Come Run Under The Midnight Sun!
FAIRBANKS, ALASKA

Sponsoring:
Prize Money for Top Male Finisher & Top Female Finisher

www.midnightsunrun.net
907-456-8901

Race produced by:
FAIRBANKS RESOURCE AGENCY

Proceeds benefit FRA, a non-profit organization supporting children, adults and seniors with disabilities since 1967.
The running community is extremely proud to have selected this outstanding candidate for the cover of the 2017 Alaska Runner’s Calendar.  

(Photo courtesy of Rhonda McCormick)

Allie Ostrander

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

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

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

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

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

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

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

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

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

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

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

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

• Pay close attention to all pre-race instructions.

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

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

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

• Leave your pets at home unless race allows them!

• Slower runners please start behind the faster runners.

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

• No pacing by non-race participants.

• Follow instructions after your cross the line.

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

Brad Cooke, Editor
MOA Reprographics, Layout & Computer Graphics
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Produced by Anchorage Parks & Recreation
Printed Copy Distributed to over 5,000 running enthusiasts
Over 11,000 online views!!

Note: All area codes are 907 unless otherwise listed

Contacting Alaska Runners Calendar
343-6566 (voice) 249-7725 (fax) 343-6457 (TDD)
e-mail: runnerscalendar@muni.org
webpage: www.muni.org/parks
Children's age groups/ability levels available

Jan through March

**Wednesday walk/run at the Alaska Dome 400 m track**

Time: 6:00 pm – 7:00 pm
Entry fee: Anchorage Running Club membership
Contact: info@anchoragerunningclub.org
More information at www.anchoragerunningclub.org
Sponsored by the Anchorage Running Club

**Fahrenheit Be Darned Winter Training Run – Fairbanks**

Meet time: 5:45 pm – UAF Patty Center
Distance: Various. Group runs various courses, Wednesdays
Contact: George Berry 687-8769
membership@runningclubnorth.org
Sponsored by: Running Club North
Regardless of temperature

**Hoodoo Goldstream Beer Runs - Fairbanks**

Meet time: 6 pm – Hoodoo Brewery
Distance: 1-3 miles
Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery & Goldstream Sports
Regardless of temperature. Walkers welcome.

Jan 6

**Borealis Color Run – Fairbanks**

Meet time: 6 pm – UAF borealis Ski Hut (West Ridge)
Distance: 4 miles – Fun run at UAF campus wearing Tracer
360 multi colored safety vest. Sponsored by Beaver Sports. Sign up starts at 5 pm
Contact: 907-687-8769
membership@runningclubnorth.org
Sponsored by: Beaver Sports and Running Club North
Early sign up at Beaver Sports. Tracer 360 Lighted safety vest sold at cost at Beaver Sports. 5 pm sign up night of event at Ski Hut, west Ridge – UAF. No fee!

Jan 7

**36th Annual Airport Run – Fairbanks**

Meet time: 11am – Pike’s Landing
Distance: 4 or 8 Miles
Contact: Paul Reynolds 907-322-1142
George Berry 907-687-8769
membership@runningclubnorth.org
Sponsored by: Running Club North
No entry fee; regardless of temperature. Flat out & back.

Jan 12

**Full Moon Run – Fairbanks**

Meet time: 5:45 pm – UAF Patty Center
Distance: 4 Miles
Contact: George Berry 687-8769
membership@runningclubnorth.org
Sponsored by Running Club North
Entry fee: free

Jan 14

**Ringing in the New Year - Dillingham**

Race time: 1 pm. Location: TBD
Contact snunn@bbahc.org for the most up to date information. No entry fee.
Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion

*Children's age groups/ability levels available*
Jan 21  Chilly Buns Mid-Winter Run – Fairbanks  
Sat  
Meet time: 11am – UAF Bus Center across from Patty Ctr  
6.5 Miles – Patty Center to Miller Hill, to Yankovich, to FLR bike path back to campus commuter trail, across campus back to Patty Center.  
Contact: George Berry 687-8769  
membership@runningclubnorth.org  
Sponsored by: Running Club North. Free.

Jan 28  Emily-Oliver Snowshoe Race – Fairbanks  
Sun  
Meet time: 12:00 pm – at the end of Oboe drive in Cripple Creek on the recreational trails  
Distance: 5K and 10K – snowshoe race on Cripple Creek recreational trails  
Contact: Ariana Graf 907-460-4046  
Sponsored by: Running Club North. Free.

Jan 28  Wolf Run- Half and 5K – Anchorage  
Sat  
Meet time: 9 am / Half 10 am - 5K – UAA Social Sciences Bldg  
Half & 5K – Multi-use trails, Chester Creek and Tony Knowles  
Contact: Bob Maxwell 907-786-4914  
http://teamfrostbite.uaa.alska.edu/  
Sponsored by: AE Club  
T-shirts for all finishers, starts in the parking lot north of Central Parking Garage - UAA. Fundraiser for Habitat for Humanity and AE club. 3 first ad/water tables on course (half)

Jan 28  The Dome Series Hour Challenge - Anchorage  
Sat  
Meet time: 8:30 am – The Dome, Anchorage  
1 Hour – On the track Race time: 10 am  
Contact: Mark Iverson 274-7222  
timing@skinnyraven.com  
www.skinnyraven.com/race/the-dome-series/  
Sponsored by: Skinny Raven Sports  
Come see how many laps you can run in 1 hour!

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

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

Feb 1  Why Not Tri & Why Not Tri Kids - Wasilla  
Wed  
Registration opens  
Contact: www.whynottriasilla.net

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

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<td>Northern Lights Resolution Run</td>
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Registration and information for all races at: [www skinnyraven com](http://www.skinnyraven.com)
Feb 4  **RCN Members Winter Social – Fairbanks**  
**Sat** Meet time: 6 pm – Goldstream Sports  
Contact: George Berry 907-687-8769  
membership@runningclubnorth.org  
Sponsored by: RCN and Goldstream Sports  
See [www.runningclubnorth.org](http://www.runningclubnorth.org) for information  

Feb 4  **Fairbanks Snowshoe Classic – Fairbanks**  
**Sat** Time 11:00 am, Location – Goldstream Sports (or possibly UAF West Ridge, undecided)  
Distance: 5K and 10K  
Contact: Erika Burr 907-978-4481 burrike@gmail.com  
Sponsored by: Running Club North  
No entry fee.  

Feb 10  **Full Moon Run – Fairbanks**  
**Fri** Meet time: 5:45 pm – UAF Patty Center  
Distance: 4 Miles  
Contact: George Berry 687-8769  
membership@runningclubnorth.org  
Sponsored by Running Club North  
Entry fee: FREE  

Feb 11  **Sweetheart run - Dillingham**  
**Sat** Race time: 1 pm. Location: TBD  
Contact snunn@bbahc.org for the most up to date information. No entry fee.  
Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion  

Feb 11  **The Stud Run - Anchorage**  
**Sat** Meet time: 9:30 am – Sand Lake  Race time: 10 am  
Entry fee: $10 student, 18 & under; $25 adult.  
1.75 mile loop around frozen Sand Lake. Flat, frozen surface; potential icy/slippery conditions; untimed event, students get finisher medal.  
Contact: Chandra Poe 575-7159  
thestudrun@gmail.com  
www.thestudrun.org  
Sponsored by: Sand Lake Elementary PTSA  
Second Annual Stud Run on frozen Sand Lake. Strollers, sleds welcome; pets not allowed. Costumes welcome and encouraged! Studded shoes recommended. Cocoa and snack at finish line warming tents. Healthy Futures sponsored event.  

Feb 11  **Snow Run – Fairbanks**  
**Sat** Meet time: 11:00 am – UAF Patty Center. Sign up race-day starting at 10:15 am. Start/Finish at UAF bus shelter across from Patty Gym.  
Distance: 4.1 Miles & 7.2 Miles  
4.1 mile Out-and-Back through campus, or 7.2 mile Miller Hill Loop 'backwards'.  
Contact: Mary Brunner 907-699-1496  
maryb.alaska@yahoo.com  
Sponsored by: Running Club North  
Annual Free RCN Event. Free, hilly, cookies!  

*Children's age groups/ability levels available*
**Feb 11 Valentine’s Day Chocolate Run – Anchorage**

**Sat**
Meet time: 9 am – Ship Creek by the Ulu factory  
5K - roads and bike path  
Race time: 10 am Entry fee: $35  
Contact: Mark Iverson 274-7222  
timing@skinnyraven.com  
Erin Philips 274-7222  
www.skinnyraven.com/races/valentines-day-5K  
Sponsored by: Skinny Raven Sports  
Running, Chocolate, and Love. Three of the best things in life. Join us for all of them along Ship Creek. Let cupid chase you along the creek and through the Tunnel of Love! There is a couple's team event.

**Feb 12** Valentines Day 5K – Homer  
**Sunday**
Meet time: 10 AM – Homer High School  
5K – Entry Fee: TBA  
Race time: 10 AM  
Entry Fee: TBA  
Contact: Jen Booz  
jenbooz7@gmail.com  
Sponsored by: Kachemak Bay Running Club

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

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

**Feb 18 Susitna 100 – Big Lake**  
**Sat**
Meet time: 8 am – Happy Trails Kennels  
100 miles – Cross-country across rivers, lakes, woodland trails  
Race time: 9 am Entry fee: Check website  
Contact: Kim & Erin Kittredge 907-746-5959  
info@susitna100.com  
Pam Richter 907-346-1220  
www.susitna100.com  
5 checkpoints with warm water and snacks. 15# of survival gear & food required to be carried over entire course. T-shirt, finisher award & post-race party.
Feb 18 17th Ballaine Ridge Snowshoe Trail Run – Fairbanks
Sat
Meet time: 12:00 pm - Keith Pollock's House 849 Goldfinch Rd
Distance: 3, 6 & 9K Snowshoe series event, mostly single track trail.
Contact: Keith Pollock 907-479-0779
kpollockak@gmail.com
Sponsored by: Running Club North
Regardless of temperature. Extra snowshoes available.
Hot drinks & munchies.

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

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

*Children’s age groups/ability levels available
Frostbite Footrace & Costume Fun Run

9:30am Saturday, February 25

Register at furrondy.net

5K or 2.5K Fun Run
Join the fun with the entire family!

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

Don’t Miss the Costume Contest!
Great Prizes!

*Children’s age groups/ability levels available
Feb 25  
**Fur Rondy Outhouse Race – Anchorage**

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

Feb 26  
**Rondy DASH – Anchorage**

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

Mar  
**Fahrenheit Be Darned Winter Training Run – Fairbanks**

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

Mar  
**Hoodoo Goldstream Beer Runs - Fairbanks**

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

Mar 2  
**MatSu Running Club Information Meeting – Palmer**

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

Mar 4  
**Nunataq Snowshoe Series Race #2 – Palmer**

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

*Children’s age groups/ability levels available
Mar 4 10th Annual Running of the Reindeer – Anchorage
Sat Race time: 4 pm – 4th Ave at H Street, 3 blocks - city streets
Entry fee: $30 includes t-shirt
Contact: Fur Rondy Headquarters 907-274-1177
info@furrondy.net
Sponsored by: Fur Rondy, KWHL 106.5 The Morning Show
Register on-line @ www.furrondy.net
Whacky, Alaskan-style fun! See if you can outrun the reindeer. Must be 18 yrs or older to participate. Benefits Toys for Tots. T-shirts to 1st 1800 runners to pick up bibs.

Mar 11 Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage
Sat Meet time: 8:30 am – Bear Tooth Theatre pub
5K - loop course, some hills
Race time: 9:30 am
Contact: timing@skinnyraven.com
www.skinnyraven.com
Sponsored by: Bear Tooth Theatrepub, Mizuno, Skinny Raven
Free Mizuno t-shirt & free pint glass filled once with beer or soda on race day

Mar 12 Full Moon Run – Fairbanks
Sun Meet time: 5:45 pm – UAF Patty Center
Distance: 4 Miles
Contact: George Berry 687-8769
membership@runningclubnorth.org
Sponsored by Running Club North
Entry fee: FREE

Mar 18 St. Patrick’s Run – Fairbanks
Sat Meet time: 11:30 am – Goldstream Sports
Distance: 7.1 Miles out and back along St. Patrick’s Road
Contact: Rachael Kvapil 907-347-8756
pagesculptor@gmail.com
Sponsored by Running Club North and Goldstream Sports
Registration is on the morning of the event. Free. Leprechaun chase and prizes!

Mar 18 St. Patty’s Day Run - Dillingham
Sat Race time: 1 pm. Location: TBD
Contact snunn@bbahc.org for the most up to date info
No entry fee. Your Time and Pace your business.
Course set for 1 hour of fitness
Organized by Rural People in Motion

Mar 19 Green Day Gallop – Palmer, Alaska
Sun Meet time: 12 pm –Palmer Pavilion Downtown
Distance: Half marathon, kids 1 mile race, 5k and 10k races
Race time: Half marathon start 1:00 pm; kids race start 1:15 pm; 5k & 10k start 1:45 pm.
Entry Fee: $25 pre-race day; $30 day of registration; kids race free.
Contact: Kate Arnold 746-0600
kevans.arnold@gmail.com
Denise Christopher 907-841-4589
gmminers@gci.net
Sponsored by: Active Soles, Mat-Su Miners and We Run AK

*Children’s age groups/ability levels available
Mar 21  
MatSu Running Club Beginner’s Running Clinic classroom session  
Tues  
6:00 pm - Teeland Middle School  
Rhonda Knopp 907-355-6258  
coachknopp@yahoo.com or vvrt.org  
MatSu Running Club

Mar 25  
Crazy Lazy – Palmer  
Sat  
Meet time: 9:30 am – Smith Road Trailhead  
6 mile – mountain race, loop course  
Race time: 11 am Entry fee: $25  
Contact: Dane Crowley 907-354-8461  
moosejv@hotmail.com  
John Clark 907-982-9001  
Sponsored by: Lazy Mountain Foothills Running Club  
Up and down, 3000’ gain/loss. Winter event, ice and snow,  
cleats or spikes highly recommended.  
Register online @ www.webscorer.com, $25 or $40 race day  
sign up. 1 mile kids loop race. Race t-shirts and other finisher  
awards. Proceeds benefit girls’ athletics.

Mar 25  
Bison Run Wild 5K - Portage  
Sat  
Meet time: 9:30 am – Alaska Wildlife Conservation Ctr.  
5K – A flat two-lap loop on grounds of AWCC  
Race time: 10 am Entry Fee: $40 adults; $30 children (under  
18); add $5 after 2/15  
Contact: Eileen Floyd 783-2025  
Eileen@alaskawildlife.org  
www.alaskawildlife.org  
Sponsored by: Healthy Futures  
Starts and finishes by future site of Bison Hall. 2-lap course  
uses roads within conservation center. (All course roads will  
be closed to vehicles during run.) Come “run with the herd”  
and help us open the doors on Bison Hall.
Mar 26  8th Annual White Mountains 100 – Fairbanks
Sun  Meet time: 8 am – White Mountains National Recreation Area, Wickersham Dome Trailhead, Milepost 28 Elliott Highway (approx. 38 miles north of Fairbanks, Alaska).
Distance: 100 miles - skis, bike, or run
The 100-mile ultra-race course cuts through the heart of the jagged limestone peaks that define the White Mountains.
Contact: Joel Homan 907-388-9560
Wm100@endurancenorth.org
http://wm100.endurancenorth.org/home
Cut off time off 11:59 PM Monday (40 hrs limit) Pre-race Meeting: Schaible Auditorium on March 25th, 4:00 PM

Mar 28  MatSu Running Club Beginner’s Running Clinic
Tues  6:00 pm – Colony High Track
Rhonda Knopp 907-355-6258
coachknopp@yahoo.com or vwrt.org
MatSu Running Club

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

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

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

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

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

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

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

*Children’s age groups/ability levels available
Apr 8  Super Hero Showdown – Anchorage
Sat  Meet time: 9 am – The Dome
Distance: 5K
Race time: 10 am Entry fee: $35-45
Contact:  Mark Iverson 274-7222
timing@skinnyraven.com
Erin Philips 274-7222
www.skinnyraven.com
Sponsored by: Skinny Raven Sports
Who are the fastest bank of super heroes? Avengers, X-Men, Justice League, The Defenders, Fantastic Four, or another group?

Apr 8  Law Days Race Judicata– Fairbanks
Sat  Meet Time: 10 am -TBA - Check the RCN website for update
5k run/walk to support Tanana Valley Bar Association; can be raced in relay with teams of two using the passing of a briefcase as baton.
Contact:  Roseann Simko
378-4304 rsimko@alumni.a vemarialaw.edu
Sponsored by Tanana Valley Bar Association
2017 will mark the return of this event to the RCN calendar.
More information to be provided, check the RCN website.

Apr 8  Ken Tuene Sourdough Stampede 5K & 1 Mile Fun Run/
Sat  Walk - Ketchikan
Race time: 9 am - Start & Finish @ the Gateway Rec Center
Entry fee: membership fee to Ketchikan Running Club
Contact person: Bill Elberson 907-617-0193

Apr 15  Fools Rush - Dillingham
Sat  Race time: 1 pm. Location: TBD
Contact snunn@bbahc.org for the most up to date information.
No entry fee. Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion.

Who Let the Girls Out 5K
Race/Walk Event
Friday, April 28th, 6:30pm
Downtown Palmer

*MATSU RUNNING CLUB
*Children’s age groups/ability levels available
Apr 15  Beat Beethoven 5K – Fairbanks
Sat  Race time: 11am – UAF Patty Center
      5K- Hilly course on the UAF campus
      Entry Fee: Early: $25 thru April 11/$35 Late/$45 Race Day
      Contact: George Rydlinski 907-474-5852
grydlinski@alaska.edu
      Dorli McWayne
www.FairbanksSymphony.org
Sponsors: Fairbanks Symphony Orchestra/Healthy Futures et al.
Fundraiser for the Fairbanks Symphony orchestra. Fun
race for the whole family where you race against the music
of Beethoven’s 5th Symphony as recorded by the FSO!
Commemorative Race T-shirt included in registration fee,
guaranteed to the first 1000 registered runners.

Apr 22  Alaska Heart Run – Anchorage
Sat  Festivities start at 8 am– UAA Alaska Airlines Center
      3K & 5K – City Streets
      Race time: 9:30 am timed/10 am untimed
      Entry fee: varies, please see website
      Contact: Dustin Morris 865-5303
       Dustin.Morris@heart.org
       Alaina Burton 865-5300
       alaina.burton@heart.org
       www.alaskaheart.org
Hosted by: American Heart Association
Race/walk starts at the UAA Alaska Airlines Center. Register
online at www.alaskaheartrun.org. Late fees apply after March
26th. Please see website for details. Bib Pickup dates are as
follows: Saturday April 15, 12 pm-3 pm
       Wednesday April 19, 4:30 pm-6:30 pm
       Friday April 21, 4:30 pm-6:30 pm
All proceeds benefit the American Heart Association.

Apr 22  37th Annual Tok Trot – Fairbanks
Sat  * Race time: 12 pm/walkers, 1 pm/ runners – Tok Visitors Ctr, Tok
      10K walk/run -Flat out and back event for runners (standard
      start) and walkers (early start).
      Contact: Paul Kelley 907-883-5393
       Kelleys@aptaalaska.net
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 – road race, beach themed 5k run with all proceeds
      benefiting the UAF Cross Country Team
      Contact: Nick Crawford 907-474-6802
        ncrawford2@alaska.edu
Sponsored by: UAF Cross Country team

Apr 22  Spirit Fun Run – Anchorage
Sat  Race time: 10 am – East Campus Central Lot
      Entry fee: $10.00
      5K – Starting at East Central Lot, going around Goose Lake
      and ending at the Dog Park by University Lake
      Contact: Robert T. Stone 907-310-4142
        Akskier.stone@gmail.com
        Danielle Bauer 1(603) 769-1040
        http://akskierstone.wixsite.com/seawolfspiritfunrun
*Children’s age groups/ability levels available
**Apr 28**  **Who Let the Girls Out 5K**
*Fri*
Meet time: 6:30 pm – Downtown Palmer
Race/Walk event
Contact: MatSu Runners Club
matsurunningclub@gmail.com

**Apr 29**  **Kachemak Bay 21 K**
*Sat*
Meet time: 9 am Grace Ridge Brewery
Distance: 13.1 miles Half-marathon loop along Homer Spit
Race time: 10 am Entry Fee: TBD
Contact: Andy Haas: 907-235-1007
yatra@ak.net
web: kachemakbayrunningclub.org/event-information
Sponsored by: Kachemak Bay Running Club
An April Half-marathon that will keep you in shape over winter.

**Apr 29**  **7th Annual Run for Relief – Fairbanks**
*Sat*
Time: 12:00 pm – Tanana Lakes Recreation Area
Distance: 5K obstacle course run with a mix of running and (optional) obstacles to complete the race.
Contact: Kathy Petersen 907-388-6830
skeezbow@hotmail.com
Sponsored by: Xtreme Air Adventure Zone
$20 entry, T-shirts to first 300. friendsoppartners@gmail.com

**April 29**  **Walk MS - Ketchikan**
*Sat*
Meet time: 9 AM - South Tongass Hwy Rest Stop
Race time: 10 AM No entry fee – registration required
Contact: Cassey Bradley-Leonardis 907-331-0179
cassey.bradleyleonardis@nmss.org
walkms.org
Sponsored by: Local Sponsor: IBEWL 1547
Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.

**Apr 29**  **80’s Fun Run/Walk/Dance 5K**
*Sat*
6 dance stops for you to dance at 80’s Fun Run/Walk/Dance 5K – 6 dance stops for you to dance at, non-timed event, great for kids as you learn many of the popular dances from the 80’s. Music starts at 11 am and the run starts at noon. Fundraiser for Habitat for Humanity and the AE club. Medals for all finishers! AEclubUA.com

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

*Children's age groups/ability levels available*
2017 Usibelli Running Series

Races in this Fairbanks’ eight race series include:

May 6th
36th Annual Chena River Run 5K
June 17th
36th Annual Midnight Sun Run 10K
June 22nd
Jim Loftus Mile
July 8th
Run of the Valkyries 8K
July 23rd
52nd Annual Gold Discovery Run 16.3 Mile
August 5th
24th Annual Santa Claus Half-Marathon
August 19th
10th Annual Golden Heart Trail Run
September 16th
55th Annual Equinox Marathon

Visit the RCN website at www.runningclubnorth.org

Earn your patch on the most challenging race in Alaska!

55th Annual Equinox Marathon
& 25th Annual Marathon Relay

Saturday, September 16, 2017

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

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

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

September 16th
RACE DAY! 8 am at the UAF Patty Center.

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

*Children’s age groups/ability levels available
May every
Tue
Women’s Training – Fairbanks
Meet time: 5:30 pm – West Valley HS Track
Weekly summer training on the track
Contact: Bruce Miller 479-5585
Sponsored by: Running Club North
Interval workouts – all abilities welcome. Free

May every
Tue
Men’s Training – Fairbanks
Meet time: 6 pm – West Valley HS Track
Weekly summer training on the track
Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
Sponsored by: Running Club North
Interval workouts. All abilities welcome. Free

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

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

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

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

*Children’s age groups/ability levels available
May 6  36th Annual Chena River Run #1 Usibelli Cup– Fairbanks
Sat  Race time: 10 am – Woodriver Elementary to Princess Hotel
Distance: 5K Fast and flat 5K From Wood River Elementary through University West to the Princess Lodge
Entry fee: TBD
Contact:  Travis Lewis 907-460-6040
travis@datelinedigital.com
Sponsored by: Rotary Club of Fairbanks
This is a walker and family friendly point to point race. There is limited parking at both the start and finish areas. Shuttles are provided for your safety.

May 6  Walk MS - Fairbanks
Sat  Meet time: 9 am – Pioneer Park
Race time: 10 am No entry fee – registration required
Contact:  Cassey Bradley-Leonardis 907-331-0179
cassey.bradleyleonardis@nmss.org
walkms.org
Sponsored by: Local Sponsor: Lions Club
Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.

May 6  Walk MS - Wasilla
Sat  Meet time: 9 am – Menard Sports Center
Race time: 10 am No entry fee – registration required
3 miles
Contact:  Cassey Bradley-Leonardis 907-331-0179
cassey.bradleyleonardis@nmss.org
walkms.org
Sponsored by: Local Sponsor: Lions Club
Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.

May 6  Run for Moms - Dillingham
Sat  Race time: 1 pm. Location: TBD
Contact:  snunn@bbahc.org for the most up to date information.
No entry fee.
Your Time and Pace your business. Course set for 1 hour of fitness.
Organized by Rural People in Motion

May 6  Amblin’ for Alzheimer’s - Anchorage
Sat  Meet time: 9 am – Anchorage Golf Course
2-4 miles –A walk with slight incline, gentle stroll
Race time: 10 am
Entry fee: $25 adults, $20 students, $15 child, under 4 are free
Contact:  Lorraine Guyer 561-3313
lguyer@alzalaska.org
Kelsey Fiedler 907-561-3313
www.alzalaska.org
Sponsored by: Anchorage Golf Course
*Children's age groups/ability levels available
May 6  **Anchorage Salmon Run - Anchorage**  
**Sat**  
Meet time: 10 am - Inlet View Elementary School  
2K, 5K, 10K - Begins / ends at Inlet View; out and back Coastal Trail.  
Race time: 10 am  
Entry fee: $35 before May 3rd; price increases after May 3rd  
Contact: April Halpern 907-250-9297  
info@anchoragesalmonrun.com  
www.anchoragesalmonrun.com  
Sponsored by Inlet View PTA  
A Healthy Futures Series Event

May 6  **Walk & Roll for Hope - Anchorage**  
**Sat**  
Meet time: 8:00 am – Delany Park  
Distance: 3 K – easy walk on sidewalks and bike paths  
Race time: 9:00 am Entry fee: $25  
Contact: Mike Wachsmuth 907-433-4912  
mwachsmuth@hopealaska.org  
Jessica Benson 907-433-4914  
Website: www.hopealaska.org

May 6  **Sterling Moose River Hustle – Sterling**  
**Sat**  
Meet time: 9:00 am – Sterling Senior Ctr, MP 83.5 Sterling Hwy  
1 mile, 5 & 10K – mostly flat, out & back  
Race time: 10 am Entry fee: $20/adult, $15/youth  
Contact: Tammy Strausbaugh 252-2959  
wrestle@acsalaska.net  
Kurt Strausbaugh 420-7023  
Sponsored by: Sterling Senior Center  
T-shirts for participants. Awards for various age groups. Proceeds benefit Sterling Senior Ctrs Meals on Wheels Program.

May 6  **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 til Thursday May 4.

May 7  **Race Judicata – Anchorage**  
**Sun**  
Meet time: 9:30 am – Westchester Lagoon  
Race time: 10 am  
5K Flat out and back along coastal trail  
Entry fee: $25 individual, $30 with dogs, $35 race day  
Contact: Barbara Dunham 218-349-9542  
bj dunham@gmail.com  
Sponsored by: Young Lawyers Section, Anchorage Bar Association  
Proceeds benefit Anchorage Youth Court

*Children's age groups/ability levels available
May 7  The Breakup Tri – Fairbanks
Sun  Race time: 12 pm – UAF Patty Center
500 yd pool swim, 13.1 mile bike, 3.1 mile run, sprint Tri
Contact:  Amber Barlow 970-203-5535
thebreakuptri@hotmail.com
Sponsored by: Arctic Triathlon Series
$35 + $12 for USAT, 99 racer limit, reg. opens Feb. 1

May 10  26th Annual GHU Water Walk & Run 5K – Fairbanks
Wed  Race time: 6:30 pm – 1304 1st Ave, Fairbanks, AK
Distance: 5K Fun run starting and finishing at the GHU Water
Treatment Plant in celebration of National Drinking Water
Week. Course follows the river on the bike path.
Contact:  Steve Offenborn 907-455-0162
steveo@akwater.com
Lacey Guffey
Sponsored by: Golden Heart Utilities
Shirts to the first 350. Free hot dogs, snacks and face painting!
See website for registration details at http://www.akwater.com

May 10  Orienteering Meet - Anchorage
Wed  Meet time: starts from 5 pm to 7 pm
Location – Earthquake Park
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

May 13  Trailside Kids Triathlon – Anchorage
Sat  Meet time: 10 am – Trailside Elementary
Various Distances - Service HS and trails
Race time: staggered stations Entry fee: $20
Contact:  Carleen Ulbrich 742-5500
ulbrich_carleen@asdk12.org
trailsidepta.org
Sponsored by: Healthy Futures and Trailside PTA
Service pool swim, bike loops around Service High School, run
trails behind school. Courses vary according to grade (K-6).
Volunteers needed, please e-mail ulbrich_carleen@asdk12.org.

May 13  Faster Than A Falcon 5K – Anchorage
Sat  Meet time: 9:00 am – Davis Park/Lions Park
3.1 Miles – flat and fast, no hills
Race Time: 9:15 am
Entry Fee: Reg. $15/ early registration ($22 after May 5th)
Contact:  Ishmael Thompson 830-3505
ithompson@bgcalaska.org
David Barny 907-830-3135
www.fasterthanafalcon.info
Sponsored by: Enstar Natural Gas, Anchorage Running Club,
Alyeska Resort, Skinny Raven Sports, Mountain View Family
Dentistry, Anchorage Community Trust, Top of the World
Graphics, Kittiwake Alaska Apparel.
Faster than a Falcon 5K at 9:15 am with kid’s dash to start off
event. 5K will start 9:30 am at Lions Park. Fundraiser for the
Mountain View Boys & Girls Club.

*Children’s age groups/ability levels available
**May 13**  
**Totem to Totem Half Marathon**  
**Sat**  
Meet time: 8:00 am –  
Distance: 13.1 walk and run or relay teams  
Start time: 9 am - Rotary Beach South Tongass  
Entry fee: Early Bird Fee $50.00 April 1st, after Fee $60.00  
Contact: Gretchen Klein  
907-617-7635  
On-line registration: active.com  
Medal and T-Shirt

**May 13**  
**American Heart Association Fairbanks Heart Walk – Fairbanks**  
**Sat**  
1+2.75 mile city streets  
Meet time: 9 am – Veteran’s Memorial Park  
Race time: 10 AM Entry Fee: $25 minimum donation  
Contact: Wendie MacNaughton 907-374-2927  
Wendie.macnaughton@heart.org  
Jacyn DeBaun 907-374-4446  
Jacyn.DeBaun@heart.org  
www.FairbanksHeartWalk.org  
Sponsored by: American heart Association  
Fun, non-competitive event for all ages and abilities. All proceeds benefit the American heart Association.

**May 13**  
**9th Annual Alaska Walk/Run for Autism – Fairbanks**  
**Sat**  
Race time: 11 am – Pioneer Park  
Distance: 5K Walk/Run  
Contact: Danielle Tessen 907-374-4421  
Autism907@gmail.com  
Sponsored by: Autism Society of Alaska  
Family friendly 5K on flat ground supports Autism Society of AK.

**May 13**  
**Walk MS - Soldotna**  
**Sat**  
Meet time: 10 am – Soldotna High School  
Race time: 11 am No entry fee – registration required  
Contact: Cassey Bradley-Leonardis 907-331-0179  
cassey.bradleyleonardis@nmss.org  
walkms.org  
Sponsored by: National MS Society  
Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.

**May 14**  
**Migration Run – Homer**  
**Sun**  
Meet time: 9 am – Homer Spit Fishing Hole  
5K – Point to Point Homer Spit bicycle/pedestrian path  
Race time: 9 am Entry fee: TBA  
Contact: Jen Booz  
jenbooz7@gmail.com  
www.KachemakBayRunningClub.org  
Sponsored by: Kachemak Bay Running Club  
USATF Certified 5K. Benefits local youth running sports. Register online at kachemakbayrunningclub.org. Discount available for KBRC members.

*Children's age groups/ability levels available*
Anchorage RunFest

AUGUST 19th
The Anchorage Mile & The kid’s 2K

SEPTEMBER 23rd
Oktoberfest 5K/10K/Kids

OCTOBER 14th
Zombie Half Marathon & Zombie Kids Run

www.anchoragerunningclub.org

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

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

*Children’s age groups/ability levels available
May 14  Mark Brody Kidney Walk - Anchorage
Sun  Meet time: 1:30 pm - Wendler Middle School - 2905 Lake Otis
Lap to 5 K - check AKPA website
Race time: 2:00 pm Entry fee: Free – fundraise $100 for free
t-shirt & other prizes
Contact: Kristie Lemmon 240-2562
kristie@alaskakidney.org
www.alaskakidney.org
Sponsors: Alaska Kidney Patients Assoc. (AKPA), Healthy Futures
Mark Brody Kidney Walk & Celebration is a fun, non-
competitive 5K for all ages & abilities, walk a lap or walk the
5K. Check AKPA website for details & fundraising prizes.
Proceeds benefit the AKPA programs to prevent kidney
disease and provide education & support for dialysis patients.

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

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

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

*Children’s age groups/ability levels available
May 20  O'Malley Fun Run – Anchorage
Sat  Meet time: 10 am – O'Malley Elementary School
2K, 5K – wooded trail run and school grounds
Race Time: 11am & 11:30 am Entry fee: $15 or $60 family
Contact: Gretchen Kiskaddon
omalleypta@gmail.com
runsignup.com
Sponsored by: Healthy Futures
All ages welcome! Every child receives a medal!

May 20  Bear Valley 5K Challenge – Anchorage
Sat  Meet time: 8:30 am – Bear Valley Elementary Storck Park
5K – various terrain; roads, trails, hills creek bed
Race time: 10 am
Entry fee: $9 adult/$6 children thru high school
Contact: Bear Valley Community Association 345-0434
exec_director@bearvalleycommunityassoc.org
www.akbvca.org
Sponsored by: Bear Valley Comm. Assoc. & Healthy Futures
Scholarships available, family fun run/walk for all
A Healthy Futures Series Event - www.healthyfuturesak.org

May 20  Alaska Law Enforcement Torch Run – Statewide
Sat  Meet Time: 9 am – Various cities (see below)
5K – fun run
Race Time: 10 am Entry fee: Pledge Drive
Contact: Jessica 222-7625
Jessica@specialolympicsalaska.org
Jim 222-7625
www.SpecialOlympicsAlaska.org
Sponsored by: Alaska Law Enforcement
Benefits Special Olympics Alaska athletes statewide.
This is a simultaneous run held in Anchorage, Barrow, Delta Junction, Fairbanks, Homer, Juneau, Kenai, Ketchikan, Kodiak, Mat-Su Valley, Nome, Seward, Sitka & Valdez. Check website for updates and additional runs.

May 20  Alaska Law Enforcement Torch Run – Fairbanks
Sat  Time: 10 am – UAF Campus Police Department
Distance: 5K
Contact: Robert Hall 907-378-2568
Sponsored by: Special Olympics Alaska
Fee: Pledge Drive
Picnic after event!

May 20  Relay for Life - Fairbanks
Sat  Time: 9 am – Starts and ends West Valley HS Track
Distance: 5K
Contact: Heidi Gabriel 388-6452
Fbrfl5k@gmail.com
Fairbanksrelay.com
Sponsored by: American Cancer Society
$30 fee. Timed race. T-shirts for those signed up by April 15th.

May 20  Armed Forces Day
Sat

May 20  Armed Forces Day – Anchorage
Sat

*Children's age groups/ability levels available
May 20  Annihilator #1 Trail Series – Fairbanks
Sat  Time 11 am – Gravel Pit 1.5 miles N of Nenana (marked race day)
Distance: 10K hilly trail run
Contact:  Drew Harrington 451-6604  
Drew.harrington@live.com
Andy Huetten 978-1376
Sponsored by: RCN
Toughest 10K in the Interior! Race day registration only.

May 20  Exit Glacier Race – Seward
Sat  Meet time: 8:30 am – Resurrection Road House, Exit Glacier Rd
5 & 10K – gradual incline on paved road. Same weekend as the S.H.O.W. www.seward.com
Race time: 10 am with the Torch Run
Entry fee: Earlybird fee $25-adults; $15-17 and under by 4/22.
Discounts available.
Contact:  Robert Perea 224-4054  
rperea@cityofseward.net
Melanie Hauze 224-4011  
www.cityofseward.us or www.runsignup.com
Sponsored by: Kenai Fjords Tours, Resurrection Roadhouse and Seward Parks & Rec.
Registration closes at 8:30 am on race day.

May 20  Walk MS – Copper Valley
Sat  Meet time: 9 AM – Hub of Alaska
Race time: 10 AM No entry fee – registration required
Contact:  Cassey Bradley-Leonardis 907-331-0179  
cassey.bradleyleonardis@nmss.org
walkms.org
Sponsored by: National MS Society
Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.

May 20  Walk MS – Sitka
Sat  Meet time: 9 AM – Sawmill Cove Industrial Park
Race time: 10 AM No entry fee – registration required
Contact:  Cassey Bradley-Leonardis 907-331-0179  
cassey.bradleyleonardis@nmss.org
walkms.org
Sponsored by: National MS Society
Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.
May 21  **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 907-330-7019  
  
kellerlia@gmail.com  
  
Betsy Haines 907-223-7792  
  
www.goldnuggettriathlon.com  
Sponsored by: Gold Nugget Triathlon Board of Directors  
The longest running all-female triathlon, in its 34th year, has  
1,500 women competing in sprint-distance race. Registration  
fills up in less than five minutes. The biggest draws are  
beginner friendliness, the sense of camaraderie, and the high  
quality of the event. It has been named one of the “13 Must-  
Do U.S. Destination Races” by USA Triathlon’s magazine.  

May 21  **Presbyterian Hospitality House Fun Run – Fairbanks**  
**Sun**  
Race time: 10 am – Birch Hill Recreation Area  
5K and 10 K – hilly ski trails Entry fee: TBD  
Contact: Ty Tigner 378-9918  
Sponsored by: Presbyterian Hospitality House  
Fundraiser for the junior race-training program for NSCF. Door  
Prizes/awards. Pint glasses with race logo first 100 entries.  

May 24  **Orienteering Meet - Anchorage**  
**Wed**  
Meet time: starts from 5 pm to 7 pm  
Location – Mile 2.2 Campbell Airstrip Rd  
Entry fee: $8 adults/kids free  
Sponsored by: Arctic Orienteering Club  
See www.oalaska.org for details & updates  

May 25  **Kal’s Knoya Ridge Hill Climb - Anchorage**  
**Thu**  
Meet time: 5 pm – Klutina St, Chugach Foothills,  
2.5, 5.6 & 8.5K – 1,200, 2,900 & 4,300 elevation gains, rolling  
climb along forest trail with alpine finishes  
Race time: 6 pm, Entry fee: Donation  
Contact: Bill Spencer (907) 306-0077  
  
bill.spencer@hdrinc.com  
  
www.alaskamountainrunners.org  
Sponsored by: Alaska Mountain Runners, HDR Alaska, Skinny  
Raven Sports & JBER.  
Park with respect for neighbors, don’t block driveways.  
Course utilizes JBER property. You must have an iSportsman  
Recreational Access Permit to train.  
http://jberisportsman.net.  
NO EXCEPTIONS. (iSportsman not required on race day).  
All proceeds benefit Tom Besh Memorial Scholarship  

May 27  **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: Jean Jackson 401-0805  
  
jc4jackson@gmail.com  
  
powmarathon.org  
Sponsored by: Prince of Wales Runners and Walkers Club  
Other options include half marathon and relay teams. Course  
runs along coast and then veers into more hilly terrain.  
Fifteen aid stations and multiple vans with EMTs on the  
course. Local seafood/hamburger feed at finish line. Medals  
and long sleeve, high tech race shirts. Winners’ plaques 1st -  
3rd place. Certifed, Boston qualifier.  

*Children’s age groups/ability levels available
May 27  Trent/Waldron Glacier Half Marathon - Anchorage
Sat  Meet time: 8 am – Westchester Lagoon
13.1 miles – flat and fast on the Chester Creek and U-Med trails. USATF certified course.
Race time: 9 am. Entry fee: Check ARC website for details.
Contact: info@anchoragerunningclub.org.
Registration information at www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

May 27  Pulsator 10K - Anchorage
Sat  Meet time: 8 am – Westchester Lagoon
6.2 miles – flat and fast Chester Creek Trail. USATF certified course.
Race time: 9:10 am. Entry fee: Check ARC website for details.
Contact: info@anchoragerunningclub.org.
Registration information at www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

May 27  Two-Way Torture Test – Fairbanks
Sat  Race time: 10 am – Pump House Restaurant
Distance: 13.1 miles
Contact:  Erika Burr 978-4481
Message “Running Club North” on facebook
Sponsored by: Running Club North
Teams of two run a half marathon on Chena Pump- Chena Ridge in opposite directions!
Teams can be formed at the event.

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

May 31  Alaska Run for Women Registration – Wasilla
Wed  Meet time: 4-6:30 pm, Location – The Alaska Club Valley
Contact: Babette Mcllroy run@akrfw.org
Nicole Thibodeau
www.akrfw.org
Sponsored by: Alaska Run for Women
Registration for the 25th annual Alaska Run for Women on 6/10/17, benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 6/3, 6/6 and 6/8.

May 31  Orienteering Meet - Anchorage
Wed  Meet time: starts from 5 pm to 7 pm
Location – Fort Richardson Fossil Creek
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

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

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

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

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

**Men’s Training – Fairbanks**
- Meet time: 6 pm – West Valley HS Track
- Weekly summer training on the track
- Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
Sponsored by: Running Club North
Interval workouts. All abilities welcome. Free

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

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

*Children’s age groups/ability levels available*
Jun
**Mat-Su Running Club-Co-Ed Group – Palmer**
Meet time: 6 pm – Colony High School Track
Wednesday track workouts, Thursday co-ed trail runs
Contact: Rhonda Knopp 907-355-6258
couchknopp@yahoo.com
Norm Rousey
couchrousey@hotmail.com or website: vwrt.org
Sponsored by: MatSu Running Club
Ages 16+. Runners of all ability levels welcome. Coached training each week of April - mid-August, trail runs thru September.

Jun 2
**Twilight 12K - Anchorage**
**Fri**
Meet time: 6 pm – Skinny Raven Sports
12K - loop course, some hills
Race time: 7 pm
Contact: timing@skinnyraven.com
www.skinnyraven.com
Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.
Pizza, beer, refreshments, live DJ & sweet prizes after race.

Jun 2
**Skinny Mini 6K - Anchorage**
**Fri**
Meet time: 6 pm – Skinny Raven Sports
6K - loop course, some hills
Race time 7 pm
Contact: timing@skinnyraven.com
www.skinnyraven.com
Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.
Pizza, beer, refreshments, live DJ & sweet prizes after race.

Jun 3
**Run for Dads - Dillingham**
**Sat**
Race time: 12 pm. Location: TBD. No entry fee.
Contact snunn@bbahc.org for the most up to date information.
Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion

Jun 3
**Alaska Run for Women Registration – Anchorage**
**Sat**
Meet time: 10 am-1pm – University Center Mall
Contact: Babette McIlroy run@akrfw.org
Nicole Thibodeau
www.akrfw.org
Sponsored by: Alaska Run for Women
Registration for the 25th annual Alaska Run for Women on 6/10/17, benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 5/31, 6/6 and 6/8.

Jun 3
**Alaska Endurance Trail Run - Fairbanks**
**Sat**
Meet time: 8 am – UAF West Ridge Trails (Tentative)
Distance: by time
Contact: Don Kiely 455-6749
donkiely@computer.org
Timed endurance race, with options 6 or 12 and 24 hours.
The 24 hour race will start on Friday evening at 8 pm.

*Children’s age groups/ability levels available*
Jun 4  **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.

Jun 4  **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 and Healthy Futures event.

Jun 4  **10K in May & 5K Cooper Landing Trail Run – Cooper Landing**  
**Sun**  
Meet: 9:30 am – CL Community Hall, 0.6 mile Bean Creek Rd  
10K & 5K – 1K paved, then rolling terrain, scenic & challenging  
Race time: 11am  
Entry fee: donation  
Contact: Karl Romig 907-288-2435  
cooperlandingtrailrun@gmail.com  
shrewsnest@gmail.com  
Deb Carlson 595-1455  
www.cooperlandingwalkablecommunity.org  
Sponsored by: Cooper Landing Walkable Community Project. New this year, 10K out and back, both races start at Kenai river, the 5K ends at Kenai Lake & 10K ends at start area. Shuttle provided back to start area.

Jun 4  **8th Run Lu Lu Run – Fairbanks**  
**Sun**  
Race time: 9 am – Lu Lu’s Bread & Bagels, Old Chena Spur Rd  
5K – flat, 10K – hilly partial trail and road  
Contact: Julie Schwab  
Active.com  
Sponsored by: Lu Lu’s Bread & Bagels  
Registration is on Active.com or entry forms can be picked up and dropped off at Lu Lus or Beaver Sports.

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

Sullivan Arena Parking Lot

ONLINE Race Registration Opens Saturday, April 15

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

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

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

All abilities encouraged and welcomed!

IN-PERSON Registration

STA RT: Sullivan Arena Parking Lot

Every donation directly supports the fight against breast cancer

25th Anniversary

www.akrfw.org

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

*Children’s age groups/ability levels available
Jun 6  Alaska Run for Women Registration – Anchorage
Tues  Meet time: 4-7 pm, Location – University Center Mall
Contact: Babette McIlroy run@akrfw.org
         Nicole Thibodeau
         www.akrfw.org
Sponsored by: Alaska Run for Women
Registration for the 25th annual Alaska Run for Women on 6/10/17, benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 5/31, 6/3 and 6/8.

Jun 6  MatSu Running Club Junior Group - Palmer
Tues  4:30 pm – Colony High School Track
      Rhonda Knopp 907-355-6258
      coachknopp@yahoo.com or vvrt.org
MatSu Running Club
Ages 10-15. Coached training sessions on track and trail.
Contact Coach Knopp for more information.

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

Jun 7  All-Comers Track Meet 40th Year – Fairbanks
Wed  Meet time: 6:30 pm – West Valley HS Track
     100 meters to 5,000 meters- two meets; June 7th & June 14th
     Contact: Dan Callahan 322-6097
     Akcallahans@hotmail.com
Sponsored by: Running Club North
All welcome. No entry fee!

Jun 8  Alaska Run for Women Registration – Anchorage
Thu  Meet time: 4-7 pm, Location – University Center Mall
     Contact: Babette McIlroy run@akrfw.org
                Nicole Thibodeau
                www.akrfw.org
Sponsored by: Alaska Run for Women
Registration for the 25th annual Alaska Run for Women on 6/10/17, benefitting the fight against breast cancer. Additional registration and bib pick-up dates and locations listed in this calendar on 5/31, 6/3 and 6/6.

Jun 9  Kids’ Cross Country Races – Fairbanks
Fri  Meet time: 6 pm – West Valley HS Track (start at Soccer Field)
     Free! Timed kids race of 0.5, 1 and 1.5 mile options
     Contact: Tracey Martinson 474-8353
                Tamartinson67@gmail.com
                Monte Jordan 451-8696
                mjreesourceak@gmail.com
Sponsored by: Running Club North
Free. Registration 5:45 pm open to ages 3-12, but anyone welcome.

*Children’s age groups/ability levels available
Check out the
Fitness Expo June 15 & 16
at the
Alaska Airlines Center

44th Annual
ConocoPhillips
Anchorage Mayor's
Marathon & Half-Marathon

June 17, 2017

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

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

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

Registration Deadline June 16
No Race Day Bib Pickup

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

*Children's age groups/ability levels available
**Jun 9**  **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 to 12. Registration closes 10:30 am race day.

**Jun 10**  **5K Rotary Interact Rainbow Suicide Prevention Run - Ketchikan**  
**Sat**  
Meet time: 9:00 am - Wardlike  
Distance - 3K & 5K  
Race time: Entry fee: pending  
Contact: Diane Gubatayao 530-219-7524

**Jun 10**  **Alaska Run for Women – Anchorage**  
**Sat**  
Meet time: 8 am – Anchorage Football Stadium  
5 miles and 1 mile – Scenic course on road and paved trail  
Race time: 8:30 am  
Contact: Babette McIlroy  
run@akrfw.org  
Nicole Thibodeau  
www.akrfw.org  
Sponsored by: Alaska Run for Women  
Register on-line @ www.akrfw.org  
Grab friends & family for this inspiring all women's event benefitting the fight against breast cancer. 100% of entry fee goes towards mammograms, breast research & education. Walkers welcome! One of largest all women's runs in the US.

**Jun 10**  **Why Not Tri - Wasilla**  
**Sat**  
Meet 7 am- Wasilla High School  
400 meter swim (pool), 9.5 mile bike (hilly), 5K run (loop)  
Race time 9 am. Entry fee: $50 solo/$80 (2 person team)/$120 (3 person team) (ages 13 and up) $60 solo/$90 (2 person team)/$135 (3 person team) after Mar 31  
Contact: Christina Hancey  
wasillatriinfo@gmail.com  
www.whynottriwasilla.net  
Sponsored by: Alaska Bicycle Center  
Registration February 1- April 30  
Great beginner sprint tri, limit 500 racers. Benefits ALS Association

**Jun 10**  **Why Not Tri Kids - Wasilla**  
**Sat**  
Meet 2 pm – Wasilla High School  
150 meter swim (pool), 3 mile bike, 1.5 mile run or 50 meter swim, 2 mile bike, 1 mile run  
Race: 3:30 pm, Entry fee: $25/$30 for optional timed long course  
Contact: Christina Hancey  
wasillatriinfo@gmail.com  
www.whynottriwasilla.net  
Sponsored by: Alaska Bicycle Center  
For ages 6-12 years, can choose either course  
Registration opens Feb 1, limited to 175 entrants

*Children's age groups/ability levels available*
Jun 10  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 907-260-5449 x1203
Sponsored by: Kenai Watershed Forum
Bib pick up and FREE Runners Feed June 9. Runners receive free
T-shirt with registration. A component of the Kenai River Festival

Jun 10  25th Annual Mosquito Meander – Fairbanks
Sat  Race time: 10 am – Pioneer Park
5K walk/run – flat looped course
Contact: Sabrina Davis 907-322-1427
dmonroe@fcaalaska.org
Sponsored by: Kinross Fort Know for FCA
Fairbanks Counseling and Adoption’s 25th annual 5K Family
Fun Run/Walk.
T-shirt included with registration. Join us after the race for
refreshments and kid friendly activities!

Jun 11  Wickerson Dome Trail Run #3 Trail Series - Fairbanks
Sun  Race time: 11 am – White Mtns Trailhead (Mile 28 Elliott Hwy)
7.75 miles – hills, scenic, out & back, Entry fee: None
Contact: Drew Harrington 451-6604
Sponsored by: Running Club North

Jun 11  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: 11 am Entry fee: Check website
Contact: Carolyn Hanson 907-745-2800
bchanson@mtaonline.net
Palmer Chamber 907-745-2880
Sponsored by: MTA

Jun 14  Orienteering Meet - Anchorage
Wed  Meet time: starts from 5 pm to 7 pm
Location – Service High School
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

Jun 14  All-Comers Track Meet 41st Year – Fairbanks
Wed  Meet time: 6:30 pm – West Valley HS Track
100 meters - 5,000 meters. Two meets: June 7th and June 14th
Contact: Dan Callahan 322-6097
Akcallahans@hotmail.com
Sponsored by: Running Club North
All welcome. No entry fee!

*Children's age groups/ability levels available
Jun 15  Anchorage Mayor’s Marathon Fitness Expo Marathon,  
16  Marathon Relay, Alaska ½ Marathon & Buddy ½ Marathon,  
Thu  Coastal 5K Bib pick-up & Last Chance Registration  
Fri  Anchorage  
    Thursday 3 pm - 8 pm – Alaska Airlines Center.  
    Friday 10 am - 6 pm – Alaska Airlines Center  
    Contact:  UAA 786-1325  
               track@alaska.edu  
               www.mayorsmarathon.com  
    When picking up your bib/t-shirt, check out the Expo  
    No Race Day Registration or Bib Pick-up  

Jun 15  Anchorage Mayor’s Marathon Healthy Futures Kids Mile  
Thu  Anchorage  
    7 pm – Alaska Airlines Center  
    Contact:  UAA 786-1325  
               track@alaska.edu  
               www.mayorsmarathon.com  
    The Kids Mile is free of charge, but parents/guardians must  
    register their kids to receive a bib and prizes. The event  
    includes refreshments and prizes. Local “Healthy Heroes” will  
    run with the kids and hand out Healthy Futures medals.  

Jun 15  USATF All Comers Track & Field Meet – Anchorage  
Thu  Meet time 6:30 pm at The Dome. A variety of Track and field  
    events will be offered. $5.00 entry fee  
    Contact: Jason Hofacker jhofacker@acsedu.org  
    Sponsored by USATF AK  

Jun 17  USATF Junior Olympic Track & Field Meet – Anchorage  
Sat  Meet time 9:00 am at The Dome. A variety of Track and field  
    events will be offered. $5.00 entry fee  
    Contact: Jason Hofacker jhofacker@acsedu.org  
    Sponsored by USATF AK  

Jun 17  Anchorage Mayor’s Marathon – Anchorage  
Sat  Meet 6:30 am – Bartlett High School  
    26.2 miles – Bartlett to Delaney Park Strip  
    Race time 7:30 am, Entry fee: Check website  
    Register on-line & save  
    Contact:  UAA 786-1325  
               track@alaska.edu  
               www.mayorsmarathon.com  
    Sponsored by: Anchorage Parks & Recreation,  
    University of Alaska Anchorage & ConocoPhillips  
    Walkers welcome! Medallions to finishers, t-shirts all  
    No Race Day Registration or Bib Pick-up  

Jun 17  Anchorage Mayor’s Relay Race – Anchorage  
Sat  Meet 6:30 am – Bartlett High School  
    26.2 miles – Bartlett to Delaney Park Strip  
    Race time 7:30 am, Entry fee: Check website  
    4 person relay team event, 6 team divisions  
    Approximate leg distances – 7, 8, 5.6 & 5.6  
    Contact:  UAA 786-1325  
               track@alaska.edu  
               www.mayorsmarathon.com  
    Sponsored by: Anchorage Parks & Recreation,  
    University of Alaska Anchorage & ConocoPhillips  
    Walkers welcome! T-shirts for participants  
    No Race Day Registration or Bib Pick-up  

*Children’s age groups/ability levels available
Jun 17  **Anchorage Mayor’s ½ & Buddy Marathon – Anchorage**  
**Sat**  
Meet 8 am – Delaney Park Strip  
*  
13.1 miles. Race time 9 am, Entry fee: Check website  
Register on-line & save  
Contact: UAA 786-1325  
track@alaska.edu  
www.mayorsmarathon.com  
Sponsored by: Anchorage Parks & Recreation,  
University of Alaska Anchorage, & ConocoPhillips  
Walkers welcome! T-shirts for participants  
No Race Day Registration or Bib Pick-up  

Jun 17  **Mayor’s Midnight Sun Coastal 5K – Anchorage**  
**Sat**  
Meet 8 am – Delaney Park Strip  
*  
3.1 miles  
Race time 9:15 am, Entry fee: Check website  
Registration on-line & save  
Contact: UAA 786-1325  
track@alaska.edu  
www.mayorsmarathon.com  
Sponsored by: Anchorage Parks & Recreation,  
University of Alaska Anchorage & ConocoPhillips  
Walkers welcome! T-shirts for participants  
No Race Day Registration or Bib Pick-up  

Jun 17  **Family Fun Walk/Run – 3 miles and 5 miles - Nikiski**  
**Sat**  
Meet time: 9 am – Nikiski Community Recreation Center  
3 & 5 miles – groomed trails  
Race time: 10 am; Entry fee: $25 (includes t-shirt)  
Contact: Jackie Cason 907-776-6416  
jcason@kpb.us  
Teri Langston 907-776-8800  
www.northpenrec.com  
Sponsored by: North Peninsula Recreation Service Area  
Groomed trails. Mostly flat with some hills. T-shirt included  
in registration fee.  
Choose course, 3 or 5 miles. Visit website for details & entry forms.  

Jun 17  **Fairbanks Daily News Miner Midnight Sun Run #2**  
**Sat**  
Usibelli Cup– Fairbanks  
Time: 10 pm – UAF Patty Center  
Distance: 10K run/walk- starting at UAF, ending in Pioneer Park  
Contact: Susan Kramer  
FRA 456-8901  
racedirector@fra-alaska.net  
Sponsored by: FRA & Daily News-Miner  
Information and on-line registration begins December 1st at  
www.midnightsunrun.net  

Jun 18  **Robert Spurr Memorial Hill Climb – Indian**  
**Sun**  
Meet: 9:30 am - Bird Ridge Trailhead. No bib pickup after 9:30 am  
3 miles - 3400’ vertical, up-hill only  
Race time: 10:00 am  
Contact: Brad Precosky: akmtnrnrun@hotmail.com  
Enter fee: $35. No race day entry. 250 person limit  
Lottery registration begins May 1 at  
www.alaskamountainrunners.org  
More information at www.alaskamountainrunners.org  
Use new large parking lot. Junior race course goes halfway.  
No Race Day Registration  

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

Jun 20  Rainbow Run – Anchorage
Tue  Meet time: 5:15 pm - TBD
     Race time: 6 pm Entry fee: $25
     5 K – This 5 K run or walk will be held along Anchorage’s trails and is an official Alaska PrideFest Event.
     Eric Van Dongen 907-240-2904
     AKRainbowRun@gmail.com
     Shelby Mahogany Wilson AKRainbowRun@gmail.com
     http://identityalaska.org/
     Sponsored by: Identity Inc.
     Lace up your running shoes, show off your most creative rainbow costume; join the PrideFest’s 3rd annual Rainbow Run.

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

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

*Children’s age groups/ability levels available
Jun 22  Jim Loftus Mile #3 Usibelli Cup – Fairbanks  
Thu  Meet time: 6:30 pm – West Valley HS Track  
Distance: 1 mile for ages 10-and up, 800M for 9 and under  
Contact: Susan Kramer  
FRA 456-8901  
Eventplanning2014@hotmail.com  
Sponsored by: Running Club North  
Usibelli Running Event.  
Register on line: www.runningclubnorth.org  
Late fees apply.  

Jun 23  Kids’ Cross Country Races – Fairbanks  
Fri  Meet time: 6 pm – West Valley HS Track (start at Soccer Field)  
Free! Timed kids race of 0.5, 1 and 1.5 mile options  
Contact: Tracey Martinson 474-8353  
Tamartinson67@gmail.com  
Monte Jordan 451-8696  
mjreesourceak@gmail.com  
Sponsored by: Running Club North  
Free. Registration 5:45 pm open to ages 3-12, but anyone is welcome  

Jun 24  Little a triathlon – Palmer  
Sat  Meet time: 10 am – Matanuska Lake State Recreation Park  
.5 mile swim in Matanuska Lake, 10 mile mountain bike, 4 mile trail run.  
Entry fee: $100 for individual/$150 for teams  
Contact: J.T. Lindholm  
littleatriathlon@gmail.com  
Both memorial event and fundraiser for local family with a child going through cancer treatment or hospice care. For course preview dates, course descriptions, registration information, information about recipient, and more, please see website.  

Jun 24  14th Annual Only Fools Run At Midnight - Ketchikan  
Sat  Distance -5K & 1 Mile Fun Run/Walk/Wheel  
Race time: 11:59 pm Start & Finish @ the Gateway Rec Center  
Enter fee: $ Pre-registration: $20.00 per person through June 22nd. Night of Registration: $25.00 per person.  
Contact: Register online @ krbd.org, or pick up a form at KRBD Studios, the Rec Center, Fat Stans, & the SAIL office.  
Website: krbd.org  
Prizes for best costumes. Medals for top finishers in 5K Race.  

Jun 24  North Pole Kids’ Triathlon – Fairbanks  
Sat  Time: 11:30 am – Chena Lakes Rec Area  
Distance: 200M swim, 6 mile bike, 1.2 mile run  
Contact: Tyson Flaharty  
Amber Barlow  
thebreakuptri@hotmail.com  
$15 fee + $15 one day USAT membership. Registration opens Feb 1st on active.com. There is a 99 racer limit and no relays.  

Jun 24  North Pole Triathlon – Fairbanks  
Sat  Time: 9 am – Chena Lakes Rec Area  
Distance: 1500M swim, 40K bike, 10K run  
Contact: Tyson Flaharty  
Amber Barlow  
thebreakuptri@hotmail.com  
$45 fee + $15 one day USAT membership. Registration opens Feb 1st on active.com. There is a 99 racer limit and no relays  

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

5k/10k for Life

Saturday-July 8, 2016

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

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

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

Runners-Walkers-Strollers-Bikes
Welcome!

Register Online:
www.HeartReachAlaska.com
Or 907-373-3456

HeartReach Center

PRIZE DRAWINGS!
See Details online.

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

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

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

Jun 23-  Midnight Sun Lazyman Triathlon - Wasilla
Aug 5
Location: Where you are
Sat
140.7 miles – Ironman Tri over 6 weeks
Entry fee: $35
Contact: Traci Sanders 355-6110
  htraci@hotmail.com
  http://midnightsunlazyman.weebly.com/
Sponsored by: Midnight Sun Lazyman Triathlon
Experience an Ironman Triathlon at your own pace. Goal is 112 miles bike, 2.5 miles swimming, 26.2 miles running (see log sheet for alternative activities). Celebration BBQ August 6th. Enter by 6/25 to ensure your swag.

*Children's age groups/ability levels available
**Jun 24**  Spruce Tree Classic – Fairbanks  
**Sat**  
Race time: 10 am – UAF West Ridge Ski Hut  
6.7 miles – trail run on rolling terrain, Entry fee: None  
Contact: Roy Strandberg 378-7111  
roy@akwater.com  
Sponsored by: Running Club North  
Course is over rolling terrain, on well-established trails. Register day of race at the start.

**Jun 28**  Orienteering Meet - Anchorage  
**Wed**  
Meet time: starts from 5 pm to 7 pm  
Location – Mile 1.1 Campbell Airstrip Rd  
Entry fee: $8 adults/kids free  
Sponsored by: Arctic Orienteering Club  
See www.oalaska.org for details & updates

**Jun 29**  USATF All Comers Track & Field Meet – Anchorage  
**Thur**  
Meet time: 5:30 pm at The Dome. A variety of Track and field events will be offered.  
Contact: Jason Hofacker jhofacker@acsedu.org  
Sponsored by USATF AK  
$5.00 entry fee

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

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

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

*Children’s age groups/ability levels available
The 22nd Annual

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

Who will you run for?

SATURDAY, JULY 8th 10AM

START/FINISH: ANCHORAGE FOOTBALL STADIUM
MEET AT 8:30 AM • START AT 10:00 AM

5 mile run  2 mile walk

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

Online Registration: Available thru July 7, 2017

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

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

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

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

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

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

### Mat-Su Running Club - Co-Ed Group – Palmer

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

### Women’s Training – Fairbanks

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

### Men’s Training – Fairbanks

**Meet time:** 6 pm – West Valley HS Track  
**Weekly summer training on the track**  
**Contact:** Tracey Martinson 907-474-8353  
Tamartinson67@gmail.com  
Sponsored by: Running Club North  
Interval workouts. All abilities welcome. Free

### Summer Hoodoo Goldstream Beer Runs - Fairbanks

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

### 32nd Annual Independence Day Run – Fairbanks

**Race time:** 10 am – SE Corner of Pioneer Park  
5K- race on bike path, side roads and sidewalks  
**Contact:** Dan Callahan 322-6097  
akcallahans@hotmail.com  
Sponsored by: Running Club North/ West Valley High School Cross Country Running team  
Online registration through July 2nd at runningclubnorth.org.  
T-Shirts to first 100 to register. Proceeds benefit West Valley HS

### Salmon Shuffle – Seldovia,

**Meet Time:** 9 am – In Town  
**Race time:** 9 am Entry fee: $20 tee shirt  
**Contact:** Tobben Spurkland 907-399-0300  
klippfisk@msn.com  
Registration: July 2 & 3, 5-7 pm at Gateway Pavilion.  
Day of Race: 7:00 am.
Anchorage RunFest

MAY 27th
Trent Waldron Glacier Half Marathon & Pulsator 10K

JULY
9th
Boondocks Breakaway 5K/2K trail race Kincaid

12th
Masters 5K/10K
Albrecht Ball Fields

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

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

AUGUST 19th
The Anchorage Mile &
The kid’s 2K

20th
49K ultra, Marathon,
Marathon walk, Marathon
relay, Half Marathon, and 5K

SEPTEMBER 23rd
Oktoberfest 5K/10K/Kids

OCTOBER 14th
Zombie Half Marathon
& Zombie Kids Run

www.anchoragerunningsclub.org
**Children’s age groups/ability levels available**

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**Jul 5  **  
**Salmon Run Series #1 – Soldotna**  
**Wed**  
Meet time: 5 pm – Tsalteshi Trails  
5K – multiple loop, hilly, groomed trail course  
Race time: 6 pm  
Entry fee: $10 on-line/$15 in person/$45 series  
Contact: Sarah Hobart 907-260-5449  
sarah@kenaiwatershed.org  
KWF Office 260-5449  
www.kenaiwatershed.org  
Sponsored by: Kenai Watershed Forum  
1K kids race at 6 pm $5, with 5K race immediately following.  
Race course differs each week. 5 series race, all ages, walkers welcome. “Like” our Facebook page for updates and results.

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

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**Jul 6  **  
**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.

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**19th Annual Wildlife Rescue Run & Walk**  
**Seward, Alaska**  
www.alaskasealife.org  
1-888-378-2525  
*Seward, Alaska*  
www.alaskasealife.org  
1-888-378-2525

*Children’s age groups/ability levels available*
**Jul 7**  
**Kids' Cross Country Races – Fairbanks**

Meet time: 6 pm – West Valley HS Track (start at Soccer Field)
Free! Timed kids race of 0.5, 1 and 1.5 mile options
Contact:  
Tracey Martinson 474-8353
Tamartinson67@gmail.com
Monte Jordan 451-8696
mjreesourceak@gmail.com

Sponsored by: Running Club North. Free
Registration 5:45 pm open to ages 3-12, but anyone is welcome

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**Jul 7-8**  
**Alaska Relay– Anchorage to Seward**

Fri Time: 8 am – Starts at Mirror Lake Park in Chugiak, goes through Anchorage, and then down to Seward
Sat Distance: 183 miles 36 Legs ranging 2.5-8.5 miles each
Free: $1200/team
Contact: Nathan Luke 907-519-6825
Nathan@TheAlaskaRelay.com
www.TheAlaskaRelay.com

12 Person teams run a 190 mile, 36 leg course from Chugiak to Seward over 2 Days

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**Jul 8**  
**5K/10K for Life – Palmer/Wasilla**

Sat Meet time: 9 am – New Trunk Road bike/foot pathway
5K/10K Walk/run – out & back, rolling hills, scenic byways
Race time: 10 am
Entry fee: $25/$50 family, $35/$60 family day of race
Contact: Patti Price 907-373-3456
patti.price@heartreachalaska.com
Joyce Moropoulos 907-373-3456
www.heartreachalaska.com

Sponsored by: HeartReach Center
Registration/bib pick-up at Honda Hartley Motors Frontage Road, mile 36.5 Parks Highway, vehicle parking at Janssen MatSu Funeral Home, mile 36.6 Park Highway. Great relaxing place to run/walk. Food vendors on site.

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**Jul 8**  
**Wardlake Fun Run - Ketchikan**

Sat Distance: 3/5K
Race time: 9:00 AM - Wardlake
Entry fee: $15.00
Contact: Diane Gubatayao 907-225-7851
Sponsored by Ketchikan Wellness Coalition

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**Jul 8**  
**Opera Fairbanks/FNBA Run of the Valkyries #4**

Sat Usibelli Cup – Fairbanks
Time: 10 am – Pioneer Park
Distance: 8K Flay and fast on bike trails
Contact: Bill Reed 907-456-7573
morganreed@mac.com
Sponsored by: Opera Fairbanks

*Children's age groups/ability levels available*
Jul 8  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 7
Race day registration from 8:30-9:30 am, event open to all.
Men, women, children, teams & military encouraged.

Jul 9  Ester Dome Ass Kicker #4 Trail Series – Fairbanks
Sun
Time: 10 am – Golden Eagle & Ester Gold Camp parking lots
Distance: 6.75 miles – Steep run up and down hill
Contact: Oralee Nudson 252-0530
Sponsored by: RCN, Goldstream Sports
Very steep trail run! Toughest short distance race in the Interior.

Jul 9  Boondocks Breakaway 2.5 & 5K Trail Run -- Anchorage
Sun
Meet time: 10 am – Kincaid Bunker
Trail run in Kincaid Park and social afterwards.
Race time: 11 am. Entry fee: ARC membership.
Race day registration only.
Contact: info@anchagerunningclub.org
More information at www.anchagerunningclub.org
Sponsored by: Anchorage Running Club

Jul 9  Pioneer Ridge Vertical Mile – Palmer
Sun
Meet: 10 am – Pioneer Ridge Trailhead, Mile 4 E. Knik River Rd.
4.5 miles – Uphill-only race on steep singletrack trail with 5,300 feet of vertical gain
Race time: 11am Entry fee: $5
Contact: Matias Saari 907-529-4178
matiasmountain@gmail.com
Ben Marvin 907-317-8115
www.equinoxmarathonbook.com/pioneer-vertical-mile
Race-day registration only. There will be NO EARLY START.
Due to limited parking, all participants MUST take a shuttle
to the trailhead. The shuttle will begin at 9:30 a.m. at the
gavel bar parking area just north of the Knik River bridge on
the Old Glenn Highway (follow the signs).

Jul 12 Orienteering Meet - Anchorage
Wed
Meet time: starts from 5 pm to 7 pm
Location – Russian Jack Park
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

Jul 12 Master’s 5K & 10K -- Anchorage
Wed
Meet time: 5:30 pm – Chuck Albrecht Fields
Distance: 5K or 10K limited to runners 40 years and older.
Race time: 6:00 pm. Entry fee: ARC membership.
Race day registration only.
Contact: info@anchagerunningclub.org
More information at www.anchagerunningclub.org
Sponsored by: Anchorage Running Club

*Children's age groups/ability levels available
Jul 12  Salmon Run Series #2 – Soldotna
Wed  Meet time: 5 pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time: 6 pm
Entry fee: $10 on-line/$15 in person/$45 series
Contact:  Sarah Hobart 907-260-5449
sarah@kenaiwatershed.org
KWF Office 260-5449
www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm $5, with 5K race immediately following.
Race course differs each week. 5 series race, all ages, walkers
welcome. “Like” our Facebook page for updates and results.

Jul 12  Master’s 5K & 10K -- Anchorage
Wed  Meet time: 5:30 pm – Chuck Albrecht Fields
Distance: 5K or 10K limited to runners 40 years and older.
Race time: 6:00 pm. Entry fee: ARC membership.
Race day registration only.
Contact:  info@anchoragerunningclub.org
More information at www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

Jul 13  Steve’s Equinox Training #2 – Fairbanks
Thur  Meet time: 6 pm – Ann’s Greenhouse pull-out
8 miles – Equinox Trail Mile 8.5 – 4.5 – 8.5
Contact:  George Berry 687-8769
Sponsored by: Running Club North

Jul 13  USATF All Comers Track & Field Meet – Anchorage
Thur  Meet time 5:30 pm at The Dome. A variety of Track and field
events will be offered.
Contact:  Jason Hofacker jhofacker@acsedu.org
Sponsored by USATF AK
$5.00 entry fee

Jul 15  Bear Paw 5K Run – Eagle River
Sat  Meet time: 8:30 am bib pick-up/Late reg.– Auto Zone,
Main Street Eagle River. Race time 10:30 am
Entry fee: $30, $80 family of 4 (immediate only), additional
members $20, $40/$95 family of 4 race day, includes t-shirt
For entry only, no t-shirt, $20/$60 family of 4 (immediate
only), $25/$70 family race day
Contact:  Joey Caterinichio
jcaterinichio@alaska.net,
info@cer.com
Sponsors: Anchorage Women’s Clinic, Midas, Skinny Raven
Sports.
Hosted by: ANR/ERNTC
Sign up at Skinny Raven, Eagle River Chamber of Commerce,
or register on-line @ www.cer.org or www.skinnyraven.com.
Fun for all ages
A Healthy Futures event.

*Children’s age groups/ability levels available
Jul 15 Alaska Salmon Runs Humpy 5K – Cordova
Sat Meet time: 10 am – Cordova hospital parking lot
5 K – level, paved, point to point
Race time: 10:45 am Entry fee $20
Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
Sponsors: Skinny Raven, Trident Seafoods, REI, & Baja Taco
From salmon to jammin’, Cordova has it all! Mountains and
glaciers line the course of this destination marathon with
salmon barbecue and awards afterwards; Salmon Jam Music
Festival and Small Fry arts and education activities same
weekend!

Jul 15 Alaska Salmon Runs Coho 10K– Cordova
Sat Meet time: 10 am – Cordova hospital parking lot
10K – one-way, flat, paved
Race time: 10:30 am Entry fee $20
Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
From salmon to jammin’, Cordova has it all! Mountains and
glaciers line the course of this destination marathon with
salmon barbecue and awards afterwards; Salmon Jam Music
Festival and Small Fry arts and education activities same
weekend!

Jul 15 Alaska Salmon Runs Smolt 1 Mile– Cordova
Sat Meet time: 11 am – Cordova hospital parking lot
1 mile – level, paved, one mile loop
Race time: 11:15 am Entry fee $20
Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
From salmon to jammin’, Cordova has it all! Mountains and
glaciers line the course of this destination marathon with
salmon barbecue and awards afterwards; Salmon Jam Music
Festival and Small Fry arts and education activities same
weekend!

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

*Children’s age groups/ability levels available
Jul 15  Children's age groups/ability levels available

Jul 15  Alaska Salmon Runs King Salmon Marathon– Cordova
Sat  Meet time: 6:20 am – Cordova hospital parking lot
26.2 miles – level, 15.2 miles gravel, 11 paved, point to point
Race time: 7 am Entry fee $50
Contact: Kristin Carpenter 907-424-3334
runningwild@copperriver.org
www.copperriverwild.org
Sponsored by: Skinny Raven, Trident Seafoods, REI, & Baja Taco
From salmon to jammin’, Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

Jul 15  Angel Creek 50 Miler – Fairbanks
Sat  Meet time: 5 am – Chena River Recreation Area
50 miles of mountain & backcountry trails, ultramarathon
Contact: Drew Harrington
drew.harrington@live.com 451-6604
Karen Taber 450-9620
ktrailrunner@gmail.com
George Berry 687-8769
or membership@runningclubnorth.org
Website: www.angelcreek50.org
Sponsored by: Running Club North, Goldstream Sports, Beaver Sports, Date-Line Digital Printing, Big Street Construction, Alaska Salmon Bake.
Registration on-line at ultrasignup.com and see www.angelcreek50.org for more information.
The Angel Creek 50 is a Northern Trail Series event, though it is not required for the "Going to Distance" award.

Jul 16  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

Jul 16  Northern Alaska Environmental Center
Sun  Meet time: 12 pm – UAF Ski Trains
5 and 10 K options
Contact: Anna Sorensen (907) 452-5091
officemanager@gmail.com
The annual Run for the Refuge promotes protection of Alaska's Arctic National Wildlife Refuge. 2017 will be the run's 21st anniversary.

Jul 16  Run for the Gold Bib Pick Up – Fairbanks
Sun  Bib Pick-up 5 pm – 8pm – Toy Quest
Contact: Jim Brader
www.runningclubnorth.org
Sponsored by: Running Club North & Council of Alaska
$10 youth, $15 adult, $25 family. $5 extra for race day entry. Great prizes, including GOLD! Literacy Council of Alaska Fundraiser.

*Children's age groups/ability levels available
Jul 16 **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

Jul 19 **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: Sarah Hobart 907-260-5449
sarah@kenaiwatershed.org
KWF Office 907-260-5449
www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm $5, with 5K race immediately following. Race course differs each week. 5 series race, all ages, walkers welcome. “Like” our Facebook page for updates and results.

Jul 19 **Orienteering Meet - Anchorage**

Wed  
Meet time: starts from 5 pm to 7 pm
Location – Kincaid Park
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

Jul 20 **Steve’s Equinox Training #3 – Fairbanks**

Thu  
Meet time: 6 pm – Ann’s Greenhouse Pull-out
8 miles +
Contact: George Berry and Trail Elves 687-8769
Sponsored by: Running Club North

Jul 21 **Kids’ Cross Country Races – Fairbanks**

Fri  
Meet time: 6 pm – West Valley HS Track (start at Soccer Field)
Free! Timed kids race of 0.5, 1 and 1.5 mile options
Contact: Tracey Martinson 474-8353
Tamartinson67@gmail.com
Monte Jordan 451-8696
mjreesourceak@gmail.com
Sponsored by: Running Club NorthFree.
Registration 5:45 pm open to ages 3-12, but anyone is welcome

Jul 22 **Run for the Gold – Fairbanks**

Sat  
Time 9:50 am – Aurora Energy Power Plant on First Avenue
Distance: 1 mile road run along Golden Days parade route
Contact: Jim Brader 452-4986
Andy Holland 479-4444
Sponsored by: RCN & Literacy Council of Alaska
$10/youth, $15 adult, $25 family. $5 extra for race day entry.
Great prizes, including GOLD! Literacy Council of Alaska. Fundraiser

*Children’s age groups/ability levels available
Jul 22  
**Subway Tri-Harder-Thon – Seward**
Sat  
Meet time: 8 am Shuttle to start – Wellington Picnic Area  
5 mile kayak, 6 mile trail run, 15 mile road bike – adventure race triathlon  
Race time: 10 am Entry fee: Earlybird fee $75 solo or $125 team by 6/27. Discounts available.  
Contact: Melanie Hauze 224-4011  
mhauze@cityofseward.net  
Robert Perea 224-4054  
www.cityofseward.us or www.runsignup.com  
Sponsored by: Subway & Seward Parks and Rec  
Not you’re traditional Triathlon, Seward’s only Adventure Challenge! Teams must consist of 3 different individuals, 18 years and older. Athletes are required to provide own kayak. Limited to 80 participants, need 20 participants to hold the event.

Jul 22  
**Calamity Parks and Recreation Kayak/5K/Bike - Ketchikan**
Sat  
Distance: 5K, 1 mile kayak, & 8 mile bike  
Race time: 9 am - Totem Bight State Park  
Entrance fee: $25.00  
Contact: Parks and Recreation Center 225-9579  
Diane Gubataya 907-225-7851  
If weather is an issue, race will be rescheduled to July 29th

Jul 22  
**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  
Wwww.alaskatriathlon.org  
Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven, AA Spine & Pain Clinic  
Presented by: Alaska Triathlon Club  
This is an off-road event on the dirt trails of Kincaid Park. The use of road, cross or hybrid bikes is not allowed. This is a mountain bike only event.

Jul 22  
**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  
Wwww.alaskatriathlon.org  
Sponsored by: Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven, AA Spine & Pain Clinic  
Presented by: Alaska Triathlon Club  
This is an off road event on the dirt trails of Kincaid Park. The use of road, cross or hybrid bikes is not allowed. This is a mountain bike only event.  
Grants available for individuals and organizations supporting advocacy, education and early detection. Benefits Alaska men with prostate or testicular cancer  
Every year we make a difference!

*Children’s age groups/ability levels available
Jul 23 52nd Annual Gold Discovery Run #5
Sun
Usibelli Cup – Fairbanks
Meet Time: 8 am-9 am – Silver Gulch Brewery for Shuttle Ride bus to start at top of Cleary Summit at Fort Knox Gold Mine, run down trails and dirt roads for the first half, then onto road system to finish at Silver Gulch Brewery in Fox. Challenging course is mostly downhill.
Distance: 16.5 Miles- trail and road run
Contact: Gary Pohl 388-8085 runningclubnorthcalendar@gmail.com
Sponsored by: RCN
Start times are 8:00 am for runners expecting to take more than 3 hours and 9:00 am for runners expecting to take less than 3 hours. Busses will depart 45 minutes prior to race starting times at 7:15 am and 8:15 am, respectively. Do not be late or you will miss the bus!!

Jul 26 Salmon Run Series #4 – Soldotna
Wed
Meet time: 5 pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time: 6 pm
Entry fee: $10 on-line/$15 in person/$45 series
Contact: Sarah Hobart 907-260-5449 sarah@kenaiwatershed.org
KWP Office 907-260-5449 www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm $5, with 5K race immediately following. Race course differs each week. 5 series race, all ages, walkers welcome. “Like” our Facebook page for updates and results.

Jul 26 Orienteering Meet - Anchorage
Wed
Meet time: starts from 5 pm to 7 pm
Location – Mile 2.2 Campbell Airstrip Rd
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

Jul 27 Steve’s Equinox Training #4 – Fairbanks
Thu
Meet time: 6 pm – Top of Ester Dome
5 miles – Equinox “out & back”
Contact: George Berry 687-8769
Sponsored by: Running Club North
Equinox “Out and Back”

Jul 27 USATF All Comers Track & Field Meet – Anchorage
Thur
Meet time 5:30 pm at The Dome. A variety of Track and field events will be offered.
Contact: Jason Hofacker jhofacker@acsedu.org
Sponsored by USATF AK
$5.00 entry fee

Jul 28 Deltana Fair and Music Festival Pipeline Run
Friday
5 K run Registration fee $20.00 (includes a t-shirt)
Register at: www.deltanafair.com
Contact: Tawnia Butorac 907-895-FAIR
Sponsored by Buffalo Center Drive-in
Fair events, pipeline run

*Children’s age groups/ability levels available
Jul 29  USATF All Comers Championships Track & Field Meet  
Sat  Anchorage  
Meet time 9:00 am at The Dome. A variety of Track and field events will be offered.  
Contact:  Jason Hofacker jhofacker@acsedu.org  
Sponsored by USATF AK  
$5.00 entry fee  

July 29  Wildlife Rescue Run/Walk – Seward  
Sat  Meet time: 9:30–11:30 am – Alaska SeaLife Center  
5K – mostly flat, scenic route along waterfront  
Race time: 11:15 am walkers, 12 Noon runners  
Entry fee: $25; $30 Race Day  
Contact:  Nancy Anderson 224-6396  
nancya@alaskasealife.org  
Shannon Wolf 224-6355  
shannonw@alaskasealife.org  
www.alaskasealife.org  
Sponsored by: Alaska SeaLife Center  
Entry fee includes t-shirt & admission to ASLC race day.  
Proceeds benefit the rescue, rehabilitation & release of Alaska marine animals  

Jul 29  Jakolof Bay 10-mile Run - Seldovia  
Sat  10 mile. The race will start at the Jakolof Bay Dock and will end at the Pavilion of the City of Seldovia, adjacent to the Seldovia Harbor.  
Race time: 11 am. Entry fee: TBD  
Contact:  Tania Spurkland 907-399-7379  
tmspurkland@alaska.edu  

*Children’s age groups/ability levels available
**Jul 29**  
**Tutka 10 - Seldovia**  
Meet time: 10 am  
10 mile - begins at Jakolof Bay and finishes in Seldovia.  
Race time: 11 a.m.  
Entry Fee: TBD  
Contact: Andy Haas 907-235-1007  
yatra@ak.net  
website: kachemakbayrunningclub.org/event-information  
Sponsored by: Kachemak Bay Running Club  
Course is on a quiet and scenic dirt road that travels from Jakolof Bay to Seldovia Bay. You will need boat or aerial transportation from Homer to the race.

**July 30**  
**Yukon River Trail Marathon – Whitehorse, Yukon**  
Race time: 8:00 am - Rotary Park  
13.1/26.2 Scenic trails above the Yukon River.  
Enter fee: TBD, typically CAN $45  
Contact: Ken Sylvestre 867-668-7592  
yukonmarathon@gmail.com  
www.yukonmarathon.com  
Marathon, half marathon and 4 person relay. Hilly course

**July 30**  
**REI Trail Run Series – Anchorage**  
Meet time 9:00 – Hilltop Ski Area  
Race starts at 10:30 am - Hilltop Ski Area  
5K – Hilly, loop course on Hillside ski trails and single track.  
Race time: 10:30 am Entry fee: $15  
Contact: REI - Mike Morganson 907-272-2423  
mmorgan@rei.com  
Mike Herzog 907-2423  
mherzog@rei.com  
www.rei.com/anchorage  
Sponsored by: REI

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

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

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

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

BIONIC Chiropractic
“Believe It Or Not I care”
Joseph Hawkins DC
108 E. Arctic Ave.
Palmer, AK 99645
745-4357
Workers’ Comp
Pregnancy
Family Friendly
Personal Injuries
Auto Accident

*Children’s age groups/ability levels available
Aug every Tue  Men’s Training – Fairbanks
Meet time: 6 pm – West Valley HS Track
Weekly summer training on the track
Contact: Tracey Martinson 907-474-8353
Tamartinson67@gmail.com
Sponsored by: Running Club North
Interval workouts. All abilities welcome. Free

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

Aug 2 Wed  Salmon Run Series #5 – Soldotna
Meet time: 5 pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time: 6 pm
Entry fee: $10 on-line/$15 in person/$45 series
Contact: Sarah Hobart 907-260-5449
sarah@kenaiwatershed.org
KWF Office 907-260-5449
www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm $5, with 5K race immediately following. Race course differs each week. 5 series race, all ages, walkers welcome. “Like” our Facebook page for updates and results.

Aug 2 Wed  Orienteering Meet - Anchorage
Meet time: starts from 5 pm to 7 pm
Location – UAA Campus
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

Aug 3 Thu  Great Alaskan Cruiseship Run - Ketchikan
Distance: 10K
Race time: 9:00 AM - Wardlake
Entry fee: free
Contact: Leigh Woodard, 907-617-8245

Aug 3 Thu  Steve’s Equinox Training #5 – Fairbanks
Meet time: 6 pm – Top of Ester Dome
5 miles – Equinox Trail Mile 17 – 21.5 – 17
Contact: George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North
Get ready for the Equinox on the installment plan

Aug 5 Sat  Blueberry Fun Run - Ketchikan
Distance: 1 mile/5k/10K
Race time: 9 am - Alaska State Office Building/Police Station
Entry fee: $15.00
Contact: Lori and Dan Ortiz (907) 225-7309
On-line registration /ACTIVE.COM

*Children’s age groups/ability levels available
Aug 5  Salmon Run - Dillingham
Sat Race time: 12 pm. Location: TBD
Contact: snunn@bbahc.org for the most up to date information.
No entry fee.
Your Time and Pace your business.
Course set for 1 hour of fitness.
Organized by Rural People in Motion

Aug 5  Celebrate Life! 5K Run & Walk – Soldotna
Sat Meet time: 8:30 am – Soldotna Bible Chapel
5K – flat, residential & along highway
Race time: 10 am Entry fee: No charge
Contact: Colleen Ward 907-283-9062
cward@abcwecare.org
Devin Johnston 907-283-9062
www.abcwecare.org
Sponsored by: ABC Pregnancy Care Center
Donations welcomed. Free t-shirt and brunch. Runners 5K
starts at 10 am and walkers start at 10:05 am on a shorter
course suitable for all ages.

Aug 5  Matanuska Peak Challenge - Palmer
Sat Meet time: 8 am – Lazy Mountain Parking Lot
14 miles – 9,100’ vertical gain
Race time: 9 am Entry fee: $30
Contact: Braun Kopsack 907-746-5133
Lance Kopsack 907-745-5966
www.alaskamountainrunners.org
Sponsored by: Knik Glacier Adventures
No aid stations available. Mandatory gear (windbreaker/long
underwear tops/bottoms, hat, gloves, H2O bottle) required.

Aug 5  24rd Santa Claus ½ Marathon #6 Usibelli Cup – North Pole
Sat Race time: 8-9 am – Chena Lakes reaction area
13.1 miles – flat and scenic loop on paved and gravel trials.
Entry fee: $20 advance/No race day registration.
Contact: Byron Dudley 541-515-3255
Byron.dudley@k12northstar.org
Post race BBQ and awards.

Aug 5  Alaska Distance Classic – Anchorage
Sat Meet time: 9 am – APU, Moseley Sports Center
Race time 10 am, Entry fee: Check Website
Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com
This event run in conjunction with USATF 10K
Road Running Championships
A USA Track & Field Sanctioned Event
Proceeds benefit Special Olympics Alaska

*Children’s age groups/ability levels available
Aug 6  Running with the Bulls – Palmer
Sun  Meet time: 11am – Musk Ox Farm
1K/5K/10K – Hills, grass, gravel, flat
Race time: 1pm Entry fee: Adults: $30 Children: $15
Contact:  Musk Ox Farm 745-4151
info@muskoxfarm.org
www.muskoxfarm.org
A nice run through our pastures. We have gravel, hills and grass. There is a 1K for kids and a 5K/10K run for those who are looking for a challenge.

Aug 6  Moose Nugget Triathlon – Anchorage
Sun  Meet time: 8 am – Jewel Lake
1.5K lake swim, 40K road bike, 10K run.
Olympic distance road triathlon
Race time: 10 am Entry fee: $85; late entry $105
Contact:  Andy Duenow 344-2740
aidino@gci.net
Jason Lamoreaux 350-3625
www.alaskatriathlon.org
Sponsors Chain Reaction Cycles, Kaladi Brothers Coffee, Skinny Raven
Presented by: Alaska Triathlon Club
This is a lake swim, road based, Olympic distance event.

Aug 9  Orienteering Meet - Anchorage
Wed  Meet time: starts from 5 pm to 7 pm
Location – Kincaid Jodphur
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

Aug 10  Steve's Equinox Training #6 – Fairbanks
Thu  Meet time: 6 pm – Top of Ester Dome
5 miles - Equinox Trail Mile 17 to St Pats & up Ester Dome
Contact:  George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North
Get ready for the Equinox on the installment plan

Aug 12  Walk MS – Anchorage
Sat  4 miles – The 4-mile route goes around Lake Hood
Meet time: 9 AM – The Lakefront, Millennium Hotel
Fun Run: 9:55 am Walk time: 10 am, no entry fee – registration required
Contact:  Cassey Bradley Leonardis 907-331-0179
CasseyBradleyLeonardis@nmss.org
Walkms.org
Sponsored by: National MS Society, The Lake Front, The Alaska Club, Ohana Media
Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we will end MS forever.

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

United Physical Therapy
PARTNERS IN HEALTH

START/FINISH DOWNTOWN

SATURDAY

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

SUNDAY

49K Ultra
RRCA Western Regional Championship.

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

Half Marathon
USATF Certified

5K
USATF Certified

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

Register online at: www.anchoragerunfest.org

*Children’s age groups/ability levels available
Aug 12 **Kenai Peninsula Run for Women – Kenai**
*Sat*
Meet time: 9 am – Kenai City Park
5K & 10K – multi-looped course thru downtown streets
Race time: 10 am Entry fee: $20/$25 on race day
Contact: Georgia Putney 907-283-9479
gputney@leeshoreak.org
Ashley Blatchford 907-283-9479
www.leeshoreak.org
Sponsored by: The LeeShore Center
Course is wheelchair accessible & certified

Aug 12 **Eagle River Challenge Race – Eagle River**
*Sat*
Meet time: 9 am – Eagle River Nature Center
5 & 10K – Dew Mound and Historic Iditarod Trails
Race time: 10 am Entry Fee: $30
Contact: Asta Spurgis 907-694-2108
info@ernc.org
Laura Kruger 907-694-2108
www.ernc.org
Sponsored by: Friends of Eagle River Nature Center
Trail races on uneven terrain with some hills. Proceeds benefit trail maintenance at the Eagle River Nature Center.

Aug 12 **Lace Up for Leukemia 5K Fun Run/Walk - Fairbanks**
*Sat*
Race time: 10 am – Pioneer Park, Boat launch
5K Run/walk- This is a fundraising race for team in training to raise money for the leukemia & Lymphoma Society. It is family friendly, fast, flat course.
Contact: Wendy Demers 907-388-6847
Pioneerwendy@yahoo.com
Sponsored by: LLS
Fast, flat 5K along the Chena River bike path. Family friendly. All proceeds to LLS Team-in training

Aug 12 **Nifty Fifty – Juneau**
*Sat*
Meet time: 8 am – End of Basin Road
50K, 25K, 10K – Perseverance trail, Granite Creek trail, Mt. Roberts trail, and Salmon Creek Trail
Race time: 8:30 am for 50K, 9 am for 25K, 9:15 a.m. for 10K
Entry fee: $20 for 50K and $15 for 25K/10K
Contact: Keith Levy 586-1427
keithblevy@gmail.com
http://ultrasignup.com
Sponsored by: Southeast Road Runners
Challenging course on beautiful trails with lots of climbing.

Aug 12 **Granite Tors Trail Run #6 Trail Series – Fairbanks**
*Sat*
Time: 10 am – Granite Tors
Distance: 15 miles Grueling, Trail Series Run
Contact: Chris Greene 978-6472
Sponsored by: RCN

*Children’s age groups/ability levels available*
Aug 12  Share Your Spare Kidney Dash – Anchorage
Sat  Meet time: 9 am – TBA
Race time: 10 AM
5K – TBA
Entry fee: check AKPA website for entry fee
Contact: Kristie Lemmon 907-240-2562
kristie@alaskakidney.org
www.alaskakidney.org
Sponsors: Alaska Kidney Patients Association, Healthy Futures
Share your Spare Kidney Dash highlights the need for living
donors to share their spare kidney with an Alaskan waiting for
a kidney transplant.

Aug 12  Finlo’s Valley 5K - Palmer
Sat  Meet time: 8:00 am – Palmer Train Depot
5K USATF certified flat 5K
Race time: 10 am Entry fee: $25 with T-shirt, teams of 8 =$150
Contact: Niall Linden
niallinden@yahoo.com
Kate Arnold 907-746-0600
Website: valley5K.com
Sponsored by: Active Soles Performance Footwear
The first USATF certified 5K Valley Championship and fun
run. This is a fast and flat course in Palmer city is open to
teams of 8 as well as open categories for age group athletes.

Aug 13  Dirty Deeds Tri - Fairbanks
Sun  Meet time: 10 am – UAF Patty Center and UAF Trails
300yd swim, 10K bike, 5K run –Sprint triathlon
Entry fee: $35 + $15 one day USAT membership
Contact: Amber Barlow 203-5535
thebreakuptri@hotmail.com
Registration opens Feb 1st on active.com. Relay teams are not
allowed and a 99 racer limit.
www.arctic-triathlon-series.weebly.com

Aug 14  Alaska International Senior Games 5K– Fairbanks
Mon  Time: 6:30 pm – Location: Chena Lakes Rec Area
Distance: 5K- road race
Contact: Don Kiely – 907-455-6749
donkiely@alaska.org
Sponsored by: Alaska International Senor Games
Must preregister with Senior Games and be age 50 & up

Aug 16  Alaska International Senior Games 10K – Fairbanks
Wed  Race time: 6:30 pm – Chena Lakes Rec Area
Distance: 10K Road race
Contact: Don Kiely 455-6749
donkiely@alaskaisg.org
www.alaskaisg.org
Sponsored by: Alaska International Senior Games
Must pre-register with Senior Games & be 50 years & up

Aug 16  Orienteering Meet - Anchorage
Wed  Meet time: starts from 5 pm to 7 pm
Location – Mirror Lake Middle School
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

*Children’s age groups/ability levels available
Aug 17  **Steve's Equinox Training #7 – Fairbanks**
Thu
Meet time: 6:00 pm – UAF Patty Center shuttle to Ester Dome
9.5 miles: Get ready for Equinox on installment plan
Contact: George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North
Shuttle from Patty Center to Ester Dome

Aug 18  **Running Dead Fairbanks – Fairbanks**
Fri
Meet time: 6 pm – Location- UAF
5K Fun Run
Contact: Chaia Brower 378-5636
Chaia.brower@gmail.com
Sponsored by: Fairbanks Roller Girls
5K Fun Run with Zombies benefiting the Fairbanks Rollergirls

Aug 18  **Anchorage Running Club’s “Anchorage Runfest”**
Fri
Bib/Packet PU & Registration & Expo - Anchorage
Meet time: 3 - 7 pm – Denaina Center
Contact: sharron@ancrun.org
www.anchoragerunfest.org
Sponsored by the Anchorage Running Club

Aug 19  **Anchorage Running Club’s “Anchorage Runfest”**
Sat
Bib/Packet PU, Last Change Reg. & Expo - Anchorage
Meet time: 9 am-4 pm – Denaina Center
Contact: sharron@ancrun.org
www.anchoragerunfest.org
Sponsored by the Anchorage Running Club

Aug 19  **Anchorage RunFest – Pasta Feed -- Anchorage**
Sat
12:30 – 2:30 pm -- Dena’ina Center
$10 for the best pasta in Anchorage or purchase during registration
Contact sharron@ancrun.org
More information at www.anchoragerunfest.org
Sponsored by the Anchorage Running Club

Aug 19  **Anchorage RunFest –**
Sat
Children’s Hospital at Providence Kids 2K – Anchorage
Race time: 10:00 am – Delaney Parkstrip
2K – untimed, flat, city streets for ages 12 & under.
Enter fee: None, but donations are accepted.
Contact: sharron@ancrun.org
More information at www.anchoragerunfest.org
Sponsored by Anchorage Running Club and Children’s Hospital at Providence
A Healthy Futures Series Event – www.healthyfuturesak.org

Aug 19  **Anchorage RunFest – The Anchorage Mile – Anchorage**
Sat
Race time: 11:00 am – Delaney Parkstrip
Race consists of six heats. USATF certified mile course.
Contact: sharron@ancrun.org
Registration information at www.anchoragerunfest.org
Sponsored by the Anchorage Running Club

*Children’s age groups/ability levels available*
Aug 19 10th Annual Seekins Ford Golden Heart Trail Run #7
Sat
Usibelli Cup - Fairbanks
Race time: 10:00 am – Birch Hill Recreation Area
Distance: Cross Country 1Km for age 7 and under, 2.5Km for ages 8-14; 5Km for ages 15 and over
Contact: Sportalaska.com
Sponsored by: Seekins Ford
The 7th race in the Usibelli Cup Series. The Seekins Ford Golden Heart Trail Run is the only cross country race in the series and features three age-appropriate distances.

Aug 20  Anchorage RunFest
Sun
United Physical Therapy 49K Ultra – Anchorage
Meet – Sixth Avenue near Town Square
Race time: 8:00 am
Relatively flat course on paved trails, a couple of hills.
Discounts for Anchorage Running Club members, current military.
Contact: sharron@ancrun.org
Registration information at www.anchagerunfest.org
Sponsored by the Anchorage Running Club and United Physical Therapy

Aug 20  Anchorage RunFest –
Sun
Humpy’s Marathon Run, Walk, and Relay – Anchorage
Meet – Sixth Avenue near Town Square
Race time: 8:00 am walkers, 9:00 am. For runners and relay.
Relatively flat course on paved trails, a couple of hills. USATF certified course.
Discounts for Anchorage Running Club members, current military.
Contact: sharron@ancrun.org
Registration information at www.anchagerunfest.org
Sponsored by the Anchorage Running Club and Humpy’s Great Alaskan Ale House

Aug 20  Anchorage RunFest –
Sun
Skinny Raven Half Marathon – Anchorage
Meet – Sixth Avenue near Town Square
Race time: 9:30 am.
Relatively flat course on the Chester Creek Trail. USATF certified course.
Discounts for Anchorage Running Club members, current military.
Contact: sharron@ancrun.org
Registration information at www.anchagerunfest.org
Sponsored by the Anchorage Running Club and Skinny Raven Sports

Aug 20  Anchorage RunFest – Spenard Roadhouse 5K – Anchorage
Sun
Meet – Sixth Avenue near Town Square
Race time: 10:00 am.
Relatively flat course on downtown streets and the Coastal Trail. USATF certified course.
Discounts for Anchorage Running Club members, current military.
Contact: sharron@ancrun.org
Registration info at www.anchagerunfest.org
Sponsored by Anchorage Running Club and the Spenard Roadhouse

*Children’s age groups/ability levels available
Aug 20  Alaska International Senior Games Triathlon– Fairbanks  
Sun  Race time: 10:00 am – UAF – Patty Center  
Distance: 400 yd swim, 13.1 mile bike, 5K run - Sprint triathlon  
Contact: Amber Barlow  
Abarlow5@alaska.edu  
Sponsored by: Alaska International Senior Games

Aug 20  Equinox Training Run (the annual long one) – Fairbanks  
Sun  Meet Time: 9 am – Ann’s Greenhouse Pull-out  
Distance: 11, 16 + Miles  
Contact: George Berry 687-8769  
membership@runningnglcubnorth.org  
Sponsored by: RCN

Aug 23  Orienteering Meet - Anchorage  
Wed  Meet time: starts from 5 pm to 7 pm  
Location – Earthquake Park  
Enter fee: $8 adults/kids free  
Sponsored by: Arctic Orienteering Club  
See www.oalaska.org for details & updates

Aug 26  Deer Mountain Fun Run  
Sat  Distance: 3 miles estimated  
Race time: 9:00 AM - Tatusadas IGA Grocery Parking Lot  
Contact: Tom Fowler (907) 617-3736

Aug 26  Musk Ox Run #7 Trail Series – Fairbanks  
Sat  Race time: 10 am– UAF Large Animal Research Stations (LARS) on Yankovich Rd  
13.1 miles (half marathon)  
Contact: Bobbi Jo Katchmar 451-9204  
bobbijo@gci.net  
www.runningclubnorth.org  
Sponsored by: Running Club North  
Hilly out & back. $5 suggested donation to LARS. Fun & food after! Last race in the Trial Series #7

Aug 26  The Milk Run - Anchorage  
Sat  Race time: 10 am – Russian Jack Park, 801 Pine Street  
2K & 5K – XC course, dirt & paved  
Enter fee: $15 individuals/$40 family  
Contact: Arthur Harmon 333-2422  
owensmilkmoney@gmail.com  
owww.owensmilkmoney.org  
Proceeds benefit Owen’s Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic. Join us after the race for prizes, fun and ice cream!

INTERESTED IN ADVERTISING IN THE 2018 ALASKA RUNNER’S CALENDAR?  
Contact runnerscalendar@muni.org

*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

*November 7th
Awards Celebration/Pizza Provided

*Children’s age groups/ability levels available
Aug 30  Old Murphy Dome Ridge Run – Fairbanks
Wed  Meet Time: 6 pm – Take Pandora drive off of Goldstream road and follow it to the end. The race will start at the end of Green Leaf road.
9.5 miles. 4.25 out and 4.25 back-
Contact:  Trent Hubbard 699-2090
beltedhan72@gmail.com
Sponsored by: RCN
9.5 mile trail run along the ridge between Eorado and O’Connor Creeks between Goldstream and Old Murphy Dome Road. The out and back race goes along a narrow rottty trail between Green Leaf Road and old Murphy dome Road. Water will be available at the beginning/end and at the turn around.

Aug 30  Orienteering Meet - Anchorage
Wed  Meet time: starts from 5 pm to 7 pm
Location – Klutina Drive
Entry fee: $8 adults/kids free
Sponsored by: Arctic Orienteering Club
See www.oalaska.org for details & updates

Sep TBD  Cross Country Support Run - Dillingham
Sat  Will coordinate date/time in conjunction with home XC meet
Contact: snunn@bbahc.org for most up to date information.
No entry fee.
Your Time and Pace your business.
Course set for 1 hour of fitness.
Organized by Rural People in Motion

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

Sep 2  McCarthy Half Marathon & 5 Mile Runs – McCarthy
Sat  Meet time: 12 pm – Glacier View Campground
Half marathon and 5 miles.
Race time: 2 pm Entry fee: $30 for adults/$15 for 18 & under
Contact:  Nate Anderson 907-554-4464
info@wrangells.org
www.wrangells.org/run
Sponsored by: Wrangell Mountains Center

Sep 2  Run for Relief - Anchorage
Sat  Meet time: 9 am – 4240 Wisconsin St.
5K – flat, side walk/bike paths in West Anchorage
Race time: 10 am Entry fee: Donation
Contact:  Scott Clemetson 907-244-1119
miles@alaska.net
Dianna Clemetson 907-244-2217
www.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
Sep 2  Seldovia End of Summer Mini Marathon – Seldovia
Sat
Registration Friday Sept. 1 from 6 - 8 pm at Boardwalk Hotel.
Distance: 5K/10K, Course: 5K runs thru town, 10K adds extra trails, some hills, dirt and gravel.
Meet time: 9:30 am– Gateway Pavilion
Race time: 10 am, entry fee: $25/$74 immediate family up to 4
Contact: Jenny Chissus 234-8000
Jenny@Seldovia.com
www.SeldoviaChamber.org

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

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

Sep 5  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

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

*Children’s age groups/ability levels available
Sep 8  Alaska Nanooks Blue and Gold Open  
Fri  Distance: 5-8 K trail run  
Race time: 10 am - UAF North Campus Trails  
Contact: Nick Crawford 907-474-6802 ncrawford2@alaska.edu  
Sponsored by: UAF Cross Country Team  
Open cross country race hosted by UAF Cross Country Team

Sep 9  Preliminary Race#1 – Chugiak  
Sat  Meet time: 8:30 AM – Beach Lake Trails  
Distance: 2 milies – wide trails, slight hills, looped course  
Race time: 9 am Entry fee: see website  
Contact: Debora Summers 907-351-1227 cdmadogsled@gmail.com  
www.chugiakdogmushers.com  
Sponsored by: Chugiak Dog Mushers Association  
Canicross (running while pulled by your dog) is one of the events during this race. Enjoy swag, food tent, Trek tent, raffles, purse money, awards and fun! See website for complete rules and event details. Come for all events or if preregistered, just for the canicross!

Sep 9  6th Annual Troth Yeddha Run for the Park (Fundraiser) – Fairbanks  
Sat  Start: 12 pm – Troth Yeddha Park, UAF campus, N entrance  
Distance: 5K- run  
Contact: Pete Pinney 978-0425 pppinney@alaska.edu  
Sponsored by: RCN, College of R&CD UAF  
Forms and waivers are available at Beaver Sports, CRCD dean’s office, and via a Facebook event

Sep 9  Midnight Sun Fun Run – Wasilla  
Sat  Race time 2:00 pm, Location- Lake Lucille Park, 1401 S Endeavor St (Mile 2.2 Knik Goose Bay Rd)  
$5 - 100yd, $10 – 1 mi, $20 - 5K, $30 - 10K  
Contact: msfunrun@gmail.com  
www.midnightsunschool.com  
ww.facebook.com/midnightsunschool  
Fundraiser for Midnight Sun Family Learning Center. All racers receive a free snow cone and t-shirt. Join us for a fun run in the afternoon for the whole family from little legs in our Balloon Dash and 1 Mile Run to the long legs in our 5k and 10k. Supports after school programs at one of our local schools!

Sep 9  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 XC runners to a fast and fun flight race. Russian Jack Golf Course will be the host of 12 races over 4 hours. Join us for an open community race and see how your time stacks up against Alaska’s best prep runners.

*Children’s age groups/ability levels available
Sep 10  Run Rover Run – Anchorage
Sun  Meet time: 11:30 am -12:15 – Kincaid Park, Lower Parking Lot, 10 K-Mize loop
5K – run with your dog, hilly loop
Race time: 12:30 pm
Entry fee: $15 Anchorage Ski Club members, $20 – non-members
Contact:  Becky Voris 907-243-5234
beckyattla@gmail.com
ASC Hotline 349-WOOF (9663)
www.skijorclub.org
Sponsored by: Anchorage Skijor Club
Run with your dog on leash, all dogs present must have vaccines
Men & woman’s class available.
Junior class available if 5 participants.
Anchiskijorclub membership: $15 individual, $20 family.

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

Sep 14  Thursday Night Run Series - Mat-Su Valley
Thu  Meet time: 5:30
Distances up to 12K
Entry fee: $20 family; $7 adult; $2 youth
Contact:  Kate Arnold 907-746-6000
Sponsored by: Valley Mountain Bikers and Hikers, Active Soles, Healthy Futures
These runs will be at difference locations around the Valley each course may be rugged, hilly, rooted. An option of a short, medium or long distance.

Sep 14  Equinox Marathon Bib Pick-Up – Fairbanks
Thu  Meet Time: 5 pm – UAF Wood Center, 505 S Chandalar, Fairbanks, Ak 99709, USA
Contact:  Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Running Club North

Sep 15  Equinox Marathon Bib Pick-Up – Fairbanks
Fri  Meet Time: 5 pm – UAF Wood Center, 505 S Chandalar, Fairbanks, Ak 99709, USA
Contact:  Stacy Fisk 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Running Club North

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

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

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

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

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

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

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

*Children’s age groups/ability levels available
Sep 16  Tustumena 5K - Kasilof  
Sat  Meet time: 9 am – Tustumena Elementary School  
5K – paved, gravel roads & dirt trail, scenic route taken through Johnson Lake Recreation Area  
Race time 10:00 am Entry fee: $10  
Contact:  Cynthia Fudzinski 420-7356  
cfudzinski@kpbsd.org

Sep 19  Bonny Sosa Tuesday Night Race Series - Anchorage  
Tue  Meet time: 5:30 pm – check website  
Distances up to 12K, Race time: 6:30 pm  
Entry fee: $20 family/$7 adult/$2 youth or $70 family/$35 adult/$16 youth season pass  
Contact:  Outdoor Recreation 343-6397  
www.muni.org/parks  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @  www.muni.org/Active  
A Healthy Futures Series Event – www.healthyfuturesak.org

Sep 21  Thursday Night Run Series - Mat-Su Valley  
Thu  Meet time: 5:30  
Distances up to 12K  
Entry fee: $20 family; $7 adult; $2 youth  
Contact:  Kate Arnold 907-746-6000  
Sponsored by: Valley Mountain Bikers and Hikers, Active Soles and Healthy Futures  
These runs will be at difference locations around the Valley each course may be rugged, hilly, rooted. An option of a short, medium or long distance.

Sep 23  Oktoberfest 5K/10K/Kids 2K  
Sat  Run to End Homelessness – Anchorage  
This is a benefit for Brother Francis Shelter and Bean’s Cafe  
Meet: 7:30 am 49th State Brewing Company  
Race time: 9:00 am. Costumed runners receive a head start.  
Flat course on the Coastal Trail.  
Contact:  info@anchoragerunningclub.org  
Registration information at www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club

Sep 23  Anchorage Heart Walk – Anchorage  
Sat  Meet time: 9 am – Delaney Park Strip  
1 & 3 mile – streets, coastal trail  
Race time: 10 am Entry fee: $25 suggested donation  
Contact:  Dustin Morris 865-5303  
Dustin.Morris@heart.org  
Alaina Burton 865-5300  
Alaina.burton@heart.org  
www.AnchorageHeartWalk.org  
Hosted by: American Heart Association  
A non-competitive family & dog friendly event. Details on website at www.anchoragerunliveclub.org All proceeds benefit the American Heart Association to fight heart disease and stroke.

*Children’s age groups/ability levels available
Sep 23  Preliminary Race #3 – Chugiak
Sat  Meet time: 8:30 AM – Beach Lake Trails
  Distance: 2 miles – wide trails, slight hills, looped course
  Race time: 9:00 am Entry fee: see website
  Contact: Debora Summers 907-351-1227
cmdadogsled@gmail.com
  website: www.chugiakdogmushers.com
  Sponsored by: Chugiak Dog Mushers Association
  Canicross (running while pulled by your dog) is one of the events during this race. Enjoy swag, food tent, Trek tent, raffles, purse money, awards and fun! See website for complete rules and event details. Come for all events or if preregistered, just for the canicross!

Sep 23  Making Strides against Breast Cancer 5K – Fairbanks
Sat  Race time: 11 am – Griffen Park/Morris Thompson Cultural Center
  Distance: 5K with a 1 mile option
  Contact: Becky Zaverl 452-7084 (cell 460-6326)
  Sponsored by: American Cancer Society
  No fee. Teams are encouraged to form and fundraise!. Event t-shirts for purchase. Not timed. American Cancer Society's 4th Annual 5K walk. Come join us for fun along route and special survivor tent at Morris Thompson Cultural Center

Sep 24  Kenai River Marathon – Kenai
Sun  Meet at Kenai Visitors & Cultural Center, 11471 Kenai Spur Hwy
  Race Series: Marathon (Boston qualifier), Relay Marathon, Half marathon, 5K
  Race time: Full/Relay Marathon - 9 am, Half - 10 am
  5Kish Family Fun Run/Walk - 10:15 am
  If you register after 9/5/17 cost is: Marathon - $75; Half - $65; (4) person Relay Team - $150; 5k Fun Run/Walk - $35.
  Contact: Johna Beech 283-1991
  johna@kenaichamber.org
  Kenai Visitor Center 283-1991
  Sponsored by: Kenai Chamber of Commerce & Visitor Center in partnership with the City of Kenai.
  Register on-line @ www.kenairivermarathon.org. Toast your accomplishments afterwards with locally brewed beer.

Sept 26  Bonny Sosa Tuesday Night Race Series – Anchorage
Tue  Meet time: 5:30 pm – check website
  Distances up to 12K Race time: 6:30 pm
  Entry fee: $20 family/$7 adult/$2 youth or $70 family/$35 adult/$16 youth season pass
  Contact:  Outdoor Recreation 343-6397
  www.muni.org/parks
  Sponsored by: Anchorage Parks & Recreation
  Farm, Lightning & Munchkin Leagues
  Register on-line @ www.muni.org/Active
  A Healthy Futures Series Event – www.healthyfuturesak.org

*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 28**  
**Thursday Night Run Series - Mat-Su Valley**  
Meet time: 5:30  
Distances up to 12K  
Entry fee: $20 family; $7 adult; $2 youth  
Contact: Kate Arnold 907-746-6000  
Sponsored by: Valley Mountain Bikers and Hikers, Active Soles and Healthy Futures  
These runs will be at difference locations around the Valley  
each course may be rugged, hilly, rooted. An option of a short, medium or long distance

**Sept 30**  
**It Ain’t Easy Hill Run – Fairbanks**  
Race time: 10 am – Dog Musher’s Hall, Farmers Loop  
Distance: 10 miles Hilly terrain / hilly 5-mile gravel road run  
Entry fee: none  
Contact: Andy Sterns 508-542-3036  
Sponsored by: Running Club North

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

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

**Oct 3**  
**Bonny Sosa Tuesday Night Race Series - Anchorage**  
Meet time: 5:30 pm – check website  
Distances up to 12K Race time: 6:30 pm  
Entry fee: $20 family/$7 adult/$2 youth or $70 family/$35 adult/$16 youth season pass  
Contact: Outdoor Recreation 343-6397  
www.muni.org/parks  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ www.muni.org/Active  
A Healthy Futures Series Event – www.healthyfuturesak.org

**Oct 5**  
**Full Moon Run – Fairbanks**  
Meet time: 5:45 pm – UAF Patty Center  
Distance: 4 Miles  
Contact: George Berry 687-8769  
membership@runningclubnorth.org  
Sponsored by Running Club North  
Entry fee: free

*Children’s age groups/ability levels available*
Oct 7 **Goldstream To Hoodoo Half Marathon**  
Sat  
Meet time: 10:00 AM – Goldstream Sports  
Distance: 13.1 miles from Goldsteam Sports to Hoodoo Brewery. Rolling to flat, bike paths, roads, point to point  
Contact: Stacy Fisk 907-455-6520  
stacy@goldstreamsports.com  
Sponsored by: Hoodoo Brewery & Goldstream Sports.

Oct 7 **Hit the Trails – Anchorage**  
Sat  
Meet time: 9 am – Trailside Elementary  
5K, 2K - trails behind Trailside Elementary  
Race time: 10 am Entry fee: Varying  
Contact: Carleen Ulbrich 907-742-5500  
Ulbrich_carleen@asdk12.org  
trailsidepta.org  
runsignup.com  
Sponsored by: Healthy Futures and Trailside PTA

Oct 7-8 **Speedy Glass Dog Derby – Chugiak**  
Sat-Sun  
Meet time: 8:30 AM – Beach Lake Trails  
Distance: 2 milies – wide trails, slight hills, looped course  
Race time: 9:00 am Entry fee: see website  
Contact: Debora Summers 907-351-1227  
cdmadogsled@gmail.com  
website: www.chugiakdogmushers.com  
Sponsored by: Chugiak Dog Mushers Association  
The CDMA Dryland Season comes to an end with this 2-day championship series. Canicross (running while pulled by your dog) is one of the events during this race. Enjoy swag, food tent, Trek tent, raffles, purse money, awards and fun! Please see the website for complete details.

Oct 10 **Bonny Sosa Tuesday Night Race Series - Anchorage**  
Tue  
Meet time: 5:30 pm – check website  
Distances up to 12K Race time: 6:30 pm  
Entry fee: $20 family/$7 adult/$2 youth or $70 family/$35 adult/$16 youth season pass  
Contact: Outdoor Recreation 343-6397  
www.muni.org/parks  
Sponsored by: Anchorage Parks & Recreation Farm, Lightning & Munchkin Leagues  
Register on-line @ www.muni.org/Active  
A Healthy Futures Series Event – www.healthyfuturesak.org

Oct 11 **USATF All Comers Cross Country Championships – Anchorage**  
Wed  
Meet time 4:30 pm -3k, 5 pm -5K at Anch Christian School.  
Contact: Jason Hofacker jhofacker@acsedu.org  
Sponsored by USATF AK  
$10.00 entry fee

Oct 14 **Bobbie Jones Memorial Vampire Run 5K**  
Sat  
Race starts at sunset 6:49pm. Fundraiser for Habitat for Humanity and the AE club. AEmclubUAA.com

*Children’s age groups/ability levels available*
Oct 14  Zombie Half Marathon -- Anchorage  
Sat  Meet time: 8 am – Goose Lake Park  
Race time: walkers 9 am, runners 10:00 am. 
13.1 miles Goose Lake to Kincaid Chalet. Dress like a zombie!  
Contact: info@anchoragerunningclub.org. 
Registration information at www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club

Oct 14  Kid’s Zombie Mini 2.5K – Anchorage  
Sat  Race time: 12 noon – Kincaid Park  
Costumes and lots of fun.  
Contact: info@anchoragerunningclub.org. 
Registration information at www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club

Oct -  
Dec  
Wed  Wednesday walk/run at the Alaska Dome 400 m track  
Time: 6:00 pm – 7:00 pm  
Entry fee: Anchorage Running Club membership  
Contact: info@anchoragerunningclub.org  
More information at www.anchoragerunningclub.org  
Sponsored by the Anchorage Running Club

Oct 12  RCN Annual Membership Meeting – Fairbanks  
Thu  Meet time: 6:30 pm –TBD check RNC website  
Contact: Gary Pohl 388-8085  garypohl@runningclubnorth.org  
Karen Taber 451-9621 karentabler@runningclubnorth.org  
www.runningclubnorth.org  
Sponsored by: Running Club North  
Board Election, Race calendar

Oct 14  KMXT’s Run the Rock Marathon, 1/2 Marathon,  
Sat  10K, and 5k– Kodiak  
Meet time: Marathon: 8 am, Rotary Park, Near Island;1/2 Marathon: 10 am, Bear Valley Golf Course;10k: 10 am, Bear Valley Golf Course  
Registration: will open in July of 2017  
Entry fee: TBD  
Contact: Pam Foreman 907-486-3181  
pam@kmxt.org  
www.kmxt.org/run_the_rock  
https://www.facebook.com/kmxtuntherock  
Sponsored by: Kodiak Public Broadcasting Corporation  
NOTE: Marathon starts on Near Island and finishes at Bear Valley Golf Course.  
All other races start and finish at Bear Valley Golf Course.  
Post race BBQ included. USATF certified course.

Oct 17  Bonny Sosa Tuesday Night Race Series - Anchorage  
Tue  Meet time: 5:30 pm – check website  
Distances up to 12K Race time: 6:30 pm  
Entry fee: $20 family/$7 adult/$2 youth or $70 family/$35 adult/$16 youth season pass  
Contact: Outdoor Recreation 343-6397  
www.muni.org/parks  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ www.muni.org/Active  
A Healthy Futures Series Event – www.healthyfuturesak.org

*Children’s age groups/ability levels available
Oct 21  
**RCN Awards Social/Potluck – Fairbanks**

**Sat**

Meet time: 6 pm – Fairbanks Pipeline Training Center, Building C, 3600 Cartwright Court

Contact: Bobbi Jo Katchmar 888-2287

bobbijoe@gci.net

www.runningclubnorth.org

Sponsored by: Running Club North

Potluck: last names A-J main dish, K-R salads, S-Z Desserts/Breads

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Oct 21  
**Annual 5K Costume Run – Nikiski**

**Sat**

Meet time: 10 am, 5K – Nikiski Community Recreation Center

Race time: 11 am Entry fee: Canned Food/Non-Perishable Items

Contact: Jackie Cason 776-6416

jcason@kpb.us

Teri Langston 776-8800

www.northpenrec.com

Sponsored by: North Peninsula Recreation Service Area

Groomed trails. Mostly flat with some hills. Supports local food drive. Visit website for details and entry form.

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

**Sun**

Meet time 9 am Westchester Lagoon

5K/2K –Coastal Trail

Race time: 10 am Entry Fee: 18 & under, student -$12; Over 18-$30

Contact: Jenny Kimball 907-529-7578

anchorageunitednationsday5K@gmail.com

www.anchorageunitednationsday5K.com

Sponsored by: Mission Is Russian, Inc., Healthy Futures Fundraiser for the Russian Immersion Program @ Turnagain Romig and West schools. Includes UN Competition between all Anchorage School District language programs.

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Oct 24  
**Bonny Sosa Tuesday Night Race Series - Anchorage**

**Tue**

Meet time: 5:30 pm – check website

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

Entry fee: $20 family/$7 adult/$2 youth or $70 family/$35 adult/$16 youth season pass

Contact: Outdoor Recreation 343-6397

www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues

Register on-line @ www.muni.org/Active

A Healthy Futures Series Event – www.healthyfuturesak.org

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Oct 28  
**Pirates and Zombie Run - Dillingham**

**Sat**

Race time: 1 pm. Location: TBD

Contact smunn@bbahc.org for the most up to date information.

No entry fee.

Your Time and Pace your business. Course set for 1 hour of fitness. Organized by Rural People in Motion.

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Oct 28  
**36th 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

Pre- registration not required. Free! Time bonus for costumes.

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*Children's age groups/ability levels available*
Oct 28  **Skinny Raven Frightening 4K – Anchorage**  
Sat  
Meet time: 10 am – Captain Cook Hotel  
4K – out & back  
Race time: 11am  
Contact: timing@skinnyraven.com  
www.skinnyraven.com  
Sponsored by: Skinny Raven  
Costume contest & trick-or-treat aid stations

Oct 31  **Bonny Sosa Tuesday Night Race Series - Anchorage**  
Tue  
Meet time: 5:30 pm – check website  
Distances up to 12K Race time: 6:30 pm  
Entry fee: $20 family/$7 adult/$2 youth or $70 family/$35 adult/$16 youth season pass  
Contact: Outdoor Recreation 343-6397  
www.muni.org/parks  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues  
Register on-line @ www.muni.org/Active  
A Healthy Futures Series Event – www.healthyfuturesak.org

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

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

Nov 3  **Full Moon Run – Fairbanks**  
Fri  
Meet time: 5:45 pm – UAF Patty Center  
Distance: 4 Miles  
Contact: George Berry 687-8769  
membership@runningclubnorth.org  
Sponsored by Running Club North  
Entry fee: free

Nov 4  **Maddy's Run – Eagle River**  
Sat  
Meet time: 10:30 am – Eagle River High School (ERHS)  
.7K, 2.5K & 5K – Starts and ends on track, mainly on trails  
Race time: 11:30 am & 12 pm Entry fee: $10.00 for.7K, $15.00 for 2.5K and $25.00 for 5K  
Contact: Dana Johnson 742-3550  
Johnson_dana@asdk12.org  
Website: runformaddy.com  
Sponsored by: Healthy Futures  
Shirts will be available to purchase on-line at the website or at the race.

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

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

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

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

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

BIONIC Chiropractic
"Believe It Or Not I Care"
Workers’ Comp
Auto Accident
Personal Injuries
Sports Injuries
Pregnancy

*Children’s age groups/ability levels available
Nov 11  
**RCN Turkey Trot – Fairbanks**

**Sat**
Race time: 10 am – UAF Patty Center Bus Shelter  
Distance: 6K  
Enter fee: $1  
Contact: Andy Holland 479-4444  
aholland56@gmail.com  
Sponsored by: Running Club North  
Predicted time, no watches, prizes

Nov 23  
**Sweating Gravy Turkey Trot 5K - Homer**

**Thu**
Meet time: 10 am – Homer High School  
5K out and back on East end Road bicycling path  
Race time: 10 am Entry fee: food donation  
Contact: Mike Illg 907-299-6425  
Sponsored by: Kachemak Bay Running Club  
Food donations benefit the Homer Food Pantry

Nov 23  
**Freedom House Turkey Trot – Soldotna**

**Thu**
Meet time: TBA  
Location: TBA  
Race time: TBA  
Distance: 5K, 1 mile kids race,  
Enter fee: $20 adult, $10 youth, $5.00 kids race  
Contact: Tammy Strausbaugh at 252-2959  
Kurt Strausbaugh- 907-262-1721  
wrestle@acsalaska.net.  
Kurt Strausbaugh 907-420-7023  
Proceeds benefit Freedom House Recovery Residence. Age group winners will receive a Thanksgiving dessert.

Nov 25  
**Turkey Trot - Dillingham**

**Sat**
Race time: 1 pm. Location: TBD  
Contact  snunn@bbahc.org  for most up to date information.  
No entry fee.  
Your Time and Pace your business. Course set for 1 hour of fitness.  
Organized by Rural People in Motion

Nov 23  
**Skinny Raven Turkey Trot – Anchorage**

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

Dec  
**Fahrenheit Be Darned Winter Training Run – Fairbanks**

**every Wed**
Meet time: 5:45 pm – UAF Patty Center  
Distance: various. Group runs on various courses, Wednesdays  
Contact: George Berry 687-8769  
membership@runningclubnorth.org  
Sponsored by: Running Club North  
Regardless of temperature

*Children's age groups/ability levels available
*Children's age groups/ability levels available
**Dec Hoodoo Goldstream Beer Runs**  
Meet time: 6 pm – Hoodoo Brewing Company, 1951 Fox Ave  
Distance: 1-3 miles  
Contact: Stacy Fisk 907-455-6520  
stacy@goldstreamsports.com  
Sponsored by: Hoodoo Brewery & Goldstream Sports and Running Club North  
Regardless of temperature. Walkers welcome.

**Dec 2 25th Annual Heart of Darkness Snowshoe Race – Fairbanks**  
Race time: 12 Noon  
6K & 3K – hilly, run regardless of temperature  
Enter fee: Free  
Contact: Andy Holland 479-4444  
Jim Brader 452-4986  
www.runningclubnorth.org  
Sponsored by: Running Club North  
Extra snowshoes available. A Snowshoe Series Event.

**Dec 3 Full Moon Run – Fairbanks**  
Meet time: 5:45 pm – UAF Patty Center  
Distance: 4 Miles  
Contact: George Berry 687-8769  
membership@runningclubnorth.org  
Sponsored by Running Club North  
Enter fee: free

**Dec 9 Santa 5K Fun Run - Chugiak**  
Race time: 10:30 am, 2301 Camp Gorsuch Road, Chugiak  
5K run, Entry fee: adults $20, children 12 and under $10.  
Sign up online at ChristmasTowneAlaska.com  
All proceeds will be used to purchase gifts for children in foster care in Alaska

**Dec 16 Solstice Snowshoe Shuffle – Fairbanks**  
Race time: 12 Noon – UAF West Ridge- to be confirmed  
1 mile loop – extra snowshoes available  
Enter fee: Free  
Contact: Erika Burr 907-978-4481  
burrlie@gmail.com  
https://www.facebook.com/AlaskaSnowshoe/  
Sponsored by: RCN  
Free. Extra snowshoes available.  
Great opportunity to try out snowshoe running on a short groomed course!

**Dec 16 29th Annual George Bloom Memorial**  
Mid-Day Sun Fun Run – Fairbanks  
Race time: 11 am – UAF Patty Center- Regardless of temperature!  
Distance: 6.5 miles Entry Fee: Free  
Contact: David Bloom 750-9158  
Dabloom97@gmail.com  
Sponsored by: Running Club North  
Parking lot running out past the AG far, up Miller Hill Road, to Farmers Loop Road and back to the Patty Center

*Children’s age groups/ability levels available*
Dec 23  
**Santa 2.5K Run – Anchorage**

**Sat**
Meet time 10 am – UAA Social Sciences Building  
Distance: 2.5 K – one lap around Goose Lake  
Race time: 10:30 Entry Fee: $25  
Contact:  
Bob Maxwell 907-786-4914  
Afrdm1@alaska.edu  
Marcia Maxwell 907-748-2552  
http://teamfrostbite.uaa.alaska.edu  

Sponsored by: AE club  
Santa Medals for all finishers, run starts in the parking lot north of the Central Parking Garage at UAA  
Fund-raiser for Habitat for Humanity and the AE club.

Dec 23  
**Dawn to Dusk, Part 2, All Day Run – Fairbanks**

**Sat**
Race time: 10 am – UAF Great Hall  
Distance: Various- Novelty Run. Run all recorded daylight hours.  
Entry Fee: Free!  
Contact: George Berry 687-8769  
membership@runningclubnorth.org  
www.runningclubnorth.org  

Sponsored by: Running Club North  
Sign up at 10 am, event ends at 3 pm. Individuals and teams. No fee, prizes, certificate!  
4 mile campus course plus new GPS division. Total miles for placements 1,2,3. Individual and team.

Dec 31  
**New Year’s Eve Run – Fairbanks**

**Sun**
Race time: 11:30 pm – “The Diner” on Illinois Street  
3 miles – Last run of 2017!  
Entry Fee: Free  
Contact: Paul Reynolds 322-1142  
George Berry 687-8769  
www.runningclubnorth.org  

Sponsored by: Running Club North  
Run regardless of temperature!

Dec 31  
**Northern Lights Resolution Run – Anchorage**

**Sun**
Meet time: 5 pm  
Distance: 5K roads and trails  
Race time: 6 pm Entry fee: $35  
Contact: Mark Iverson 274-7222  
timing@skinnyraven.com  
Erin Philips 274-7222  
www.skinnyraven.com/races/northern-lights-r  

Run and dance yourself into 2018!

*Children’s age groups/ability levels available*
2018 ALASKA RUNNERS CALENDAR

Jan 6 Moose Mountain Snowshoe Challenge – Fairbanks
Sun Meet time: 12:00 pm – 2809 Waldheim Drive (last left off Jones Road)
Distance: 6K and 9K
Contact: Erika Burr 978-4481
burrlike@gmail.com
Dan Bishop
“Alaska Snowshoe” on Facebook or text 978-4481
Sponsored by: Running Club North
Challenging 1000-ft climb first two miles. Limited parking,
carpool from Ivory Jacks. Free snacks. Extra snowshoes available

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

Feb 17 Susitna 100 – Big Lake
Sat Meet time: 8 am – Happy Trails Kennels
100 miles – X-C across rivers, lakes and woodland trails
Race time: 9 am Entry fee: Check website
Contact: Kim & Erin Kittredge 907-746-5959
info@susitna100.com
Pam Richter 907-346-1220
www.susitna100.com
5 checkpoints with warm water available
15# of survival gear & food required to be carried over entire
course. T-shirt and finisher award.

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

Name _______________________________________________________ email ___________________________

Address _____________________________________________________________________________________

City __________________________ State ________________________ Zip _____________

Please send me a copy of the 2017 Calendar □

Please send me a copy of the 2018 Calendar □

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

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

email: runnerscalendar@muni.org

Please make checks payable to the Municipality of Anchorage.
Top 10 Reasons to Connect with Trail Watch

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

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

Register to Volunteer @ www.muni.org/parks
For more information call 343-4587
This 2017 calendar is brought to you by:

Anchorage Parks & Recreation

343-4355

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