Come Run Under The Midnight Sun!

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

www.middlightsunrun.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 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
Printed by ASAP Printing
Produced by Anchorage Parks & Recreation
Printed Copy Distributed to over 5,000 running enthusiasts
Over 11,000 online views!!

Note: All area codes are 907 unless otherwise listed

Contacting Alaska Runners Calendar
343-6566 (voice) 249-7725 (fax) 343-6457 (TDD)
e-mail: runnerscalendar@muni.org
webpage: www.muni.org/parks
Jan 5  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 8  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  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

Jan 8  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  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 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
## ALASKA'S PREMIER RUNNING SERIES

**SKINNYRAVEN EVENTS & TIMING**

### RUNNING SERIES

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Registration and information for all races at:

www.skinnyraven.com

*Children's age groups/ability levels available*
Jan 16  Polar Bear 5K Fun Run & 1K Cub Crawl – Anchorage  
Sat  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  The Dome Series 10K - Anchorage  
Sun  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  Chilly Buns Mid-Winter Run – Fairbanks  
Sat  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  Full Moon Run – Fairbanks  
Sun  Meet time: 5:45pm – UAF Patty Ctr  
Distance: 4 Miles  
Contact: George Berry 687-8769  
Sponsored by: RCN  
Regardless of temperature.

Jan 24  Emily-Oliver Snowshoe Race – Fairbanks  
Sun  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  The Dome Series Hour Challenge - Anchorage  
Sun  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 8  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 8  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 -  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 6  Why Not Tri & Why Not Tri Kids - Wasilla
Registration opens
Contact: www.whynottriwasilla.net

Feb 6  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  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

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  

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 Feb1  
$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  Fur Rondy Outhouse Race – Anchorage
Sat  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  Fahrenheit-Be-Darned Winter Training Run – Fairbanks
Wed 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  Winter Hoodoo Goldstream Beer Runs - Fairbanks
Thur 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.

Mar  9th Annual Running of the Reindeer – Anchorage
Sat  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  Eldorado Hill Challenge – Fairbanks
Sat 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
Mar 12  Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage  
Sat  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  Daylight Saving Time Begins  
Sun  Don’t be late to your race!

Mar 13  Mini Mukluk Marathon – Nome  
Sun  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  St. Patty’s Run - Dillingham  
Thur  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  **Nunataq Snowshoe Series #3 – Palmer**  
Sat  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  **St. Patrick’s Run – Fairbanks**  
Sat  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  **Preseason Running Clinic – Palmer**  
Tues  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  **Full Moon Run – Fairbanks**  
Wed  Meet time: 5:45pm – UAF Patty Center  
Distance: 4 miles  
Contact:  George Berry 687-8769  
Sponsored by: RCN  
Regardless of temperature

Mar 24  **Preseason Running Clinic for Beginners – Palmer**  
Thur  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: 9:30 am – Lazy Mountain Trailhead
7.0 mi – mountain race, loop course
Race time: 11 am
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 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!

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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*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
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
</table>
| Apr   | Valley Women’s Running Team – Palmer| Palmer       | Meet time: 6 pm – Colony High School
Tues track work out, Thu trail runs – various locations around the valley
Runners of all ability levels welcome
Coached training held each week of April thru mid-August with trail runs thru September
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   | Mat-Su Running Club-Co-Ed Group – Palmer| 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 | Bison Run Wild 5K - Portage          | 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 | Spring Fling – Fairbanks             | 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 | Rubber Boot Run – Anchorage         | 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  Super Hero Showdown – Anchorage
Sat  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  Beat Beethoven 5K Early Bib Pick Up – Fairbanks
Mon  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  Beat Beethoven 5K – Fairbanks
Sat  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  April Showers (Fools Rush) - Dillingham
Sat  Meet time: 12 pm
     Distance: 60 mins
     Free Community Event.
     Contact:  Michael Halko
              mghalko@yahoo.com
     Visit Facebook, Rural People in Motion

Apr 17  Mark Brody Kidney Walk - Anchorage
Sun  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 22 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 835-2331
www.ci.valdez.ak.us/specialevents
Sponsored by: City of Valdez Parks & Recreation

Apr 22 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
Kelles@aptalaska.net
Corky Hebard
Sponsored by: Running Club North
Ribbons & prizes. Catered picnic at Kelley’s afterwards.

Apr 22 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 22 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: 9:30 am
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

*Children’s age groups/ability levels available
Apr 30  Trail of Remembrance (Run, Bike, Walk) – Wasilla
Sat  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  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!

May – Aug  Peak Performers Track Club – Anchorage
Tues  Meet time: 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  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

May  Men’s Training – Fairbanks
Tues  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
Thank you to our sponsors

May 21, 2016

Everyone is Welcome!

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

Call 1-888-499-7625 ext. 605

www.specialolympicsalaska.org

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

*Children's age groups/ability levels available
May

**Summer Hoodoo Goldstream Beer Runs - Fairbanks**

Wed

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

**Valley Women’s Running Team – Palmer**

Tue & Thu

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

**Race Judicata– Anchorage**

Sun

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

**The Breakup Tri – Fairbanks**

Sun

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

**25th Annual GHU Water Walk & Run 5K – Fairbanks**

Wed

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
May 4  Orienteering Meet – Anchorage  
**Wed**  
Meet time: 5-7pm – Kincaid Chalet parking lot  
Enter fee: $8 adults/kids free  
Sponsored by: Arctic Orienteering Club  
See [www.oalaska.org](http://www.oalaska.org) for details and updates. A Healthy Futures Series Event – [www.healthyfutures.ak.org](http://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  
Enter fee: TBD  
Contact:  Travis Lewis 460-6040  
sales@datelinedigitalprinting.com  
Michelle Maynor 456-4982  
michelle@interiorgraphics.com  
Sponsored by: Rotary Club of Fairbanks  

*Children’s age groups/ability levels available*
May 7  Mat-Su Rotary 5K (aka Menard Run) – Palmer
Sat  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  MDA Alaska Muscle Walk- Anchorage
Sat  Meet time: 1 pm – The Dome
5K – around the Dome track
Race time: 1:30 pm  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  Kids Fun Run – Anchorage
Sat  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  Salmon Run – Anchorage
Sat  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@anchoragesalmonrun.com
Wendy Shem 360-8652
www.anchoragesalmonrun.com
Sponsored by: Inlet View PTA
A Healthy Futures Series Event - www.healthyfuturesak.org

May 7  Amblin’ for Alzheimer’s - Anchorage
Sat  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  Trailside Kids Triathlon – Anchorage
Sat  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  Polar Bear Pink Cheeks Triathlon – Seward
Sat  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  Run for Moms - Dillingham
Sat  Distance: 5 Miles
     Entry fee: Free
     Contact:  Mike Halko
              mghalko@yahoo.com
     Visit Facebook, Rural People in Motion

May 8  Mother’s Day
Sun

May 11  Orienteering Meet – Anchorage
Wed  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  Do Run Run – Anchorage
Wed  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  O’Malley Fun Run – Anchorage
Sat  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 8th Annual Alaska Walk/Run for Autism – Fairbanks
Sat 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 Fairbanks Heart Walk – Fairbanks
Sat 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 Sterling Moose River Hustle – Sterling
Sat 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 Bear Valley 5K Challenge – Anchorage
Sat Meet time: 8:30 am – Bear Valley Elementary Storck Park
5K – various terrain; roads, trails, hills creek bed
Race time: 10 am
Entry fee: $9 adult/$6 children thru high school
Contact: Bear Valley Community Association 345-0434
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 Migration Run – Homer
Sun 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!

**ALASKA RUN FOR WOMEN**

2016

**JUNE 11th SATURDAY**

**ALL ABILITIES ENCOURAGED & WELCOMED!**

Every donation directly supports the fight against breast cancer.

5 Mile Run/Walk

1 Mile Fun Run/Walk

**START**
Sullivan Arena
Parking Lot

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

ONLINE Race Registration
Opens Friday, April 15

www.akrfw.org

Info Contact: run@akrfw.org

To volunteer contact: volunteer@akrfw.org

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

*Children's age groups/ability levels available
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

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  Exit Glacier Race – Seward
Sat  Meet time: 8:30 am – Resurrection Road House, Exit Glacier Rd 5 & 10K – gradual incline on paved road. Same weekend as the S.H.O.W. www.seward.com
Race time: 10 am with the Torch Run
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  Alaska Law Enforcement Torch Run – Statewide
Sat  Meet Time: 9 am – Various cities (see below)
5K – fun run
Race Time: 10 am Entry fee: Pledge Drive
Contact: Jessica 222-7625
Jessica@specialolympicsalaska.org
Jim 222-7625
www.SpecialOlympicsAlaska.org
Sponsored by: Alaska Law Enforcement
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/softoak to begin pledging now

May 21  Why Not Tri - Wasilla
Sat  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.whynottriasilla.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  Why Not Tri Kids - Wasilla
Sat  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.whynottriasilla.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 – Cooper Landing**
* Sun
  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

*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@anchoragerunningclub.org
       www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
May 28  **POW Island Marathon - Craig**
Sat
Meet time: 8 am – Craig HS
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**

May 31  **Masoicism 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
Tues
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

*Children’s age groups/ability levels available
**June Men's Training – Fairbanks**

**Tues**  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 Summer Hoodoo Goldstream Beer Runs - Fairbanks**

**Wed**  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 Valley Women’s Running Team – Palmer**

**Tue & Thu**  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 Alaska Run for Women Registration – Wasilla**

**Wed**  Meet time: 4:30-6:30 pm – The Alaska Club Valley  
Contact: Babette Mcllroy 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 Orienteering Meet – Anchorage**

**Wed**  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 Skinny Mini 6K - Anchorage**

**Fri**  Meet time: 6 pm – Skinny Raven Sports  
6K - loop course, some hills  
Race time 7 pm  
Contact: timing@skinnyraven.com  
www.skninyraven.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 Mcllroy 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, benefiting 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  Relay for Life - Fairbanks
Sat
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  Eagle River Triathlon – Chugiak
Sun
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  Eagle River Triathlon Kid’s – Chugiak
Sun
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  8th Run Lu Lu Run – Fairbanks
Sun
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  Alaska Run for Women Registration – Anchorage  
**Tues**  Meet time: 4-7pm, Location – University Center Mall  
Contact: Babette Mcllroy 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, 6/4 and 6/9.

June 8  Mugwumps 10K – Anchorage  
**Wed**  Meet time: 5:30-6:30 pm – Point Woronzof Parking Lot  
10K – out & back  
Race time: 6:30 pm  
Enter 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  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 8  Orienteering Meet – Anchorage  
**Wed**  Meet time: 5-7pm – Hillside Park  
Enter fee: $8 adults/kids free  
Sponsored by: Arctic Orienteering Club  

June 9  Alaska Run for Women Registration – Anchorage  
**Thur**  Meet time: 4-7pm – University Center Mall  
Contact: Babette Mcllroy run@akrfw.org  
Nicole Thibodeau  
www.akrfw.org  
Sponsored by: Alaska Run for Women  
Register on-line @ www.akrfw.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  Bear’s Den B&B Bear Bell Run for Kids – Seward  
**Fri**  Meet time: 10:30 am – Branson Pavilion  
1 mile – along the waterfront bike path  
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  
  mjreesourceak@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 Mcllroy  
  run@akrfw.org  
  Nicole Thibodeau  
  www.akrfw.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 24th Annual Mosquito Meander – Fairbanks**  
Sat  
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.

June 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  
*Sponsored by: Kenai Peninsula Tourism Marketing Council

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  
Enter 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  
Enter fee: $8 adults/kids free  
Sponsored by: Arctic Orienteering Club  

June 15 & 16 **Dawn 2 Dusk/Dusk 2 Dawn Part 1 All Night Run – Fairbanks**  
Wed & Thur  
Race time: 12:44am on 16th – UAF Ski Hut (West Ridge)  
4 mile loop – roads & trails  
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  
Enter 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](mailto:track@uaa.alaska.edu)

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

When picking up your bib/t-shirt, check out the Expo

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

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

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

Sponsored by: Anchorage Parks & Recreation, University of Alaska Anchorage & ConocoPhillips

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

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

Sponsored by: Anchorage Parks & Recreation, University of Alaska Anchorage & ConocoPhillips

Walkers welcome! Medallions to finishers, t-shirts all

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

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

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

Sponsored by: Anchorage Parks & Recreation, University of Alaska Anchorage & ConocoPhillips

Walkers welcome! T-shirts for participants

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

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

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

Sponsored by: Anchorage Parks & Recreation, University of Alaska Anchorage, & ConocoPhillips

Walkers welcome! T-shirts for participants

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

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*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

*Children’s age groups/ability levels available
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

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
Late fees apply.

*Children’s age groups/ability levels available

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SATURDAY, JULY 9, 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  
mjreesourceak@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  
th breakuptri@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  
th breakuptri@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  
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  
htarci@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  
Enter fee: $8 adults/kids free  
Sponsored by: Arctic Orienteering Club  

**July**  
**Exceed Women's Running Team – Anchorage**

**Tues**  
Meet time: 6 pm – Various locations  
Coached workouts, track and trail runs  
Enter 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!

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

July 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

July Men’s Training – Fairbanks
Tues 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 Valley Women’s Running Team – Palmer
Tue & Thu 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 Summer Hoodoo Goldstream Beer Runs - Fairbanks
Wed 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 Independence Day
Mon

July 4 31st Annual Independence Day Run – Fairbanks
Mon 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
      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 prices 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  
**Steve's Equinox Training #1 – Fairbanks**  
**Thu**  
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  
**Kids' Cross Country Races – Fairbanks**  
**Fri**  
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 451-8966  
mjreesourceak@gmail.com  
Sponsored by: RCN  
Free. Registration 5:45pm.

July 9  
**5K/10K for Life – Palmer/Wasilla**  
**Sat**  
Meet time: 9 am – New Trunk Road bike/foot pathway  
5K/10K Walk/run – out & back, rolling hills, scenic byways  
Race time: 10 am  
Entry fee: $25/$50 family, $35/$60 family day of race  
Contact: Patti Price 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  
**North Pole Jingle Bell Run/Walk for Arthritis – North Pole**  
**Sat**  
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.jingleinjuly.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  
**Bear Paw 5K Run – Eagle River**  
**Sat**  
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

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<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>11th</td>
<td>Do Run Run</td>
<td>ARC's First event of the season. Free with ARC membership</td>
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<tr>
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<td>28th</td>
<td>Trent Waldron Glacier 1/2 Marathon</td>
<td>A good Tune up for Mayor's or BWLR.</td>
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<tr>
<td>June</td>
<td>8th</td>
<td>Mugwumps 10K</td>
<td>A mid packer's challenge. Free with ARC membership</td>
</tr>
<tr>
<td>July</td>
<td>10th</td>
<td>Boondocks Breakaway 2.5K &amp; 5K</td>
<td>Trail Run with social afterwards. Free with ARC membership</td>
</tr>
<tr>
<td></td>
<td>13th</td>
<td>Master's 5K &amp; 10K</td>
<td>Life begins at 40! Free with ARC membership</td>
</tr>
</tbody>
</table>

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

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

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@anchagerunningclub.org  
www.anchagerunningclub.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  

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@acsdenu.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!

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*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
tjslandclearing@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
July 17  
**Her Tern Women’s ½ Marathon - Anchorage**

**Sun**
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  
**Her Tern ¼ Marathon - Anchorage**

**Sun**
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  
**Alaska Mustache Dash – Palmer**

**Wed**
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  
**Salmon Run Series #3 – Soldotna**

**Wed**
Meet time: 5 pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time: 6 pm
Entry fee: $10 on-line/$15 in person/$45 series
Contact: 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  
**Orienteering Meet – Anchorage**

**Wed**
Meet time: 5-7 pm – Kincaid Raspberry Lot Bike and Foot-O
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club

July 21  
**Steve’s Equinox Training #3 – Fairbanks**

**Thu**
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 451-8986  
mjreesourcesak@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  
Enter 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.
July 24  51st Annual Gold Discovery Run #5 Usibelli Cup – Fairbanks
Sun  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  Salmon Run Series #4 – 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 27  Orienteering Meet – Anchorage
Wed  Meet time: 5-7pm – Fossil Creek Fort Richardson
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club

July 28  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 28  Steve’s Equinox Training #4 – Fairbanks
Thu  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  Run for Relief - Anchorage
Sat  Meet time: 9 am – 4240 Wisconsin St.
5K – flat, side walk/bike paths in West Anchorage
Race time: 10 am  Entry fee: Donation
Contact: Scott Clemetson 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  **Running Free 4 Miler – Anchorage/Eagle River**  
*Sat*  
Meet time: 8:00 am - 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  **Warriors Fun Run & ‘Lil Warriors Run-Palmer**  
*Sat*  
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  **23rd Annual Chena Hot Springs Run & Soak #5 Trail Series**  
*Sat*  
– 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  **USATF AK All-Comers Championship - 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.

July 31  **REI Run Series – Anchorage**  
*Sun*  
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  **Bearfest Marathon, ½ Marathon & 5K - Wrangell**  
*Sun*  
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  
**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 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!

Aug  
**Peak Performers Track Club – Anchorage**

Tues  
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  
**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  
www.runningclubnorth.org  
Sponsored by: Running Club North

Aug  
**Men’s Training – Fairbanks**

Tues  
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  
**Valley Women’s Running Team – Palmer**

Tue & Thu  
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  
vwr.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
Aug 6 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
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  Yukon River Trail Marathon – Whitehorse, Yukon
Sun  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  Alaska State Championship Triathlon – Anchorage
Sun  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
         aijing0@ci.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  Running with the Bulls – Palmer
Sun  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 Orienteering Meet – Anchorage
Wed  Meet time: 5-7pm – Service High School
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club

Aug 11  Steve's Equinox Training #6 – Fairbanks
Thu  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  
Enter 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  
Enter fee: $20 for 50K and $15 for 25K/10K  
Contact: Keith Levy 586-1427  
keithblevy@gmail.com  
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

*Children’s age groups/ability levels available
Aug 17  Alaska Internaional Senior Games 10K – Fairbanks
Wed  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  Steve’s Equinox Training #7 – Fairbanks
Thu  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  Running Dead Fairbanks – Fairbanks
Fri  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  Anchorage Running Club’s “Anchorage RunFest”
Fri  Bib/Packet PU & Registration & Expo - Anchorage
       Meet time: 3 - 7 pm –Dena’ina Center
       Contact:  sharron@ancrun.org
       www.anchorageunfest.org
Formerly known as Big Wild Life Runs

Aug 20  Anchorage Running Club’s “Anchorage RunFest”
Sat  Bib/Packet PU, Last Change Reg. & Expo - Anchorage
       Meet time: 9 am - 4 pm –Dena’ina Center
       Contact:  sharron@ancrun.org
       www.anchorageunfest.org
Formerly known as Big Wild Life Runs

Aug 20  Anchorage Running Club’s “Anchorage RunFest”
Sat  Pasta Feed - Anchorage
       Meet time: 12:30 – 2:30 pm –Dena’ina Center
       Entry fee: $10/free for volunteers
       Contact:  sharron@ancrun.org
       www.anchorageunfest.org
Purchase on-line or at Bib/Packet pick-up
Formerly known as Big Wild Life Runs

Aug 20  Anchorage Running Club’s “Anchorage RunFest”
Sat  The Anchorage Mile - Anchorage
*  Race time: 11:00 am – Delaney Parkstrip
       Contact:  sharron@ancrun.org
       www.anchorageunfest.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 Cup - Fairbanks
Sat  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 ancoragerunfest.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  Anchorage Running Club’s “Anchorage RunFest”
Sun  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  Anchorage Running Club’s “Anchorage RunFest”
Sun  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@ancrun.org
www.anchagerunfest.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  Anchorage Running Club’s “Anchorage RunFest”
Sun  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@ancrun.org
www.anchagerunfest.org
Sponsored by: Spenard Roadhouse
Professional timing
No Race Day Registration or Bib Pick-up
Formerly known as Big Wild Life Runs

Aug 21  Equinox Training Run (the annual long one) – Fairbanks
Sun  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  The Milk Run - Anchorage
Sat  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
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

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*Scheduled Dates*

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

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*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

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

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

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 3 Summer Hoodoo Goldstream Beer Runs - Fairbanks
Wed 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 Halibut Hustle – Homer
Sun 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 McCarthy Half Marathon & 5 Mile Runs – McCarthy
Sat 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 Moose Charge Dash - Dillingham
Sat 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 End of Summer Mini Marathon – Seldovia
Sat 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 Labor Day
Mon

*Children’s age groups/ability levels available
Sept 5  Labor Day Run 5K – Fairbanks
Mon  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  Labor Day Family Fun Runs - Valdez
Mon  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  Bonny Sosa Tuesday Night Race Series - Anchorage
Tue  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  Klondike Road Relay - Whitehorse
9/10  Meet time: 12, 4 & 5:45pm PST – Skagway
Fri/Sat 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
Your Athlete Repair Specialist

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Discover the low impact benefits of aquatic physical therapy at Rebound.

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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
- ¾ 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-¾ 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.
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  RUNmatsu: 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!

*Children's age groups/ability levels available
Sept 17  54th Annual Equinox Marathon #8 Usibelli Running  
Sept 17  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  Titan Trail Run - Wasilla  
Sat
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  The Glass is Half Full Equinox 5K Run – Cooper Landing
Sat
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  The Glass is Half Full Equinox 10K Run – Cooper Landing
Sat
Meet time: 9 am – Cooper Landing School
10K – Trail run: some pavement some semi-rugged terrain
Race time: 10 am  Entry fee: $35
Contact: Susanna LaRock 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  25th Annual Tony's Run – Dillingham
Sun
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 Haggblom 842-2320
         records@safebristolbay.org
http://www.raceroster.com (online registration only)
www.safebristolbay.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@anchoragerunningclub.org  
Sponsored by: Bristol Bay Native Corporation & Anchorage Running Club

*Children’s age groups/ability levels available
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 – Fairbanks**  
Weds  
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  
**Hit the Trails – Anchorage**

**Sat**
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  
**It Ain’t Easy Hill Run – Fairbanks**

**Sat**
Race time: 10 am – Dog Musher’s Hall, Farmers Loop  
5 miles or 11.3 miles – Hilly terrain, roads and trails  
Enter fee: none  
Contact: Andy Sterns 508-542-3036  
Chris Garber Slaght 455-9198  
Sponsored by: Running Club North

Oct 4  
**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 6  
**RUNmatsu: Thursday Night Run Series – Mat-Su Valley**

**Thur**
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  
**Houston Half Hot Chocolate Run – Houston**

**Sat**
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  
Enter 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@anchoragerunningclub.org  
Register on-line @ www.anchoragerunningclub.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@anchoragerunningclub.org  
Register on-line @ www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club, Skinny Raven Sports & Girls on the Run  
Costumes and lots of fun  
A Healthy Futures Series Event – www.healthyfutures.ak.org

Oct 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.

*Children's age groups/ability levels available
Oct 29  Skinny Raven Frightening 4K – Anchorage
Sat  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  Fahrenheit–Be-Darned Winter Training Run –
Weds  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  Winter Hoodoo Goldstream Beer Runs - Fairbanks
Thur  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  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

Nov  Maddy’s Run – Eagle River
Sat  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

*Children’s age groups/ability levels available
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

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
              aholand56@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 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
  pppinne@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:  783-5146 or kelleykt@muni.org

*Children’s age groups/ability levels available

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**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

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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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569-FOOT

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