or www.skinnyraven.com  
Fun for all ages

*Children’s age groups/ability levels available
Children's age groups/ability levels available

July 12  **Boondocks Breakaway – Anchorage**
**Sun**
- Race time 11 am – Kincaid Outdoor Center
- 2.5 & 5K – scenic trails thru park
- Entry fee: ARC Membership
- Contact: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)
- Sponsored by: Anchorage Running Club

July 12  **15th Annual Ester Dome Ass Kicker #4 Trail Series – Fairbanks**
**Sun**
- Time 10 am, Location – Golden Eagle and Ester Gold Camp parking lots
- Distance: 6.75 miles
- Contact: Oralee Nudson 252-0530
  Robbin Garer-Slaught 378-4989
- Sponsored by: RCN, Goldstream Sports
- Very steep trail run! Toughest short distance race in Interior.

July 15  **Salmon Run Series #2 – Soldotna**
**Wed**
- Meet 5 pm – Tsalteshi Trails
- 5K – multiple loop, hilly, groomed trail course
- Race time 6 pm
- Entry fee: $10 on-line/$15 in person/$45 series
- Contact: Josselyn O'Connor 260-5499 x 1201
  Rhonda McCormick 260-5449 x 1203
  [www.kenaiwatershed.org](http://www.kenaiwatershed.org)
- Sponsored by: Kenai Watershed Forum
- Race course differs each week
- 5 series race, all ages, walkers welcome

July 15  **Alaska Men’s Run Registration & Bib PU– Anchorage**
**Wed**
- 4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 18)
- 5 mile run/2 mile walk – Chester Creek paved trails
- Entry fee: $35/$70 family, $45/$80 race day, includes t-shirt & prizes, visit the website for additional info
- Contact: Dave Fisher 622-9243
- Sponsored by: Alaska Men's Run Race Board
- Register on-line @ [www.alaskamensrun.com](http://www.alaskamensrun.com) thru July 17
- Race day registration from 8:30–9:30 am

July 15  **Masters’ 5 & 10K – Anchorage**
**Wed**
- Meet 5:30 pm – Chuck Albrecht Fields
- 5 & 10K – flat, out & back on paved trails
- Race time 6 pm, Entry fee: ARC Membership
- Contact: info@anchoragerunningclub.org
  [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)
- Sponsored by: Anchorage Running Club
- Limited to runners 40 years of age or older

July 15  **Orienteering Meet – Anchorage**
**Wed**
- Starts from 5 pm to 7 pm, Location – Kincaid Raspberry Lot
- Bike-O, beginner through advanced courses
- Entry fee: $8 adults/kids free
- [www.oalaska.org](http://www.oalaska.org)
- Sponsored by: Arctic Orienteering Club
- Check website for contact info & updates
- A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

*Children’s age groups/ability levels available*
Don’t let injury get you down! Let us help get you back on the road, trail, or track and maximize your performance.

Our Runner-Friendly Services Include:

Sports and Orthopedic Rehabilitation
Pre- and Post-Operative Rehabilitation
Injury Prevention Programs
Video Gait Analysis
VO₂ max Testing KORR Cardio Coach™
Free Weekly Group Training Runs

Call today for an appointment!

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

*Children's age groups/ability levels available
July 16  | Alaska Men’s Run Registration & Bib PU– Anchorage

Thu  | 4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 18)
5 mile run/2 mile walk – Chester Creek paved trails
Entry fee: $35/$70 family, $45/$80 race day, includes
t-shirt & prizes, visit the website for additional info
Contact: Dave Fisher 622-9243
Sponsored by: Alaska Men’s Run Race Board
Register on-line @ www.alaskamensrun.com thru July 17
Race day registration from 8:30–9:30 am

July 16  | Steve’s Equinox Training #2 – Fairbanks

Thu  | Meet 6 pm – Ann’s Greenhouse pull-out
8 miles – Equinox Trail Mile 8.5 – 4.5 – 8.5
Contact: Emily Schwing 801-550-4752
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North

July 18  | Opera Fairbanks/FNBA Run of the Valkyries #4

Sat  | Usibelli Cup – Fairbanks
Time 10 am, Location – Pioneer Park
Distance: 8K
Contact: Thomas Gross 322-7093
Sponsored by: FNBA, Rods’ Saw Shop, TJ’s Land
Trophies, costume contest. T-shirts for first 250.
$15 under 16 and $20 Pre bid pick

July 18  | Alaska Men’s Run – Anchorage

Sat  | Meet 8:30 am – Anchorage Football Stadium
5 mile run/2 mile walk – Chester Creek paved trails
Entry fee: $45/$80 race day,
Race time 10 am, includes t-shirt & prizes
Contact: Dave Fisher 622-9243
dfisher@gci.net
John Swartz 349-0906
Sponsored by: Alaska Men’s Run Race Board
Register on-line @ www.alaskamensrun.com thru July 17
Race day registration from 8:30–9:30 am, event open to all.
Men, women, children, teams & military encouraged.
Grants available for individuals and organizations supporting
advocacy, education and early detection. Proceeds benefit
Alaska men with prostate or testicular cancer. Every year we
make a difference! Post race BBQ.

July 18  | XTERRA Hammerman Duathlon – Anchorage

Sat  | Meet 8 am – Little Campbell Lake/Kincaid Park
1.2M trail run, 14M mtn bike, 4 mile trail run, off
road duathlon, Race time 10 am, Entry fee: $82
Contact: Andy Duenov 344-2740
ajdino@gci.net
Jason Lamoreaux 350-3625
Www.alaskatriathlon.org
Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee,
Skinny Raven, AA Spine & Pain Clinic & Tieszen Chiropractic
Presented by: Alaska Triathlon Club
Race consists of a 1.2 mile trail run, 14 mile mt bike, and a 4
mile trail run. Use of road, hybrid or ‘cross bikes not allowed,
this is a mountain bike event only.

*Children’s age groups/ability levels available
The 20th Annual

ALASKA MEN’S RUN
PROCEEDS BENEFIT MEN AND AGENCIES FIGHTING PROSTATE AND TESTICULAR CANCER

Who will you run for?

SATURDAY, JULY 18th 10AM

START/FINISH: ANCHORAGE FOOTBALL STADIUM

MEET AT 8:30 AM • START AT 10:00 AM

5 mile run 2 mile walk

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

Online Registration: Available thru July 17, 2015

In-person Registration:
Wednesday, July 15th & Thursday, July 16th
Skinny Raven Sports (800 H St.), 4:00 PM - 6:30 PM

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

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

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

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

www.alaskamensrun.com

*Children's age groups/ability levels available
July 18  

**XTERRA Hammerman Triathlon – Anchorage**
**Sat**
Meet 8 am – Little Campbell Lake/Kincaid Park
.5M lake swim, 14M off road mtn bike, 4 mile trail run, Race time 10 am, Entry fee: $82
Contact: Andy Duenow 344-2740
ajdino@gci.net
Jason Lamoreaux 350-3625
www.alaskatriathlon.org
Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven, AA Spine & Pain Clinic & Tieszan Chiropractic
Presented by: Alaska Triathlon Club
Race consists of a 0.5 mile lake swim, 14 mile mt bike and a 4 mile trail run. Use of road, hybrid or ‘cross bikes not allowed, this is a mountain bike event only.

July 18  

**Crow Pass Crossing – Girdwood**
**Sat** 25
Meet 6 am, Race time 7 am – Crow Pass Trailhead
24 miles – Crow Pass, Girdwood to Eagle River Visitor’s Ctr
Entry fee: $65 – Limited to 130 entrants
Mandatory bib pick-up & meeting July 17
Rough cross-country & mountain trail
Contact: Mike Friess 786-1325
anmaf@uaa.alaska.edu
Sponsored by: UAA Milers Booster Club
Registration forms available in May
@ www.goseawolves.com

July 18  

**AK Salmon Runs/King Salmon Marathon – Cordova**
**Sat**
Meet 6:20 am, Race time 7 am – Copper River Highway
*Flat & very scenic; mountains & glaciers line course
Entry fee: $40
Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night.
Medals for all ½ & Marathon finishers

July 18  

**AK Salmon Runs/ sockeye ½ Marathon – Cordova**
**Sat**
Meet 9 am, Race time 9:30 am – Copper River Highway
*Flat, mostly paved, scenic; mountains & glaciers line course
Entry fee $40
Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night.
Medals for all ½ & Marathon finishers

July 18  

**AK Salmon Runs/ Sockeye 10K – Cordova**
**Sat**
Meet 10 am, Race time 10:30 am – Cooper River Highway
*Entry fee $18, Flat, ½ gravel/½ paved; mtns & glaciers line course
Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night.

*Children’s age groups/ability levels available
July 18  AK Salmon Runs/Humpy 5K – Cordova
Sat  Meet 10 am, Race time 10:45 am – Cooper River Highway
* Flat, paved, scenic; mountains & glaciers line course
Entry fee $18
Contact:  Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night.

July 18  AK Salmon Runs/Smolt One Mile – Cordova
Sat  Meet 10:45 am, Race time 11:15 am – Cooper River Highway
* Flat, paved, scenic
Entry fee $10 for kids 9 - 15
Contact:  Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run.htm
Copper River WILD! Salmon Festival activities feature running, music, Small Fry Arts & Educational activities, a weekend of singing out salmon. Salmon BBQ Sat night.

July 19  Run for the Refuge – Fairbanks
Sun  Race time 1 pm – UAF Ski Hut (W. Ridge)
5 & 10K – trail run
Entry fee: $25 adult,$15 children, $5 late fee after 7/16
Contact:  Elisabeth Dabney 452-5021
Sponsored by: Northern AK Environmental Center

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Joseph Hawkins DC
108 E. Arctic Ave.
Palmer, AK 99645
745-4357

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Personal Injuries  Auto Accident

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

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

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

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

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

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

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

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

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

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**17th Annual Wildlife Rescue Run & Walk**

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

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

July 25  
**Subway’s Tri-Harder-Thon – Seward**  
*Sat*  
Meet 8 am – Spring Creek Campground  
5 mile kayak, 6.3 mile trail run, 18.6 mile road bike  
Race time 11 am, Entry fee: Check website  
Contact: Melanie Hauze 224-4011  
mhauze@cityofseward.net  
www.cityofseward.us  
Sponsored by: Subway & SP&R & Qotekcac Native Tribe  
Limited to 60 participants, must have 20 participants to hold event. Must provide own kayak, teams must consist of three different individuals, 18 years & older.  
Annual pass, family, volunteer & military discounts

July 26  
**50th Annual Gold Discovery Run #5 Usibelli Cup – Fairbanks**  
*Sun*  
Time 8 am - 9 am – Fox Roadhouse  
Distance: 16.5 Miles  
Contact: Gary Pohl 452-2128  
Sponsored by: RCN & Others  
Usibelli Cup Event and 50th Annual. Limited to 200 runners.  
BBQ and awards.

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

*Children’s age groups/ability levels available
July 26  Big Lake Triathlon USAT Sanctioned – Big Lake
Sun  Meet time: 8 am, Race time: 10 am, Location – Big Lake
Entry fee: 60/120
900 m open water/20K bike/5K run
Contact:  Deb Kirk 892-6109
biglake@mtaonline.net
Nancie Linley 892-6109
www.biglakechamber.org
Sponsored by: Big Lake Chamber of Commerce

July 26  Bearfest Marathon, ½ Marathon & 5K - Wrangell
Sun  Meet time 7 am – Nolan Center
26.2/13.1 miles & 5K – great course out & back along the water
Race time 8 am
Entry fee: $50/$25
Contact:  Sylvia Ettefagh 907-874-2998
Lucy Robinson 907-305-0463
fun@alaskabearfest.org
www.alaskabearfest.org
Sponsored by: Alaska Bearfest, Alaska Airlines & S.E. Beasts

July 29  Salmon Run Series #4 – Soldotna
Wed  Meet 5 pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time 6 pm
Entry fee: $10 on-line/$15 in person/$45 series
Contact:  Josselyn O’Connor 260-5499 x 1201
josselyn@kenaiwatershed.org
Rhonda McCormick 260-5449 x 1203
www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
Race course differs each week
5 series race, all ages, walkers welcome

July 30  Steve’s Equinox Training #4 – Fairbanks
Thu  Meet 6 pm – Top of Ester Dome
5 miles – Equinox “out & back”
Contact:  Emily Schwing 801-550-4752
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North

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

*Children’s age groups/ability levels available
Aug Tue \hspace{1cm} \textbf{Peak Performers Track Club – Anchorage}

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

Aug Tue \hspace{1cm} \textbf{Women’s Training – Fairbanks}

Meet 5:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
www.runningclubnorth.org
Sponsored by: Running Club North

Aug Tue \hspace{1cm} \textbf{Men’s Training – Fairbanks}

Meet 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North

Aug Tue & Thu \hspace{1cm} \textbf{Valley Women’s Running Team – Palmer}

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

Aug 1 Sat \hspace{1cm} \textbf{22nd Annual Chena Hot Springs Run & Soak #5 Trail Series – Fairbanks}

Time 11 am, Location – Angel Rocks Trailhead
Distance: 8.5 miles trail
Contact: Keith Pollock 479-0779
Sponsored by: RCN, Chena Hot Springs
Entry fee – potluck BBQ.

Aug 1 Sat \hspace{1cm} \textbf{Running Free 5K – Eagle River}

Meet 9:30 am, Race time 10:30 am, Location-Eagle River HS 5K out and back mostly flat with one hill, Entry fee: TBD
Contact: Tim Alderson 997-301-6512
info@runningfreealaska.com
www.facebook.com/runningfreealaska
Sponsored by: Running Free Alaska
Highlight of this race is a loop around Hiland Mountain Correctional Center. Inmates who participate in Running Free Alaska’s prison running program will cheer on runners from behind the fence line, and will also staff a half-way aid station.

*Children's age groups/ability levels available
Aug 1  **Celebrate Life! 5K Run & Walk – Soldotna**
Sat Meet 8:30 am, Race 10 am, Location – Soldotna Bible Chapel
5K – flat, residential & along hwy Entry fee: Free
Contact: Receptionist 907-283-9062
info@abcwecare.org
Colleen Ward 907-283-9062
www.abcwecare.org
Sponsored by: ABC Pregnancy Care Center
Donations welcome. Free t-shirt and brunch. Runners 5K
starts at 10 am, walkers at 10:05 am on a shorter course
suitable for all ages.

Aug 1  **Matanuska Peak Challenge – Palmer**
Sat Meet 8 am – Lazy Mountain Parking Lot
14 miles, 9,100' vertical gain
Race time 9 am, Entry fee: $30
Contact: Braun Kopsack 746-5133
www.alaskamountainrunners.org
Sponsored by: Knik Glacier Adventures
No aid stations available. Mandatory gear (windbreaker/long
underwear tops/bottoms, hat, gloves, H2O bottle) required

Aug 1  **Homer Breast Cancer Beach Run & Ride - Homer**
Sat Meet 8:30 am, Race time 9:30 am, Location – Mariner Park
Entry fee: $35
Contact: Heather O’Connor 235-3436
Heather@kbfpc.org
info@kbfpc.org
kbfpc.org
Sponsored by: Kachemak Bay Family Planning Clinic
21st Annual Homer Breast Cancer Beach Run and Ride.
Kids 12 and under are free.

Aug 1  **Wildlife Rescue Run/Walk – Seward**
Sat Meet 9:30 – 11:30 am – Alaska SeaLife Center
5K – mostly flat, scenic route along waterfront
Race time 11:15 am walkers, 12 Noon runners
Entry fee: $25/$20 (15 and under), $30/$25 Race Day
Contact: Nancy Anderson 224-6396
nancya@alaskasealife.org
Shannon Wolf 224-6355
shannonw@alaskasealife.org
www.alaskasealife.org
Sponsored by: Alaska SeaLife Center
Entry fee includes t-shirt & admission to ASLC race day
Proceeds benefit the rescue, rehabilitation & release of Alaska
marine animals

Aug 1  **Run for Relief - Anchorage**
Sat* Meet 9 am – Faith Christian Community, 4240 Wisconsin
5K – flat, fast – West Turnagain, Race time 10 am
Entry fee: Donation
Contact: miles@alaska.net
www.faithak.com
Sponsored by: Faith Christian Community
Increase awareness of the situation in Burma,
visit www.freeburmarangers.org
Proceeds benefit the relief efforts in Burma (Myanmar)

*Children’s age groups/ability levels available
August 2

**Yukon River Trail Marathon – Whitehorse, Yukon**

Meet 7:30 am, Race time 8:30 am, Location-Rotary Park
13, 26 – mostly trail, scenic and challenging.
Entry fee: $50 cdn
Contact: Ken Sylvestre 867-668-7592
yukonmarathon@gmail.com
www.yukonmarathon.com
Sponsored by: Boreal Adventure Running Association
Also 4-person relay. Race fills in early-mid July.

August 5

**Salmon Run Series #5 – Soldotna**

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

August 5

**Orienteering Meet – Anchorage**

Meet 5 pm to 7 pm, Location – UAA Campus
Relay-O
Entry fee: $8 adults/kids free
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Check website for contact info & updates
A Healthy Futures Series Event - www.healthyfuturesak.org

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**28th Annual**

**Kenai Peninsula Run for Women**

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

Proceeds will benefit victims of
Domestic Violence & Sexual Assault
Sponsored by: The LeeShore Center
325 S. Spruce St. • Kenai, AK 99611
907-283-9479
Further information online: http://www.leeshoreak.org

The LeeShore Center is a United Way agency

*Children’s age groups/ability levels available*
Aug 6  
**Steve's Equinox Training #5 – Fairbanks**

Meet 6 pm – Top of Ester Dome  
9 miles – Equinox Trail Mile 17 – 21.5 – 17  
Contact: Emily Schwing 801-550-4752  
George Berry 687-8769  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North

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Aug 8  
**21st Santa Claus ½ Marathon #6 Usibelli Cup – North Pole**

Sat  
Race time 8 - 9 am, Location – North Pole High School  
13.1 miles – flat, out & back  
Entry fee: $20 advance/No race day registration.  
Contact: Colin Topp, colin.topp@k12northstar.org  
Awesome post race BBQ!  
757-618-0949

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Aug 8  
**Midnight Sun Lazyman Triathlon - Wasilla**

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

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Aug 8  
**Imagine No Malaria Charity Run – Willow**

Sat  
Meet 10 am, Race time 10:30 am  
Location-Willow Community Center  
5K - out and back, mostly flat, Entry fee: $20  
Contact: Daniel P. Wilcox  
WillowUM@mtaonline.net  
Fran Lynch 495-6638  
[www.WillowUMC.org](http://www.WillowUMC.org)  
Sponsored by: Willow United Methodist Church  
Fund raiser for Imagine No Malaria.  
This is an effort to eliminate malaria through prevention,  
treatment, education, and communication. For more  
information please see imaginenomalaria.org

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Aug 8  
**Run Wild – Girdwood**

Sat  
Meet 10:30 am, Race time 11 am  
Location-5K access trail at the end of Arlberg Ave  
1K/5K forested loop (wild rain forest)  
Enter fee: $30 individual/$75 family  
Contact: Amanda Snitzer 717-3723  
asnitzer@hotmail.com  
Anna Flemming 952-4179  
Littlebearsplayhouse.com/runwild  
Sponsored by: Little Bears Playhouse  
Children’s and Adult events, supports Girdwood’s only  
non-profit childcare center. This is an all weather event.

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*Children’s age groups/ability levels available*
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REGISTER ONLINE AT www.bigwildliferuns.org

*Children’s age groups/ability levels available
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
<th>Distance</th>
<th>Contact</th>
<th>Fee</th>
<th>Sponsor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 8</td>
<td>Kenai Peninsula Run for Women – Kenai</td>
<td>Meet 9 am, Race time 10 am – Kenai City Park</td>
<td>5 &amp; 10K – multi-looped course thru downtown streets</td>
<td>Entry fee: $20/$25 race day</td>
<td>Jennette Browning 283-9479 <a href="mailto:jbrowning@leeshoreak.org">jbrowning@leeshoreak.org</a> Ashley Blatchford 283-9479 <a href="http://www.leeshoreak.org">www.leeshoreak.org</a></td>
<td>Sponsored by: The LeeShore Center</td>
<td>Course is wheelchair accessible &amp; certified</td>
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</tr>
<tr>
<td>Aug 8</td>
<td>Alaska 10K Classic – Anchorage</td>
<td>Meet 9 am – APU, Moseley Sports Center</td>
<td>Race time 10 am, Entry fee: Check Website</td>
<td>Contact: Mark Iverson 274-7222 <a href="mailto:timing@skinnyraven.com">timing@skinnyraven.com</a> <a href="http://www.skinnyraven.com">www.skinnyraven.com</a></td>
<td>This event run in conjunction with USATF 10K Road Running Championships</td>
<td>A USA Track &amp; Field Sanctioned Event</td>
<td>Proceeds benefit Special Olympics Alaska</td>
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<tr>
<td>Aug 9</td>
<td>Mountain Bike Tri – Fairbanks</td>
<td>Location – TBD</td>
<td>Contact: Amber Barlow 322-4321</td>
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<tr>
<td>Aug 9</td>
<td>Alaska International Senior games Track &amp; Field Events – Fairbanks</td>
<td>Time Various, Location – TBD, Distance: Various</td>
<td>Contact: Bad Bob Baker <a href="mailto:alaskaisq@gmail.com">alaskaisq@gmail.com</a></td>
<td>Sponsored by: AIGS</td>
<td>Must preregister with Senior Games and be age 50. <a href="http://www.alaskaisg.org">www.alaskaisg.org</a></td>
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<tr>
<td>Aug 10</td>
<td>Alaska Int’l Senior Games 5K – Fairbanks</td>
<td>Race time 6:30 pm, Location – Chena Lakes Rec Area</td>
<td>Contact: Don Kiely 455-6749 <a href="http://www.alaskaisg.org">www.alaskaisg.org</a></td>
<td>Sponsored by: Alaska International Senior Games</td>
<td>Must pre-register with AIGS &amp; be 50 years &amp; up</td>
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<tr>
<td>Aug 12</td>
<td>Alaska Int’l Senior Games 10K – Fairbanks</td>
<td>Race time 6:30 pm, Location – Chena Lakes Rec Area</td>
<td>Contact: Don Kiely 455-6749 <a href="http://www.alaskaisg.org">www.alaskaisg.org</a></td>
<td>Sponsored by: Alaska International Senior Games</td>
<td>Must pre-register with AIGS &amp; be 50 years &amp; up</td>
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</tbody>
</table>

*Children’s age groups/ability levels available
Aug 13  Steve's Equinox Training #6 – Fairbanks  
Thu  Meet 6 pm – Top of Ester Dome, 9+ miles  
Equinox Trail Mile 17 to St Pats & up Ester Dome  
Contact: Emily Schwing 801-550-4752  
George Berry 687-8769  
www.runningclubnorth.org  
Sponsored by: Running Club North

Aug 14  Anchorage Running Club’s “Big Wild Life Runs”  
Fri  Bib/Packet PU & Registration & Expo - Anchorage  
3 – 7 pm – Denaina Center  
Contact: sharron@bwlr.org  
www.bigwildliferuns.org

Aug 15  Alaska Statehood 5K Fun Run/Walk 2014 – Fairbanks  
Sat  Time 10 am, Location – Pioneer park – canoe rental  
Distance: 5K run/walk  
Contact: Jill Dolan 978-0112  
Phoebe Bredlie 590-4361  
Sponsored by: RCN/Team in Training  
$20 entry include T-shirt. All proceeds to Team-in-Training.

Aug 15  CASA Superhero Run – Kenai  
Sat  Meet 10 am, Race time 11 am, Location-Kenai Park Strip  
5K Entry fee: $25  
Contact: Joy Petrie 335-7219  
jpetrue@kenaitze.org  
Kimmi Davis  
kdavis@kenaitze.org  
https://www.facebook.com/KenaiSuperhero5kRunWalk  
Sponsored by: Kenaitze Indian Tribe  
Every child needs a hero, but abused and neglected children need a SUPERHERO! Participants are encouraged to come out in their best superhero costume, though not required!  
Fun for family! Proceeds benefit children served thru Kenai Peninsula CASA.

Aug 15  Nifty Fifty – Juneau  
Sat  Meet 7:30 am, Location – End of Basin Road  
Race time: 8 am for 50K, 9 am for 25K and 10K  
Perseverance, Granite Creek, Mt. Roberts, & Salmon Creek Trails  
Entry fee: $20 for 50K, $15 for 25K and 10K  
Pre-register at ultrasignup.com  
Contact: Keith Levy 586-1427  
keithblevy@gmail.com  
Sponsored by: Southeast Road Runners  
Challenging course on beautiful trails with lots of climbing.

Aug 15  Alyeska Mountain Run – Girdwood  
Sat  Meet time: 8 am, Race time: 10 am, Location – Alyeska Tram  
Distance: 2.2 mi, Entry fee: $30  
Contact: Brian Burnett 907-382-5880  
burntski@gmail.com  
Deb Essex 907-229-1902  
www.skigirdwood.org  
Sponsored by: Girdwood Nordic Ski Club  
Alaska Mountain Runners Gran Prix Event.

*Children's age groups/ability levels available
Aug 15
Granite Tors Trail Run #6 Trail Series – Fairbanks
Sat
Time 10 am, Location – Mile 39 Chena Hot Springs Road
Distance: 15 miles
Contact: Chris Greene 978-6472
Sponsored by: RCN
Must carry water! $5 parking fee at State Park.

Aug 15
Anchorage Running Club’s “Big Wild Life Runs”
Sat
Bib/Packet PU, Last Change Reg. & Expo - Anchorage
9 am – 3 pm – Denaina Center
Contact: sharron@bwlr.org
www.bigwildliferuns.org

Aug 15
Anchorage Running Club’s “Big Wild Life Runs”
Sat
Pasta Feed - Anchorage
12:30 – 2:30 pm – Denaina Center
Entry fee: $10/free for volunteers
Contact: sharron@bwlr.org
www.bigwildliferuns.org
Purchase on-line or at Bib/Packet pick-up

Aug 15
Anchorage Running Club’s “Big Wild Life Runs”
Sat
The Anchorage Mile - Anchorage
* Race time 10:30 am – Delaney Parkstrip
Contact: sharron@bwlr.org
www.bigwildliferuns.org
Sponsored by: ARC
Race consists of four heats, each heat limited to 50 runners.

Aug 15
Anchorage Running Club’s “Big Wild Life Runs”
Sat
The Children’s Hospital at Providence’s Kids 2K - Anchorage
* Race time 9:30 am – Delaney Parkstrip
2K - untimed, flat, city streets
Entry fee: Donation, for ages 12 & under
Contact: sharron@bwlr.org
Sponsored by: ARC & The Children’s Hospital at Providence
Medals & hats for all
A Healthy Futures Series Event - www.healthyfuturesak.org

Aug 15
Eagle River Challenge – Eagle River
Sat
* Meet 9 am – Eagle River Nature Center
5 & 10K – trail run, scenic
Race time 10 am, Pre-registration entry fee: $30
After August 13, 2015 entry fee: $35
Contact: Laura Kruger or Asta Spurgis 694-2108
admin@ernc.org
www.ernc.org
Sponsored by: Friends of ERNC
Proceeds benefit the Eagle River Nature Center

Aug 16
Alaska International Senior Games Triathlon – Fairbanks
Sun
Time 9 am, Location – TBD
Distance: 400Y swim, 10K bike, 5K run
Contact: Amber Barlow 322-4321
Ed Callaghan
Sponsored by: AISG
Must preregister with Senior Games and be age 50.

*Children’s age groups/ability levels available
Aug 16  Anchorage Running Club’s “Big Wild Life Runs”
Sun  Sun United Physical Therapy 49K Ultra Race - Anchorage
  Meet – 6th Avenue near Town Square
  Relatively flat, some hills, & paved trails
  Race time 8 am, Entry fee: Check website
  Discount for ARC members/military
  Contact: sharron@bwlr.org
  www.bigwildliferuns.org
  Sponsored by: ARC & United Physical Therapy
  Early registration ends January 31
  No Race Day Registration or Bib Pick-up

Aug 16  Anchorage Running Club’s “Big Wild Life Runs”
Sun  Moose’s Tooth Run/Walk Marathon & Bear Tooth’s 4-Person Marathon Relay – Anchorage
  Meet – 6th Avenue near Town Square
  Relatively flat, some hills, & paved trails
  Race time 9 am Marathon/Relay, 8 am Marathon Walk
  Entry fee: Check website, discount for ARC members/military
  Contact: sharron@bwlr.org
  www.bigwildliferuns.org
  Sponsored by: ARC, Moose’s Tooth & Bear Tooth
  Early registration ends January 31
  No Race Day Registration or Bib Pick-up

*Children’s age groups/ability levels available
Aug 16  Anchorage Running Club’s “Big Wild Life Runs”

Sun  Skinny Raven ½ Marathon - Anchorage
*  Meet – 6th Avenue near Town Square
  Relatively flat, some hills, & paved trails
  Race time 9:30 am runners/walkers
  Entry fee: Check website, discount for ARC members/military
  Contact: sharron@bwlr.org
  www.bigwildliferuns.org
  Sponsored by: ARC & Skinny Raven Sports
  Early registration ends January 31
  USATF certified course, professional timing
  No Race Day Registration or Bib Pick-up

Aug 16  Anchorage Running Club’s “Big Wild Life Runs”

Sun  Snow City Café 5K - Anchorage
*  Meet – 6th Avenue near Town Square
  2 loop flat course on downtown streets
  Race time 10 am runners/walkers
  Entry fee: Check website, discount for ARC members/military
  Contact: sharron@bwlr.org
  www.bigwildliferuns.org
  Sponsored by: ARC & Snow City Café
  Early registration ends January 31
  USATF certified course, professional timing
  No Race Day Registration or Bib Pick-up

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

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

**Joseph Hawkins DC**
108 East Arctic Ave.
Palmer, AK 99645
745-4357

**BIONIC Chiropractic**
“Believe It Or Not I Care”

*Children’s age groups/ability levels available*
**Aug 22**  
**RHR Rock-N-Roll 5K & 10K Walk, Run, and Roll – Valdez**  
Meet 10 am – John Kelsey Dock/Plaza  
5K & 10K – running or biking along DOT bike path and in town roadways, Kids 1K race starts 10:45 am, Bike races start at 11 am, Runs start at 11:05 am  
Entry fee: $10/5K Bike or Run, $15/10K Bike or Run, or $50/ Family (1K Kids Race-FREE)  
Contact: Sarah Jorgenson-Owen 907-835-2531  
SJOwen@ci.valdez.ak.us  
www.ci.valdez.ak.us/specialevents  
Sponsored by: Richardson Hwy Rendezvous Music Fest and Valdez Parks & Rec  
Proceeds benefit Friends of the Valdez Animal Shelter and KCHU Public Radio.  
Costume contest – dress up as your favorite rock start or musician. We also welcome dogs & other pets (on leashes) to this 5K or 10K run or bike race along the beautiful Valdez Duck Flats and throughout town.

**Aug 22**  
**The Milk Run - Anchorage**  
Meet 9 am – Russian Jack Park, 801 N Pine Street  
* 5K – XC course, dirt & paved  
Enter fee: $15/$40 family  
Contact: Arthur Harmon 333-2422  
owensmilkmoney@gmail.com  
www.owensmilkmoney.org  
Proceeds benefit Owen’s Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic.

**Aug 22**  
**8th Annual Seekins Ford Golden Heart Trail Run #7**  
**Usibelli Cup - Fairbanks**  
Race time 10:00 am – Birch Hill Recreation Area  
Sponsored by: Seekins Ford, organized by Nordic Ski Club  
T-shirts, prize table.

**Aug 23**  
**Equinox Training Run (the annual long one) – Fairbanks**  
Time 9 am, Location – Ann’s Greenhouse Pull-out  
Distance: 11 or 16 Miles  
Contact: Emily Schwing 801-550-4752  
George Berry 687-8769  
Sponsored by: RCN  
Ester Dome

**Aug 26**  
**Orienteering Meet – Anchorage**  
Starts from 5 pm to 7 pm  
Location – Elmendorf Base, see website about access  
Traditional meet, beginner thru advanced courses available  
Enter fee: $8 adults/kids free  
www.oalaska.org  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - www.healthyfuturesak.org

*Children's age groups/ability levels available*
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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Race Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Munchkin</td>
<td>1-5K</td>
</tr>
<tr>
<td>Farm</td>
<td>3-10K</td>
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<tr>
<td>Lightning</td>
<td>4-12K</td>
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<tr>
<td>Kids &amp; Kids at heart</td>
<td>Recreation Runners</td>
</tr>
<tr>
<td>Competitive Runners</td>
<td></td>
</tr>
</tbody>
</table>

*Children’s age groups/ability levels available
**Aug 28**  
**Fair Day 5K Tater Trot – Palmer**  
Meeting time 4:00-6:00 pm – Alaska Club Palmer  
Race time 6:30 pm  
Contact: Vera Hershey 355-0222  
Sponsored by: Valley Women's Running Team  
Visit [https://sites.google.com/site/valleywomensrunningteam/](https://sites.google.com/site/valleywomensrunningteam/) or FB for updates. Event open to men, women & families

**Aug 29**  
**Musk Ox Run #7 Trail Series – Fairbanks**  
Race time 10 am– UAF Musk Ox Farm  
13.1 miles (half marathon)  
Contact: Bobbi Jo Katchmar 451-9204  
Drew Harrington 451-6604  
[www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Hilly out & back. $5 suggested donation to Musk Ox Farm. Festivities & BBQ after!

**Aug 29**  
**UAA Spirit Run - Anchorage**  
Meet 9 am, Race time 10 am, Location – UAA Campus  
5K-trails/UAA Campus, Entry fee: Students FREE, $10/Public  
Contact: Rachel Kampstra 786-1272  
rkampstra@uaa.alaska.edu  
Mike McCormick 786-1213  
http://www.facebook.com/uaa.spirit.run  
[www.uaatrix.com](http://www.uaatrix.com)  
Sponsored by: UAA Student Activities. Second annual UAA Spirit Run. Dress in your best green and gold attire, Go Seawolves! This will be a 5K fun run and is open to anyone.

**Aug 30**  
**REI Run Series – Anchorage**  
Meet 8:45 am, Race time 10 am, Location-Hilltop Ski Chalet  
5K trail run on Hillside trails, Entry fee: $15  
Contact: Mike Morganson 272-4565  
mmorgan@rei.com  
[www.rei.com/anchorage](http://www.rei.com/anchorage)  
Sponsored by: REI  
Mostly loop course with some hills & one aid station halfway; low-key event with awards for first 3 men and women.

**Sept 2**  
**Orienteering Meet – Anchorage**  
Starts from 5 pm to 7 pm, Location – Earthquake Park  
Traditional meet, beginner through advanced courses  
Enter fee: $8 adults/kids free  
[www.oalaska.org](http://www.oalaska.org)  
Sponsored by: Arctic Orienteering Club  
Check website for contact info & updates  
A Healthy Futures Series Event - [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Sep 5**  
**McCarthy Half Marathon & 5 Mile Runs – McCarthy**  
Meet time 12 pm, Race time 2 pm – Glacier View Campground  
5K & half marathon  
Enter fee: $35  
Contact: Kristin Link 554-4464  
kristin@wrangells.org  
info@wrangells.org  
[www.wrangells.org](http://www.wrangells.org)  
Sponsored by: Wrangell Mountains Center  
Benefits Wrangell Mountains Center. Spaghetti Dinner after race

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

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

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

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

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

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

*Children’s age groups/ability levels available
Sept 9  Old Murphy Dome Ridge Run – Fairbanks
Wed  Time 6 pm, Location – Old Murphy Dome Rd, Elliott Hwy end
Starts at ~4 mile Old Murphy Dome Rd, from Elliott Hwy end
Distance: about 10 miles out and back
Contact:  Trent Hubbard 699-2090
          Dawna Hubbard 978-3167
Sponsored by: RCN
For info: trenthubbard@yahoo.com

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

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

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

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

*Children's age groups/ability levels available
Sept 12  Alyeska Climbathon – Girdwood
Sat  Meet time: 7am, Race time: 9 am, Location – Alyeska Tram
Distance: varies, Entry fee: $50
Contact: Brian Burnett 907-382-5880
burntski@gmail.com
Sierra Winegarner 907-830-2492
www.alyeskaclimbathon.com
Sponsored by: Let Every Woman Know
All day multi lap endurance event on north face hiking trail.
Field is limited to first 300 entrants.

Sept 12  4th Annual Troth Yeddha Run for the Park (Fundraiser)
Sat  – Fairbanks
Time 11:00 am, Location – Troth Yeddha Park/UAF, Yukon Dr
Distance: 5K
Contact: Pete Pinney 978-0425
Sponsored by: RCN, College of R&CD UAF
$20 entry, free to UAF students with Polar Express ID.
Donations accepted.

Sept 12  Fairbanks March for Babies Walk – Fairbanks
Sat  Meet time: 9 am, Race time: 10 am, Location – Pioneer Park
Distance: 3 miles, Entry fee: 0
Contact: Ashleigh Green 276-4111
agreen@marchofdimes.org
Janie Odgers 276-4111
www.marchforbabies.org
Sponsored by: Tesoro and Alaska Airlines

Sept 12  Coyote Classic – Anchorage
Sat  Meet Kincaid Elementary School
* ¾ mile K-2nd grades, 1.5 miles 3rd-6th grades
Race time 10 am K-2nd grades, 10:30 am 3rd-4th grades,
11 am 5th-6th grades – parents welcome to participate
Contact: Tim Akin
akin_tim@asdk12.org
Sponsored by: Healthy Futures
Medals for all kids, Traveling Trophy for the top school grades 5-6. Parents feel free to run with your kids.
A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 13  Titan Trail Run - Wasilla
Sat  Race time 11 am, Location – Teeland Middle School
*  Entry: free; $5
Elementary kids 1 mile, Middle School & older 1.8 miles –
XC trail run, rooted slightly
100 yd Balloon Run – 4 yrs & under
Contact: Kristi Shea 315-2424
kristi.shea@matsuk12.us
http://www.tms.matusk12.us
Sponsored by: Teeland Middle School Cross Country & Track
T-shirts available for additional cost.

*Children's age groups/ability levels available
Anchorage Running Club is a not-for-profit association of over four hundred individuals who share a common interest in running and/or walking and brains.

Register online if you dare:
www.anchoragerunningclub.org

*Children’s age groups/ability levels available
Sept 13  Run Rover Run – Anchorage
Sun  Meet 11:30 am, Race 12:30 pm – Little Campbell Lake (Kincaid)
Run with your dog, 2½ miles – hilly loop Little Campbell Lake
Entry fee: $15
Contact: Becky Voris 243-5234
beckyatla@gmail.com
ASC Hotline 349-WOOF (9663)
www.skijoring.org
Sponsored by: Anchorage Skijor Club
One dog on leash, dog license & vaccines required.
Junior class available if 5 participants, men & women’s class
Anchorage’s first “cannicross” event. Discount entry for
family of 3+ available

Sept 13  Orienteering Meet – Anchorage
Sun  Starts from 5 pm to 7 pm, Location – Mirror Lk Middle School
Traditional meet, beginner through advanced courses  Entry
fee: $8 adults/kids free
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Check website for contact info & updates
A Healthy Futures Series Event - www.healthyfuturesak.org

Sept 15  Bonny Sosa Tuesday Night Race Series - Anchorage
Tue  Meet 5:30 pm – check website
*  Distances up to 12K, Race time 6:30 pm
Entry fee: $7/$2 kids/$20 family or
$70 family/$35 adult/$16 youth season pass
Contact: Outdoor Recreation 343-4217
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active
A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 17  Equinox Marathon Bib Pick-Up – Fairbanks
Thu  Time 5 - 8 pm, Location – Pump House Restaurant
Contact: Susan Kramer 590-5086
John Estle 347-1061
www.runningclubnorth.org
Sponsored by: Running Club North
Spaghetti Feed
Register on-line @ www.equinoxmarathon.org

Sept 18  Equinox Marathon Bib Pick-Up – Fairbanks
Fri  Time 5 - 8 pm, Location – Pump House Restaurant
Contact: Susan Kramer 590-5086
John Estle 347-1061
www.runningclubnorth.org
Sponsored by: Running Club North
Spaghetti Feed

*Children’s age groups/ability levels available
Sept 19  **Houston Half Marathon & Relay – Houston**

**Sat**  Meet 8:30 am, Race time 10 am  
Location-Houston Middle School  
13.1 Relay & 5K Kids dash-out and back, scenic  
Enter fee: $10/Kids, $25/5K, $45/solo Jan 15-May31, $55/solo  
2 person Relay $70 Jan 15 – May 31, $80 June 1 – Sept 16  
3 person Relay $90 Jan 15 – May 31, $120 June 1 – Sept 16  
Contact: Robin Rice  
hhalfinfo@gmail.com  
www.thehoustonhalf.com  
Fundraiser for Houston High Cross Country.

Sept 19  **The Glass is Half Full Equinox 5K/10K Run – Cooper Landing**

**Sat**  Meet 9 am – Cooper Landing School  
5K – pavement & gentle hills 10K – pavement, gravel, dirt, hilly  
Race time 10 am, Entry fee: $30  
Contact: Copper Landing School 955-1244  
HChamberlain@KPBSD.org  
Thomas Gosard 955-1244  
http://cooperlandingschool.blogs.kpbsd.k12.ak.us/w  
Sponsored by: Cooper Landing School.

Sept 19  **Share Your Spare Dash – Anchorage**

**Sat**  Meet 9 am, Race time 10 am, Location – Delaney Park, west end  
5K – Delaney Park/Coastal Trail, Entry fee: $30  
Contact: Kristie Lemmon 907-333-2257  
kristie@alaskakidney.org  
www.alaskakidney.org  
Sponsored by: Alaska Kidney Patients Association (AKPA)  
Highlights the need for living kidney donors to share their  
spare kidney with an Alaskan waiting for a transplant;  
promotes organ & tissue donation, honors donor families &  
celebrates the second chance at life.

Sept 19  **53rd Annual Equinox Marathon #8**

**Sat**  Usibelli Cup, 23rd Annual Marathon Relay  
7th Annual Equinox Ultramarathon– Fairbanks  
Race time 8 am – UAF Patty Center  
26.2 mile relay (x3) & 40 mile Ultra  
Contact: Susan Kramer 590-5086  
John Estle 347-1061  
www.runningclubnorth.org  
Sponsored by: Running Club North & Others  
Register on-line @ www.equinoxmarathon.org  
One of America’s toughest marathons.

Sept 19  **13th Annual Kid’s Equinox – Fairbanks**

**Sat**  Race time 9 am – UAF Patty Center  
Final 1.2 miles of a 5 week times-  
5 miles a week effort, Entry fee: $12  
Contact: Tracey Martinson 474-8358  
Monte Jordan 451-8696  
www.runningclubnorth.org  
Sponsored by: Running Club North

*Children's age groups/ability levels available
Sept 20  **24th Annual Tony's Run – Dillingham**  
**Sun**  
Meet 12:00 pm, Race time 1 pm – Mile 0 Kanakanak Rd  
5K, 10K, 20K – paved, hilly course  
Enter fee: $25-$35, group discounts available  
Contact: Lisa Haggblom 842-2320  
[records@safebristolbay.org](mailto:records@safebristolbay.org)  
[www.raceroster.com](http://www.raceroster.com)  
[www.safebristolbay.org](http://www.safebrristolbay.org)  
Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,  
N & N Market & AC Company, Bigfoot LLC, and others.  
Register on-line @ [www.raceroster.com](http://www.raceroster.com)  
Open to walkers, runners & rollers

Sept 22  **Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue**  
Meet 5:30 pm – check website  
Distances up to 12K, Race time 6:30 pm  
Enter fee: $7/$2 kids/$20 family or  
$70 family/$35 adult/$16 youth season pass  
Contact: Outdoor Recreation 343-4217  
[www.muni.org/parks](http://www.muni.org/parks)  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

Sept 26  **Friends of the Farm 5K – Palmer**  
**Sat**  
Meet 10 am, Race time 11 am,  Mat-Su Experimental Farm  
5K – easy trails  
Enter fee: $25, Preregistration closes on 8/31/15.  
Contact: Josh Leutzinger 907-301-9440  
[skijoshski@yahoo.com](mailto:skijoshski@yahoo.com)  
[www.friendsofthefarm.org](http://www.friendsofthefarm.org)  
Sponsored by: Mat-Su Miners, 100.9 FM, Mat-Su Farm Bureau  
Enter fee includes shirt and lunch.

Sept 26  **Anchorage Heart Walk – Anchorage**  
**Sat**  
Meet 9 am, Race time 10 am, Location – Delaney Park Strip  
5K – streets, coastal trail, Entry fee: see website  
Contact: Melissa Wanamaker 865-5300  
[Melissa.wanamaker@heart.org](mailto:Melissa.wanamaker@heart.org)  
Alaina Burton 865-5300  
[Alaina.burton@heart.org](mailto:Alaina.burton@heart.org)  
[www.AnchorageHeartWalk.org](http://www.AnchorageHeartWalk.org)  
Sponsored by: American Heart Association  
A non-competitive family & dog friendly event. Details on  
website at [www.anchorageheartwalk.org](http://www.anchorageheartwalk.org) All proceeds benefit  
The American Heart Association to fight heart disease & stroke.

Sept 26  **Octoberfest – Anchorage**  
**Sat**  
Meet 7:30 am – Snowgoose Restaurant  
5 & 10K – out & back course on Coastal Trail  
¼ mile children's fun run, signed waiver required  
Race time 9 am, Entry fee: Check website  
Contact: [info@anchorage_runningclub.org](mailto:info@anchorage_runningclub.org)  
Sponsored by: Bristol Bay Native Corporation &  
Anchorage Running Club  
Benefit for Bean's Cafe & Brother Francis Shelter  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

*Children's age groups/ability levels available
Sept 26  Making Strides Against Breast Cancer 5K – Fairbanks
Sat
Start time 11 am, Location – Morris Thompson Cultural Center
5K – new event, visit the website for details
Contact: Becky Zaverl 452-7084 (cell 460-6326)
tristan.walsh@cancer.org
http://makingstrides.acsevents.org/fairbanks
Sponsored by: American Cancer Society
A breast cancer awareness 5K. No fee. Teams can form.

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

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

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694-9202

*Children’s age groups/ability levels available
Oct 3  Run to the Alter Half Marathon – Homer
Sat  Race time 9 am, Location – Homer High School
      Registration day begins 8 am.
      Walkers start at 9 am; runners at 10 am.
      13.1 miles – hilly, trails, Entry fee: TBA
      Contact: Megan Spurkland
               megancorazza@hotmail.com
               www.kachemakbayrunningclub.org
      Sponsored by: Kachemak Bay Running Club
      Visit the website for registration details

Oct 3  Hit the Trails – Anchorage
Sat  Race time 10 am, Location – Trailside Elementary
      5K, 2K trails behind TS Elementary
      Entry fee: Varying
      Contact: Lori Guyer 223-9420
               loriguyer@yahoo.com
               trailsidepta.org
      Sponsored by: Trailside PTA
      5K and 2K distance – trail run

Oct 3  It Ain’t Easy Hill Run – Fairbanks
Sat  Race time 10 am – Dog Musher’s Hall, Farmers Loop
      5 miles – flat, 11.3 miles – hilly, Entry fee: None
      Contact: Andy Sterns 508-542-3036
               Chris Garber Slaght 455-9198
               www.runningclubnorth.org
      Sponsored by: Running Club North

Oct 4  Readers on the Run – Fairbanks
Sun  Race time 11 am – John Trigg Ester Library Gazebo,
      Village Road, Ester
      5K walk/run - flat, Entry fee: $15
      Contact: Ed Rouleau 458-9550
      Sponsored by: John Trigg Ester Library
      Flat terrain, possible zombies poetry contest, costume
      contest, awards afterwards.

Oct 5  Zombie ½ Marathon Registration & Bib Pickup - Anchorage
Mon  4-6:30 pm – Bosco’s - 2301 Spenard Road (new location)
     * Contact: info@anchoragerunningclub.org
     Register on-line @ www.anchoragerunningclub.org
     Sponsored by: Anchorage Running Club & Skinny Raven Sports

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

*Children’s age groups/ability levels available
Oct 8  Zombie ½ Marathon Registration & Bib Pickup - Anchorage
Thu 4-6:30 pm – Skinny Raven 8th & H Streets
* Contact: info@anchoragerunningclub.org
Register on-line @ www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club & Skinny Raven Sports

Oct 10 Zombie ½ Marathon - Anchorage
Sat Race time 10 am – Goose Lake to Kincaid Park
* Coastal Trail – run with the zombies
Contact: info@anchoragerunningclub.org
Register on-line @ www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club & Skinny Raven Sports

Oct 10 Kids Zombie Mini 2.5K - Anchorage
Sat Race time 12 Noon – Kincaid Park
* Contact: info@anchoragerunningclub.org
Register on-line @ www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club, Skinny Raven Sports & Girls on the Run
Costumes and lots of fun
A Healthy Futures Series Event – www.healthyfutures.ak.org

Oct 10 Autumn Knights Trail Run – Palmer
Sat Meet 10 am, Race time 11 am, Location-GRPA
5km – trail run, Entry fee: $5 individual, $20 family
Contact: Mark Strabel 907-746-7547
strabel@mtaonline.net
www.webscorer.com
Sponsored by: Colony HSchool SC Ski Team/Mat-Su Ski Club
Sign-up online at www.webscorer.com or day of race
Fundraiser for the Colony High School SC Ski Team

Oct 10 Watershed 5K – Fairbanks
Sat Time 11 am, Location – Watershed School, 4975 Decathlon Ave
Distance: 5K fun run
Contact: Kathy Petersen 388-6830
Sponsored by: Watershed PTSA
Run roads & trails around the school to support school clubs.

Oct 10 Run The Rock – Kodiak
Sat Meet 9:30 am, Race time: 10 am – Bear Valley Golf Course
Distance: 10K, mountain pass, out and back, unpaved road,
Entry fee: $25/$30 late
Contact: Pam Foreman 486-3181
pam@kmxt.org
www.kmxt.org/run_the_rock
Sponsored by: Kodiak Public Broadcasting Corporation
Post race BBQ included. USATF certified course.

Oct 10 Run The Rock – Kodiak
Sat Meet 10 am, Race time: 10:30 am – Bear Valley Golf Course
Distance: 5K, flat, out and back, paved road
Entry fee: $15/$20 late
Contact: Pam Foreman 486-3181
pam@kmxt.org
www.kmxt.org/run_the_rock
Sponsored by: Kodiak Public Broadcasting Corporation
Post race BBQ included.

*Children’s age groups/ability levels available
Oct 10  Run The Rock – Kodiak  
Sat  Meet 9:30 am, Race time: 10 am – Bear Valley Golf Course  
Distance: 13.1 mile, mountain pass, out & back, unpaved road  
Entry fee: $40/$45 late  
Contact: Pam Foreman 486-3181  
  pam@kmxt.org  
  www.kmxt.org/run_the_rock  
Sponsored by: Kodiak Public Broadcasting Corporation  
Post race BBQ included. USATF certified course.

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

Oct 12  Columbus Day  
Mon

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

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

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

*Children's age groups/ability levels available
Oct 17  The Running Dead 5K Zombie Obstacle Run & 1K Kids Run – Valdez
Sat  Meet 4:30 pm – Location TBD
Kids 1K Race time 5 pm, 5K Obstacle Run starts at 5:15 pm
5K is an obstacle run along trails and dirt roads
Entry fee: $10/Kids race, $20/5K race, or $50/family
Contact:  Sarah Jorgenson-Owen 907-835-2531
SJOwen@ci.valdez.ak.us
www.ci.valdez.ak.us/specialevents
Sponsored by: APSC and Valdez Parks & Rec
Proceeds benefit United Way of Valdez
Come dressed for Halloween or zombie - awards based on costumes for males and females of each age group. This non-timed event will have you dodging actual zombies and obstacles as you run the 5K route along dirt roads and trails.

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

*Children's age groups/ability levels available
Oct 24  **Annual Costume Run – Nikiski**  
**Sat**  
Meet 10 am, Race time 11 am – Nikiski Community Rec Ctr  
Entry fee: Food Items  
5K – groomed trails, mostly flat, some hills  
Contact: Tammy Berdahl 776-8800  
                  tberdahl@kpb.us  
                  Jackie Cason 776-8800  
                  [www.northpenrec.com](http://www.northpenrec.com)  
Sponsored by: North Peninsula Recreation Service Area  
Supports food drive, canned or non-perishable food items.  
Visit the website for details & entry forms

Oct 27  **Full Moon Run – Fairbanks**  
**Tue**  
Time 5:45 pm, Location – UAF Patty Center  
Distance: 4 miles  
Contact: George Berry 687-8769  
Sponsored by: RCN  
Regardless of temperature

Oct 27  **Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue**  
Meet 5:30 pm – check website  
*Distances up to 12K, Race time 6:30 pm  
Entry fee: $7/$2 kids/$20 family or $70 family/$35 adult/$16 youth season pass  
Contact: Outdoor Recreation 343-4217  
                  [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ [www.muni.org/Active](http://www.muni.org/Active)  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

Oct 31  **34th Annual Halloween Family Run – Fairbanks**  
**Sat**  
Race time 10 am – UAF Patty Center  
*2 & 10 miles, or you pick it – paved, short flat or long hilly  
Great for kids, Entry fee: None  
Contact: Dee Gard 347-7277  
                  Bruce Gard 378-6200  
                  [www.runningclubnorth.org](http://www.runningclubnorth.org)  
Sponsored by: Running Club North  
Time bonus for Halloween costumes!

Oct 31  **Skinny Raven Frightening 4K – Anchorage**  
**Sat**  
Meet 10 am – Captain Cook Hotel  
*4K – out & back, Race time 11 am  
Contact: timing@skinnyraven.com  
                  [www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Skinny Raven  
Costume contest & trick-or-treat aid stations

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

*Children’s age groups/ability levels available*
Nov 1  Daylight Saving Time ends
Sun  It's OK to arrive early. You can help set up!

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

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

Nov 11  Veteran’s Day
Wed

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

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

INTERESTED IN ADVERTISING IN THE 2015 ALASKA RUNNER’S CALENDAR?
Contact runnerscalendar@muni.org

*Children’s age groups/ability levels available
Nov 21  
10th Annual RiverWalk for Justice 2015 – Anchorage  
Sat  
8:30-11:30 am – H2Oasis Waterpark  
Walk in the flowing river at H2Oasis, Entry Fee $25/person  
Contact: Susan Sullivan  
SSullivan@victimsforjustice.org  
Sponsored by: Victims for Justice  
A fundraiser for Victims for Justice. Walk in the flowing River at H2Oasis, compete for prizes, enter to win two round trip tickets on Alaska Airlines.  
Register at victimsforjustice.org

Nov 25  
Full Moon Run – Fairbanks  
Wed  
Time 5:45 pm, Location – UAF Patty Center  
Distance: 4 miles  
Contact: George Berry 687-8769  
Sponsored by: RCN  
Regardless of temperature

Nov 26  
Turkey Trot Family 5K – Valdez  
Thu  
Meet 9:30 am, Race time 10 am – Woody Woodman Teen Center  
5K – run throughout town,  
Entry fee: $5/Individual, $20/Family or bring a non-perishable food item  
Contact: Sarah Jorgenson-Owen 907-835-2531  
SJOwen@ci.valdez.ak.us  
www.ci.valdez.ak.us/specialevents  
Sponsored by: Valdez Parks & Rec  
Proceeds benefit Valdez Race Series and the Valdez Food Bank  
Entry fee waived if you bring a non-perishable food item for the Valdez Food Bank. Two lucky finishers (drawn at random) will win a fresh Magpie's Bakery Pumpkin Pie for Thanksgiving dessert. Come dressed as pilgrims or turkeys!

Nov 26  
Thanksgiving Day

Nov 26  
Skinny Raven Turkey Trot – Anchorage  
Thu  
Meet 10 am – Skinny Raven  
3K Kids Run & 5K – One loop course, Race time 11 am  
Contact: timing@skinnyraven.com  
www.skninyraven.com  
Sponsored by: Skinny Raven  
Win your age class, win a pie. Mini Turkey 2K for kids.  
Proceeds benefit Team Alaska Track Club & The Food Bank of AK

Dec  
Fahrenheit-Be-Darned Winter Training Run – Fairbanks  
Weds  
Meet 5:45 pm – UAF Patty Center  
Distance: Various  
Contact: Ed Debevec 978-8961  
George Berry 687-8769  
www.runningclubnorth.org  
Sponsored by: Running Club North  
Regardless of temperature

*Children's age groups/ability levels available
Dec 5 23rd Annual Heart of Darkness Snowshoe Race – Fairbanks
Sat Race time 12 Noon – Andy Holland’s 1058 Pika Rd off Moose Trail
6K & 3K – hilly, run regardless of temperature
Contact: Andy Holland 479-4444
Jim Brader 452-4986
www.runningclubnorth.org
Sponsored by: Running Club North
Extra snowshoes available
A Snowshoe Series Event

Dec 12 Solstice Snowshoe Shuffle – Fairbanks
Sat Race time 12 Noon – Morris Thompson Cultural Center
1 mile – extra snowshoes available
Contact: Pete Pinney 978-0425
www.lathroprunning.com

Dec 12 Jingle Bell Run/Walk for Arthritis - Anchorage
Sat Meet Time 9:30 am, Race Time 11:15a – UAA Student Union
5K – Out & back – UAA/Goose Lake, Entry Fee $30/adult
Contact: Anna Campione 277-2784
acampione@arthritis.org
www.anchoragejinglebellrun.com
Sponsored by: The Arthritis Foundation
Wear a holiday themed costume. Tie jingle bells to your shoelaces. Raise funds to fight arthritis, the nation’s leading cause of disability. Run or walk a 5 kilometer route with your team members and celebrate the season by giving.

Dec 13 Colony Christmas Triathlon – Palmer
Sun Meet time: 9 am, Race time: 11 am, Location – Alaska Club
Distance: 5K run, 500 yard swim, 10K Bike
Entry fee: $35 solo/$50 team (2)/$60 team (3)
Contact: GPCC 745-2880
director@palmerchamber.org
www.palmerchamber.org
Sponsored by: Mat-Su Health Foundation
Bike may be substituted with X-C skiing if too much snow.
Family friendly and fun for the enthusiast or the novice.

Dec 19 Ugly Sweater Fun Run & Ski – Valdez
Sat Meet 10:30 am, Race time 11 am – Woody Woodman Teen Ctr
5K – run and XC Ski along roadway and groomed trail*
Entry fee: $5/Individual or $20/Family or bring unwrapped toy or game
Contact: Sarah Jorgenson-Owen 907-835-2531
SJOwen@ci.valdez.ak.us
www.ci.valdez.ak.us/specialevents
Sponsored by: Valdez Parks & Rec
Proceeds benefit Valdez Race Series and Copper Valley Telecom Angel Tree Program
XC Skis available for free rental with PWSCC “Ski for Free” program – limited quantities, must pick up at PWSCC before race. Ugliest sweater or sweatshirt you can find – male and female in the ugliest sweaters win a prize! Entry fees waived if you bring unwrapped toy, clothing or game (for ages infant to 18yrs.) donation to the Copper Valley Angel Tree program.
*Course/race may change based on snow/road conditions.

*Children’s age groups/ability levels available
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*Children’s age groups/ability levels available
Dec 19  Willow Winter Solstice Marathon Races – Willow
Sat   Location – Willow Community Center, Mile 70 Parks Hwy
     Distance: Marathon, Half-marathon, and 5K
     Out and back courses on Willow’s winter trail system
     Contact: Andrea Hambach
              wilrunco@gmail.com
              www.willowrunningcompany.com
     Sponsored by: Willow Running Company
     Visit website for details and to sign up.

Dec 19  27th Annual George Bloom Memorial Mid-Day Sun Fun Run
Sat   – Fairbanks
     Race time 11 am – UAF Patty Center
     6.5 miles – hilly, run regardless of temperature
     Contact: David Bloom 452-5441
              Frank Ganley
              www.runningclubnorth.org
     Sponsored by: Running Club North

Dec 20  Dawn to Dusk, Part 2, All Day Run – Fairbanks
Sun   Race time 10:58 am to 2:39 pm (3:41:41) – UAF Great Hall
     Distance: Various
     Contact: George Berry 687-8769
              membership@runningclubnorth.org
              www.runningclubnorth.org
     Sponsored by: Running Club North
     Sign up at 10 am, event ends at 3pm. Individuals and teams.
     No fee, prizes, certificate!

Dec 25  Christmas Day
Fri

Dec 25  Full Moon Run – Fairbanks
Fri   Time 5:45 pm, Location – UAF Patty Center
     Distance: 4 miles
     Contact: George Berry 687-8769
     Sponsored by: RCN
     Regardless of temperature

Dec 31  New Year’s Eve Run – Fairbanks
Thu   Race time 11:30 pm – “The Diner” on Illinois Street
     3 miles – run regardless of temperature, Free
     Contact: Paul Reynolds 322-1142
              George Berry 687-8769
              www.runningclubnorth.org
     Sponsored by: Running Club North

Dec 31  Northern Lights Resolution Run – Anchorage
Thu   Meet 5 pm, Race 6 pm – Alaska Airlines Center
     Distance: 5K roads and trails, Entry fee: $35
     Contact: Mark Iverson 274-7222
              timing@skinnyraven.com
              Erin Philips 274-7222
              www.skinnyraven.com/races/northern-lights-r
     Run and dance yourself into 2015. Music, lights, and an
     awesome course will ring in the new year!

*Children’s age groups/ability levels available
Feb 13  Little Su 50K – Big Lake
Sat  Meet 9:30 am – Big Lake Area
     Happy Trails Kennels
     Race time 11 am, Entry fee: Check website
     Pam Richter 346-1220
     info@susitna100.com
     Kim Kittredge
     www.susitna100.com
     1 checkpoint with warm water, check website for required gear.
     T-shirt, finisher award & post-race pizza party. 12 hour cutoff.

Feb 13  Susitna 100 – Big Lake
Sat  Meet 7:30 am – Big Lake Area
     Happy Trails Kennels
     100 miles – XC across rivers & woodlands
     Race time 9 am, Entry fee: Check website
     Contact:  Kim & Erin Kittredge
              info@susitna100.com
              Pam Richter 346-1220
              www.susitna100.com
     Loop course. 5 checkpoints with warm water available
     15# of survival gear & food required to be carried over
     entire course. T-shirt, finisher award & post-race pizza party

Race Organizers - Don’t forget to get your permits early.
Check your city for their special events/race requirements.
For Anchorage:  343-4040 or stewartcb@muni.org
For Eagle River:  343-1500 or richardskl@muni.org
For Girdwood:  783-8146 or kelleykt@muni.org

*Children’s age groups/ability levels available
Top 10 Reasons to Connect with Trail Watch

10. Healthy family time
9. Get kids away from T.V.
8. Train for a walk or race
7. Lose weight & feel great
6. I already use the trails to commute
5. Schedule regular exercise with friends
4. Get in touch with nature and gaze at wildlife
3. Multi task- jog, keep fit, stay healthy & volunteer
2. Teach children to help others by volunteering
1. Help keep Anchorage trails safe and hazard free

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

Register to Volunteer @ www.muni.org/parks
For more information call 343-4587

*Children’s age groups/ability levels available
RUNNER'S CALENDAR ORDER FORM

Name________________________________________________________ email_________________________
Address_____________________________________________________________________________________
City __________________________________________ State________________________ Zip________________________

Please send me a copy of the 2015 Calendar □
Please send me a copy of the 2016 Calendar □
Send payment, in the amount you think the calendar is worth to you.

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

email: runnerscalendar@muni.org

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