

ALASKA RUNNER'S CALENDAR



2016

Come Run Under
The Midnight Sun!

FAIRBANKS
Daily News - Miner
The voice of Interior Alaska since 1903

Midnight Sun Run

FAIRBANKS ALASKA 10K

Saturday, June 18, 2016
Race Time 10:00 PM

NEW IN 2016!

Beaver Sports is providing:

Prize Money for
Top Male Finisher &
Top Female Finisher



**BEAVER
SPORTS**

www.beaversports.com

www.midnightsunrun.net
907-456-8901

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

Race produced by:

FRA FRA FRA
FAIRBANKS RESOURCE AGENCY



The running community is extremely proud to have selected this outstanding candidate for the cover of the 2016 Alaska Runner's Calendar. (Photo courtesy of Running Club North)

Jim Madonna

The late Jim Madonna was a legend and an amazing mentor to many runners in Fairbanks. He passed away at the age of 77 in March 2015 shortly after lapping his competition at the Senior Games in Nevada. He was recognized by the Fairbanks Daily News Miner in the main editorial of July 26, 2015:

“The 50th edition of the Gold Discovery Run in Fox paid tribute to one of its most memorable figures, one who was equally at ease in distance running and the mining history that inspired the race. Sunday’s 16.3-mile race from Cleary Summit to the Silver Gulch brewery in the Goldstream Valley was run in honor of Jim Madonna, a former University of Alaska Fairbanks professor of mining and a devoted member of the Fairbanks running community.

Madonna died earlier this year shortly after finishing a race in his winter home state of Nevada — a state that, like Alaska, has deep connections to mining throughout its history. As recounted by a friend at the Gold Discovery Run awards barbecue Sunday afternoon, Madonna had just won the 1,500 meters at the Laughlin, Nevada Senior Games on March 14 and was congratulating his competitors as they came across the line behind him. “Boys, we can’t run like this forever,” he said, then took a few steps off the track and died of a heart attack.

While Madonna couldn’t be on hand for the 50th running of the race that fit him better than any other, competitors were thinking of him as they boarded buses to Cleary Summit, started the run at the Kinross Fort Knox Mine, and wound their way through the gold hills that were the reason for Fairbanks’ founding. Some wore headbands or accessories in the U.S. flag print that was Madonna’s signature look. As race organizers reminded runners at the post-race barbecue, Madonna’s time when he last ran the Gold Discovery Run in 2013 was just short of two hours and 28 minutes — a time that, had he run it Sunday, would have put him just outside the top 50 runners. Many of the roughly 80 runners he would have beat running that time would have been half his age or younger.”

RUNNING TIPS

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

Brad Cooke, Editor

MOA Reprographics, Layout & Computer Graphics

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Produced by Anchorage Parks & Recreation

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

Note: All area codes are 907 unless otherwise listed

Contacting Alaska Runners Calendar

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

e-mail: runnerscalendar@muni.org

webpage: www.muni.org/parks

- Jan Wed** **Fahrenheit Be Darned Winter Training Run – Fairbanks**
 Meet time: 5:45pm – UAF Patty Center
 Distance: various
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
 Sponsored by: RCN
 Regardless of temperature
- Jan Thur** **Winter Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 455-6520
 stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Regardless of temperature. Walkers welcome.
- Jan 2 Sat** **Moose Mountain Snowshoe Challenge – Fairbanks**
 Meet time: 12:00 pm – 2809 Waldheim Dr (last left off Jones Rd)
 Distance: 6K and 9K
 Contact: Erika Burr 978-4481
 Dan Bishop
 “Alaska Snowshoe” on Facebook or text 978-4481
 Sponsored by: RCN
 Challenging 1000-ft climb in first two miles. Limited parking,
 carpool from Ivory Jacks. Free snacks. Extra snowshoes available.
- Jan 8 Fri** **Beaver Sports Borealis Color Run – Fairbanks**
 Meet time: 5pm – UAF Ski Hut (West Ridge)
 Distance: 7K
 Contact: Carl Richmond 479-2494
 carl@beaversports.com
 Sponsored by: Beaver Sports
 Registration at Beaver Sports. \$40 race fee includes a new
 Tracer360 vest (you get to keep it), refreshments and race
 entry. The vests, by NoxGear, are light-weight, illuminated
 safety vests which produce a variety of colors and have
 reflective material as well.
- Jan 9 Sat** **35th Annual Airport Run – Fairbanks**
 Meet time: 11am – Pike’s Landing
 Distance: 4 or 8 Miles
 Contact: Bob Vitale 322-0117
 bvitale44@gmail.com
 Sponsored by: RCN
 No entry fee; regardless of temperature. Flat out & back.
- Jan 10 Sun** **The Dome Series 5K - Anchorage**
 Meet time: 8:30 am – The Dome, Anchorage
 5K – On the track
 Race time: 10 or 10:45am
 Contact: Mark Iverson 274-7222
 timing@skinnyraven.com
 www.skinnyraven.com/race/the-dome-series/
 Sponsored by: Skinny Raven Sports
 The first race in the new 3-part, January Dome Series.

*Children’s age groups/ability levels available



SKINNYRAVEN
EVENTS & TIMING

ALASKA'S PREMIER RUNNING SERIES

RUNNING SERIES

DATE EVENT

1/10	The Dome Series 5K
1/17	The Dome Series 10K
1/31	The Dome Series Hour Challenge
2/14	Valentine's Day Chocolate Run
3/12	Bear Tooth & Skinny Raven Shamrock Shuffle
4/9	Super Hero Throwdown
6/3	Twilight 12K and Skinny Mini 6K
7/17	Her Tern Women's Half Marathon
8/6	Alaska 10K Classic
9/10	New Balance XC Classic
10/29	The Frightening 4K
11/24	Skinny Raven Turkey Trot
12/31	Northern Lights Resolution Run

Registration and information for all races at:

www.skinnyraven.com


*Children's age groups/ability levels available

- Jan 16 Sat Polar Bear 5K Fun Run & 1K Cub Crawl – Anchorage**
 Meet time: 8:30 am – The Alaska Zoo
 5K – trails and pavement, some hills
 1K – zoo trails
 Race time: 10 am Entry fee: \$35 1K/\$45 5K
 Contact: Jill Myer 341-6435
jmyer@alaskazoo.org
www.alaskazoo.org
- Jan 17 Sun The Dome Series 10K - Anchorage**
 Meet time: 8:30 am – The Dome, Anchorage
 10K – On the track
 Race time: 10 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com/race/the-dome-series/
 Sponsored by: Skinny Raven Sports
 The second of the new, 3-part, January Dome Series.
- Jan 23 Sat Chilly Buns Mid-Winter Run – Fairbanks**
 Meet time: 11am – UAF Bus Center across from Patty Ctr
 6.5 Miles - Hilly
 Contact: George Berry 687-8769
 Sponsored by: RCN
 Free. Miller Hill loop. Regardless of temperature!
- Jan 24 Sun Full Moon Run – Fairbanks**
 Meet time: 5:45pm – UAF Patty Ctr
 Distance: 4 Miles
 Contact: George Berry 687-8769
 Sponsored by: RCN
 Regardless of temperature.
- Jan 24 Sun Emily-Oliver Snowshoe Race – Fairbanks**
 Meet time: 12:00pm – 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 31 Sun The Dome Series Hour Challenge - Anchorage**
 Meet time: 8:30 am – The Dome, Anchorage
 1 Hour – On the track
 Race time: 10 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com/race/the-dome-series/
 Sponsored by: Skinny Raven Sports
 Come see how many laps you can run in one hour in The Dome Series finale!

*Children's age groups/ability levels available

- Feb Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet time: 5:45pm – UAF Patty Center
 Distance: Various
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
 Sponsored by: RCN
 Regardless of temperature
- Feb Thur** **Winter Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 455-6520
 stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Regardless of temperature. Walkers welcome.
- Feb 1 - Mar 20 Mon** **MSLT Equinox Challenge – Wasilla**
 Meet time: any time – Where you are
 21+ activities – 21+ days of physical activity, where you are at, what you want, when you do it
 Entry fee: \$25
 Contact: Traci Sanders 355-6110
 Htraci@hotmail.com
 <https://sites.google.com/site/midnightsunlazymantriathlon/>
 Sponsored by: Midnight Sun Lazyman Triathlon
 Ready to challenge yourself? In six weeks participate in 21 or more physical activities leading up to the Spring Equinox. Sign up on-line. Email your results. Your swag will be mailed to you. This is a virtual challenge.
- Feb 1 Mon** **Why Not Tri & Why Not Tri Kids - Wasilla**
 Registration opens
 Contact: www.whynottriwasilla.net
- Feb 6 Sat** **RCN Members Winter Social – Fairbanks**
 Meet time: 6 pm – Goldstream Sports
 Contact: George Berry 687-8769
 Sponsored by: RCN and Goldstream Sports
 See www.runningclubnorth.org for information
- Feb 6 Sat** **The Stud Run - Anchorage**
 Meet time: 10 am – Sand Lake
 1.5 miles – put your studs on and come do a lap around frozen Sand Lake. Flat, frozen surface; potential icy/slippery conditions; no hills, untimed event; students get finisher medal.
 Race time: 10 am Entry fee: \$10 student, \$20 adult, or \$50 for family of 5
 Contact: Chandra Poe 575-7159
 thestudrun@gmail.com
 www.thestudrun.org
 Sponsored by: Sand Lake Elementary PTSA
 Come out and explore Sand Lake with a brisk lap around the frozen surface. Studded shoes recommended; conditions may be snowy or icy and slick. Students receive finishers medal. Cocoa and snack at the finish line warming tents.

*Children's age groups/ability levels available

- Feb 13 Little Su 50K – Big Lake**
Sat Meet time: 10 am – Happy Trails Kennels
 50 km- Cross-country via rivers, lakes and woodland trails
 Race time: 11am Entry fee: Check website
 Kim & Erin Kittredge 746-5959
info@susitna100.com
 Pam Richter 346-1220
www.susitna100.com
 1 checkpoint with warm water, check website for required gear. T-shirt and finisher award.
- Feb 13 Susitna 100 – Big Lake**
Sat Meet time: 8 am – Happy Trails Kennels
 100 miles – Cross-country across rivers, lakes and woodland trails
 Race time: 9 am Entry fee: Check website
 Contact: Kim & Erin Kittredge 746-5959
info@susitna100.com
 Pam Richter 346-1220
www.susitna100.com
 5 checkpoints with warm water available
 15# of survival gear & food required to be carried over entire course. T-shirt and finisher award.
- Feb 13 Snow Run – Fairbanks**
Sat Meet time: 11:00am – UAF Patty Center
 Distance: 4.1 Miles & 7.2 Miles
 Contact: Mary Brunner 699-1496
 Sponsored by: RCN
 Sign up at the bus shelter across from Patty Center, free!
 Hilly. Cookies!
- Feb 13 Sweetheart Run - Dillingham**
Sat Meet time: 12 pm
 Distance: Couples run up to 60 minutes.
 Free Community Event.
 Contact: Michael Halko
mghalko@yahoo.com
 Visit Facebook, Rural People in Motion
- Feb 14 Valentines Day** 
Sun
- Feb 14 Valentine's Day Chocolate Run – Anchorage**
Sun Meet time: 9 am – Ship Creek by the Ulu factory
 5K - roads and bike path
 Race time: 10 am 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. Three of the best things in life.
 Join us for all of them along Ship Creek. Let cupid chase you
 along the creek and through the Tunnel of Love! There is a
 couple's team event.

*Children's age groups/ability levels available



Frostbite Footrace & Costume Fun Run

9:30am Saturday, February 27

Register at furrondy.net



5K or 2.5K Fun Run

Join the fun with the entire family!

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

Don't Miss the Costume Contest!

Great Prizes!

*Children's age groups/ability levels available

Feb 15 Presidents' Day
Mon



Feb 20 Nunataq Snowshoe Race #2 – Palmer

Sat Meet time: 10 am – Government Peak Recreation Area
1K, 5K, 10K, 50 yard dash – Runners race around the bike and ski trails before returning to the start by the Chalet.
Race time: 11am Entry fee: 1K kids race is free, \$25 for adults, \$30 day of registration
Contact: Kate Arnold 907-746-0600
kevans.arnold@gmail.com
Lance Arnold 746-0600
alaskasnowshoechallenge.com
Sponsored by: Active Soles Performance Footwear
50 yard dash for \$50 cash – Men and Women Divisions, 1K kids race is free- Snowshoes not needed.

Feb 20 Run & Walk for Warmth – Anchorage

Sat Meet time: 9 am
5K – Downtown Route
Entry fee: \$30
Contact: Aimee Chauvot 263-3831
achauvot@ak.org
liveunitedanc.org
Sponsored by: United Way of Anchorage

Joseph Hawkins DC

108 E. Arctic Ave.

Palmer, AK 99645

745-4357



BIONIC Chiropractic

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Workers' Comp

Pregnancy

Family Friendly

Personal Injuries

Auto Accident

*Children's age groups/ability levels available

- Feb 20 16th Ballaine Ridge Snowshoe Trail Run – Fairbanks**
Sat Meet time: 12:00pm – 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 22 Full Moon Run – Fairbanks**
Mon Meet time: 5:45pm – UAF Patty Center
 Distance: 4 miles
 Contact: George Berry 687-8769
 Sponsored by: RCN
 Regardless of temperature
- Feb 25 Frostbite Footrace Reg/Bib Pick Up – Anchorage**
Thu Meet time: 3:30 - 7:30 pm – Glacier BrewHouse
 Entry fee: \$25/\$10 youth/\$125 teams thru Feb 1
 \$27/\$10 youth/\$150 team Feb 2 thru Feb 25
 \$25 thru Feb 25 if adult runner in 2015
 \$30/\$15/\$175 race day, registration 7:30 – 9 am
 Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net
 Sponsored by: Fur Rondy & Glacier BrewHouse
 Timing & registration supported by Skinny Raven Sports
 Register on-line @ www.furrondy.net
 T-shirts to first 600 runners to pick up bibs
- Feb 27 Fairbanks Snowshoe Classic – Fairbanks**
Sat Meet time: 12 pm – Goldstream Sports 711 Sheep Creek Road
 Distance: 5K & 10K
 Contact: Erika Burr 978-4481
 “Alaska Snowshoe” on Facebook
 Sponsored by: RCN
 Extra snowshoes. No entry fee. Prizes.
- Feb 27 Frostbite Footrace & Costume Fun Run – Anchorage**
Sat
 * Race time: 9:30am – Glacier BrewHouse
 Entry fee: \$25/\$10 youth/\$125 teams thru Feb 1
 \$27/\$10 youth/\$150 team Feb 2 thru Feb 25
 \$25 thru Feb 25 if adult runner in 2015
 \$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 600 runners to pick up bibs
 Cash prizes (\$25-\$100) for the costume contest
 A Healthy Futures Series Event – www.healthyfuturesak.org

*Children’s age groups/ability levels available

- Feb 27 Sat** **Fur Rondy Outhouse Race – Anchorage**
 Meet time: 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 a 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
- Mar Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet time: 5:45pm – UAF Patty Center
 Distance: Various
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
 Sponsored by: RCN
 Regardless of temperature
- Mar Thur** **Winter Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 egardless of temperature. Walkers welcome.
- Mar 5 Sat** **9th Annual Running of the Reindeer – Anchorage**
 Race time: 4pm – 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 The Morning Show,
 Hard Rock Cafe
 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
- Mar 12 Sat** **Eldorado Hill Challenge – Fairbanks**
 Meet time: 11:30 am – 1369 Molly Road (Log Cabin at
 Southwest
 Corner of Clifden and Molly Roads)
 Distance: One hour time limit
 Contact: Bruce Sackinger 385-7792
bruce@trickyraven.com
 Sponsored by: RCN and Goldstream Sports
 Free. 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

April 6, 2016 @ 5:30



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



RUBBER BOOT RUN

www.muni.org/Active

Mar 12 Sat **Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage**
Meet time: 8:30 am – Bear Tooth Theatrepub

5K - loop course, some hills

Race time: 9:30am

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



Mar 13 Sun **Mini Mukluk Marathon – Nome**
Meet time: 1:30pm – Nome Recreation Center

5K – Run the by-pass road

Race time: 2pm Entry fee: \$10

Contact: Lew Tobin 443-5549

clewistobin@gmail.com

Erin Lillie 443-2281

www.nomerotary.org

Sponsored by: Nome Rotary Club

A 'fun' raiser during Iditarod. Though some people run for speed, most walk their dogs and children along the road and enjoy the day. Free t-shirt with every entry. The day can be chilly at times. The Race is timed, but walkers are encouraged. Walk or run around Gold rush Nome during the Iditarod.

Mar 17 Thur **St. Patty's Run - Dillingham**
Meet time: 6 pm

Distance: 4-6 miles

Free Community Event.

Contact: Michael Halko

mghalko@yahoo.com

Visit Facebook, Rural People in Motion

*Children's age groups/ability levels available

- Mar 19 Sat Nunataq Snowshoe Series #3 – Palmer**
 Meet time: 10 am – Hatcher Pass Lodge
 1K, 5K, 10K, 50 yard dash- Runners race up Independence mine road to Gold Cord lake and return off piste through the powder.
 Race time: 11am Entry fee: 1K kids race is free, \$25 for adults, \$30 day of registration
 Contact: Kate Arnold 746-0600
kevans.arnold@gmail.com
 Lance Arnold 746-0600
alaskasnowshoechallenge.com
 Sponsored by: Active Soles Performance Footwear
 50 yard dash for \$50 cash – men and women divisions, 1K kids race is free – snowshoes not needed.
- Mar 19 Sat St. Patrick's Run – Fairbanks**
 Meet time: 11:30 am – Goldstream Sports
 Distance: 7.1 Miles
 Contact: Bruce Sackinger 385-7792
bruce@trickyraven.com
 Sponsored by: RCN and Goldstream Sports
 Free. Leprechaun chase and prizes! www.trickyraven.com
- Mar 22 Tues Preseason Running Clinic – Palmer**
 Meet time: 6 pm – Teeland Middle School
 Classroom instruction for beginners.
 Entry fee: \$40
 Contact: Rhonda Knopp 355-6258
coachknopp@yahoo.com
www.vwrt.org
 Sponsored by: Valley Women's Running Team, Mat-Su Running Club
 This clinic is for beginner women runners of all ages.
 Topics: Proper clothing and shoes, nutrition, injury/prevention, and training plan/schedule.
- Mar 23 Wed Full Moon Run – Fairbanks**
 Meet time: 5:45pm – UAF Patty Center
 Distance: 4 miles
 Contact: George Berry 687-8769
 Sponsored by: RCN
 Regardless of temperature
- Mar 24 Thur Preseason Running Clinic for Beginners – Palmer**
 Meet time: 6 pm – Teeland Middle School
 Classroom instruction on proper clothing and shoes, nutrition, injury/prevention, and training plan/schedule.
 Entry fee: \$40
 Contact: Rhonda Knopp 355-6258
coachknopp@yahoo.com
www.vwrt.org
 Sponsored by: Valley Women's Running Team, Mat-Su Running Club
 This clinic is for beginner women runners of all ages. Come and get your questions answered.

*Children's age groups/ability levels available

Mar 26 Spring Snowshoe Celebration – Fairbanks
Sat Meet time: 12 pm – Troth Yeddha Park at UAF, Yukon Drive
Distance: ¼ mile loop
Contact: Pete Pinney 978-0425
pppinney@alaska.edu
Sponsored by: RCN & College of R&CD UAF
\$20 entry fee, but free for UAF students with ID. Registration is on site.

Mar 26 Glacier 10K & Mile Fun Run– Juneau
Sat Meet time: 10 & 10:30 am–Glacier Visitors Center
10K & Mile – Flat and fast, out and back
Race time: 10 & 10:30 am
Entry fee: 19 & older \$20, 18 & under \$6 donation.
Contact: Scott May 723-8138
Smay21@mac.com
Carol May 723-7702
Sponsored by: Healthy Futures and Thunder Mt. Track & Field

Mar 26 Crazy Lazy – Palmer
Sat Meet time: 9:30am – Lazy Mountain Trailhead
7.0 mi – mountain race, loop course
Race time: 11am Entry fee: \$25
Contact: Dane Crowley 354-8461
moosejv@hotmail.com
John Clark 982-9001
Sponsored by: Lazy Mountain Foothills Running Club
Up and down, 3000' gain/loss. Winter event, ice and snow, cleats or spikes highly recommended. Register online @ www.webscorer.com. Uphill kids race to the picnic table. Race t-shirts and proceeds benefit girls athletics.

Mar 27 Easter
Sun



Mar 27 White Mountains 100 – Fairbanks
Sun Meet time: 8 am – Wickersham Dome Trailhead
Distance: 100 miles
Contact: Joel Homan 388-9560
Wm100@endurancenorth.org
Ultra-Signup \$250 Registration Nov 1st -15th, 2015

Mar 28 Seward's Day
Mon



Mar 29 Preseason Running Clinic – Palmer
Tues Meet time: 6 pm – Colony High School Track
Outside instruction.
Entry fee: \$40
Contact: Rhonda Knopp 355-6258
coachknopp@yahoo.com
www.vwrt.org

Sponsored by: Valley Women's Running Team, Mat-Su Running Club
This clinic is for beginner women runners of all ages.
Topics: proper running form & technique, introduction of the basic principles of speed work, drills & pacing. Get outside and have fun running with other women runners!

*Children's age groups/ability levels available

**Apr
Tues**

Exceed Women's Running Team – Anchorage

Meet time: 6 pm – Various locations

Coached workouts, track and trail runs

Entry Fee: Membership \$100/season

Contact: Tara Wheatland 510-593-9210

tara.wheatland@gmail.com

Paola Banchemo 223-5102

www.runexceed.org

Sponsored by: Exceed Women's Running Team

We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details.

You can attend twice for free before paying membership fee.

All levels are welcome!

**Apr
Aug
Tues**

Peak Performers Track Club – Anchorage

6 pm – APU Moseley Sports Center thru mid April

Central Jr High Track – 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



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694-9202

*Children's age groups/ability levels available



Valley Women's Running Team Sponsored by Mat-Su Running Club

Who Let The Girls Out 5K

Women only Race/Walk Event

Friday, April 22th 6:30 pm

Downtown Palmer

Tater Trot 5K

Men, Women and Families

Friday, August 12th 6:30 pm

Palmer—Course TBD

Our club meets on Tuesdays for coached track workouts and Thursdays for trail runs starting early April through mid-August. Also, the Mat-Su Running Club Co-ed Group meets Wednesdays.

Club info: rhondaknopp@hotmail.com

Events Info: vwrt.org or email us at

Valleywomensrunningteam@gmail.com

The purpose of Mat-Su Running Club is to provide an educational/recreational running program for people in the Mat-Su Valley. It is the responsibility of the organization to provide a healthy and fun program for all abilities.

*Children's age groups/ability levels available

- Apr
Tue &
Thu** **Valley Women’s Running Team – Palmer**
Meet time: 6 pm – Colony High School
Tues track work out, Thu trail runs – various locations
around the valley
- Apr
Wed** **Mat-Su Running Club-Co-Ed Group – Palmer**
Meet time: 6 pm – Colony High School
Contact: Rhonda Knopp 355-6258
rhondaknopp@hotmail.com
Norm Rousey
coachrousey@hotmail.com
vwrt.org
Sponsored by: Valley Women’s Running Team and Mat-Su
Running Club
Runners of all ability levels welcome
Coached training held each week of April thru mid-August
with trail runs thru September
- Apr 2
Sat** **Bison Run Wild 5K - Portage**
Meet time: 9:30am – Alaska Wildlife Conservation Ctr.
5K – A flat two-lap course within center grounds
Race time: 10 am Entry Fee: \$40 adults; \$30 children (under 18)
Contact: Eileen Floyd 783-2025
Eileen@alaskawildlife.org
Michelle 783-2025
Michelle@alaskawildlife.org
www.alaskawildlife.org
Sponsored by: Healthy Futures
This flat 5K course starts and finishes by the future site
of Bison Hall. The 2-lap course uses the roads within the
conservation center. (All course roads will be closed to
vehicles during the run.) Come “run with the herd” and help
us raise the roof on Bison Hall.
- Apr 2
Sat** **Spring Fling – Fairbanks**
Meet Time: 11am – UAF Patty Center
Distance: 5K
Contact: Jeff Hebard 322-5450
Sponsored by: RCN
undraiser for Lathrop HS XC Running. No entry fee,
donations gladly accepted.
- Apr 6
Wed** **Rubber Boot Run – Anchorage**
Meet time: 5:30 pm – Russian Jack Park
Race Time: 6:30 pm
Entry fee \$10/family, \$5/adult, \$2/youth
Contact: Russian Jack Staff 343-6992
Sponsored by: Anchorage Parks and Recreation
Don’t make a fuss, lets run in the slush!
Register online at www.muni.org/active

*Children’s age groups/ability levels available

- Apr 9 Sat Super Hero Showdown – Anchorage**
 Meet time: 9 am – Chuck Albrecht Ballfields
 Distance: 5K
 Race time: 10 am Entry fee: \$35-45
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
 Erin Philips 274-7222
www.skinnyraven.com
 Sponsored by: Skinny Raven Sports & Healthy Futures
 Who is the fastest band of super heroes? Avengers, X-Men, Justice League, The Defenders, Fantastic Four, or is it another super group?
- Apr 11 Mon Beat Beethoven 5K Early Bib Pick Up – Fairbanks**
 Meet Time: 5-7pm – UAF Patty Center
 Contact: Dorli McWayne 479-6701
 George Rydlinski 474-5852
 Sponsored by: Fairbanks Symphony
 Register online at www.fairbankssymphony.org starting February 2016.
- Apr 16 Sat Beat Beethoven 5K – Fairbanks**
 Race time: 11am – UAF Patty Center
 5K- Hilly loop around campus
 Entry Fee: Early Bird: \$25 until April 11
 Contact: George Rydlinski 474-5852
grydlinski@alaska.edu
 Dorli McWayne 479-6701
www.FairbanksSymphony.org
 Sponsored by: Fairbanks Symphony Orchestra, various others
 Major Springtime Fundraiser and a very fun race for the whole family. Race against the music of Beethoven's 5th Symphony. Finish before the last note and you win a voucher good for a ticket to a FSO concert next (2016-17) concert season.
- Apr 16 Sat April Showers (Fools Rush) - Dillingham**
 Meet time: 12 pm
 Distance: 60 mins
 Free Community Event.
 Contact: Michael Halko
mghalko@yahoo.com
 Visit Facebook, Rural People in Motion
- Apr 17 Sun Mark Brody Kidney Walk - Anchorage**
 Meet time: 1 pm – TBA, check AKPA website
 5K – TBA, check AKPA website
 Race time: 1:30pm Entry fee: Free
 Contact: Kristie Lemmon 240-2562
kristie@alaskakidney.org
www.alaskakidney.org
 Sponsored by: Alaska Kidney Patients Association (AKPA)
 Mark Brody Kidney Walk & Celebration is a fun, non-competitive 5K for all ages & abilities, walk a lap or walk the 5K. Check AKPA website for details & fundraising prizes. Proceeds benefit the AKPA programs to prevent kidney disease and provide education & support for dialysis patients.

*Children's age groups/ability levels available

2016 Usibelli Cup Series

Races in this Fairbanks' eight race series include:

May 7th

35th Annual Chena River Run 5K

June 18th

35th Annual Midnight Sun Run 10K

June 23rd

Jim Loftus Mile

July 16th

Run of the Valkyries 8K

July 24th

51st Annual Gold Discovery Run 16.3 Mile

August 6th

23rd Annual Santa Claus Half Marathon

August 20th

9th Annual Golden Heart Trail Run

September 17th

54th Annual Equinox Marathon

9th Annual 40 Mile Ultra Marathon

Visit the RCN Website at www.runningclubnorth.org



Earn your patch on the most challenging race in Alaska!

54th Annual Equinox Marathon & 8th Annual 40 Mile Ultra Marathon

Saturday, September 17, 2016

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.

Friday, September 16th

Equinox eve bib pick-up and spaghetti feed from 5-8 pm.

September 17th

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 and information online!

*Children's age groups/ability levels available

- Apr 22 Who Let the Girls Out 5K – Palmer**
Fri Meet time: 4:00-6:00pm –Downtown Palmer
 5K-flat, some hills, paved bike trail
 Race time: 6:30 pm Entry fee: \$25, \$30 Race Day
 Contact: Rhonda Knopp 355-6258
valleywomensrunningteam@gmail.com
 vwrt.org or Facebook page
 Sponsored by: Valley Women’s Running Team,
 Mat-Su Running Club
 A fun, women only, run/walk event
- Apr 23 Healthier You Spring Surprise 5K - Valdez**
Sat Meet time: 9:30am – 414 W. Hanigita
 5K – Roads & paved trails, loop around town
 Race time: 10 am Entry fee: Free
 Contact: Wendy Clubb 835-2351
wclubb@ci.valdez.ak.us
 Krystal Moulton 835-2531
www.ci.valdez.ak.us/specialevents
 Sponsored by: City of Valdez Parks & Recreation
- Apr 23 36th Annual Tok Trot – Fairbanks**
Sat Race time: 12 pm/walkers, 1 pm/runners – Tok Visitors Center
 * 10K walk/run
 Contact: Paul Kelley 883-5393
Kelleys@aptalaska.net
 Corky Hebard
 Sponsored by: Running Club North
 Ribbons & prizes. Catered picnic at Kelley’s afterwards.
- Apr 23 Beach Bum 5K – Fairbanks**
Sat Race time: 12 pm – UAF Campus - 5K
 Contact: Shane Curtsinger 937-829-4811
sacurtsinger@alaska.edu
 Sponsored by: Alaska Nanooks Cross Country
 Beach themed 5K fun run to support the Alaska Nanooks
 Cross Country Team.
- Apr 23 Alaska Heart Run – Anchorage**
Sat Meet time: 9:30am timed/10 am untimed – Alaska Airlines
 Center
 3K & 5K – City Streets
 Race time: 9:30am timed/10 am untimed
 Entry fee: varies, please see website
 Contact: Kristin Luby 865-5300
kristin.luby@heart.org
 Alaina Burton 865-5300
alaina.burton@heart.org
www.alaskaheart.org
 Hosted by: American Heart Association
 Race/walk starts at the Alaska Airlines Center. Register online
 at www.alaskaheartrun.org. Late fees apply April 3rd. Bib
 pickups at King Career Center on April 16, 20, 22. Please see
 website for more details. All proceeds benefit the American
 Heart Association.

*Children’s age groups/ability levels available

Apr 24 Run for Respect – Fairbanks
Sun Race time: 1 pm – UAF Campus, starts and finishes at UAF Police Department
Distance: 5K
Contact: Andrea Greenberg 347-6694
argreenberg@alaska.edu
Amy Cross 347-2119
Aecross4@gmail.com
Sponsored by: UAF Dept of Sociology
T-shirts for first 130. All proceeds benefit Interior Alaska Center for non-violent living.

Apr 29 Race Judicata Reg/Bib PU – Anchorage
Fri Meet time: 4-6:30 pm – Skinny Raven
Contact: Sarah Park 350-5461
Michael Perez 408-348-0725
Sponsored by: Young Lawyers Section of the Anchorage Bar Association

Apr 30 Faster Than A Falcon 5K – Anchorage
Sat Meet time: 8:30 am – Davis Park/Mountain View Lions
3.1 Miles - This is a 5K race through the streets of Mountain View
Race Time: 9:30am
Entry Fee: Reg. \$15/ Late fee \$22
Contact: Ishmael Thompson 830-3505
ithompson@bgcalaska.org
David Barny 830-3135
www.fasterthanafalcon.info
Sponsored by: Enstar Natural Gas, Cook Inlet Housing Authority, Anchorage Running Club, Alyeska Resort, Kittiwake Clothing & Apparel, Mountain View Family Dentistry, and Skinny Raven Sports.
The Faster than a Falcon 5K run starts at 9:15 am with a kid's dash to start off the event. At 9:30 am we will kick off the 5K that will start at Lions Park. We will run along Mountain View Community Center.

Apr 30 7th Annual Run for Relief – Fairbanks
Sat Time: 2:00pm – Pioneer Park
Distance: 5K fun run/walk
Contact: Kathy Petersen 388-6830
Keith Petersen 388-6628
Sponsored by: RCN, FOP
\$20 entry, T-shirts to first 300. friendsofpartners@gmail.com

Race organizers and sponsors interested in advertising in the 2017 Alaska Runner's Calendar should contact runnerscalendar@muni.org

Apr 30 Sat * **Trail of Remembrance (Run, Bike, Walk) – Wasilla**
Meet time: 10 am for registration – Mile 52 Parks Highway
5K – flat along bike trail of Parks Highway
Race time: 11am Entry fee: see comments below
Contact: Becky Huggins 352-0150
amc@matsuk12.us
Kim Carney 352-0150
matsuk12.us/Page/12798
Sponsored by: American Charter Academy & Healthy Futures
Entry Fees: Early (before 19 Feb) - \$30 adult/\$15 student*;
Pre (20 Feb- 29 Apr) - \$35 adult/\$20 student*;
Day of Trail (30 Apr) - \$40 adult/\$28 student*
*Students (14 and under) can register for free for Healthy Futures run (without T-shirt or honoring a Veteran with a sign)

May Tues **Exceed Women’s Running Team – Anchorage**
Meet time: 6 pm – Various locations
Coached workouts, track and trail runs
Entry Fee: Membership \$100/season
Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
Paola Banchemo 223-5102
www.runexceed.org
Sponsored by: Exceed Women’s Running Team
We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

May – Aug Tues **Peak Performers Track Club – Anchorage**
6 pm – Central Jr High 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 Tues **Women’s Training – Fairbanks**
Meet time: 5:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
Sponsored by: Running Club North

May Tues **Men’s Training – Fairbanks**
Meet time: 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
Sponsored by: Running Club North
Interval workouts. All abilities welcome.

*Children’s age groups/ability levels available



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May 21, 2016

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www.specialolympicalaska.org

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Fairbanks, Homer, Juneau, Kenai, Ketchikan
Kodiak, Mat-Su, Seward, Sitka, Valdez

Thank you to our
sponsors



*Children's age groups/ability levels available

- May Wed** **Summer Hoodoo Goldstream Beer Runs - Fairbanks**
 Time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Walkers welcome.
- May Tue & Thu** **Valley Women's Running Team – Palmer**
 Meet time: 6 pm – Colony High School
 Tues track work out, Thu trail runs –
 various locations around the valley
- Wed** **Mat-Su Running Club-Co-Ed Group – Palmer**
 Meet time: 6 pm – Colony High School
 Contact: Rhonda Knopp 355-6258
rhondaknopp@hotmail.com
 Norm Rousey
coachrousey@hotmail.com
vwrt.org
 Sponsored by: Valley Women's Running Team and Mat-Su
 Running Club
 Runners of all ability levels welcome
 Coached training held each week of April thru mid-August
 with trail runs thru September
- May 1 Sun** **Race Judicata– Anchorage**
 Meet time: 9 am – Westchester Lagoon
 5K- Flat, out and back
 Race time: 10 am Entry Fee: \$25 individuals, \$30 with dogs,
 \$35 race day
 Contact: Sarah Park 350-5461
 Michael Perez 408-348-0725
 Sponsored by: Young Lawyers Section of the Anchorage Bar
 Association
- May 1 Sun** **The Breakup Tri – Fairbanks**
 Race time: 12 pm – UAF Patty Center
 * 500 yd pool swim, 13.1 mile bike, 3.1 mile run
 Contact: Tyson Flaharty
 Amber Barlow
thebreakuptri@hotmail.com
 \$30 + \$12 USAT one-day membership. T-shirt & swim cap
 included, 99 max participants
- May 4 Wed** **25th Annual GHU Water Walk & Run 5K – Fairbanks**
 Race time: 6:30 pm – Golden Heart Water Plant, 1205 First
 Avenue
 Distance: 5K
 Contact: Steve Offenborn 455-0162
steveo@akwater.com
 Lacey Guffey
 Sponsored by: Golden Heart Utilities
 T-shirts for first 350. Follow the bike path!

*Children's age groups/ability levels available



TWO
Mount Marathon
Runner Slots
Available for OPA Patients

Conditions apply. Details at:
OPAlaska.com/MMR



- May 4** **Orienteering Meet – Anchorage**
Wed Meet time: 5-7pm – Kincaid Chalet parking lot
Entry fee: \$8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details and updates. A Healthy
Futures Series Event – www.healthyfutures.ak.org
- May 5** **Turnagain Arm Trail Race – Anchorage**
Thur Meet time: 5:30 pm check in at start – Rainbow & McHugh
Trailheads
4 mile & 8 mile – Rainbow/McHugh to Potter on Turnagain
Arm Trail
Race time: 6:30 pm Entry fee: \$30
Contact: Sara Studebaker 786-6104
ssstudebaker@uaa.alaska.edu
www.goseawolves.com & www.signmeup.com
Sponsored by: UAA Ski Team
4 mile start at McHugh, 8 mile start at Rainbow. Finish at
Potter. Please carpool, parking is limited. No rides provided
from finish back to start. Registration opens April 1, limited
to 200 participants.
- May 7** **35th Annual Chena River Run #1 Usibelli Cup– Fairbanks**
Sat Race time: 10 am – Woodriver Elementary to Princess Hotel
(No parking at either location!)
Distance: 5K
Entry fee: TBD
Contact: Travis Lewis 460-6040
sales@datelinedigitalprinting.com
Michelle Maynor 456-4982
michelle@interiorgraphics.com
Sponsored by: Rotary Club of Fairbanks
Usibelli Running Event. T-shirts. Certified course.

*Children's age groups/ability levels available

May 7 Sat **Mat-Su Rotary 5K (aka Menard Run) – Palmer**
Meet time: 9 am – Colony High School
5K – mostly flat, some hills, loop race
Race time: 10 am Entry fee: \$25
Contact: Joni Gerharz 354-3382
 mfjak@mtaonline.net
 Sondra Kaplan 227-3486
 www.matsurotary5k.com, link to active.com
Sponsored by: Mat-Su Rotary Clubs
Proceeds benefit the Rotary Menard Scholarship for
Outstanding Leadership & other Rotary Community Service
Scholarships.

May 7 Sat **MDA Alaska Muscle Walk- Anchorage**
Meet time: 1 pm – The Dome
5K – around the Dome track
Race time: 1:30pm Entry Fee: \$15
Contact: Heather Johnson 276-2131
 hjohnson@mdausa.org
 Erika Shedlarski 276-2131
 www.musclewalkmda.org/anchorage
Sponsored by: Healthy Futures

May 7 Sat **Kids Fun Run – Anchorage**
Meet Time: 8 am – Alaska Zoo, 4731 O'Malley Road
1-3K – easy, gravel, pavement, zoo trails
Race time: 8:30 am Entry fee: \$25
Contact: Jill Myer 341-6435
 jmyer@alaskazoo.org
 Shannon Jensen 341-6421
 www.alaskazoo.org
Sponsored by: Healthy Futures, McDonalds, Odom
Kids Fun Run is for ages 3-10. A run through the Zoo, each
child gets a tee shirt and a ribbon.

May 7 Sat **Salmon Run – Anchorage**
Meet time: 9 am – Inlet View Elementary School
2K, 5K & 10K – begins & ends at Inlet View Elementary
School, out & back on Coastal Trail
Race time: 10 am Entry fee: \$35 until May 4th;
price increases after May 4th
Contact: April Halpern 250-9297
 info@anchoragealmonrun.com
 Wendy Shem 360-8652
 www.anchoragealmonrun.com
Sponsored by: Inlet View PTA
A Healthy Futures Series Event - www.healthyfuturesak.org

May 7 Sat **Amblin' for Alzheimer's - Anchorage**
Meet time: 10 am – Anchorage Golf Course
4 miles – walk the slight inclines, gentle stroll
Race time: 11am Entry fee: \$25 adults, \$20 students, \$15
child
Contact: Lorraine Guyer 561-3313
 lguyer@alzalaska.org
 Ann Ferris 561-3313
 www.alzalaska.org
Sponsored by: Alzheimer's Resource of Alaska

*Children's age groups/ability levels available

May 7 Sat Trailside Kids Triathlon – Anchorage
Meet time: 10 am – Trailside Elementary
Various Distances - Service HS and trails
Race time: 11am Entry fee: \$20
Contact: Carleen Ulbrich 742-5500
ulbrich_carleen@asdk12.org
trailsidepta.org
Sponsored by: Trailside PTA, Healthy Futures
Service pool swim, bike loops around Service High School, run trails behind school. Course length varies according to age, K-6.

May 7 Sat Polar Bear Pink Cheeks Triathlon – Seward
Race time: 10 am – Seward High School
5K run, 10K bike, 600Y swim – varied terrain
Entry fee: \$50 solo or \$100 team by 4/1, or youth team fee \$65 by 4/1. Discounts available.
Contact: Robert Perea 224-4054
rperea@cityofseward.net
Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com
Sponsored by: Polar Bear Festival, Seward Parks & Recreation
Recommend off-road bike, bike stand and helmets required.
Registration remains open, space permitting until Wed. May 4.

May 7 Sat Run for Moms - Dillingham
Distance: 5 Miles
Entry fee: Free
Contact: Mike Halko
mghalko@yahoo.com
Visit Facebook, Rural People in Motion

May 8 Sun Mother's Day



May 11 Wed Orienteering Meet – Anchorage
Meet time: 5-7pm – APU Mosley parking lot
Entry fee: \$8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details and updates. A Healthy Futures Series Event – www.healthyfutures.ak.org

May 11 Wed Do Run Run – Anchorage
* Meet time: 5:30 pm – West end of the Ship Creek trailhead
4 miles – Check website
Race time: 6:30 pm Entry fee: Free with ARC Membership
Contact: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

May 14 Sat O'Malley Fun Run – Anchorage
Meet time: 10 am – O'Malley Elementary
2K, 5K – trail run, flat to hilly,
Race Time: 11 am & 11:30 am Entry fee: \$20
Contact: Gretchen Kiskaddon
omalleypta@gmail.com
omalleypta.org
Sponsored by: Healthy Futures
All ages welcome! Every child receives a medal!

*Children's age groups/ability levels available

- May 14 Sat** **8th Annual Alaska Walk/Run for Autism – Fairbanks**
 * Race time: 11am – Pioneer Park in front of parking lot
 Distance: 5K
 Contact: Brandy Raby 322-7990
 rabybrandy@gmail.com
 Heidi Haas 388-1912
 Autism907@gmail.com
www.asagoldenheart.org
 Sponsored by: Autism Society of Alaska
 T-shirt, see website for entry fees.
- May 14 Sat** **Fairbanks Heart Walk – Fairbanks**
 Meet time: 9 am – Veteran’s Memorial Park
 1 & 2.75 miles – city streets
 Race time: 10 am Entry fee: \$25 min donation
 Contact: Wendie MacNaughton 374-2927
 Wendie.macnaughton@heart.org
 Janet Bartels 456-3659
www.fairbanksheartwalk.org
 Hosted by: American Heart Association
 Fun, non-competitive event for all age & abilities
 Proceeds benefit the American Heart Association
- May 14 Sat** **Sterling Moose River Hustle – Sterling**
 Meet time: 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 for various age groups. Proceeds benefit Sterling
 Senior Centers Meals on Wheels Program
- May 14 Sat** **Bear Valley 5K Challenge – Anchorage**
 Meet time: 8:30 am – Bear Valley Elementary Storck Park
 5K – various terrain; roads, trails, hills creek bed
 Race time: 10 am
 Entry fee: \$9 adult/\$6 children thru high school
 Contact: Bear Valley Community Association 345-0434
www.akbvca.org
 Sponsored by: Bear Valley Community Association & Healthy
 Futures
 Scholarships available, family fun run/walk for all
 A Healthy Futures Series Event - www.healthyfuturesak.org
- May 15 Sun** **Migration Run – Homer**
 Meet time: 9 am – Fishing Lagoon/Homer Spit
 5K – USATF Certified 5K-flat, fast, point to point along Homer
 Spit
 Race time: 9 am Entry fee: TBA
 Contact: Bill Steyer 399-1078
steyerbill@yahoo.com
www.kachemakbayrunningclub.org
 Sponsored by: Kachemak Bay Running Club
 Proceeds benefit local youth running sports programs

*Children’s age groups/ability levels available

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

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2016



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**5 Mile
Run/
Walk**



START
Sullivan
Arena
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**1 Mile
Fun Run/
Walk**



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

Wasilla - The Alaska Club
Wednesday, June 1: 4pm - 6:30pm

Anchorage - University Center Mall
Saturday, June 4: 10am-1pm
Tuesday, June 7: 4pm - 7pm
Thursday, June 9: 4pm - 7pm

ONLINE Race Registration
Opens Friday, April 15



www.akrffw.org

Info Contact:
run@akrffw.org

To volunteer contact:
volunteer@akrffw.org

Decorate your own Port-a-Potty contact: potties@akrffw.org

*Children's age groups/ability levels available

May 15 19th Annual Murphy Dome Roam – Fairbanks
Sun Time: 9 am – Gravel Pit 8 Mile Murphy Dome Rd
Distance: 11 Miles - hilly back roads
Contact: Jane Lanford 687-0769
jane@usibelli.com
Sponsored by: RCN

May 15 Gold Nugget Triathlon – Anchorage
Sun Meet time: 8 am – Bartlett High School
Sprint Triathlon – 500 meter swim, 12 mile bike, 4.1 mile run
Race time: 9 am Entry fee: \$75
Contact: Lia Keller 330-7019
kellerlia@gmail.com
Betsy Haines 223-7792
www.goldnuggettriathlon.com

Sponsored by: Gold Nugget Triathlon Board of Directors
The Alaska Women's Gold Nugget Triathlon, the longest running all-female triathlon, is now in its 34th year, has 1,500 women competing in the sprint-distance race, and registration fills up in less than five minutes. The biggest draws are the beginner friendliness, the sense of camaraderie, and the high quality of the event (with special attention to details), which led to it being named one of the "13 Must-Do U.S. Destination Races" by USA Triathlon's magazine.

May 18 Orienteering Meet – Anchorage
Wed Meet time: 5-7pm – Earthquake Park
Entry fee: \$8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details and updates. A Healthy Futures Series Event – www.healthyfutures.ak.org

May 19 Alaskan Girls Walk & Wine – Fairbanks
Thu Start time: 6 pm – Curling Club, Second Ave
5K (timed) or 1 mile (untimed)
Contact: Susan Kramer 590-5086
Eventplanning2004@hotmail.com
Sponsored by: Golden Heart Rotary Club
Women only, must be 21 for wine tasting. 5K flat, out and back along bikepath or 1 mile out and back in opposite direction. Registration on line (TBD) or at Beaver Sports.

May 21 Armed Forces Day
Sat



May 21 Alaska Law Enforcement Torch Run – Fairbanks
Sat Time: 10 am – UAF Campus Police Station
Distance: 5K
Contact: Robert Hall 378-2568
Sponsored by: Special Olympics Alaska
Pledge Drive
Picnic after event!

*Children's age groups/ability levels available

May 21 Sat Exit Glacier Race – Seward
Meet time: 8:30 am – Resurrection Road House, Exit Glacier Rd 5 & 10K – gradual incline on paved road. Same weekend as the S.H.O.W. www.seward.com
Race time: 10 am with the Torch Run
Entry fee: Earlybird fee \$25-adults; \$15-17 and under by 4/22. Discounts available.
Contact: Robert Perea 224-4054
rperea@cityofseward.net
Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com
Sponsored by: Kenai Fjords Tours, Resurrection Roadhouse and Seward Parks & Rec.
Registration closes at 8:30 am on race day.

May 21 Sat Alaska Law Enforcement Torch Run – Statewide
Meet Time: 9 am – Various cities (see below)
5K – fun run
Race Time: 10 am Entry fee: Pledge Drive
Contact: Jessica 222-7625
Jessica@specialolympicsalaska.org
Jim 222-7625
www.SpecialOlympicsAlaska.org
Sponsored by: Alaska Law Enforcement
Proceeds benefit Special Olympics Alaska.
This is a simultaneous run 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 21 Sat Why Not Tri - Wasilla
Meet time: 7am – 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 March 20
Contact: Robin Rice
wasillatri@gmail.com
www.whynottriwasilla.net
Sponsored by: Alaska Bicycle Center
Registration February 1 – April 15
A great beginner sprint tri, limited to 500 racers
Proceeds benefit ALS Association

May 21 Sat Why Not Tri Kids - Wasilla
Meet time: 2pm – 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
Contact: Robin Rice
wasillatri@gmail.com
www.whynottriwasilla.net
Sponsored by: Alaska Bicycle Center
For ages 6-12 years, can choose either course
Registration opens Feb 1, limited to 175 entrants

*Children's age groups/ability levels available

- May 21 “Take a Lap” Fun Run – Fairbanks**
Sat Race time 9 am-3 pm – FYSA Field Complex, 2001 Wilbur St
 * Distance varies – laps
 Contact: Colt Chase 456-3972
 director@fairbanksyouthsoccer.com
 Stephanie Portillo
 Sponsored by: Fairbanks Youth Soccer Association
 Run as many laps as you like. Fund raiser for FYSA.
- May 21 Annihilator #1 Trail Series – Fairbanks**
Sat Time 11am – Gravel Pit 1.5 Miles North of Nenana (marked
 on race day)
 Distance: 10K
 Contact: Drew Harrington 451-6604
Drew.harrington@live.com
 Andy Huetten 978-1376
 Sponsored by: RCN
 Toughest 10K in the Interior! \$5 entry includes BBQ potluck.
 Trail Series opener!
- May 22 Presbyterian Hospitality House Fun Run – Fairbanks**
Sun Race time: 10:30 am – UAF Patty Center
 * 5K – flat & fast Entry fee: \$25
 Contact: Ty Tigner 378-9918
 Naomi Tigner 354-7900
 Sponsored by: Presbyterian Hospitality House
 T-shirts to first 100 entrants, prizes
- May 22 10K in May & 5K Cooper Landing Trail Run –**
Sun Cooper Landing
 Meet time: 9:30am – CL Community Hall, 0.6 mile Bean
 Creek Rd
 10K & 5K – 1K paved, then rolling terrain, scenic and
 challenging
 Race time: 11am Entry fee: donation
 Contact: Karl Romig 288-2435
cooperlandingtrailrun@gmail.com
 Deb Carlson 595-1455
www.cooperlandingwalkablecommunity.org
 Sponsored by: Cooper Landing Walkable Community Project
 New this year, 10K out and back, both races start at Kenai
 river, the 5K ends overlooking Kenai Lake
 Shuttle provided back to start area. The 10K out and back
 ends at start area.
- May 25 Orienteering Meet – Anchorage**
Wed Meet time: 5-7pm – Mile 1.1 Campbell Airstrip Rd
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy
 Futures Series Event – www.healthyfutures.ak.org

*Children's age groups/ability levels available

May 26 Kal's Knoya Ridge Hill Climb - Anchorage

Thur

Meet time: 5pm – 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

May 28 Two-Way Torture Test – Fairbanks

Sat

Race time: 9 am – Pump House Restaurant

Distance: 13.1 miles

Contact: Erika Burr 978-4481

[Message](#) “Running Club North” on facebook

Sponsored by: Running Club North

Two person teams run in opposite directions!

May 28 Trent/Waldron Glacier ½ Marathon – Anchorage

Sat

Meet time: 8 am – Westchester Lagoon

13.1 miles – Flat and fast on Chester Creek and U-Med trails.

Race time: 9 am Entry fee: Check ARC website for details

Contact: info@anchorageclub.org

www.anchorageclub.org

Sponsored by: Anchorage Running Club



*Children's age groups/ability levels available

May 28 POW Island Marathon - Craig
Sat Meet time: 8 am – Craig HS
26.2 miles – out-and-back, hilly, quite scenic.
Race time: 8 am Entry Fee: \$50 before April 15; \$65 after April 15
Contact: Ann James 254-1884
Annjames326@gmail.com
Jean Jackson 401-0805
powmarathon.org
Sponsored by: Prince of Wales Runners and Walkers Club
Other options include half marathon and relay teams. Course runs along coast and then veers into more hilly terrain. Fifteen aid stations and multiple vans with EMTs on the course. Salmon/hamburger feed at finish line. Medals and long sleeve, high tech race shirts. Winners' plaques 1st-3rd place. Certified, Boston qualifier.

May 30 Memorial Day Observed 
Mon

May 31 Masochism on Moose Mountain #2 Trail Series – Fairbanks
Tues Race time: 6:30 pm – Base of Moose Mountain
4 miles – steep 1300' ascent in 1.41 miles, 2.94 mile descent
Entry fee: \$5
Contact: Dan Bishop 322-4314
Sponsored by: Running Club North

June Exceed Women's Running Team – Anchorage
Tues Meet time: 6 pm – Various locations
Coached workouts, track and trail runs
Entry Fee: Membership \$100/season
Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
Paola Banchero 223-5102
www.runexceed.org
Sponsored by: Exceed Women's Running Team
We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details.
You can attend twice for free before paying membership fee.
All levels are welcome!

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

June - Peak Performers Track Club – Anchorage
Aug 6 pm – Central Jr High Track
Tues Membership fee: \$65, \$110 family (2)/\$160 3 or more
Contact: Jason Hofacker 240-6982
Kim Baldwin 274-1061
and in spirit, Chester Franz
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

*Children's age groups/ability levels available

- June Tues Men's Training – Fairbanks**
 Meet time: 6 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Tracey Martinson 474-8353
 Tamartinson67@gmail.com
 Sponsored by: Running Club North
 Interval workouts. All abilities welcome
- June Wed Summer Hoodoo Goldstream Beer Runs - Fairbanks**
 Time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 455-6520
 stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Walkers welcome.
- June Tue & Thu Valley Women's Running Team – Palmer**
 Meet time: 6 pm – Colony High School
 Tues track work out, Thu trail runs –
 various locations around the valley
- Wed Mat-Su Running Club-Co-Ed Group – Palmer**
 Meet time: 6 pm – Colony High School
 Contact: Rhonda Knopp 355-6258
 rhondaknopp@hotmail.com
 Norm Rousey
 coachrousey@hotmail.com
 vwrt.org
 Sponsored by: Valley Women's Running Team and
 Mat-Su Running Club
 Runners of all ability levels welcome
 Coached training held each week of April thru mid-August
 with trail runs thru September
- June 1 Wed Alaska Run for Women Registration – Wasilla**
 Meet time: 4:30-6:30 pm – The Alaska Club Valley
 Contact: Babette Mclroy run@akrfw.org
 Nicole Thibodeau
 www.akrfw.org
 Sponsored by: Alaska Run for Women
 Registration for the 24th annual Alaska Run for Women on
 6/11/16, benefitting the fight against breast cancer. Additional
 registration and bib pick-up dates and locations listed in this
 calendar on 6/4, 6/7 and 6/9.
- June 1 Wed Orienteering Meet – Anchorage**
 Meet time: 5-7pm – Mirror Lake Middle School
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy
 Futures Series Event – www.healthyfutures.ak.org
- June 3 Fri Skinny Mini 6K - Anchorage**
 Meet time: 6 pm – Skinny Raven Sports
 6K - loop course, some hills
 Race time 7 pm
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth,
 Kaladi Brothers & Stellar Design
 Pizza, beer, refreshments, live DJ & sweet prizes after race

*Children's age groups/ability levels available

- June 3 Twilight 12K - Anchorage**
Fri Meet time: 6 pm – Skinny Raven Sports
 12K - loop course, some hills
 Race time: 7pm
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth,
 Kaladi Brothers & Stellar Design
 Pizza, beer, refreshments, live DJ & sweet prizes after race
- June 4 42nd Annual Arctic Valley Run – Ft. Richardson**
Sat Meet time: 7:30 – 8:45am – Moose Run Golf Course
 12.6 & 5 miles – 800' gradient (5 M)/2,500'
 gradient (12.6 M)
 Race time: 9 am
 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 27, or mail
 registration w/entry fee (check payable to 673d Buckner
 Fitness Center) to: Buckner Physical Fitness Center, D Street
 Bldg 690
 Attn: Ellis Alston, JBER, AK 99505, Postmarked by May 23
 Please call Ellis Alston at 384-1304 for credit card payments
- June 4 Government Peak Climb – Palmer**
Sat Meet time: 10 am – Government Peak Rec Area
 3 miles – trail up a mountain
 Race time: 11am
 Entry fee: May 1-19 \$30, May 20-June 1 \$40, Day of race \$50
 Contact: Mark Strabel 746-7547 or 354-7949
strabel@mtaonline.net
 Sponsored by: Colony High School XC Ski Team/Mat-Su Ski
 Club
 Register on-line @ www.webscorer.com
 Fundraiser for the Colony High School XC Ski Team
- June 4 Alaska Run for Women Registration – Anchorage**
Sat Meet time: 10 am-1 pm – University Center Mall
 Contact: Babette Mclroy run@akrfw.org
 Nicole Thibodeau
www.akrfw.org
 Sponsored by: Alaska Run for Women
 Registration for the 24th annual Alaska Run for Women on
 6/11/16, benefitting the fight against breast cancer. Additional
 registration and bib pick-up dates and locations listed in this
 calendar on 6/1, 6/7 and 6/9.
- June 4 Alaska Endurance Trail Run - Fairbanks**
Sat Meet time: 8 am – UAF West Ridge Trails (Tentative)
 Distance: by time
 Contact: Don Kiely 455-6749
donkiely@computer.org
 Run as far as you can in either 6 or 12 hours. A 24 hour option
 will likely be added next year if there is interest. See www.aetr.us

*Children's age groups/ability levels available

- June 4 Sat Relay for Life - Fairbanks**
 Time: 10 am – Starts and ends West Valley HS Track
 Distance: 5K
 Contact: Sarah Belway 978-9401
 Heidi Gabriel 388-6452
 Fairbanksrelay.com
 Sponsored by: American Cancer Society
 \$30 fee. Timed race. T-shirts for first 100 registrations. Fee includes entrance into Relay for Life's 24-hr event (6 pm June 3 to 6 pm June 4th) including live music and food. Contest for best purple outfit honoring cancer survivors.
- June 5 Sun Eagle River Triathlon – Chugiak**
 Meet time: 8 am – Chugiak High School
 500 yd swim, 20K bike, 5K run – Pool swim, rolling bike course and flat run.
 Race time: 8 am Entry fee: \$70 and up
 Contact: Kristin Folmar
info@eaglerivertri.com
 Missy Roberts
www.eaglerivertri.com
 Sponsored by: Eagle River Triathlon
 Alaska's premier sprint triathlon. Individual and team categories – all abilities welcome. T-shirts for all pre-registered racers in adult tri. Kid's event following adult race – great for the whole family! USAT sanctioned event.
- June 5 Sun Eagle River Triathlon Kid's – Chugiak**
 Meet time: 2:30 pm – Chugiak High School
 50-100 yd swim, 2 mile bike, .5-1 mile run – Pool swim, flat bike course and mixed trail/pavement run.
 Race time: 2:30 pm Entry fee: \$20-25
 Contact: Kristin Folmar
info@eaglerivertri.com
 Missy Roberts
www.eaglerivertri.com
 Sponsored by: Eagle River Triathlon and Healthy Futures
 A great tri for youth 6-12 years old. Fun for all abilities. Medals and racer swag for all kid's racers. A great introduction for kids to the sport of triathlon! USAT sanctioned event.
- June 5 Sun 8th Run Lu Lu Run – Fairbanks**
 Race time: 10 am – Lu Lu's Bread & Bagels, Old Chena Spur Rd
 5K – flat, 10K – mixed hilly
 Contact: Tamara Rose
 Active.com
 Julie Schwab
 Sponsored by: Lu Lu's Bread & Bagels, AK Health & Fitness
 T-shirt first 100 entrants.

*Children's age groups/ability levels available

- June 7 Tues Alaska Run for Women Registration – Anchorage**
 Meet time: 4-7pm, Location – University Center Mall
 Contact: Babette Mclroy run@akrffw.org
 Nicole Thibodeau
www.akrffw.org
 Sponsored by: Alaska Run for Women
 Registration for the 24th annual Alaska Run for Women on 6/11/16, benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 6/1, 6/4 and 6/9.
- June 8 Wed Mugwumps 10K – Anchorage**
 Meet time: 5:30-6:30 pm – Point Woronzof Parking Lot
 10K – out & back
 Race time: 6:30 pm Entry fee: ARC Membership
 Contact: www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Race entry restricted to persons who have never run a 10K in under 45 minutes.
- June 8 Wed All-Comers Track Meet 40th Year – Fairbanks**
 Meet time: 6:30 pm – West Valley HS Track
 100 meters to 5,000 meters
 Contact: Dan Callahan 322-6097
Akcallahans@hotmail.com
 Sponsored by: Running Club North
 All welcome. No entry fee!
- June 8 Wed Orienteering Meet – Anchorage**
 Meet time: 5-7pm – Hillside Park
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy Futures Series Event – www.healthyfutures.ak.org
- June 9 Thur Alaska Run for Women Registration– Anchorage**
 Meet time: 4-7pm – University Center Mall
 Contact: Babette Mclroy
run@akrffw.org
 Nicole Thibodeau
www.akrffw.org
 Sponsored by: Alaska Run for Women
 Register on-line @ www.akrffw.org
 Registration for the 24th annual Alaska Run for Women on 6/11/16, benefitting the fight against breast cancer. Additional registration and bib pick up dates and locations listed in this calendar on 6/1, 6/4 and 6/7.
- June 10 Fri Bear’s Den B&B Bear Bell Run for Kids – Seward**
 Meet time: 10:30 am – Branson Pavilion
 1 mile – along the waterfront bike path
 Race time: 11am Entry fee: Earlybird fee \$13 by 5/20.
 Discounts available.
 Contact: Robert Perea 224-4054
rperea@cityofseward.net
 Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com
 Sponsored by: Kenai Fjords Tours, Resurrection Roadhouse and Seward Parks & Rec.
 Race just kids ages 5 - 12. Registration closes 10:30 am race day.

*Children’s age groups/ability levels available

- June 10 Kids' Cross Country Races – Fairbanks**
Fri Meet time: 6 pm – West Valley HS Track (start at Soccer Field)
 .5, 1 and 1.5 mile options
 Contact: Tracey Martinson 474-8353
 Tamartinson67@gmail.com
 Monte Jordan 451-8696
 mjresourceak@gmail.com
 Sponsored by: Running Club North
 Free. Registration 5:45pm
- June 11 Run for the River – Soldotna**
Sat Meet time: 8 am – Soldotna Creek Park
 5K & 10 miles – gravel/paved roads, multiple
 turn flat loop course
 Race time 8:30 & 9 am
 Entry fee: \$25
 Contact: Rhonda McCormick 260-5449 x1203
rhonda@kenaiwatershed.org
 Jeff Sires 260-5449
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Bib pick up and runners feed June 10. Run is part of the
 Kenai River Festival
- June 11 USATF AK Junior Olympics - Anchorage**
Sat Meet time: 9 am-4pm – The Dome
 Entry fee: \$5 per event; \$2 per event for USATF members
 Contact: Jason Hofacker 854-4863
jhofacker@acsedu.org
www.usatf.org/assoc/ak/
 Sponsored by: USATF Alaska & The Dome
 Registration: 9-10 am. Field events start at 10 am
- June 11 Alaska Run for Women – Anchorage**
Sat Meet time: 8 am – Anchorage Football Stadium
 5mi & 1mi – scenic on road and paved trail
 Race time: 8:30 am Entry fee: Donation
 Contact: Babette Mclloy
run@akrffw.org
 Nicole Thibodeau
www.akrffw.org
 Sponsored by: Alaska Run for Women
 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 11 Kinross Fort Knox presents 24rd Annual Mosquito Meander**
Sat – Fairbanks
 Race time: 10 am – Pioneer Park
 5K walk/run – flat looped course
 Contact: David Monroe 456-4729
dmonroe@fcaalaska.org
 Sabrina Davis X119
 Sponsored by: Kinross Fort Know for FCA
 Fairbanks Counseling and Adoption annual fundraiser.

*Children's age groups/ability levels available

- June 12 TriTheKenai – Soldotna**
Sun Meet time: 8 am – Skyview Middle School
 Sprint & Intermediate Distance Events
 Race Time: 10 am Entry Fee: Check website
 Contact: Tony Oliver 252-0558
toliver@kpb.us
 Sponsored by: Kenai Peninsula Tourism Marketing Council
 Adult and youth races.
- Jun 12 Wickersham Dome Trail Run #3 Trail Series - Fairbanks**
Sun Race time: 11am – White Mtns Trailhead (Mile 28 Elliott Hwy)
 7.75 miles – hills, scenic, out & back, Entry fee: None
 Contact: Drew Harrington 451-6604
Drew.harrington@live.com
 Sponsored by: Running Club North & Goldstream
- June 12 Bill Mitchell Fun Run – Palmer**
Sun Meet time: 10 am – MTA Events Center-Palmer Ice Rink
 * 5K adult, 5K youth (18 & under), 1 mile (13 & under) - Flat course
 Race time: 11am Entry fee: Check website
 Contact: Carolyn Hanson 745-2800
bchanson@mtaonline.net
 Palmer Chamber 745-2880
www.palmerchamber.org
 Sponsored by: MTA
- June 15 All-Comers Track Meet 40th Year – Fairbanks**
Wed Meet time: 6:30 pm – West Valley HS Track
 100 meters to 5,000 meters
 Contact: Dan Callahan 322-6097
Akcallahans@hotmail.com
 Sponsored by: Running Club North
 All welcome. No entry fee!
- June 15 Orienteering Meet – Anchorage**
Wed Meet time: 5-7pm – Mile 2.2 Campbell Airstrip Rd
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy
 Futures Series Event – www.healthyfutures.ak.org
- June 15 Dawn 2 Dusk/Dusk 2 Dawn Part 1 All Night Run – Fairbanks**
& 16 Race time: 12:44am on 16th – UAF Ski Hut (West Ridge)
Wed & 4 mile loop – roads & trails
Thur Contact: George Berry 687-8769
membership@runningclubnorth.org
 Sponsored by: Running Club North
 Registration at midnight, run all night, 12:44am to 2:59 am
 (sunset to sunrise)
- June 16 USATF AK All-Comers Meet - Anchorage**
Thur Meet time: 5:30-8:30pm – The Dome
 Entry fee: \$5 per event; \$2 per event for USATF members
 Contact: Jason Hofacker 854-4863
jhofacker@acsedu.org
www.usatf.org/assoc/ak/
 Sponsored by: USATF Alaska & The Dome
 Registration: 5:30-6 pm. Field events start at 6 pm

*Children's age groups/ability levels available

- June 16 Anchorage Mayor's Marathon, Marathon & 17 Relay, ½ Marathon, Coastal 5K, Healthy Futures Kid's Mile**
Thur/Fri Expo – Bib Pick-up & Last Change Registration – Anchorage
 June 16 3 - 8 pm – Alaska Airlines Center
 June 17 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 16 Anchorage Mayor's Healthy Futures Kid's Mile – Anchorage**
Sat 1 mile
 * Enter by 6:30 pm Race time 7 pm, Entry fee: Free
 Contact: UAA 786-1325
track@uaa.alaska.edu
www.mayorsmarathon.com
 Sponsored by: Anchorage Parks & Recreation,
 University of Alaska Anchorage & ConocoPhillips
- June 18 Anchorage 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
 Register 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 18 Anchorage 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 7:30 am, Entry fee: Check website
 Register on-line & save
 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 18 Anchorage Mayor's Alaska ½ Marathon – Anchorage**
Sat Meet 8 am – Delaney Park Strip
 13.1 miles
 Race time 9 am, Entry fee: Check website
 Register on-line & save
 Contact: UAA 786-1325
track@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

June 18 Anchorage Mayor's Alaska Buddy ½ Marathon – Anchorage

Sat Meet 8 am – Delaney Park Strip
13.1 miles (2 or 3 legs, 13.1 total)
Race time 9 am, Entry fee: Check website
Register 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 18 Anchorage Mayor's Coastal 5K – Anchorage

Sat Meet 8 am – Delaney Park Strip
* 3.1 miles
Race time 9:15 am, Entry fee: Check website
Register 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 18 “Nikiski Days” Family Fun Walk/Run – Nikiski

Sat Meet time: 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 776-6416
tberdahl@kbp.us
Jackie Cason 776-8800
www.northpenrec.com

Sponsored by: North Peninsula Recreation Service Area
Choose your course, 3 or 5 miles. Visit the website for details
& entry forms.

June 18 35th Annual Midnight Sun Run #2 Usibelli Cup– Fairbanks

Sat Time: 10pm – UAF Patty Center
Distance: 10K run/walk
Contact: FRA 456-8901
racedirector@fra-alaska.net

Sponsored by: FRA & Daily News-Miner
Information, on-line registration at www.midnightsunrun.net

June 18 Run for Dads - Dillingham

Sat Distance: 5 miles
Free Community Event.
Contact: Michael Halko
mghalko@yahoo.com
Visit Facebook, Rural People in Motion

**June 19 Father's Day
Sun**



**June 19 Robert Spurr Memorial Hill Climb – Bird Creek
Sun** Meet time: 8:30 am - Bird Ridge Trailhead/M.102 Seward Hwy
3 miles - 3400' vertical, up-hill only, strenuous course
Bib Pickup: 8:30 – 9:30am, 250 person limit
Entry fee: \$35
Registration through lottery beginning 5/1
Please see website for details-www.alaskamountainrunners.org
Please use new parking lot.

**June 21 Rainbow Run - Anchorage
Tues** Meet time: 5pm – Ship Creek
5K – paved trail race during Alaska PrideFest Week
Race time: 6 pm Entry fee: \$25
Contact: Eric Van Dongen
ericvandongen@hotmail.com
JJ Harrier 775-2886
www.alaskapride.org
Sponsored by: Identity, Inc., Snow City Café & Anchorage
Front Runners
Help support Alaska's LGBT community during Alaska
PrideFest Week by participating in the Rainbow Run!

**June 22 Orienteering Meet – Anchorage
Wed** Meet time: 5-7pm – Ruth Arcand Park Solstice-O and Party
Entry fee: \$8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details and updates. A Healthy
Futures Series Event – www.healthyfutures.ak.org

**June 23 USATF AK All-Comers Meet - Anchorage
Thur** Meet time: 5:30-8:30pm – The Dome
Entry fee: \$5 per event; \$2 per event for USATF members
Contact: Jason Hofacker 854-4863
jhofacker@acsedu.org
www.usatf.org/assoc/ak/
Sponsored by: USATF Alaska & The Dome
Registration: 5:30-6 pm. Field events start at 6 pm

**June 23 Jim Loftus Mile #3 Usibelli Cup – Fairbanks
Thu** Meet time: 6:30 pm – West Valley HS Track
Distance: 1 mile, 800M for 9 and under
Contact: Bob Vitale 322-0117
bvitale@articrentacar.com
Tracey Martinson 474-8353
Tamartinson67@gmail.com
www.runningclubnorth.org
Sponsored by: Running Club North
Usibelli Running Event. Register on line at [www.
runningclubnorth.org](http://www.runningclubnorth.org)
Late fees apply.

*Children's age groups/ability levels available

SATURDAY, JULY 9, 2016

5k/10k for Life

SPEAK

HeartReach Center



Proverbs 18:21

LIFE 2016

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 9

Early BIB Pick-up at HeartReach Center
July 7 and July 8, 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 Janssen MatSu Funeral Home, Mile 36.6 Parks Hwy

Runners-Walkers-Strollers-Bikes Welcome!

www.HeartReachAlaska.com

or 907-373-3456



*Children's age groups/ability levels available

June 24 Kids' Cross Country Races – Fairbanks
Fri Meet time: 6 pm – West Valley HS trails (start at Soccer Field)
0.5 & 1.5 mile options, Entry fee: None
Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
Monte Jordan 451-8696
mjresourceak@gmail.com
www.runningclubnorth.org
Sponsored by: Running Club North
Registration at 5:45pm

June 25 North Pole Triathlon – Fairbanks
Sat Time: 9 am – Chena Lakes Rec Area
Distance: 1500M swim, 40K bike, 10K run
Contact: Tyson Flaharty
Amber Barlow
thebreakuptri@hotmail.com
\$40 fee + \$12 one day USAT membership. Registration opens
Feb 1st on active.com. There is a 99 racer limit and no relays.

June 25 North Pole Kids' Triathlon – Fairbanks
Sat Time: 11:30 am – Chena Lakes Rec Area
Distance: 200M swim, 6 mile bike, 1.2 mile run
Contact: Tyson Flaharty
Amber Barlow
thebreakuptri@hotmail.com
\$25 fee + \$12 one day USAT membership. Registration opens
Feb 1st on active.com. There is a 99 racer limit and no relays.

June 25 Spit Run – Homer
Sat Meet time: 10 am – Homer High School
10K – USATF Certified 10K-flat, fast, point to point.
Race time: 10 am 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.
Proceeds benefit youth running sports programs

June 25 Kilted Mile – Palmer
Sat Meet time: 12:15pm – Alaska State Fair Grounds
1 mile – ½ mile and ½ mile return along road inside Highland
Games fenced in area
Race time: 12:30 pm Entry fee: none
Contact: Hal Shepherd 491-1355
laouch@uci.net
Kerry Howard 250-3459
[http://www.alaskascottish.org/#!/highland-games/
c15dq](http://www.alaskascottish.org/#!/highland-games/c15dq)
Sponsored by: Alaska Scottish Club
Event will take place during the 2016 Alaska Scottish
Highland Games which will feature the International
Highland Games Federation World Heavy Events
Championships. The race will start after opening ceremonies
for the Games, around 12:30 pm. Registration will be at the
Athletic tent. Start will be near the kids events, at the wishing
well by the front gate.

*Children's age groups/ability levels available

The 21st Annual

ALASKA MEN'S RUN

PROCEEDS BENEFIT MEN AND AGENCIES FIGHTING
PROSTATE AND TESTICULAR CANCER

Who will you run for?

SATURDAY, JULY 16th 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 15, 2016

In-person Registration:

Wednesday, July 13th & Thursday, July 14th

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

- June 25 Spruce Tree Classic – Fairbanks**
Sat Race time: 10 am – UAF West Ridge Ski Hut
 6.5 miles – trail run, Entry fee: None
 Contact: Roy Strandberg 378-7111
roy@akwater.com
 David McDowell 488-6068
davidmichael5@gci.net
 Sponsored by: Running Club North
 Course is over rolling terrain, on well established trails. Water stop midway. Refreshments provided at finish. Depending on the year, can be a little muddy/wet.
- June 25 Run From The Cops – Fairbanks**
Sat Race time: 11am – 911 Cushman Street FPD
 5K walk/run to raise money for Wish Upon the North Star Charity
 Contact: Kristi Merideth 687-7958
fbksrunfromthecops@gmail.com
 Peyton Merideth
www.facebook.com/FairbanksRunFromTheCops
 Sponsored by: Carl's Jr.
 Bib and shirt pick up June 23 and 24 4-7pm at Fairbanks Police Department. Registration \$25-adults, \$20-17 and under, Free-5 and under. Shirts included for all paid registrations.
- June 25 - Midnight Sun Lazyman Triathlon - Wasilla**
Aug 6 Location: Where you are
Sat 140.7 miles – Ironman Tri over 6 weeks
 Entry fee: \$35
 Contact: Traci Sanders 355-6110
htraci@hotmail.com
<https://sites.google.com/site/midnightsunlazymantriathlon/>
 Sponsored by: Midnight Sun Lazyman Triathlon
 Experience an Ironman Triathlon at your own pace. Goal is 112 miles bike, 2.5 miles swimming, 26.2 miles running (see log sheet for alternative suggested activities). Celebration BBQ August 6th. Enter by 6/25 to ensure your swag.
- June 29 Orienteering Meet – Anchorage**
Wed Meet time: 5-7pm – Bartlett High School
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy Futures Series Event – www.healthyfutures.ak.org
- July Exceed Women's Running Team – Anchorage**
Tues Meet time: 6 pm – Various locations
 Coached workouts, track and trail runs
 Entry Fee: Membership \$100/season
 Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
 Paola Banchemo 223-5102
www.runexceed.org
 Sponsored by: Exceed Women's Running Team
 We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details.
 You can attend twice for free before paying membership fee.
 All levels are welcome!

*Children's age groups/ability levels available

- July - Aug Tue** **Peak Performers Track Club – Anchorage**
 6 pm – Central Jr High 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 Tues** **Women’s Training – Fairbanks**
 Meet time: 5:30 pm – West Valley HS Track
 Track & Intervals – all levels welcome! Free
 Contact: Bruce Miller 479-5585
 Sponsored by: Running Club North
- July Tues** **Men’s Training – Fairbanks**
 Meet time: 6 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Tracey Martinson 474-8353
 Tamartinson67@gmail.com
 Sponsored by: Running Club North
- July Tue & Thu** **Valley Women’s Running Team – Palmer**
 Meet time: 6 pm – Colony High School
 Tues track work out, Thu trail runs –
 various locations around the valley
- Wed** **Mat-Su Running Club-Co-Ed Group – Palmer**
 Meet time: 6 pm – Colony High School
 Contact: Rhonda Knopp 355-6258
rhondaknopp@hotmail.com
 Norm Rousey
coachrousey@hotmail.com
vwrt.org
 Sponsored by: Valley Women’s Running Team and Mat-Su
 Running Club
 Runners of all ability levels welcome
 Coached training held each week of April thru mid-August
 with trail runs thru September
- July Wed** **Summer Hoodoo Goldstream Beer Runs - Fairbanks**
 Time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Walkers welcome.
- July 4 Mon** **Independence Day** 
- July 4 Mon** **31st Annual Independence Day Run – Fairbanks**
 Race time: 10 am – SE Corner of Pioneer Park 5K
 Contact: Dan Callahan 322-6097
akcallahans@hotmail.com
 Sponsored by: Running Club North
 Preregistration available at Beaver Sports/Goldstream Sports/
 Raven Cross Country. Preregistration, \$20;
 \$25 on race day. T-Shirts to first 100 to register.

*Children’s age groups/ability levels available

- July 4** **Salmon Shuffle – Seldovia,**
Mon Meet Time: 7:30am - Pavilion
 5K- Through town. In and out. Generally level.
 Race time: 9 am Entry fee: \$20 tee shirt
 Contact: Tobben Spurkland 399-0300
 klippfisk@msn.com
 Tania Spurkland 399-7379
 Sponsored by: Seldovia Arts Council
 Classes: adult males, adult females, juvenile males and
 juvenile females, 12 years and under. Cash prizes to top three
 finishers in each class.
- July 4** **Mount Marathon Race – Seward**
Mon 5K - Mountain Race
 Race Time: 9 am
 Entry fee: \$25 juniors/\$65 adults
 Contact: GeNeil Flaherty 224-8051
 events@seward.net
 Cindy Clock 224-8051
 www.seward.com
 Sponsored by: Seward Chamber of Commerce
 3,022 ft. climb. Junior Division goes halfway. See Event Guide
 for race start times. All first year runners must go to safety
 meeting.
- July 4** **Uncle Salmon Freedom Run 5K - Valdez**
Mon Meet time: 8:30 am – 314 Clifton Dr
 5K – roads & trails, out & back
 Race time: 9 am Entry fee: FREE
 Contact: Wendy Clubb 835-2351
 wclubb@ci.valdez.ak.us
 Krystal Moulton 835-2531
 www.ci.valdez.ak.us/specialevents
 Sponsored by: Valdez Parks & Recreation
- July 6** **Salmon Run Series #1 – Soldotna**
Wed Meet time: 5pm – Tsalteshi Trails
 5K – multiple loop, hilly, groomed trail course
 Race time: 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
 Rhonda@kenaiwatershed.org
 KWF Office 260-5449
 www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week
 5 series race, all ages, walkers welcome
- July 6** **Orienteering Meet – Anchorage**
Wed Meet time: 5-7pm – TBD
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy
 Futures Series Event – www.healthyfutures.ak.org

*Children's age groups/ability levels available

- July 7 Thu Steve's Equinox Training #1 – Fairbanks**
 Meet time: 6 pm – UAF Patty Center
 8+ miles – Loop thru Equinox start to mile 5 to T-field
 Contact: George Berry & Trail Elves 687-8769
 Sponsored by: Running Club North
- July 8 Fri Kids' Cross Country Races – Fairbanks**
 Time: 6 pm - West Valley HS Trails (start at Soccer Field)
 Distance: 0.5 and 1.5 mile option
 Contact: Tracey Martinson 474-8353
 Tamartinson67@gmail.com
 Monte Jordan 451-8696
 mjreesourceak@gmail.com
 Sponsored by: RCN
 Free. Registration 5:45pm.
- July 9 Sat 5K/10K for Life – Palmer/Wasilla**
 Meet time: 9 am – New Trunk Road bike/foot pathway
 5K/10K Walk/run – out & back, rolling hills, scenic byways
 Race time: 10 am Entry fee: \$25/\$50 family, \$35/\$60 family day of race
 Contact: Patti Price 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 Janssen MatSu Funeral Home, mile 36.6 Park Highway. Great relaxing place to run/walk. Food vendors on site.
- July 9 Sat North Pole Jingle Bell Run/Walk for Arthritis – North Pole**
 Meet Time: 8:30 am – Santa Claus House
 5K Run/walk, flat loop Race Time: 10:15am
 Entry Fee: Early bird-\$25 Regular-\$30 In-person \$40
 Contact: Anna Campione 277-2784
acampione@arthritis.org
www.jingleinjury.com
 Sponsored by: Arthritis Foundation & Healthy Futures
 Jingle Bell Run/Walk is a fun, festive event for the whole family! Put on your reindeer antlers and your running shoes and come join us for some summer cheer.
- July 9 Sat * Bear Paw 5K Run – Eagle River**
 Meet time: 8:30 am bib pick-up/reg.– Main Street Eagle River
 Race time 10:30 am, Entry fee: \$30; \$80 family of 4 (immediate only), additional members \$20; \$40/\$95 family of 4 race day, includes t-shirt For entry only, no t-shirt, \$20/\$60 family of 4 (immediate only), \$25/\$70 family race day
 Contact: Joey Caterinichio
jcaterinichio@alaska.net
 Bear Paw Hotline 274-6960
info@cer.com
 Sponsored by: Healthy Futures, Anchorage Women's Clinic, Midas, Skinny Raven Sports, Hosted by: ANR/ERNTC
 Sign up at Skinny Raven, Eagle River Chamber ofCommerce, or register on-line @ www.cer.org or www.skinnyraven.com.
 Fun for all ages

*Children's age groups/ability levels available

Anchorage Club



May

11th

Do Run Run

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

28th

Trent Waldron Glacier 1/2 Marathon

A good Tune up for Mayor's or BWLR.

June

8th

Mugwumps 10K

A mid packer's challenge.
Free with ARC membership

July

10th

Boondocks Breakaway 2.5K & 5K

Trail Run with social afterwards.
Free with ARC membership

13th

Master's 5K & 10K

Life begins at 40!
Free with ARC membership

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



*Children's age groups/ability levels available

Running

www.anchoragerunningclub.org

August

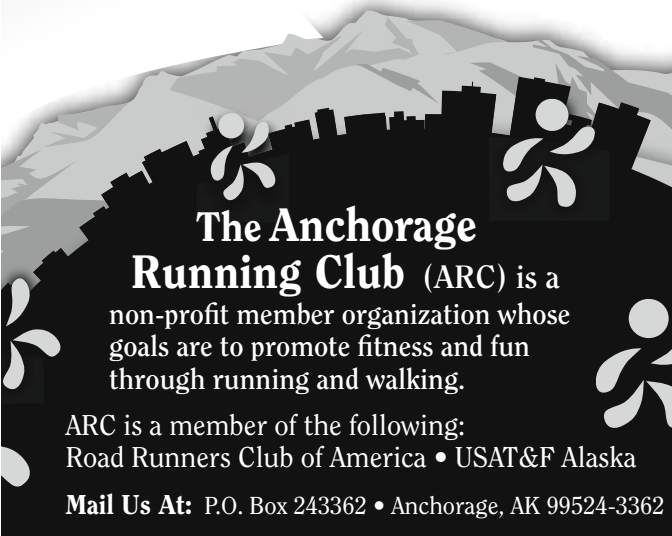
20th & 21st Anchorage RunFest
Our biggest race event & runners expo.
Full page ad on page 66.

September

**24th Octoberfest Run
5K & 10K**
Food and clothing for the needy.

October

**8th Zombie 1/2 Marathon
Kids Zombie Mini 2.5K**



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

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

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

*Children's age groups/ability levels available

July 9 Sat Hatcher Pass Marathon – Willow
Meet time: 7am – Willow Creek Bridge at the end of Shirleytown Road, mile 43.25 of Willow Fishhook Rd.
Marathon – Mostly gravel road Point to Point route with 4,000 feet of elevation gain.
Race time: 8 am Entry Fee: \$70
Contact: Shawn McTaggart 425-766-7446
HPmarathon@yahoo.com
Tony Covarrubias 253-880-2870
www.willowrunningcompany.com
26.2 miles and 3-person relay. Start Willow side Hatcher Pass Road. Point to point uphill on gravel road 25 miles, then downhill 1.2 miles to finish at Independence Mine.

July 10 Sun 16th Annual Ester Dome Ass Kicker #4 Trail Series – Fairbanks
Time: 10 am – Golden Eagle and Ester Gold Camp parking lots
Distance: 6.75 miles
Contact: Oralee Nudson 252-0530
Robbin Garber-Slaght 378-4989
Sponsored by: RCN, Goldstream Sports
Very steep trail run! Toughest short distance race in the Interior.

July 10 Sun Pioneer Ridge Vertical Mile – Palmer
Meet time: 9 am – Pioneer Ridge Trailhead, Mile 4 E. Knik River Rd
4.5 miles – Uphill-only race on steep singletrack trail with 5,300 feet of vertical gain
Race time: 11am Entry fee: \$5
Contact: Matias Saari 529-4178
matiasmountain@gmail.com
Ben Marvin 317-8115
alaskamountainrunners.org
Due to limited parking, a shuttle will begin at 9:30am at Mile 1.9 E. Knik River Rd. Slower participants may park at the trailhead and start early at 10 am.

July 10 Sun Boondocks Breakaway – Anchorage
Race time: 11am – Kincaid Bunker
* 2.5 & 5K – scenic trails thru park
Entry fee: ARC Membership
Contact: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Race day registration only. Trail Run with social afterwards.

July 13 Wed Alaska Men's Run Registration & Bib PU– Anchorage
4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 16)
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 15
Race day registration from 8:30–9:30 am

*Children's age groups/ability levels available

ANCHORAGE RUNNING CLUB



**August 20-21,
2016**

START/FINISH DOWNTOWN

SATURDAY



Kids' 2K FunRun

The Anchorage Mile
USATF Certified

SUNDAY



49K Ultra



**Marathon, Marathon Walk,
Marathon Relay**

RRCA Western Regional Championship/
USATF Certified/Boston Marathon qualifier



Half Marathon

USATF Certified



5K

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

Register online at: www.anchoragerunfest.org

*Children's age groups/ability levels available

- July 13 Salmon Run Series #2 – Soldotna**
Wed Meet time: 5pm – Tsalteshi Trails
 5K – multiple loop, hilly, groomed trail course
 Race time: 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
Rhonda@kenaiwatershed.org
 KWF Office 260-5449
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week
 5 series race, all ages, walkers welcome
- July 13 Master's 5 & 10K – Anchorage**
Wed Meet time: 5:30 pm – Chuck Albrecht Fields
 Distance: 5 & 10K
 Race time: 6 pm Entry fee: Check ARC Website
 Contact: info@anchorageclub.org
www.anchorageclub.org
 Sponsored by: Anchorage Running Club
 Limited to runners 40 years of age or older
- July 13 Orienteering Meet – Anchorage**
Wed Meet time: 5-7pm – Russian Jack Park
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy
 Futures Series Event – www.healthyfutures.ak.org
- July 14 USATF AK All-Comers Meet - Anchorage**
Thur Meet time: 5:30-8:30pm – The Dome
 Entry fee: \$5 per event; \$2 per event for USATF members
 Contact: Jason Hofacker 854-4863
jhofacker@acsedu.org
www.usatf.org/assoc/ak/
 Sponsored by: USATF Alaska & The Dome
 Registration: 5:30-6 pm. Field events start at 6 pm
- July 14 Alaska Men's Run Registration & Bib PU– Anchorage**
Thu Meet time: 4 – 6:30 pm – Skinny Raven Sports, 800 H St (run
 July 16)
 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 15
 Race day registration from 8:30–9:30 am
- July 14 Steve's Equinox Training #2 – Fairbanks**
Thu Meet time: 6 pm – Ann's Greenhouse pull-out
 8 miles – Equinox Trail Mile 8.5 – 4.5 – 8.5
 Contact: George Berry & Trail Elves 687-8769
 Sponsored by: Running Club North

*Children's age groups/ability levels available

- July 16 Miles for Meals on Wheels – Wasilla**
Sat Meet time: 9 am – 1301 S. Century Cir., Wasilla
 5K – flat with some small hills
 Race Time: 11am Entry fee: \$20
 Contact: Jen Burkmire 376-3104
JenB@alaskaseniors.com
 Mary Lackey 376-3104
www.wasillaseniors.com
 Sponsored by: Wasilla Area Seniors, Inc.
 Non-sanctioned fun run and walk. Wheelchairs allowed. No pets, please.
- July 16 XTERRA Hammerman Duathlon – Anchorage**
Sat Meet time: 8 am – Little Campbell Lake
 1.2M trail run, 14M mtn bike, 4M trail run, off road duathlon
 Race time: 10 am Entry fee: \$82; late entry \$102
 Contact: Andy Duenow 344-2740
ajdino@gci.net
 Jason Lamoreaux 350-3625
www.alaskatriathlon.org
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers
 Coffee, Skinny Raven, AA Spine & Pain Clinic
 Presented by: Alaska Triathlon Club
 This is an off-road event on the dirt trails of Kincaid Park.
 The use of road, cross or hybrid bikes is not allowed. This is a mountain bike only event.
- July 16 XTERRA Hammerman Triathlon – Anchorage**
Sat Meet time: 8 am – Little Campbell Lake
 .5M lake swim, 14M mtn bike, 4M trail run – off road triathlon
 Race time: 10 am Entry fee: \$82; late entry \$102
 Contact: Andy Duenow 344-2740
ajdino@gci.net
 Jason Lamoreaux 350-3625
www.alaskatriathlon.org
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers
 Coffee, Skinny Raven, AA Spine & Pain Clinic
 Presented by: Alaska Triathlon Club
 This is an off road event on the dirt trails of Kincaid Park.
 The use of road, cross or hybrid bikes is not allowed. This is a mountain bike only event.
- July 16 Alaska Men's Run – Anchorage**
Sat Meet time: 8:30 am – Anchorage Football Stadium
 * 5 mile run/2 mile walk – Chester Creek paved trails
 Race time: 10 am
 Entry fee: \$45/\$80 race day, includes t-shirt, prizes & post race BBQ!
 Contact: Dave Fisher 622-9243
dfisher@gci.net
 John Swartz 349-0906
 Sponsored by: Alaska Men's Run Race Board
 Register on-line @ www.alaskamensrun.com thru July 15
 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!

*Children's age groups/ability levels available

- July 16 Alaska Salmon Runs – Cordova**
Sat Meet time: 6:20 am – Copper River delta
 * 26.2 miles – one-way, flat, half gravel, half paved
 Race time: 7am Entry fee: \$50
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!
- July 16 Alaska Salmon Runs – Cordova**
Sat Meet time: 9 am – Copper River delta
 * 13.1 miles – one-way, flat, paved
 Race time: 9:30am Entry fee \$50
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!
- July 16 Alaska Salmon Runs – Cordova**
Sat Meet time: 10 am – Cooper River delta
 * 5K – one-way, flat, paved
 Race time: 10:30 am Entry fee \$20
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!
- July 16 Alaska Salmon Runs – Cordova**
Sat Meet time: 10 am – Cooper River delta
 * 10K – one-way, flat, paved
 Race time: 10:30 am Entry fee \$20
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

*Children's age groups/ability levels available

- July 16 Alaska Salmon Runs – Cordova**
Sat Meet time: 11am – Cooper River delta
 * 1 mile – one-way, flat, paved
 Race time: 11:15am Entry fee \$20
 Contact: Kristin Carpenter 424-3334
runningwild@copperriver.org
www.copperriverwild.org
 Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
 From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!
- July 16 Opera Fairbanks/FNBA Run of the Valkyries #4 Usibelli Cup – Fairbanks**
Sat Time: 10 am – Pioneer Park
 Distance: 8K
 Contact: Thomas Gross 322-7093
tjlandclearing@alaska.net
 Sponsored by: FNBA
 Trophies, costume contest. T-shirts for first 250.
 \$15 under 16 and \$20 Pre bid pick up, \$25 at bib pick up and \$35 on race day.
- July 16 Angel Creek 50 Miler – Fairbanks**
Sat Compeau Trailhead, Chena Hot Springs Road
 Distance: 50 miles
 Contact: Drew Harrington
info@angelcreek50.org
 Karen Taber 450-9620
ktrailrunner@gmail.com
 George Berry 687-8769
gcberry@att.net
 Sponsored by: Running Club North
 Registration on-line at ultrasignup.com and see www.angelcreek50.org for more information.
- July 16 Berry Run - Dillingham**
Sat Meet time: 12 pm
 Distance: 60 minutes
 Free Community Event.
 Contact: Michael Halko
mghalko@yahoo.com
 Visit Facebook, Rural People in Motion
- July 17 20th Annual 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: Jessica Girard 452-5021 Girard@northern.org
 Anna Sorensen
 Sponsored by: Northern AK Environmental Center

*Children's age groups/ability levels available

- July 17 Sun Her Tern Women's ½ Marathon - Anchorage**
 Meet time: 8 am – Delaney Park Strip (West End)
 13.1 miles – out & back
 Race time: 9 am, walkers wave at 8 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Her Tern Boutique, Brooks
 Women's only ½ marathon, perfect training opportunity
 for the Big Wild Life Full Marathon
- July 17 Sun Her Tern ¼ Marathon - Anchorage**
 Meet time: 8 am – Delaney Park Strip (West End)
 6.55 miles – out and back course
 Race time 9:10 am
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Her Tern Boutique, Brooks
- July 20 Wed Alaska Mustache Dash – Palmer**
 Meet time: 6 and 6:30 pm – MTA Events Center
 5K and kids 1 mile - Flat, fast, scenic, some on road & some off
 Race time: 6 pm for 1 Miler and 6:30 pm for 5K
 Entry fee: Adults \$25/Ages 11 - 19, \$20/Ages 10 & under, \$15
 Contact: Missy & Rick Keil
 355-3535
alaskamustachedash.com
 Same day registration is available though pre-registration
 is encouraged. Bring your family and friends out for this fun
 filled 5k run/walk and kids 1 miler! Mustache Contest, music,
 food Lots of door prizes from our generous small business
 sponsors! FREE mustache painting for all!
 Proceeds benefit local youth hockey
- July 20 Wed Salmon Run Series #3 – Soldotna**
 Meet time: 5 pm – Tsalteshi Trails
 5K – multiple loop, hilly, groomed trail course
 Race time: 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
Rhonda@kenaiwatershed.org
 KWF Office 260-5449
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week
 5 series race, all ages, walkers welcome
- July 20 Wed Orienteering Meet – Anchorage**
 Meet time: 5-7 pm – Kincaid Raspberry Lot Bike and Foot-O
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy
 Futures Series Event – www.healthyfutures.ak.org
- July 21 Thu Steve's Equinox Training #3 – Fairbanks**
 Meet time: 6 pm – Ann's Greenhouse Pull-out
 8 miles – Equinox trail Mile 8.5 – 12.5 – 8.5
 Contact: George Berry and Trail Elves 687-8769
 Sponsored by: Running Club North

*Children's age groups/ability levels available

July 22 Jeff Dusenbury Sweat Fest & Fun Run – Anchorage
Fri Meet Time: 5:30 pm – West High School
5 mile & 2 mile – Scenic course from West HS onto the Coastal and Chester Creek Trails, finishing back at West High.
Race time: 7pm Entry Fee: Pre-register \$35 adult/\$20 youth.
Race day onsite registration \$40/\$25
Contact: Missy Roberts
missyaak@gmail.com
Sheila Swanson
www.jeffdusenburysweatfest.com
Sponsored by: Jeff Dusenbury Memorial
Join the fun for this event in honor of Jeff Dusenbury. An event for the whole family honoring Jeff and raising money to support the organizations to which he gave so much.

July 22 Kids' Cross Country Races – Fairbanks
Fri Meet Time: 6 pm – West Valley HS Trails (start at Soccer Field)
Distance: 0.5 and 1.5 mile options
Contact: Tracey Martinson 474-8353
tamartinson67@gmail.com
Monte Jordan 451-8696
mjresourcesak@gmail.com
Sponsored by: RCN
Free. Registration 5:45 pm.

July 23 Subway Tri-Harder-Thon – Seward
Sat Meet time: 8 am Shuttle to start – Wellington Picnic Area
5 mile kayak, 6 mile trail run, 15 mile road bike – adventure race triathlon
Race time: 10 am Entry fee: Earlybird fee \$75 solo or \$125 team by 6/27. Discounts available.
Contact: Melanie Hauze 224-4011
mhauze@cityofseward.net
Robert Perea 224-4054
www.cityofseward.us or www.runsignup.com
Sponsored by: Subway & Seward Parks and Rec
Not you're traditional Triathlon, Seward's only Adventure Challenge! Teams must consist of three different individuals, 18 years and older. Athletes are required to provide own kayak. Limited to 80 participants, need 20 participants to hold the event.

July 23 Alyeska Golden Mile – Fairbanks
Sat Time 9:50am – Aurora Energy Power Plant on First Avenue
Distance: 1 mile
Contact: Jim Brader 452-4986
Andy Holland 479-4444
Sponsored by: RCN & Literacy Council of Alaska
Great prizes. Fund Raiser for Literacy Council of Alaska.
\$5 extra race day entry.

July 23 22nd Annual Sourdough Triathlon (1/2 Ironman) – Fairbanks
Sat Meet Time: 10 am – 30.5 Mile Steese highway
Distance: 1.2 swim, 56 bike, 13.1 run
Contact: Tyson Flaharty
Amber Barlow
thebreakuptri@hotmail.com
Sponsored by: Alaska's Sourdough Triathlon
\$50 + \$12 one day fee. USAT sanctioned. 99 participant limit.
Relay options.

*Children's age groups/ability levels available

- July 24 Sun 51st Annual Gold Discovery Run #5 Usibelli Cup – Fairbanks**
 Meet Time: 8 am-9 am – Fox Roadhouse
 Distance: 16.5 Miles
 Contact: Gary Pohl 388-8085
runningclubnorthcalendar@gmail.com
 Sponsored by: RCN & Others
 Usibelli Cup Event and 50th Annual. Limited to 200 runners.
 BBQ and awards.
- July 27 Wed Salmon Run Series #4 – Soldotna**
 Meet time: 5pm – Tsalteshi Trails
 5K – multiple loop, hilly, groomed trail course
 Race time: 6 pm
 Entry fee: \$10 on-line/\$15 in person/\$45 series
 Contact: Rhonda McCormick 260-5449 x 1203
Rhonda@kenaiwatershed.org
 KWF Office 260-5449
www.kenaiwatershed.org
 Sponsored by: Kenai Watershed Forum
 Race course differs each week
 5 series race, all ages, walkers welcome
- July 27 Wed Orienteering Meet – Anchorage**
 Meet time: 5-7pm – Fossil Creek Fort Richardson
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy
 Futures Series Event – www.healthyfutures.ak.org
- July 28 Thur USATF AK All-Comers Meet - Anchorage**
 Meet time: 5:30-8:30pm – The Dome
 Entry fee: \$5 per event; \$2 per event for USATF members
 Contact: Jason Hofacker 854-4863
jhofacker@acsedu.org
www.usatf.org/assoc/ak/
 Sponsored by: USATF Alaska & The Dome
 Registration: 5:30-6 pm. Field events start at 6 pm
- July 28 Thu Steve's Equinox Training #4 – Fairbanks**
 Meet time: 6 pm – Top of Ester Dome
 5 miles – Equinox “out & back”
 Contact: George Berry and Trail Elves 687-8769
 Sponsored by: Running Club North
- July 30 Sat Run for Relief - Anchorage**
 Meet time: 9 am – 4240 Wisconsin St.
 5K – flat, side walk/bike paths in West Anchorage
 Race time: 10 am Entry fee: Donation
 Contact: Scott Clemetson 244-1119
miles@alaska.net
 Dianna Clemetson 244-2217
www.faithak.com
 Sponsored by: Faith Christian Community
 A fun family event to support relief efforts in Burma and
 Christian outreach to the oppressed and persecuted. This
 course is USATF certified, get an official PR!

*Children's age groups/ability levels available

- July 30 Sat Running Free 4 Miler – Anchorage/Eagle River**
 Meet time: 8:00am - Eagle River High School
 4 miles - out and back mostly flat with one hill
 Race Time: 8:30 am Entry fee: \$25
 Contact: Tim Alderson 907-301-6512
info@runningfreealaska.com
www.runningfreealaska.com
 Sponsored by: Running Free Alaska
 Race support from inmates housed at Hiland Mountain Correctional Center.
- July 30 Sat Warriors Fun Run & 'Lil Warriors Run-Palmer**
 Meet Time: 8:30 am – 10690 N. Mountain Trails Dr.
 5K & 1 mile – loop trail, some hills
 Race time: 10 am Entry fee: \$25
 Contact: Wendie Greathouse 357-0113
weedy@mtaonline.net
 Adrian Bell 354-7976
runsignup.com
 Sponsored by: Wasilla Warriors XC Booster Club
 Must register and pay by July 1st to guarantee a shirt. Awards for top runners. Fun drawing prizes.
- July 30 Sat 23rd Annual Chena Hot Springs Run & Soak #5 Trail Series – Fairbanks**
 Meet Time: 11am – Angel Rocks Trailhead
 Distance: 8.5 miles trail
 Contact: Keith Pollock 479-0779
 Sponsored by: RCN, Chena Hot Springs
 Entry fee – potluck BBQ.
- July 30 Sat USATF AK All-Comers Championship - Anchorage**
 Meet time: 9 am-4pm – The Dome
 Entry fee: \$5 per event; \$2 per event for USATF members
 Contact: Jason Hofacker 854-4863
jhofacker@acsedu.org
www.usatf.org/assoc/ak/
 Sponsored by: USATF Alaska & The Dome
 Registration: 9-10 am. Field events start at 10 am.
- July 31 Sun REI Run Series – Anchorage**
 Race starts at 10:30 am - Hilltop Ski Area
 5K – Hilly, loop course on Hillside ski trails and singletrack.
 Race time: 10:30 am Entry fee: \$15
 Contact: REI - Mike Morganson 272-4565
mmorgan@rei.com
www.rei.com/anchorage
 Sponsored by: REI
- July 31 Sun Bearfest Marathon, ½ Marathon & 5K - Wrangell**
 Meet time: 7am – 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, Southeast Beasts
 USATF certified.

*Children's age groups/ability levels available

**Aug
Tues** **Exceed Women's Running Team – Anchorage**
Meet time: 6 pm – Various locations
Coached workouts, track and trail runs
Entry Fee: Membership \$100/season
Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
Paola Banchemo 223-5102
www.runexceed.org
Sponsored by: Exceed Women's Running Team
We meet every Tuesday at 6 pm, April through August. Check website for locations and workout details.
You can attend twice for free before paying membership fee.
All levels are welcome!

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

**Aug
Tues** **Women's Training – Fairbanks**
Meet time: 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
Tues** **Men's Training – Fairbanks**
Meet time: 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
www.runningclubnorth.org
Sponsored by: Running Club North

**Aug
Tue &
Thu** **Valley Women's Running Team – Palmer**
Meet Time: 6 pm – Colony High School
Tues track work out, Thu trail runs –
various locations around the valley

Wed **Mat-Su Running Club-Co-Ed Group – Palmer**
Meet time: 6 pm – Colony High School
Contact: Rhonda Knopp 355-6258
rhondaknopp@hotmail.com
Norm Rousey
coachrousey@hotmail.com
vwrt.org
Sponsored by: Valley Women's Running Team and Mat-Su Running Club
Runners of all ability levels welcome
Coached training held each week of April thru mid-August
with trail runs thru September

*Children's age groups/ability levels available

18th Annual Wildlife Rescue Run & Walk

Saturday
Aug. 6, 2016



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

Aug Wed **Summer Hoodoo Goldstream Beer Runs - Fairbanks**
Meet Time: 6 pm – Hoodoo Brewery

Distance: 1-3 miles

Contact: Stacy Fisk 455-6520

stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery & Goldstream Sports
Walkers welcome.

Aug 1-5 **Alaska Youth Running Camp - Fairbanks**

M-F Meet time 8 am-4pm – UAF Student Rec Center

Distance: varies each day

Contact: Susan Kramer 590-5086

Mark Oldmixon 474-5886

Eventplanning2004@hotmail.com

Sponsored by: UAF DRAW

Registration and fee information at www.uaf.edu/draw

Aug 3 **Salmon Run Series #5 – Soldotna**

Wed

Meet time: 5pm – Tsalteshi Trails

5K – multiple loop, hilly, groomed trail course

Race time: 6 pm

Entry fee: \$10 on-line/\$15 in person/\$45 series

Contact: Rhonda McCormick 260-5449 x 1203

Rhonda@kenaiwatershed.org

KWF Office 260-5449

www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum

Race course differs each week

5 series race, all ages, walkers welcome

*Children's age groups/ability levels available

Aug 3 **Orienteering Meet – Anchorage**
Wed Meet time: 5-7pm – UAA Campus
Entry fee: \$8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details and updates. A Healthy
Futures Series Event – www.healthyfutures.ak.org

Aug 4 **Steve's Equinox Training #5 – Fairbanks**
Thu Meet time: 6 pm – Top of Ester Dome
9 miles – Equinox Trail Mile 17 – 21.5 – 17
Contact: George Berry and Trail Elves 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North

Aug 6 **Celebrate Life! 5K Run & Walk – Soldotna**
Sat Meet time: 8:30 am – Soldotna Bible Chapel
5K – flat, residential & along Kenai Spur Hwy
Race time: 10 am Entry fee: Free
Contact: Colleen Ward 283-9062
cward@abcwecare.org
All staff 283-9062
www.abcwecare.org
Sponsored by: ABC Pregnancy Care Center
Free t-shirt, registration and brunch. Registration begins
at 8:30 am. Runners 5K starts at 10 am and walkers start at
10:05 am on a shorter course suitable for all ages.



Kenai Peninsula Run for Women

5K and 10K Courses • 10 a.m. Start
Awareness Event

Saturday, August 13, 2016

*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: www.leeshoreak.org

The LeeShore Center is a United Way agency



*Children's age groups/ability levels available

- Aug 6 Wildlife Rescue Run/Walk – Seward**
Sat Meet time: 9:30–11:30 am – Alaska SeaLife Center
 5K – mostly flat, scenic route along waterfront
 Race time: 11:15am walkers, 12 Noon runners
 Entry fee: \$25; \$30 Race Day
 Contact: Nancy Anderson 224-6396
nancya@alaskasealife.org
 Shannon Wolf 224-6355
shannonw@alaskasealife.org
www.alaskasealife.org
 Sponsored by: Alaska SeaLife Center
 Entry fee includes t-shirt & admission to ASLC race day
 Proceeds benefit the rescue, rehabilitation & release of Alaska marine animals
- Aug 6 Matanuska Peak Challenge - Palmer**
Sat Meet time: 8 am – Lazy Mountain Parking Lot
 14 miles – 9,100' vertical gain
 Race time: 9 am Entry fee: \$30
 Contact: Braun Kopsack 746-5133
 Lance Kopsack 745-5966
www.alaskamountainrunners.org
 Sponsored by: Knik Glacier Adventures
 No aid stations available. Mandatory gear (windbreaker/long underwear tops/bottoms, hat, gloves, H2O bottle) required.
- Aug 6 Alaska 10K Classic – Anchorage**
Sat Meet time: 9 am – APU, Moseley Sports Center
 * Race time 10 am, Entry fee: Check Website
 Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com
 This event run in conjunction with USATF 10K Road Running Championships
 A USA Track & Field Sanctioned Event
 Proceeds benefit Special Olympics Alaska
- Aug 6 23rd Santa Claus ½ Marathon #6 Usibelli Cup – North Pole**
Sat Race time: 8-9 am – North Pole High School
 13.1 miles – flat, out & back, Entry fee: \$20 advance/No race day registration.
 Contact: Colin Topp 488-3761
colintopp@k12northstar.org
 Awesome post race BBQ!
- Aug 6 Salmon Run 5K & 10K - Dillingham**
Sat Meet time: 12 pm
 Distance: 5K & 10K
 Free Community Event.
 Contact: Michael Halko
mghalko@yahoo.com
 Visit Facebook, Rural People in Motion

*Children's age groups/ability levels available

- Aug 7 Sun Yukon River Trail Marathon – Whitehorse, Yukon**
 Race time: 8:30 am - Rotary Park
 Relay Half or Full Marathon – mostly trails along Yukon River.
 Entry fee: \$50-60
 Contact: Ken Sylvestre 867-668-7592
yukonmarathon@gmail.com
www.yukonmarathon.com
 Hilly run on trails along Yukon River. Relay is 2, 3 or 4 person covering entire Marathon course.
- Aug 7 Sun Alaska State Championship Triathlon – Anchorage**
 Meet time: 8 am – TBD
 1.5K lake swim, 40K road bike, 10K run. – Olympic distance road triathlon
 Race time: 10 am Entry fee: \$85; late entry \$105
 Contact: Andy Duenow 344-2740
ajdino@gci.net
 Jason Lamoreaux 350-3625
www.alaskatriathlon.org
 Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven
 Presented by: Alaska Triathlon Club
 This is a lake swim, road based, Olympic distance event. We are still working to determine the location for the 2016 event.
- Aug 7 Sun Running with the Bulls – Palmer**
 Meet time: 11am – Musk Ox Farm
 1K/5K/10K – Hills, grass, gravel, flat
 Race time: 1 pm Entry fee: Adults: \$30 Children: \$15
 Contact: Musk Ox Farm 745-4151
info@muskoxfarm.org
www.muskoxfarm.org
 A nice run through our pastures. We have gravel, hills and grass. There is a 1K for kids and a 5K/10K run for those who are looking for a challenge.
- Aug 10 Wed Orienteering Meet – Anchorage**
 Meet time: 5-7pm – Service High School
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy Futures Series Event – www.healthyfutures.ak.org
- Aug 11 Thu Steve's Equinox Training #6 – Fairbanks**
 Meet time: 6 pm – Top of Ester Dome
 9+ miles - Equinox Trail Mile 17 to St Pats & up Ester Dome
 Contact: George Berry & Trail Elves 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North

*Children's age groups/ability levels available

Aug 12 Tator Trot 5K– Palmer
Fri Meet time: 4-6 pm, Location: TBD
5K - flat, some hills, paved bike trail
Race time: 6:30 pm Entry Fee: \$25; \$10 for 13 and under
Contact: Rhonda Knopp 355-6258
valleywomensrunningteam@gmail.com
vwrt.org or Facebook page
Sponsored by: Valley Women's Running Team,
Mat-Su Running Club Event open to men, women and families

Aug 13 Kenai Peninsula Run for Women – Kenai
Sat Meet time: 9 am – Kenai City Park
5K & 10K – multi-looped course thru downtown streets
Race time: 10 am Entry fee: \$20/\$25 race day
Contact: Georgia Putney 283-9479
gputney@leeshoreak.org
Ashley Blatchford 283-9479
www.leeshoreak.org
Sponsored by: The LeeShore Center
Course is wheelchair accessible & certified

Aug 13 Eagle River Challenge Race – Eagle River
Sat Meet time: 9 am – Eagle River Nature Center
* 5 & 10K – Dew Mound and Historic Iditarod Trails
Race time: 10 am
Entry Fee: \$30 til August 12, 3 pm; \$35 race day
Contact: Asta Spurgis 694-2108
info@ernc.org
Laura Kruger 694-2108
www.ernc.org
Sponsored by: REI
Trail races on uneven terrain with some hills. Fundraiser for
Friends of Eagle River Nature Center.

Aug 13 Lace Up for Leukemia 5K Fun Run/Walk - Fairbanks
Sat Race time: 10 am – Pioneer Park, Wilderness Pavilion
5K Run/walk
Contact: Jill Dolan 978-0112
dolanynp@hotmail.com
Sponsored by: RCN/LLS
Fast, flat 5K along the Chena River bike path. Family friendly.
All proceeds to LLS Team-in training

Aug 13 Nifty Fifty – Juneau
Sat Meet time: 8 am – End of Basin Road
50K, 25K, 10K – Perseverance trail, Granite Creek trail,
Mt. Roberts trail, and Salmon Creek Trail
Race time: 8:30 am for 50K, 9 am for 25K/10K
Entry fee: \$20 for 50K and \$15 for 25K/10K
Contact: Keith Levy 586-1427
keithblevy@gmail.com
<http://ultrasignup.com/register.aspx?eid=3663>
Sponsored by: Southeast Road Runners
Challenging course on beautiful trails with lots of climbing.

Aug 13 Granite Tors Trail Run #6 Trail Series – Fairbanks
Sat Time: 10 am – 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. Start at 10 am.

*Children's age groups/ability levels available

- Aug 13 Alyeska Mountain Run – Girdwood**
Sat Meet time: 9 am – Alyeska Aerial Tram (base)
 2.2 miles – North Face Hiking Trail
 Race time: 10 am Entry fee: \$30
 Contact: Brian Burnett 382-5880
burntski@gmail.com
 Deb Essex 229-1902
www.skigirdwood.org
 Sponsored by: Girdwood Nordic Ski Club
 Alaska Mountain Runners Gran Prix Event.
- Aug 14 Share Your Spare Kidney Dash – Anchorage**
Sun 5K – Skinny Raven
 Entry fee: see AKPA Website for entry fee
 Contact: Kristie Lemmon 240-2562
kristie@alaskakidney.org
www.alaskakidney.org
 Sponsored by: Alaska Kidney Patients Association (AKPA)
 Skinny Raven will be taking care of all the race day details,
 including the course. Share your Spare Kidney
 Dash highlights the need for living donors to share their
 spare kidney with an Alaska waiting for a transplant.
- Aug 14 Dirty Deeds Tri - Fairbanks**
Sun Meet time: 10 am – UAF Patty Center and UAF Trails
 300yd snake swim, 6 mile mtn bike, 5K trail run
 Entry fee: \$30 + \$12 one day USAT membership
 Contact: Tyson Flaherty 203-5535
 Amber Barlow
thebreakuptri@hotmail.com
 Registration open Feb 1st on active.com. Relay teams are not
 allowed and a 99 racer limit.
www.arctic-triathlon-series.weebly.com
- Aug 14 Alaska International Senior games Track & Field Events – Fairbanks**
Sun Time: Various – Location: TBD
 Distance: Various
 Contact: Bad Bob Baker
alaskaisg@gmail.com
 Sponsored by: AISG
 Must preregister with Senior Games and be age 50
www.alaskaisg.org
- Aug 15 Alaska International Senior Games 5K – Fairbanks**
Mon Race time: 6:30 pm – Chena Lakes Rec Area
 Contact: Don Kiely 455-6749
donkiely@alaskaisg.org
www.alaskaisg.org
 Sponsored by: Alaska International Senior Games
 Must pre-register with Senior Games & be 50 years & up
- Aug 17 Orienteering Meet – Anchorage**
Wed Meet time: 5-7pm – Goose Lake Park
 Entry fee: \$8 adults/kids free
 Sponsored by: Arctic Orienteering Club
 See www.oalaska.org for details and updates. A Healthy
 Futures Series Event – www.healthyfutures.ak.org

*Children's age groups/ability levels available

- Aug 17 Wed Alaska Internaional Senior Games 10K – Fairbanks**
 Race time: 6:30 pm – Chena Lakes Rec Area
 Contact: Don Kiely 455-6749
donkiely@alaskaisg.org
www.alaskaisg.org
 Sponsored by: Alaska International Senior Games
 Must pre-register with Senior Games & be 50 years & up
- Aug 18 Thu Steve’s Equinox Training #7 – Fairbanks**
 Meet time: 5:30 pm – UAF Patty Center to shuttle to Ester Dome
 9.5 miles, Equinox Trail Mile 17 – 26.2 finish
 Contact: George Berry & Trail Elves 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North
 Shuttle from Patty Center to Ester Dome
- Aug 19 Fri Running Dead Fairbanks – Fairbanks**
 Meet time: 6 pm – Location TBA
 5K Fun Run
 Contact: Michelle Maynor 460-7223
badlady53@gmail.com
 Chaia Brower 378-5636
shadylady050@gmail.com
 Sponsored by: Fairbanks Roller Girls
 5K Fun Run with Zombies
- Aug 19 Fri Anchorage Running Club’s “Anchorage RunFest”
 Bib/Packet PU & Registration & Expo - Anchorage**
 Meet time: 3 - 7 pm –Dena’ina Center
 Contact: sharron@ancrun.org
www.anchoragerunfest.org
 Formerly known as Big Wild Life Runs
- Aug 20 Sat Anchorage Running Club’s “Anchorage RunFest”
 Bib/Packet PU, Last Change Reg. & Expo - Anchorage**
 Meet time: 9 am - 4 pm –Dena’ina Center
 Contact: sharron@ancrun.org
www.anchoragerunfest.org
 Formerly known as Big Wild Life Runs
- Aug 20 Sat Anchorage Running Club’s “Anchorage RunFest”
 Pasta Feed - Anchorage**
 Meet time: 12:30 – 2:30 pm –Dena’ina Center
 Entry fee: \$10/free for volunteers
 Contact: sharron@ancrun.org
www.anchoragerunfest.org
 Purchase on-line or at Bib/Packet pick-up
 Formerly known as Big Wild Life Runs
- Aug 20 Sat Anchorage Running Club’s “Anchorage RunFest”
 The Anchorage Mile - Anchorage**
 * Race time: 11:00 am – Delaney Parkstrip
 Contact: sharron@ancrun.org
www.anchoragerunfest.org
 Sponsored by: ARC
 Race consists of six heats
 Formerly known as Big Wild Life Runs

*Children’s age groups/ability levels available

- Aug 20** **Anchorage Running Club's "Anchorage RunFest"**
Sat **The Children's Hospital at Providence's Kids 2K - Anchorage**
 * Race time: 10:00 am – Delaney Parkstrip
 2K - untimed, flat, city streets
 Entry fee: Donation, for ages 12 & under
 Contact: sharron@ancrun.org
 Sponsored by: ARC & The Children's Hospital at Providence
 Medals & Hats For All
 A Healthy Futures Series Event - www.healthyfuturesak.org
 Formerly known as Big Wild Life Runs
- Aug 20** **9th Annual Seekins Ford Golden Heart Trail Run #7 Usibelli**
Sat **Cup - Fairbanks**
 Race time: 10:00 am – Birch Hill Recreation Area
 Distance: Cross Country
 Contact: John Estle
Sportalaska.com
 Sponsored by: Seekins Ford, organized by Nordic Ski Club
 T-shirts, prize table.
- Aug 20** **22nd Annual Beach Run & Ride - Homer**
Sat Meet time: 10:30 am – Mariner Park
 Contact: Heather O'Connor 235-3436
Heather@kbfpc.org
kbfpc.org
 Sponsored by: Kachemak Bay Family Planning Clinic
- Aug 20** **Superhero 5K Fun Run – Kenai**
Sat Meet time: 10:30 am – Kenaitze Tribal Court House
 5K – Mostly pavement, some gravel and a couple small hills
 Race time: 11am Entry Fee: Adults \$25/Children \$15
 Contact: Thia Peters 335-7219
tpeters@kenaitze.org
 Jessica Crump
jcrump@kenaitze.org
 Sponsored by: Kenai Peninsula CASA
 The Superhero course starts and finishes at the
 Dena'ina Wellness Center in Old Town Kenai, following a
 circular route past the mouth of the Kenai River on Cook
 Inlet.
 Mostly pavement, with some gravel and a couple small hills.
- Aug 21** **Anchorage Running Club's "Anchorage RunFest"**
Sun **United Physical Therapy 49K Ultra Race - Anchorage**
 * Meet – 6th Avenue near Town Square
 Relatively flat, some hills, & paved trails
 Race time: 7am Entry fee: Check website
 Discount for ARC members/military
 Contact: sharron@ancrun.org
www.anchoragerunfest.org
 Sponsored by: ARC & United Physical Therapy
 USATF certified course, professional timing
No Race Day Registration or Bib Pick-up
 Formerly known as Big Wild Life Runs

*Children's age groups/ability levels available

Aug 21 Sun * **Anchorage Running Club's "Anchorage RunFest" Moose's Tooth Run/Walk Marathon & Bear Tooth's 4-Person Marathon Relay – Anchorage**
Meet – 6th Avenue near Town Square
Race time: Walk 7 am, Run/Relay 8 am
Relatively flat, some hills, & paved trails
Race time: 8 am Marathon/Relay, 8 am Marathon Walk
Entry fee: Check website, discount for ARC members/military
Contact: sharron@anchrun.org
www.anchoragerunfest.org
Sponsored by: ARC, Moose's Tooth & Bear Tooth
USATF certified course, professional timing
No Race Day Registration or Bib Pick-up
Formerly known as Big Wild Life Runs

Aug 21 Sun * **Anchorage Running Club's "Anchorage RunFest" Skinny Raven ½ Marathon - Anchorage**
Meet – 6th Avenue near Town Square
Relatively flat, some hills, & paved trails
Race time: 8:30 am runners/walkers
Entry fee: Check website, discount for ARC members/military
Contact: sharron@anchrun.org
www.anchoragerunfest.org
Sponsored by: ARC & Skinny Raven Sports
USATF certified course, professional timing
No Race Day Registration or Bib Pick-up
Formerly known as Big Wild Life Runs

Aug 21 Sun * **Anchorage Running Club's "Anchorage RunFest" Spenard Roadhouse 5K - Anchorage**
Meet – 6th Avenue near Town Square
Race time: 9 am runners/walkers
Entry fee: Check website, discount for ARC members/military
Contact: sharron@anchrun.org
www.anchoragerunfest.org
Sponsored by: Spenard Roadhouse
Professional timing
No Race Day Registration or Bib Pick-up
Formerly known as Big Wild Life Runs

Aug 21 Sun **Equinox Training Run (the annual long one) – Fairbanks**
Meet Time: 9 am – Ann's Greenhouse Pull-out
Distance: 11 or 16 Miles
Contact: George Berry & Trail Elves 687-8769
Sponsored by: RCN
Ester Dome

Aug 27 Sat * **The Milk Run - Anchorage**
Race time: 10 am – Russian Jack Park, 801 N Pine Street
2K & 5K – XC course, dirt & paved
Entry fee: \$15 individuals/\$40 family
Contact: Arthur Harmon 333-2422
owensmilkmoney@gmail.com
www.owensmilkmoney.org
Proceeds benefit Owen's Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic. Join us after the race for prizes, fun and ice cream!

*Children's age groups/ability levels available

Anchorage Parks and Recreation

2016
SCHEDULE



Sept 6
Sept 13
Sept 20
Sept 27
Oct 4
Oct 11
Oct 18
Oct 25
Nov 1

TUESDAY NIGHT RACES

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

Race Time 6:30p

www.muni.org/parks



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



*Children's age groups/ability levels available

Aug 27 National Park Service Centennial 5K – Fairbanks

Sat

Meet Time: 10 am – Tanana Lakes

5K Family Fun Run

Contact: Christopher Houlette 374-9626

christopher_houlette@nps.gov

Amy Larsen 987-9415

aslarsen@nps.gov

Sponsored by: National Park Service

5K family fun run at Tanana Lakes to celebrate the 100th anniversary of the National Parks Service. We will have runners dressed up as park rangers. Runners will be trying to catch flags off the rangers waists as well as run the race.

Aug 27 Musk Ox Run #7 Trail Series – Fairbanks

Sat

Race time: 10 am– UAF Large Animal Research Stations

(LARS) on Yankovich Rd

13.1 miles (half marathon)

Contact: Bobbi Jo Katchmar 451-9204

Drew Harrington 451-6604

www.runningclubnorth.org

Sponsored by: Running Club North

Hilly out & back. \$5 suggested donation to Musk Ox Farm. Festivities & BBQ after!

Aug 27 Lost Lake Run – Seward

Sat

Meet time: 8 & 10 am – Bear Creek Fire Station

15.8 miles – mountain walk/run

Race time: 8 & 10 am Entry fee: \$100

Contact: Patrick Simpson 563-3474

Patrick.k.simpson@gmail.com

www.lostlakerun.com

Sponsored by: Lost Lake Run & Cystic Fibrosis Foundation

The Lost Lake Run is a popular mountain race that raises money to benefit those with Cystic Fibrosis.

There are walker and runner categories. Race fee includes Spaghetti Feed and BBQ.

Aug 31 Orienteering Meet – Anchorage

Wed

Meet time: 5-7pm – Earthquake Park

Entry fee: \$8 adults/kids free

Sponsored by: Arctic Orienteering Club

See www.oalaska.org for details and updates. A Healthy Futures Series Event – www.healthyfutures.ak.org

Aug 31 Old Murphy Dome Ridge Run – Fairbanks

Wed

Meet Time: 6:30 pm – Old Murphy Dome Road, Elliott

Highway end

Distance: about 10 miles out and back

Contact: Trent Hubbard 699-2090

beltedhan72@gmail.com

Dawna Hubbard 978-3167

okiem0m@yahoo.com

Sponsored by: RCN

Starts at ~4 mile Old Murphy Dome Road, from Elliott Hwy end

*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

Sept Wed **Summer Hoodoo Goldstream Beer Runs - Fairbanks**
Meet Time: 6 pm – Hoodoo Brewery
Distance: 1-3 miles
Contact: Stacy Fisk 455-6520
 stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery & Goldstream Sports
Walkers welcome.

Sept TBA Sun **Halibut Hustle – Homer**
Meet time: 9 am – End of Homer’s Spit by Land’s End
5K- Scenic and flat 5K course around the Homer Harbor on
the new pedestrian trail
Race Time: 10 am Entry fee: \$15
Contact: Saundra Hudson 235-2894
 Saundrahudson24@gmail.com
 www.kachemakbayrunningclub.org
Sponsored by: Kachemak Bay Running Club
Course is measure with GPS but not certified.

Sep 3 Sat **McCarthy Half Marathon & 5 Mile Runs – McCarthy**
Meet time: 12 pm – Glacier View Campground
Half marathon and 5 miles.
Race time: 2pm Entry fee: \$30 for adults/\$15 for 18 & under
Contact: Kristin Link 554-4464
 info@wrangells.org
 www.wrangells.org/run
Sponsored by: Wrangell Mountains Center

Sep 3 Sat **Moose Charge Dash - Dillingham**
Meet time: 12 pm
Distance: 1 miler & 3 miler
Free Community Event.
Contact: Michael Halko
 mghalko@yahoo.com
Visit Facebook, Rural People in Motion

Sept 3 Sat **End of Summer Mini Marathon – Seldovia**
Meet time: 8:30 am – Gateway Pavillion
5K/10K – Scenic run throughout the city, small hills, dirt and
gravel.
Race time: 9 am Entry fee: \$25 individual/\$74 family up to 4
Contact: Jenny Chissus 406-0044
 Jenny@Seldovia.com
 Seldovia Chamber 234-7612
 www.SeldoviaChamber.org
Sponsored by: The Seldovia Chamber of Commerce
Awards in male, females, senior and youth categories and
walkers are welcome! Proceeds benefit the Craft Invitational
Chainsaw Carving Competition.

Sept 5 Mon **Labor Day**



*Children’s age groups/ability levels available



TIME: 6PM
DATE: SATURDAY SEPT 10TH 2016
LOCATION: DG SIGNS IN PALMER, ALASKA
COST: \$27 ONLINE \$30 DAY OF
INFO: OUTRUNTHESUN.ORG

Sept 5 Mon Labor Day Run 5K – Fairbanks
 Meet Time: 12:00pm – SE corner of Pioneer Park (Alaskaland)
 Distance: 5K along Chena River
 Contact: Jeff Hebard 322-5450
 Jeff.hebard@k12northstar.org
 Sponsored by: RCN
 \$20 preregistered at Beaver Sports, \$25 race day.
 T-shirts to first 70.

Sept 5 Mon Labor Day Family Fun Runs - Valdez
 Meet time: 9:30am – Copper Drive
 1K, 3K, and 5K – roads & trails, out & back
 Race time: 10 am Entry Fee: Free
 Contact: Wendy Clubb 835-2351
 wclubb@ci.valdez.ak.us
 Krystal Moulton 835-2531
 www.ci.valdez.ak.us/specialevents
 Sponsored by: Valdez Parks & Recreation
 The end of Black Gold Park Strip

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

Sept 9/10 Fri/Sat Klondike Road Relay - Whitehorse
 Meet time: 12, 4 & 5:45pm PST – Skagway
 175 KM – 10, 8 & 4 leg running/walking relay from Skagway,
 AK to Whitehorse, Yukon.
 Race time: 7pm PST Entry fee: \$150-800
 Contact: Sandra Freese 867-393-8334
 coordinator@sportyukon.com
 Tracey Bilsky 867-393-8330
 Klondikeroadrelay.com

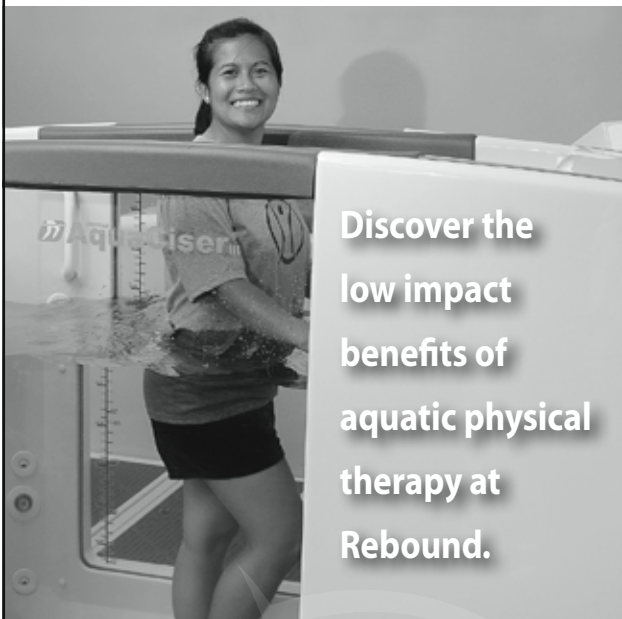
*Children's age groups/ability levels available

Your Athlete Repair Specialist



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Sports and Orthopedic Physical Therapy, LLC



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benefits of
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Rebound.**

TWO CONVENIENT LOCATIONS

REBOUND SOUTH

O'Malley Square
11260 Old Seward Highway
Anchorage, Alaska 99515
tel: 907.341.5555

REBOUND EAST

7731 East Northern Lights Blvd.
Unit 2
Anchorage, Alaska 99504
tel: 907.245.5555

reboundptak.com

*Children's age groups/ability levels available

Sept 10 Outrun the Sun Against Melanoma - Palmer

Sat Meet time: 4pm – DG Signs 1970 S Whiting Circle
5 miles – bike path and side of the road
Race time: 6 pm Entry fee: \$27
Contact: Shelby Barlow 315-1107
outrunthesunalaska@hotmail.com
Dustin Hattenburg 746-5196
Outrunthesun.org

Sponsored by: DG Signs

This is our second year holding the skin cancer awareness and fund raiser run in memory of our mother, Carmen Hattenburg a long time Alaskan. Last year with only 1 month of promotion we were able to gather over 100 runners.

Sept 10 Tustumena 5K - Kasilof

Sat Meet time: 9:00am – Tustumena Elementary School
* 5K – paved, gravel roads & dirt trail, scenic route taken through Johnson Lake Recreation Area
Race time 10:00 am Entry fee: \$15/\$20 with t-shirt
Contact: Cynthia Fudzinski 420-7356
cfudzinski@kpbsd.org

Sponsored by: Tustumena Elementary School

Proceeds benefit student activities at Tustumena Elementary School

Sept 10 Kincaid Coyote Classic – Anchorage

Sat Meet Time: 10 am - Kincaid Elementary School
* $\frac{3}{4}$ and 1.5 miles-Flat and hilly
Race Time: 10 am Entry Fee: Free
Contact: Tim Akin 242-5102
akin_tim@asdk12.org
Kincaid Elementary 742-8527

Sponsored by: Healthy Futures

This race is for Elementary kids K-6 and is a warm-up for the Jamborees in the weeks to follow. The cost is free and race times and distances are as follows:

K-2: 10 am- $\frac{3}{4}$ miles

3-4: 10:30 am-1.5 miles

5-6: 11am-1.5 miles

This is a Healthy Futures Event and medals and snacks are provided for all runners.

Sept 10 UAA Spirit Run - Anchorage

Sat Meet time: 8:30 am – UAA Campus
5K- Fun run through campus
Race time: 10 am Entry fee: Please see Facebook page for details
Contact: Rachel Kampstra 786-1272
rkampstra@uaa.alaska.edu
<http://www.facebook.com/uaa.spirit.run>

Sponsored by: UAA Student Activities

Please check out our Facebook page for more details on route, location, prices and registration.

*Children's age groups/ability levels available

Sept 10 Bun to Bun 5K (ish) - Talkeetna

Sat Meet time: 11:30 am – Flying Squirrel Bakery and Cafe
3.5 miles – Flying Squirrel Bakery to Down Town Talkeetna on the bike path
Race time: 12 pm Entry fee: \$25, children under 12 free
Contact: Dan Harrell 715-6600
metta.dan@gmail.com
Abby Bradley 841-8052
Webscorer or Facebook/Bun to Bun
Sponsored by: Talkeetna PTA
Proceeds go to support programs sponsored by the Talkeetna PTA such as Healthy Snacks, Free Salad Bar and funding a full time art teacher among other programs and initiatives.

Sept 10 Bun to Bun Half (ish) - Talkeetna

Sat Meet time: 10:30 am – Flying Squirrel Bakery and Cafe
13.5 miles – A trail course through the woods around Talkeetna. The trail has much varied terrain, it is hilly, challenging and often very muddy in the fall.
Race time: 11am Entry fee: \$45 before Aug 1st. \$55 until Sept 7th. \$65 day of.
Contact: Dan Harrell 715-6600
metta.dan@gmail.com
Abby Bradley 841-8052
Webscorer or Facebook/Bun to Bun
Sponsored by: Talkeetna PTA
This event is a fundraiser to support the Talkeetna PTA. Proceeds go to support our Healthy Snack, Free Salad Bar, and full time art teacher programs and other programs.

Sept 10 Talkeetna All Trails Marathon (ish) - Talkeetna

Sat Meet time: 8:30 am – Flying Squirrel Bakery and Cafe
25 miles – A hilly, muddy challenging trail run through the woods in and around Talkeetna. Much differing terrain. Ski trails, hiking trails, four wheeler trails, barely trails.
Race time: 9 am Entry fee: \$65 before Aug, \$75 before Sept 7th, \$85 day of.
Contact: Dan Harrell 715-6600
metta.dan@gmail.com
Abby Bradley 841-8052
Webscorer or Facebook/Bun to Bun
Sponsored by: Talkeetna PTA
This race is a fundraiser for the Talkeetna PTA and our Healthy Snack, Free Salad Bar and Full Time Art Teacher programs among others provided by the Talkeetna PTA.

Sept 10 5th Annual Troth Yeddha Run for the Park (Fundraiser) – Fairbanks

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

*Children's age groups/ability levels available

Joseph Hawkins DC

108 East Arctic Ave.

Palmer, AK 99645

745-4357

Workers' Comp
Auto Accident
Personal Injuries
Sports Injuries
Pregnancy



Sept 10 Alyeska Climbathon – Girdwood

Sat Meet time: 8 am – Alyeska Aerial Tram (Base)

2.2-28+ miles – North Face Hiking Trail

Race time: 9 am Entry fee: \$50

Contact: Brian Burnett 382-5880

burntski@gmail.com

www.alyeskaclimbathon.com

Sponsored by: Let Every Woman Know - Alaska

The Alyeska Climbathon Field is limited to 300 climbers.

Registration will open on July 1, 2016. Lap the NFT as many times as possible from 9 am to 7pm. Can you make "Denali in a Day"? This all day endurance event is a fundraiser for Let Every Woman Know and the Girdwood Clinic. ALL funds raised are put to use in Alaska.

Sept 10 New Balance XC Classic - Anchorage

Sat Location: Russian Jack Golf Course

3K – Loop course with hills

Contact: Mark Iverson 274-7222

timing@skinnyraven.com

www.skinnyraven.com

Sponsored by: Skinny Raven Sports

For the 4th year, Skinny Raven and New Balance welcome Alaska's High School cross country runners to a fast and fun flight race. Russian Jack Golf Course will be the host of 12 races over 4 hours. Join us for an open community flight and see how your time stacks up against Alaska's best prep runners.

Sept 11 Run Rover Run – Anchorage

Sun Meet time: 11:30 am – Little Campbell Lake (Kincaid)

2½ miles – run with your dog, hilly loop around Little Campbell Lake

Race time: 12:30 pm Entry fee: \$15

Contact: Becky Voris 243-5234

beckyattla@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 & woman's class
Anchorage's first "cannicross" event. Discount entry for family of 3+ available.

*Children's age groups/ability levels available

Sept 13 Bonny Sosa Tuesday Night Race Series - Anchorage

Tues

Meet time: 5:30 pm – check website

*

Distances up to 12K Race time: 6:30 pm

Entry fee: \$20 family/\$7 adult/\$2 youth or

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

Contact: Outdoor Recreation 343-6397

www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation Farm, Lightning & Munchkin Leagues, Register on-line @ www.muni.org/Active
A Healthy Futures Series Event – www.healthyfuturesak.org

Sept 15 RUNmats: Thursday Night Run Series – Mat-Su Valley

Thur

Meet time: 5pm – Crevasse Moraine Trail

*

Distance: Varies – Trail runs

Race time: 6 pm Entry fee: \$3 child/\$5 adult/ \$10 family

Contact: Kristi Shea 315-2424

Kristi.shea@matsuk12.us

Valley Mountain Bikers & Hikers

www.vmbah.org

Sponsored by: Valley Mountain Bikers & Hikers, Active Soles and Healthy Futures

Register online at www.vmbah.org. This run series will consist of four races ran Thursday nights at different locations. Courses will be rugged, hilly, rooty with the choice of short, medium and long distances.

Sept 15 Equinox Marathon Bib Pick-Up – Fairbanks

Thu

Meet Time: 5-8pm – Pioneer Park Centennial Center

Contact: Susan Kramer 590-5086

John Estle 347-1061

Sponsored by: Running Club North

Spaghetti Feed. Register on-line at www.equinoxmarathon.org

Sept 16 Equinox Marathon Bib Pick-Up – Fairbanks

Fri

Meet Time: 5-8pm – Pioneer Park Centennial Center

Contact: Susan Kramer 590-5086

John Estle 347-1061

Sponsored by: Running Club North

Spaghetti Feed.

Sept 17 Equinox Kid's Marathon – Fairbanks

Sat

Race time: 9 am – UAF Patty Center

1.2 miles – Run 25 miles leading up to event

Entry fee: \$12

Contact: Tracey Martinson 474-8353

Tamartinson67@gmail.com

Monte Jordan 451-8696

<http://runningclubnorth.org/kids-equinox>

Sponsored by: Running Club North & Healthy Futures
Kids K-6 run 25 miles in the 5-6 weeks leading up to the day of the Equinox marathon. Then they run the final 1.2 miles of their marathon in an untimed event. Includes the famous UAF Ski Hill!

Sept 17 Sat 54th Annual Equinox Marathon #8 Usibelli Running 24th Annual Marathon Relay 8th 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
Sponsored by: Running Club North & Others
Register on-line @ www.equinoxmarathon.org
One of America's toughest marathons. Usibelli Running event.
3 person relays. Register online at equinoxmarathon.org

Sept 17 Sat Titan Trail Run - Wasilla
Meet time: 11am - TBA
* 1 & 1.8 miles-XC trails
Entry: free: \$5
Contact: Kristi Shea 315-2424
kristi.shea@matsuk12.us
David Knopp 352-7500
Sponsored by: Teeland XC Team & Healthy Futures
Kids run! 4 and younger run to the Titans balloon run.
Longer runs are rooty and rugged cross country trails.

Sept 17 Sat The Glass is Half Full Equinox 5K Run – Cooper Landing
Meet time: 9 am – Cooper Landing School
5K – Bean Creek Road
Race time: 10 am Entry fee: \$35
Contact: Susanna LaRock 595-1244
equinoxrun@gmail.com
Tommy Gosard 598-8061
<http://cooperlandingschool.blogs.kpbsd.k12.ak.us/w>
Sponsored by: Cooper Landing Equinox Run on Facebook

Sept 17 Sat The Glass is Half Full Equinox 10K Run – Cooper Landing
Meet time: 9 am – Cooper Landing School
10K – Trail run: some pavement some semi-rugged terrain
Race time: 10 am Entry fee: \$35
Contact: Susanna LaRock 595-1244
equinoxrun@gmail.com
Tommy Gosard 598-8061
<http://cooperlandingschool.blogs.kpbsd.k12.ak.us/w>
Sponsored by: Cooper Landing Equinox Run on Facebook

Sept 18 Sun 25th Annual Tony's Run – Dillingham
Meet time: 11:15am – Mile 0 Kanakanak Rd
5K, 10K, 20K – paved multi-use path (MUP), hilly
Race time: 12 pm, 12:30 pm, 1 pm
Entry fee: \$25-\$35, group discounts available
Contact: Lisa Haggbloom 842-2320
records@safefristolbay.org
www.raceroster.com (online registration only)
www.safefristolbay.org (pictures and results)
Sponsored by: SAFE, Nushagak Cooperative, RAM Auto,
N & N Market & AC Company, Bigfoot LLC, and others
Out and back course with turnarounds at half-distances, road
shoulder/MUP, open to runners, rollers and walkers. 20K (10K
course twice) starts at 12 pm, 10K starts at 12:30 pm and 5K
starts at 1 pm. Check-in starts 45 minutes prior to course
start (get numbers at check-in).

*Children's age groups/ability levels available

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

Sept 22 RUNmatsu: Thursday Night Run Series – Mat-Su Valley
Thur Meet time: 5pm – Matanuska Lake Park
* Distance: Varies – Trail runs
Race time: 6 pm Entry fee: \$3 child/\$5 adult/\$10 family
Contact: Kristi Shea 315-2424
Kristi.shea@matsuk12.us
Valley Mountain Bikers & Hikers
www.vmbah.org
Sponsored by: Valley Mountain Bikers & Hikers, Active Soles
and Healthy Futures
Register online at www.vmbah.org. This run series will
consist of four races ran Thursday nights at different
locations. Courses will be rugged, hilly, rooty with the choice
of short, medium and long distances.

Sept 24 Anchorage Heart Walk – Anchorage
Sat Meet time: 9 am – Delaney Park Strip
1 & 3 mile – streets, coastal trail
Race time: 10 am Entry fee: \$25 suggested donation
Contact: Melissa Wanamaker 865-5300
Melissa.wanamaker@heart.org
Alaina Burton 865-5300
Alaina.burton@heart.org
www.AnchorageHeartWalk.org
Hosted by: American Heart Association
A non-competitive family & dog friendly event. Details on
website at www.anchorageheartwalk.org All proceeds benefit the
American Heart Association to fight heart disease and stroke.

Sept 24 Making Strides Against Breast Cancer 5K – Fairbanks
Sat Race time: 11am – Morris Thompson Cultural Center - 5K
Contact: Becky Zaverl 452-7084 (cell 460-6326)
Sponsored by: American Cancer Society
No fee. Teams can form. Event t-shirts for purchase. Not
timed.

Sept 24 Oktoberfest Fest Run 5K & 10K – Anchorage
Sat Meet time: 7:30am – check website
* Distance: 5K & 10K
¼ mile children's fun run, signed waiver required
Race time: 9 am Entry fee: Check website
Contact: info@anchagerunningclub.org
Sponsored by: Bristol Bay Native Corporation &
Anchorage Running Club

8th Annual
ANCHORAGE RUNNING CLUB



ZOMBIE
HALF MARATHON
& KIDS MINI
ZOMBIE 2.5K
SATURDAY
OCTOBER 8, 2016

Logos: KIMBERLY RAVENSPORTS, KALADINE BROTHERS COFFEE, BUSBU'S, Jamie Harvey JACK WHITE REAL ESTATE

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

Register online if you dare:
www.anchoragerunningclub.org

*Children's age groups/ability levels available

- Sept 25 Kenai River Marathon – Kenai**
Sun Meet at The Kenai Visitor Center
 26.2 miles – flat, fast, paved, scenic.
 Race time: 9 am Marathon & Relay/10 am Half
 Marathon/10:15am 5K
 Entry fee: \$35 1K/\$45 5K
 Contact: Johna Beech 283-1991
 johna@kenaichamber.org
 Kenai Visitor Center 283-1991
 Sponsored by: Kenai Chamber of Commerce & Visitor
 Center in partnership with the City of Kenai. Full, half,
 relay marathon & 5K courses available. Register on-line @
www.kenairivermarathon.org. Toast your accomplishments
 afterwards with locally brewed beer.
- Sept 27 Bonny Sosa Tuesday Night Race Series - Anchorage**
Tues Meet time: 5:30 pm – check website
 * Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or
 \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Sept 29 RUNmatsu: Thursday Night Run Series – Mat-Su Valley**
Thur Meet time: 5pm – Government Peak Recreation Area
 * Distance: Varies – Trail runs
 Race time: 6 pm Entry fee: \$3 child/\$5 adult/\$10 family
 Contact: Kristi Shea 315-2424
 Kristi.shea@matsuk12.us
 Valley Mountain Bikers & Hikers
www.vmbah.org
 Sponsored by: Valley Mountain Bikers & Hikers, Active Soles
 and Healthy Futures
 Register online at www.vmbah.org. This run series will
 consist of four races ran Thursday nights at different
 locations. Courses will be rugged, hilly, rooty with the choice
 of short, medium and long distances.
- Oct Fahrenheit-Be-Darned Winter Training Run –**
Weds Fairbanks
 Meet time: 5:45pm – UAF Patty Center
 Distance: Various
 Contact: Ed Debevec 978-8961
 George Berry 687-8769
 Sponsored by: Running Club North
 Regardless of temperature.

*Children's age groups/ability levels available

- Oct 1 Sat** **Hit the Trails – Anchorage**
 Meet time: 9 am – Trailside Elementary
 5K, 2K - trails behind TS Elementary
 Race time: 10 am Entry fee: Varying
 Contact: Carleen Ulbrich 742-5500
 Ulbrich_carleen@asdk12.org
 trailsidepta.org
 Sponsored by: Trailside PTA
 5K and 2K distance – trail run
- Oct 1 Sat** **It Ain't Easy Hill Run – Fairbanks**
 Race time: 10 am – Dog Musher's Hall, Farmers Loop
 5 miles or 11.3 miles – Hilly terrain, roads and trails
 Entry fee: none
 Contact: Andy Sterns 508-542-3036
 Chris Garber Slaght 455-9198
 Sponsored by: Running Club North
- Oct 4 Tues** **Bonny Sosa Tuesday Night Race Series - Anchorage**
 * Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or
 \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 6 Thur** **RUNmatsu: Thursday Night Run Series – Mat-Su Valley**
 * Meet time: 5pm – TBA
 Distance: Varies – Trail runs
 Race time: 6 pm Entry fee: \$3 child/\$5 adult/\$10 family
 Contact: Kristi Shea 315-2424
 Kristi.shea@matsuk12.us
 Valley Mountain Bikers & Hikers
www.vmbah.org
 Sponsored by: Valley Mountain Bikers & Hikers, Active Soles
 and Healthy Futures
 Register online at www.vmbah.org. This run series will
 consist of four races ran Thursday nights at different
 locations. Courses will be rugged, hilly, rooty with the choice
 of short, medium and long distances.
- Oct 8 Sat** **Houston Half Hot Chocolate Run – Houston**
 Meet time: 10 am - Houston Middle School
 13.1 Relay, 5K & 1 mile Kids' Dash – out & back, scenic
 Race time: 11:30 Kids' Dash/12 pm 5K & 13.1 relay
 Entry fee: Solo-\$45, 2 Person Relay-\$70, 3 Person Relay-\$90,
 5K-\$25, 1 mile-\$15
 Contact: Robin Rice
hhalfinfo@gmail.com
www.thehoustonhalf.com
 Enjoy hot chocolate & toppings at finish line. Half
 marathoners get long sleeve tech shirts, 5K gets short sleeve.
 Proceeds benefit the Houston High Cross Country Team.

*Children's age groups/ability levels available

Oct 8 Watershed 5K – Fairbanks
Sat Time: 11am – The Watershed School, 4975 Decathlon Avenue
Distance: 5K fun run
Contact: Kathy Petersen 388-6830
skeezbow@hotmail.com
Sponsored by: Watershed PTSA
Run the roads & trails around the school to support school clubs.

Oct 8 G'wood Trail Marathon – Girdwood
Sat Meet time: 8 am – Alyeska Daylodge
26.2 miles – A complete loop of the Girdwood Valley
Race time: 9 am Entry fee: \$50
Contact: Brian Burnett 382-5880
burntski@gmail.com
This will be the inaugural running of the G'wood Trail Marathon. The course will be 90% dirt trails. It is the only LOOPED trail marathon in Southcentral AK. The course will take runners on a tour of every trail in the valley. Runners can expect challenging technical trails, wildlife, and adventure.
More to come...

Oct 8 Zombie ½ Marathon - Anchorage
Sat Race time: 10 am – Goose Lake to Kincaid Park
* 26.2 miles - Coastal Trail, run with the zombies
Entry fee: Check website
Contact: info@anchorageclub.org
Register on-line @ www.anchorageclub.org
Sponsored by: Anchorage Running Club & Skinny Raven Sports

Oct 8 Kids Zombie Mini 2.5K - Anchorage
Sat Race time: 12 Noon – Kincaid Park
* Entry fee: Check website
Contact: info@anchorageclub.org
Register on-line @ www.anchorageclub.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 11 Bonny Sosa Tuesday Night Race Series - Anchorage
Tues Meet time: 5:30 pm – check website
* Distances up to 12K Race time: 6:30 pm
Entry fee: \$20 family/\$7 adult/\$2 youth or
\$70 family/\$35 adult/\$16 youth season pass
Contact: Outdoor Recreation 343-6397
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active
A Healthy Futures Series Event – www.healthyfuturesak.org

*Children's age groups/ability levels available

- Oct 13** **RCN Annual Membership Meeting – Fairbanks**
Thur Meet time: 6:30 pm – AK Dog Musher's 4M Farmers Loop
 Contact: Gary Pohl 388-8085
runningclubnorthcalendar@gmail.com
 Karen Taber 451-9621 ktrailrunner@gmail.com
www.runningclubnorth.org
 Sponsored by: RCN
 Board Election, Race calendar
- Oct 15** **Hoodoo Half Marathon – Fairbanks**
Sat Meet Time: 10 am – Goldstream Sports
 13.1 miles – point to point. Bike paths, trail, road and flat
 Contact: Stacy Fisk 455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Run the roads & trails around the school to support school clubs.
- Oct 15** **RCN Awards Social/Potluck – Fairbanks**
Sat Meet time: 6 pm – Fairbanks Pipeline Training Center,
 Building C, 3600 Cartwright Court
 Contact: Christina Davis 888-8833
cmariedavis@gmail.com
www.runningclubnorth.org
 Sponsored by: Running Club North
 Potluck: last names A-J Salads, K-R Desserts/Breads, S-Z
 main course
- Oct 16** **Full Moon Run – Fairbanks**
Sun Meet Time: 5:45pm – UAF Patty Center
 Distance: 4 miles
 Contact: George Berry 687-8769
 Sponsored by: RCN
 Regardless of temperature
- Oct 18** **Bonny Sosa Tuesday Night Race Series - Anchorage**
Tues Meet time: 5:30 pm – check website
 * Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or
 \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Oct 22** **Autumn Knights Trail Run – Palmer**
Sat Meet time: 10 am - Government Peak Rec Area
 5km – trail run
 Race time: 11am Entry fee: \$5 individual, \$20 family
 Contact: Mark Strabel 746-7547 or 354-7949
strabel@mtaonline.net
 Sponsored by: Colony High School SC Ski Team/Mat-Su Ski
 Club
 Sign up day of race only.
 Fundraiser for the Colony High School SC Ski Team

*Children's age groups/ability levels available

Oct 22 Annual 5K Costume Run – Nikiski
Sat Meet time: 10 am – Nikiski Community Recreation Center
5K – groomed trails
Race time: 11am Entry fee: Canned Food/Non-Perishable Items
Contact: Tammy Berdahl 776-6416
tberdahl@kpb.us
Jackie Cason 776-8800
www.northpenrec.com

Sponsored by: North Peninsula Recreation Service Area
Groomed trails. Mostly flat with some hills. T-shirt included
in registration fee. Choose your course... 3 or 5 miles. Visit
website for details and entry form.

Oct 22 Anchorage United Nations Day 5K/2K – Anchorage

Sat Race time: 10 am – Westchester Lagoon
5K/1K – Out & back on Coastal Trail
Entry Fee: 18 & under-\$12; Over 18-\$30
Contact: Jenny Kimball 529-7578
Kimball_jenny@asdk12.org
Cara Obrein-Holen 223-4259

Sponsored by: Mission Is Russian, Parents Inc (MIR Parents
Inc), Healthy Futures

Includes The United Nations Cup Competition between all the
language immersion programs in Anchorage School District.

Oct 22 Pirate and Zombie Run - Dillingham

Sat Meet time: 12 pm
Distance: 60 minutes
Free Community Event.
Contact: Michael Halko
mghalko@yahoo.com
Visit Facebook, Rural People in Motion

Oct 25 Bonny Sosa Tuesday Night Race Series - Anchorage

Tues Meet time: 5:30 pm – check website
* Distances up to 12K Race time: 6:30 pm
Entry fee: \$20 family/\$7 adult/\$2 youth or
\$70 family/\$35 adult/\$16 youth season pass
Contact: Outdoor Recreation 343-6397
www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues, Register on-line @

www.muni.org/Active
A Healthy Futures Series Event – www.healthyfuturesak.org

Oct 29 35th Annual Halloween Family Run – Fairbanks

Sat Race time: 10 am – UAF Patty Center
* 2 & 10 miles, or you pick it
Contact: Ron Oliver 360-867-3279
Ron.oliver@teamrwb.org
Sponsored by: Running Club North
Free event. Time bonus for Halloween Costumes.

- Oct 29 Sat** **Skinny Raven Frightening 4K – Anchorage**
 Meet time: 10 am – Location TBD
 4K – out & back
 Race time: 11am
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven
 Costume contest & trick-or-treat aid stations
- Nov Weds** **Fahrenheit–Be-Darned Winter Training Run – Fairbanks**
 Meet time: 5:45pm – 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
- Nov Thur** **Winter Hoodoo Goldstream Beer Runs - Fairbanks**
 Meet Time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Regardless of temperature. Walkers welcome.
- Nov 1 Tues** **Bonny Sosa Tuesday Night Race Series - Anchorage**
 * Meet time: 5:30 pm – check website
 Distances up to 12K Race time: 6:30 pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or
 \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 343-6397
www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active
 A Healthy Futures Series Event – www.healthyfuturesak.org
- Nov 5 Sat** **Maddy's Run – Eagle River**
 Meet time: 11am – Eagle River High School (ERHS)
 2.5K & 5K – Start and end on track but mainly on trails
 Race time: 11:30 am & 12 pm Entry fee: \$15 for 2.5K and \$30 for 5K
 Contact: Dana Johnson 742-3550
Johnson_dana@asdk12.org
 Erin Hall 742-3550
Runsignup.com/Race/AK/EagleRiver/RunforMaddy
 Sponsored by: Healthy Futures
 Running miles to stomp out pediatric cancer while supporting families with medical expenses. 2.5K is an untimed fun run and the 5K is a timed competitive run.

**INTERESTED IN ADVERTISING IN THE
 2017 ALASKA RUNNER'S CALENDAR?**

Contact runnerscalendar@muni.org

Nov 5 **9th Annual Cache Creek Warm Up – Fairbanks**
Sat Race time: 10 am – Cache Crk Rd at Murphy Dome Rd
(approx. Mile 8.7)
6.8 miles – out & back on roads in the hills Entry fee: free
Contact: Jane Lanford 687-0769
jane@usibelli.com
Sponsored by: Running Club North

Nov 6 **Daylight Saving Time ends**
Sun It's OK to arrive early. You can help set up!



Nov 11 **Veteran's Day**
Fri



Nov 12 **Go for the Gravy Family Fun Run and Silent Auction- Wasilla**
Sat Meet time: 9 am – Wasilla High School
3K & 5K (outdoor) Race Time: 10 am
Kids Inside Fun Run Race Time: 10:45
Entry fee: Check website
Contact: Fronteras Immersion Charter School
745-2223
frc@matsu12k.us
Sponsored by: Fronteras Spanish Immersion Charter School
We are also hosting a silent auction.

Nov 12 **RCN Turkey Trot – Fairbanks**
Sat Race time: 10 am – UAF Patty Center Bus Shelter
Distance: 6K Entry fee: \$1
Contact: Jim Brader 452-4986
jimbrader@gmail.com
Andy Holland 479-4444
aholland56@gmail.com
Sponsored by: Running Club North
Predicted time, no watches, prizes

Nov 14 **Full Moon Run – Fairbanks**
Mon Time: 5:45pm – UAF Patty Center
Distance: 4 miles
Contact: George Berry 687-8769
Sponsored by: RCN
Regardless of temperature

Nov 19 **Turkey Trot - Dillingham**
Sat Meet time: 12 pm
Distance: 1,2, or 3 loops of 2 miles
Free Community Event.
Contact: Michael Halko
mghalko@yahoo.com
Visit Facebook, Rural People in Motion

Nov 24 **Thanksgiving Day**
Thu



*Children's age groups/ability levels available

- Nov 24** **Skinny Raven Turkey Trot – Anchorage**
Thu Meet time: 10 am – Skinny Raven
 3K Kids Run & 5K – One loop course
 Race time 11 am
 Contact: timing@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven
 Win your age class, win a pie. Mini Turkey 2K for kids.
 Proceeds benefit Team Alaska Track Club & The Food Bank AK
- Dec** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Weds Meet time: 5:45pm – 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
- Dec** **Winter Hoodoo Goldstream Beer Runs - Fairbanks**
Thur Time: 6 pm – Hoodoo Brewery
 Distance: 1-3 miles
 Contact: Stacy Fisk 455-6520
stacy@goldstreamsports.com
 Sponsored by: Hoodoo Brewery & Goldstream Sports
 Regardless of temperature. Walkers welcome.
- Dec 3** **24th Annual Heart of Darkness Snowshoe Race – Fairbanks**
Sat Race time: 12 Noon – Andy Holland’s House 1058 Pika Rd off
 Moose Trail
 6K & 3K – hilly, run regardless of temperature
 Entry fee: Free
 Contact: Andy Holland 479-4444
 Jim Brader 452-4986
www.runningclubnorth.org
 Sponsored by: Running Club North
 Extra snowshoes available. A Snowshoe Series Event.
- Dec 10** **Jingle Bell Run/Walk for Arthritis - Anchorage**
Sat Meet Time: 9:30am– UAA Student Union
 5K – Out & back
 Race Time: 11:15am
 Entry Fee: Please see website for full registration fee
 information
 Contact: Anna Campione 277-2784
acampione@arthritis.org
www.anchoragejinglebellrun.com
 Sponsored by: The Arthritis Foundation
 Jingle Bell Run/Walk is a fun, festive event for the whole
 family! Put on your reindeer antlers and your running shoes
 and come join us for some holiday cheer.

*Children’s age groups/ability levels available

- Dec 14 Full Moon Run – Fairbanks**
Wed Time: 5:45pm – UAF Patty Center
 Distance: 4 miles
 Contact: George Berry 687-8769
 Sponsored by: RCN
 Regardless of temperature
- Dec 17 Solstice Snowshoe Shuffle – Fairbanks**
Sat Race time: 12 Noon – Morris Thompson Cultural Center
 1 mile loop – extra snowshoes available
 Entry fee: Free
 Contact: Pete Pinney 978-0425
pppinney@alaska.edu
 Sponsored by: RCN
 Register on site in the parking lot adjacent to the Morris Thompson Center.
- Dec 17 28th Annual George Bloom Memorial Mid-Day**
Sat Sun Fun Run – Fairbanks
 Race time: 11am – UAF Patty Center
 Distance: 6.5 miles Entry Fee: Free
 Contact: David Bloom 750-9158
Dabloom97@gmail.com
 Frank Ganley
 Sponsored by: Running Club North
- Dec 17 Dawn to Dusk, Part 2, All Day Run – Fairbanks**
Sat 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 3 pm. Individuals and teams.
 No fee, prizes, certificate!
- Dec 25 Christmas Day** 
Sun
- Dec 31 Ringing in the New Year - Dillingham**
Sat Meet time: 12 pm
 Free Community Event.
 Contact: Michael Halko
mghalko@yahoo.com
 Visit Facebook, Rural People in Motion
- Dec 31 New Year's Eve Run – Fairbanks**
Sat Race time: 11:30pm – “The Diner” on Illinois Street
 3 miles – run regardless of temperature
 Entry Fee: Free
 Contact: Paul Reynolds 322-1142
 George Berry 687-8769
www.runningclubnorth.org
 Sponsored by: Running Club North

*Children's age groups/ability levels available

Dec 31 Northern Lights Resolution Run – Anchorage

Sat

Meet time: 5pm

Distance: 5K roads and trails

Race time: 6 pm Entry fee: \$35

Contact: Mark Iverson 274-7222

timing@skinnyraven.com

Erin Philips 274-7222

www.skinnyraven.com/races/northern-lights-r

Run and dance yourself into 2015. Music, lights, and an awesome course will ring in the new year!



2017 Alaska Runners Calendar

Feb 18 Little Su 50K – Big Lake

Sat

Meet time: 10 am – Happy Trails Kennels

50 km- Cross-country via rivers, lakes and woodland trails

Race time: 11am Entry fee: Check website

Contact: Kim & Erin Kittredge 746-5959

info@susitna100.com

Pam Richter 346-1220

www.susitna100.com

1 checkpoint with warm water, check website for required gear. T-shirt and finisher award.

Feb 18 Susitna 100 – Big Lake

Sat

Meet time: 8 am – Happy Trails Kennels

100 miles – Cross-country across rivers, lakes and woodland trails

Race time: 9 am Entry fee: Check website

Contact: Kim & Erin Kittredge 746-5959

info@susitna100.com

Pam Richter 346-1220

www.susitna100.com

5 checkpoints with warm water available

15# of survival gear & food required to be carried over entire course. T-shirt and finisher award.

**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 kellekyt@muni.org

*Children's age groups/ability levels available

Cut out and mail

RUNNER'S CALENDAR ORDER FORM

Name _____ email _____

Address _____

City _____ State _____ Zip _____

Please send me a copy of the 2016 Calendar

Please send me a copy of the 2017 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 2016 calendar is brought to you by:
Anchorage Parks & Recreation
343-4355



2016 CALENDAR

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
				31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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31						

FEBRUARY						
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JUNE						
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AUGUST						
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SEPTEMBER						
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NOVEMBER						
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DECEMBER						
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“This publication, released by the Parks & Recreation Department, was printed at a cost of \$1.00 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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