

# Alaska Runner's Calendar



2018

FAIRBANKS, ALASKA

# Come Run Under the MIDNIGHT SUN!

June 23, 2018  
Saturday, 10:00pm

SPONSORED BY  
**Daily News-Miner**  
THE LEADER IN ALASKA'S COMMUNITY NEWS

## Midnight sun Run

Fairbanks

Alaska

10K

Race produced by:

**FRA FRA FRA**  
FAIRBANKS RESOURCE AGENCY

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



BEAVER  
SPORTS

Sponsoring:  
Prize Money for  
Top Male and  
Top Female Finisher

[www.midnightsunrun.net](http://www.midnightsunrun.net)

907.456.8901



**The running community is extremely proud to have selected this outstanding candidate for the cover of the 2018 Alaska Runner's Calendar.** *(Photo courtesy of Alaska's Focus Photography)*

Corky Corthell is a shining example of true a sportsman. Corky and his wife Shirley have been part of the running scene in Alaska for a number of years, especially at mountain runs like Mount Marathon, Crow Pass, Bird Ridge, Alyeska Mountain Runs, and Hope/Sunrise Wagon Trail Run. If not running, Corky and Shirley would be there helping put on the race, or cheering on, and encouraging, the younger runners.

Corky, an engineer by profession, came late to the sport and was never a competitive threat until he got into the upper age groups, where he simply won his age group by outlasting the completion. He competed in 12 straight Mount Marathon races from 2000 to 2011, with a fastest time of 1:27:09 in 2002 at age 73. He was 80 – 82 years old for the last three races. He holds the 80 – 89 age group record of 1:52:59 in 2009. His record of being the oldest man to complete the Mount Marathon race still stands.

After suffering a stroke in 2012 Corky has slowed down but continues his fitness activities and can be seen walking with his wife Shirley regularly in their Rogers Park neighborhood. As a longtime member of the Happy Fun Group, he runs Saturdays at various locations around Anchorage including the hilly trails he honed the mountain goat type skills he is known for.

## Running Tips

- The race calendar is a good starting point for planning your personal race schedule. Race directors reserve the right to change dates, locations, or cancel races. Use the race calendar for preliminary planning purpose only.
- To find out whether a race is still on, check with the race director and/or be on the alert for any newspaper announcements. Race directors can help by having an announcement in the local newspaper(s), usually a few days before the race. Some races may require more lead time, especially if there is an entry deadline.
- If you fill out a racing form, please read the instructions before asking questions.
- When you arrive at race start, be careful where you park. Observe all traffic regulations and do not park too close to the start.
- Allow ample time for check-in and warm-up.
- Pay close attention to all pre-race instructions.
- Use only your assigned running number and display it proudly
- Run on the side of the road facing traffic unless 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 you cross the line.
- Unofficial runners **do not** cross the finish line. Do not hassle race officials – wait patiently or posted results!

**Brad Cooke, Editor**

**Produced by Anchorage Parks & Recreation  
Over 11,000 online views by running enthusiasts!**

**Contacting Alaska Runners Calendar**

**907-343-6566 (voice) 907-249-7725 (fax) 907-343-6457 (TDD)**

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

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

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

**Dec 31 Sun**      **New Year's Eve Run – Fairbanks**  
Meet time: 11:30 PM – The Diner on Illinois Street  
Distance: 3 dark miles  
Entry Fee: Free  
Last run of 2017!  
Contact:            Paul Reynolds 322-1142  
                          nitrogenand@acsalaska.net  
                          RCN Website  
  
Sponsored by: RCN  
Regardless of temperature!

**Jan Wed**      **Fahrenheit be Darned Winter Training Run – Fairbanks**  
Meet time: 5:45 PM – Patty Center  
Distance: Winter training group runs  
Entry Fee: Check website  
Various cold weather group runs around UAF environs, differs weekly.  
Contact:            George Berry 907-687-8770  
                          membership@runnningclubnorth.org  
                          RCN Website  
  
Sponsored by: RCN  
Regardless of temperature! Warm up with hot drinks and snacks after the run.

**Jan Thu**      **Hoodoo Goldstream Beer Runs – Fairbanks**  
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave  
Distance: 1-3 Miles, walkers welcome  
Contact:            Stacy Fisk 907-455-6520  
                          stacy@goldstreamsports.com  
  
Sponsored by: Hoodoo Brewery and Goldstream Sports  
This is a year round event.

**Jan 1 Mon**      **Full Moon Run – Fairbanks**  
Meet time: 5:45 PM – UAF Patty Center  
Distance: 4 Mile, Run by the light of the moon!  
Entry Fee: Free  
Contact:            George Berry 687-8769  
                          membership@runnningclubnorth.org  
                          RCN Website  
  
Sponsored by: RCN Winter training

**Jan 6  
Sat**

**Moose Mountain Snowshoe Challenge  
Snowshoe Series Event – Fairbanks**

Meet time: 12:00:00 PM Standard

11:00 AM Early – Starts and Ends at 2809 Waldheim Dr.

Distance: 6K and 9K, Snowshoe Series Event #3

Entry Fee: Check website

Snowshoe race for the hardy. Features a challenging 1-km climb mid-race on beautiful Moose Mountain trails.

Contact: Erika Burr 907-978-4481

[burrlike@gmail.com](mailto:burrlike@gmail.com)

<https://www.facebook.com/AlaskaSnowshoe/>

Sponsored by: RCN

Those who wish to start early must contact the race director and make the request for an early start at least 24 hours in advance.

**Jan 12  
Fri**

**Borealis Color Run – Fairbanks**

Meet time: 6:00 PM – UAF Borealis Ski Hut , West Ridge

Distance: 4 Mile , Fun Run

Entry Fee: Check website

Contact: Beaver Sports - TBD 687-8769

[membership@runningclubnorth.org](mailto:membership@runningclubnorth.org)

Beaver Sports and RCN Website

Sponsored by: Beaver Sports

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 13  
Sat**

**Frosty Bottom Marathon - Anchorage**

Meet time: 9:00 am – Kincaid Chalet

Distance: 26.2 miles– Multi-use trails from Kincaid to Hilltop

Race time: 10:15 am

Entry fee: \$55

Contact: Matias Saari 907-529-4178

[matiasmountain@gmail.com](mailto:matiasmountain@gmail.com)

Event held in conjunction with Frosty Bottom cycling race.

Separate registration and additional info at [www.ultrasignup.com](http://www.ultrasignup.com).

The only aid station will be near Campbell Airstrip. There will not be a 43-mile running event as in years past.

**Jan 13**      **37th Annual Airport Run – Fairbanks**  
**Sat**            Meet time: 12:00 PM Standard and 11:00 AM Early – Start /Finish  
Pikes Landing parking lot  
Distance: 4 and 8 Miles, Fun Run  
Entry Fee: Check website  
Fun Run around a FIA area, Pikes Landing to Dale Road. Out and  
back course  
Contact:            Paul Reynolds 907-322-1142  
nitrogenand@yahoo.com  
RCN Website  
Sponsored by: RCN  
Same as previous years . No fee, regardless of Temp., flat out and  
back

**Jan 17**      **18th Ballaine Ridge Snowshoe Classic Trail Run**  
**Sat**            **Snowshoe Series Event – Fairbanks**  
Meet time: 12:00 PM – 834 Goldfinch Rd.  
Distance: 3K, 6K, 9K Snowshoes Event  
Snowshoe from Ballaine Ridge on a single track snowshoe trail  
down into Goldstream Valley. Hilly, challenging course.  
Entry Fee: Check website  
Contact:            Keith Pollock 907-479-0779  
kpollockak@gmail.com  
RCN Website  
Sponsored by: RCN

**Jan 20**      **Emily-Oliver Snowshoe Race**  
**Sat**            **Snowshoe Series Event – Fairbanks**  
Meet time: Noon – At the end of Oboe Drive in Cripple Creek  
Distance: 5K and 10K – Snowshoe on Cripple Creek Recreational  
Trails  
Entry Fee: Free  
Contact:            Ariana Graf 460-4046  
arianavgraf@gmail.com  
RCN Website  
Sponsored by: RCN

- Jan 27 Sat**      **Chilly Buns Mid-Winter Run – Fairbanks**  
Meet time: 11:00 AM – UAF Campus - UAF Bus Center across from Patty Center  
Distance: 6.5 Miles, Fun run  
Entry Fee: Free  
Contact:        George Berry 687-8769  
                     membership@runningclubnorth.org  
                     RCN Website  
Sponsored by: RCN
- Jan 28 Sat**      **Wolf Run- Half Marathon & 5K – Anchorage**  
Meet time: Half starts at 9:15 and 5K at 10:15 – both courses are out and back  
Half goes from UAA to Earthquake Park by Chester and Tony Knowles multi-use trails and back. 5K – UAA to Lake Otis underpass and back.  
Entry Fee: \$45  
Contact:        Bob Maxwell 907-786-4914  
                     http://www.AEclubUAA.com  
Sponsored by: AE Club  
T-shirts for all finishers.
- Jan 31 Wed**      **Full Moon Run – Fairbanks**  
Meet Time: 5:45 PM – UAF Patty Center  
Distance: 4 miles – Run by the light of the moon!  
Entry Fee: Check Website  
Contact: George Berry 907-687-8769  
                     [Membership@runningclubnorth.org](mailto:Membership@runningclubnorth.org)  
                     RCN Website  
Sponsored by: RCN
- Feb Thu**        **Hoodoo Goldstream Beer Runs – Fairbanks**  
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave  
Distance: 1-3 Miles, walkers welcome  
Contact: Stacy Fisk 907-455-6520  
                     [stacy@goldstream@sports.com](mailto:stacy@goldstream@sports.com)  
Sponsored by: Hoodoo Brewery and Goldstream Sports  
This is a year round event



**Feb  
Wed**      **Fahrenheit be Darned Winter Training Run – Fairbanks**  
Meet time: 5:45 PM – Patty Center  
Distance: Winter training group runs  
Entry Fee: Check website  
Various cold weather group runs around UAF environs, different weekly.  
Contact:            George Berry 907-687-8770  
                         membership@runnningclubnorth.org  
                         RCN Website  
Sponsored by: RCN  
Regardless of temperature! Warm up with hot drinks and snacks after the run.

**Feb 3  
Sat**      **Sven Eriksson 25k Tour– Willow**  
Meet time: 9:30am – Willow Community Center  
Distance: 25k – Flat, groomed winter trails  
Race time: 10:30am  
Entry Fee: \$10  
Contact:            Steve Charles 907-495-6368  
                         scharles@mtaonline.net  
                         Andrea Hambach 907-495-2205  
                         <http://www.waco-ak.org>  
Sponsored by: Willow Area Community Organization  
The Sven is an untimed “tour” of Willow Trails for runners, bikers, and skiers. The start is at EagleQuest Lodge near Deshka Landing and finishes at the Willow Community Center. Register either at EagleQuest or the community center. No shuttle provided.

**Feb 3  
Sat**      **Steller February Freeze Up - Anchorage**  
Meet time: 9:00 am – Abbott Loop Community Center  
Distance: 5k timed and 1 mile untimed  
Race time 10:00am  
Entry fee \$20 early registration, \$25 day of, and \$50 for family  
Contact:            Rebecca Gerik 907-240-9171  
                         regrikak@live.com  
                         Karen Gillis 907-887-1148  
                         <http://www.stellerschool712.org/main/freeze-trail-run/>  
Sponsored by: Steller Secondary School



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

9:30am Saturday, February 24

Register at [furrondy.net](http://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!**

**Sponsored by OrangeTheory Fitness**

**Feb 3  
Sat**

**Fairbanks Snowshoe Classic  
Snowshoe Series Event – Fairbanks**

Meet time: – Goldstream Sports or UAF Trails (TBD)

Distance: 6K and 9K, Snowshoe Event

Entry Fee: Check website

Snowshoe event.

Contact: Erika Burr 907-978-4481

burrlike@gmail.com

Sponsored by: RCN

**Feb 3  
Sat**

**RCN Members Winter Social – Fairbanks**

Meet time: 6:00 PM – Goldstream Sports

Special presentations (TBA) and snacks.

Contact: George Berry 687-8769

membership@runningclubnorth.org

RCN Website

Sponsored by: RCN

**Feb 10  
Sat**

**Valentine's Day Chocolate Run – Anchorage**

Meet time: 9am – Ship Creek by the Ulu factory

5K - roads and bike path

Race time: 10am Entry fee: \$35

Contact: Mark Iverson 274-7222

[timing@skinnyraven.com](mailto:timing@skinnyraven.com)

[www.skinnyraven.com/races/valentines-day-5K](http://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 11  
Sunday**

Valentine's Day 5K – Homer

Meet time: 9:30AM – Homer High School

5K – Entry Fee: TBA

Race time: 10 AM

Entry Fee: TBA

Contact: Andy Hass 253-3270

yatra@ak.net

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

Sponsored by: Kachemak Bay Running Club

**Feb 17  
Sat**

**Susitna 100 – Big Lake**

Meet time: 7:30m – Happy Trails Kennels

100 miles – Cross-country via rivers, lakes and trails

Race time: 9am 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. 15# of survival gear & food required to be carried over entire course. T-shirt, finisher award and post-race party.

**Feb 17  
Sat**

**Little Su 50K – Big Lake**

Meet time: 10am – 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 22  
Thu**

**Frostbite Footrace Reg/Bib Pick Up – Anchorage**

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

\$22 thru Feb 22 if adult runner in 2017

\$30/\$15/\$175 race day, registration 7:30 – 9am

Contact: Fur Rondy Headquarters 907-274-1177

info@furrondy.net

Sponsored by: Fur Rondy & Glacier Brewhouse, OrangeTheory Fitness

Timing & registration supported by Skinny Raven Sports

Late bib pickup at Skinny Raven Fe 23 3-6pm

Register on-line @ www.furrondy.net

Neck buffs to first 400 runners to pick up bibs.

**Feb 24  
Sat**

**Frostbite Footrace & Costume Fun Run – Anchorage**

Race time: 9:30am – Glacier Brewhouse

Entry fee: \$22/\$10 youth/\$125 teams thru Feb 1

\$25/\$10 youth/\$150 team Feb 2 thru Feb 23

\$22 thru Feb 23 if adult runner in 2017

\$30/\$15/\$175 race day, registration 7:30 – 9am

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

Neck buffs to first 400 runners to pick up bibs

Cash prizes (\$25-\$100) for the costume contest

Sponsored by OrangeTheory Fitness

A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Feb 24  
Sat**

**Fur Rondy Outhouse Race – Anchorage**

Meet time: 3:00pm – Downtown, 4<sup>th</sup> Avenue between E & F

100ft- 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](http://www.AEclubUAA.com)

Sponsored by: AE Club at UAA & supported by AK Colorectal Surgery

Double elimination tournament brackets with 3 races guaranteed, trophies for top finishers.

**Feb 25  
Sun**

**Rondy DASH – Anchorage**

Meet time: 8:00am – Downtown, AK Alchemist 4<sup>th</sup> Avenue & A Street

Start time: 10:00 am – 90 minute downtown Anchorage Scavenger Hunt

Teams of 2-4 persons, register at [www.furrondy.net](http://www.furrondy.net)

Entry fee: \$30/team (2) \$45/team (3) \$50/team (4) Max 200 teams

Sponsored by IHeartMedia & AK Alchemist

Portion of proceeds to American Cancer Society – Associate Board of Ambassadors of AK

Best costumes prizes and random draw Grand prize - 4 AK Airline tickets



*MatSu Running Club*  
**ALASKA**

# Who Let the Girls Out 5k

RUN/WALK 5K & FREE KIDS' FUN RUN  
ALL WELCOME  
APRIL, 2018  
DOWNTOWN PALMER  
VWTR.ORG

**Mar  
Wed**

## **Fahrenheit be Darned Winter Training Run – Fairbanks**

Meet time: 5:45 PM – Patty Center

Distance: Winter training group runs

Entry Fee: Check website

Various cold weather group runs around UAF environs, different weekly.

Contact: George Berry 907-687-8770  
membership@runningclubnorth.org  
RCN Website

Sponsored by: RCN

Regardless of temperature! Warm up with hot drinks and snacks after the run.

**Mar  
Thu**

## **Hoodoo Goldstream Beer Runs – Fairbanks**

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520  
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**Mar 1  
Thu**

**Full Moon Run – Fairbanks**

Meet time: 5:45 PM – UAF Patty Center

Distance: 4 Miles – Run by the light of the moon!

Contact: George Berry 687-8769  
membership@runningclubnorth.org  
RCN Website

Sponsored by: RCN Winter training

**Mar 3  
Sat**

**11<sup>th</sup> Annual Running of the Reindeer – Anchorage**

Race time: 4pm – 4<sup>th</sup> Avenue at H Street

Sat late bib pickup: 12-3:45pm Egan Convention Center Lobby  
3 blocks – city streets

Entry fee: \$30\ Commemorative T-shirt \$10

Contact: Fur Rondy Headquarters 907-274-1177  
info@furrondy.net

Sponsored by: Fur Rondy, KWHL 106.5 The Morning Show & AK  
Communications

Register on-line @ [www.furrondy.net](http://www.furrondy.net)

Come out for some whacky, Alaskan-style fun! See if you  
can outrun the reindeer. Must be 18 yrs or older to participate.  
Proceeds benefit Toys for Tots.

**Mar 3  
Sat**

**2<sup>nd</sup> Annual Running with the Critters– Anchorage**

Race time: 3pm – 4<sup>th</sup> Avenue at H Street

Registration time: 2pm – Visit Anchorage Visitor Center

Youth event (3-12) running with Anchorage Critter Mascots  
1 block- F to E street

Entry fee: \$10 per youth / \$25 for family of 4

Enjoy hot chocolate and photos with the Critters hosted by Hard  
Rock Cafe

Contact: Fur Rondy Headquarters 907-274-1177  
info@furrondy.net

Sponsored by: Fur Rondy, Hard Rock, Visit Anchorage

Register on-line @ [www.furrondy.net](http://www.furrondy.net)

Come out for some whacky, Alaskan-style family fun!  
Proceeds benefit Ronald McDonald House.

**Mar 6  
Tues**

**MatSu Running Club Information Meeting - Palmer**

Meet time: 6:00 pm – MTA Building

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

Sponsored by: MatSu Running Club

Information presented about the MatSu Running Club's women, co-ed, junior groups and beginner's clinic.

**Mar 17  
Sat**

**St. Patrick's Run – Fairbanks**

Meet time: 11:30 AM – Goldstream Sports

Distance: 7.10 Miles

The St. Patrick's Run is a 7.1 mile out-and-back course running from Goldstream Sports up Ester Dome and St. Patrick roads up to St. Pat's intersection with Henderson Road and then returning.

Contact: Bruce Sackinger 907-3857792  
bruce@trickyraven.com

Sponsored by: Running Club North

Registration happens on the day of the race, so please come a little early.

**Mar 17  
Sat**

**Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage**

Meet time: 8:30am – Bear Tooth Theatre pub

5K - loop course, some hills

Race time: 9:30am

Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)

Sponsored by: Bear Tooth Theatrepub & Skinny Raven

Entrants receive a fresh winter beanie, a pint glass at the finish line and a Bear Tooth beverage on us!



**Mar 18 Sun**      **Green Day Gallop – Palmer, Alaska**  
Meet time: 12:30 pm –Palmer Depot  
Distance: Half marathon, kids 1 mile race, 5k and 10k races  
Race time: 2:30 pm  
Entry Fee: \$25 online before 3/17; \$35 day of registration  
Contact:            Kate Arnold 907-746-0600  
                          kevans.arnold@gmail.com  
                          Active Soles Performance Footwear 907-746-0600  
                          RunsSignup.com/greendaygallop  
Sponsored by: Active Soles, Mat-Su Miners and We Run AK  
Race Day Registration at the Palmer Depot 12:30pm – 2:00 pm  
Road Half Marathon starts at 2:30pm  
Kids Free 1 miler at 2:35 pm  
10k & 5k start at 3:00 pm

**Mar 24 Sat**      **Crazy Lazy – Palmer**  
Meet time: 9:30am – Lazy Mountain Trailhead  
6.0 mi – mountain race, loop course  
Race time: 11am    Entry fee: \$30  
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](http://www.webscorer.com). \$30 or \$50 race day sign up. 1 mile kids up- hill only race. Race t-shirts and other finisher awards. Proceeds benefit girls' athletics.

**Mar 25 Sun**      **White Mountains 100 – Fairbanks**  
Meet time: 8:00 AM – White Mountains National Recreation Area, Wickersham Dome Trailhead, Milepost 28 Elliott Highway  
Distance: 100 Miles, Ultra (Bike, Run, or Ski)  
Entry Fee: Check website  
Contact:            Joel Homan 907-388-9560  
                          wm100@endurancenorth.org  
                          <http://wm100.endurancenorth.org/>  
This rugged wilderness will challenge racers with a variety of terrain and trail conditions, satisfying even the most experienced winter athlete. Traverse this diverse landscape on skis, bike, or just your feet.

**Mar 27  
Tues**      **MatSu Running Club Beginner's Running Clinic – Classroom Session**

6:00 pm – Teeland Middle School

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

Sponsored by: MatSu Running Club

**Mar 29  
Thu**      **MatSu Running Club Beginner's Running Clinic - Palmer**

Meet time: 6:00 pm – Colony High Track

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

Sponsored by: MatSu Running Club

**Apr  
Thu**      **Hoodoo Goldstream Beer Runs – Fairbanks**

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact:            Stacy Fisk 907-455-6520  
                         stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**Apr-  
Aug  
every  
Tue**      **Exceed Women's Running Team – Anchorage**

Meet time: 6pm – 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 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

**Apr –  
Aug  
Tue**      **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 854-4863  
                 Kim Baldwin 274-1061  
                 and in spirit, Chester Franz  
Sponsored by: Peak Performers Track Club  
Training & conditioning program led by coaches

**Apr-  
Aug  
Tue,  
Thu**      **MatSu Running Club - Women's Group– Palmer**  
Meet time: 6pm – Colony High School Track  
Contact:      Rhonda Knopp 907-355-6258  
                 coachknopp@yahoo.com  
                 website: matsurunningclub.org  
Sponsored by: MatSu Running Club  
Tuesday, Thursday. Ages 16+ runners of all ability levels welcome.  
Coach training held each week of April- mid-August trail runs  
through September.

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

**Apr  
TBD**      **Who Let the Girls Out 5k – Downtown Palmer**  
Contact:      Colleen Peterson 541-231-7600  
                 Colleenp@peak.org  
                 www.matsurunningclub.org  
Sponsored by: MatSu Running Club  
Race/Walk event; free Kid's Fun Run

**Apr 7  
Sat**

**Spring Fling – Fairbanks**

Meet time: 11:00 AM – UAF Patty Center

Distance: 5K Fun Run

5K run starting at UAF lower campus. Out & back course along W. Tanana Drive.

Contact: Christopher Benshoof 907-460-2369  
christopher.benshoof@k12northstar.org

Sponsored by: Lathrop High School XC Running Team

No fee, but donations to Lathrop Cross Country are appreciated.

**Apr 7  
Sat**

**Ken Tuene Memorial Stampede Fun Run and Walk  
Membership Drive 1 mile and 5K - Ketchikan**

Race time: 8:30 am - Start & Finish @ the Gateway Rec Center

Entry fee: Rates call Director

Contact: Richard Harney 907-821-0204  
Sarah Harney 907-254-2535  
sarahmayharney@gmail.com

**Apr 7  
Sat**

**Super Hero Showdown – Anchorage**

Meet time: 9am – Chuck Albreth Softball Complex

Distance: 5K

Race time: 10am Entry fee: \$35-45

Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)

Sponsored by: Skinny Raven Sports

Who is the fastest bank of super heroes? Avengers, X-Men, Justice League, The Defenders, Fantastic Four, or is it another super group?

**Apr 14  
Sat**

**Beat Beethoven 5K Run – Fairbanks**

Meet time: 11:00 AM – UAF Patty Center

Distance: 5K Run

Runners compete against Beethoven's 5th Symphony to cross the finish line before the final chord of the symphony. Those who "Beat Beethoven" receive a voucher to a Fairbanks Symphony concert.

Entry Fee: Bib/T-shirt pick-up - 4/9/18 5-7pm UAF Patty Center Lobby

Early Bird Registration - \$25 - ends 11:59pm 4/9/18

Late Registration - \$35 - ends 11:59pm 4/13/18

Race Day Registration - \$45

Official BB5K T-shirts with registration while supplies last

Contact: Dorli McWayne 907-479-6701

dorli@gci.net

www.fairbankssymphony.org

Sponsored by: Fairbanks Symphony Orchestra

**Apr 21  
Sat**

**Beach Bum 5k Run – Fairbanks**

Meet time: 11:00 AM – UAF Campus- Taku Parking Lot

Distance: 5K Road Race

Entry Fee: Check website

Fun spring time 5k run with all proceeds going to support the UAF Cross Country Running Team.

Contact: Nick Crawford 9074746802

ncrawford2@alaska.edu

www.alaskanook.com

Sponsored by: UAF Cross Country Team

**Apr 21  
Sat**

**Tok Trot – Fairbanks**

Meet time: 1:00 PM – Tok, Alaskas' Visitor Center

Distance: 10K Out and back

Entry Fee: Free

Flat out and back event for runners (standard start) and walkers (early start).

Contact: Paul Kelley 907-883-5393

kelleys@aptalaska.net

Sponsored by: Nancy and Paul Kelley

\$1.00 non-entry fee for those who do not run. Catered picnic at the Kelleys afterwards.

**Apr 21  
Sat**

**Alaska Heart Run – Anchorage**

9:30am timed/10am untimed– UAA Alaska Airlines Center  
3K & 5K – City Streets

Race time: 9:30am timed/10am untimed

Entry fee: varies, please see website

Contact: Dustin Morris 907-865-5303

Dustin.Morris@heart.org

Alaina Burton 907-865-5300

alaina.burton@heart.org

www.alaskaheart.org

Sponsored by: American Heart Association

Race/walk starts at the UAA Alaska Airlines Center. Register online at [www.alaskaheartrun.org](http://www.alaskaheartrun.org). Late fees apply after March 25th. Please see website for details. Bib Pickup at King Career Center on April 18<sup>th</sup> and 20<sup>th</sup>. Please see website for details. All proceeds benefit the American Heart Association.

**Apr 24  
Tues**

**Spring Out of the Den Duathlon 1 – Anchorage**

Meet time: 5pm-6pm – Kincaid Park

Distance Varies – Start/finish at Biathlon Range

Race time: Varies

Entry fee: \$20/one race, \$50/series of 3

Contact: Heather Helzer 907-351-2232

heather@turnagaintraining.com

www.turnagaintraining.com

Sponsored by: Turnagain Training

This fun Tuesday night run/bike/run duathlon series at Kincaid has a distance for every member of your family! Check out more info on our website.

**Apr 28  
Sat**

**80's Fun Run/Walk/Dance 5K**

Race time: 12:00pm – 2 courses – one with 6 dance stops and one for the 5K runner that wants to be timed. 5K run is out and back – 80's dance 5K is a loop course around UAA and Goose Lake with 6 dance stops where you dance to 80's music! Only the 5K run is timed. Order of finish for the fun run.

Entry fee: \$30

Contact: Bob Maxwell 907-786-4914

AEclubUAA.com

T-shirts for finishers.

**Apr 29  
Sun**

**GI Tract 5k Fun Run/Walk – Fairbanks**

Meet time: 2:00 PM – Elvey Building at UAF

Distance: 5K Fun Run/Walk

Entry Fee: TBD

Fundraiser for the American Heart Association by the GeeWiz HeartWalk Team. Features a meandering path from the GI through the UAF campus, beginning and ending at the Elvey Building with the big, blue dish on top.

Contact: Nettie LaBelle-Hammer 907-322-2207

nettielbh@gmail.com

TBD

Sponsored by: TBD

**Apr 29  
Sun**

**Mark Brody Kidney Walk - Anchorage**

Meet time: 1:30pm

Distance: 1 to 5 K - Wendler Middle School – inside gym or outside track

Race time: 2:00 pm

Entry fee: Free – fundraise \$100 for free t-shirt & other prizes

Contact: Kristie Lemmon 907-240-2562

kristie@alaskakidney.org

www.alaskakidney.org

Sponsored by: Alaska Kidney Patients Association (AKPA)

Mark Brody Kidney Walk & Celebration is a fun, non-competitive 5K for all ages & abilities, walk a lap or walk the 5K. Check AKPA website for details & fundraising prizes. Proceeds benefit the AKPA programs to prevent kidney disease and provide education & support for dialysis patients.

**May  
Thu**

**Hoodoo Goldstream Beer Runs – Fairbanks**

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520

stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**May  
Tue**

**RCN Track Interval training – Fairbanks**

Meet time: 5:30 PM – West Valley H.S. track

Distance: Interval training

Entry Fee: Check website

Contact: Bruce Miller 907-479-5585

millerb@doyon.com <https://www.runningclubnorth.org>

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Women's group meets at 5:30 p.m. Men's group meets at 6:00 p.m.

Come early to warm up and be ready to run.

**May  
every  
Tue**

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

Meet time: 6pm – Various locations

Coached workouts, track and trail runs

Entry Fee: Membership \$100/season

Contact: Tara Wheatland 510-593-9210

[tara.wheatland@gmail.com](mailto:tara.wheatland@gmail.com)

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

Sponsored by: Exceed Women's Running Team

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

**May –  
Aug  
Tue**

**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 854-4863

Kim Baldwin 274-1061

and in spirit, Chester Franz

Sponsored by: Peak Performers Track Club

Training & conditioning program led by coaches





## 2018 Usibelli Running Series

Races in this Fairbanks' eight race series include:

May 5<sup>th</sup>

**37<sup>th</sup> Annual Chena River Run 5K**

June 7<sup>th</sup>

**Jim Loftus Mile**

June 23<sup>rd</sup>

**37<sup>th</sup> Annual Midnight Sun Run 10K**

July 7<sup>th</sup>

**Run of the Valkyries 8K**

July 22<sup>nd</sup>

**53<sup>rd</sup> Annual Gold Discovery Run 16.3 Mile**

August 4<sup>th</sup>

**25<sup>th</sup> Annual Santa Claus Half-Marathon**

August 18<sup>th</sup>

**11<sup>th</sup> Annual Golden Heart Trail Run**

September 15<sup>th</sup>

**56<sup>th</sup> Annual Equinox Marathon**

Visit the RCN website at [www.runningclubnorth.org](http://www.runningclubnorth.org)



*Earn your patch on the most challenging race in Alaska!*

## 56<sup>th</sup> Annual Equinox Marathon & 26<sup>th</sup> Annual Marathon Relay

Saturday, September 15, 2018

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 13<sup>th</sup>**

Bib pick-up from 5-8 p.m. Last chance for early registration fee.

**Friday, September 14<sup>th</sup>**

Equinox eve bib pick-up from 5-8 p.m.

Location: Go up the stairs of the UAF Ice Arena, just like you would for a hockey game.

**September 15<sup>th</sup>**

**RACE DAY!** 8 a.m. at the UAF Patty Center. |

For race info, contact Race Director Stacy Fisk:

907.455.6520

[stacy@goldstreamsports.com](mailto:stacy@goldstreamsports.com)

or visit the Equinox Website:

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

Registration online!

**May  
Tue,  
Thu**

**MatSu Running Club - Women's Group– Palmer**

Meet time: 6pm – Colony High School Track  
Contact: Rhonda Knopp 907-355-6258  
coachknopp@yahoo.com  
website: vwrt.org

Sponsored by: MatSu Running Club  
Tuesday., Thursday. Ages 16+ runners of all ability levels welcome.  
Coach training held each week of April- mid-August trail runs  
through September.

**May  
Wed,  
Thu**

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

Meet time: 6pm – Colony High School Track  
Contact: Rhonda Knopp 907-355-6258  
coachknopp@yahoo.com  
Norm Rousey  
coachrousey@hotmail.com  
website: vwrt.org

Sponsored by: MatSu Running Club  
Wednesday, Thursday. Ages 16+. Runners of all ability levels  
welcome. Coached training held each week of April - mid-August  
with trail runs thru September.

**May 3  
Thu**

**Turnagain Arm Trail Run - Anchorage**

Meet time: NA –Seward Hwy, Rainbow to Potter  
Distance: 4 & 8 miles – the race will go Northbound from Rainbow  
to Potter TH with the 4 mile race starting at McHugh TH.  
Online registration will open on April 3 at 9 am.  
Race time: 6:30 pm  
Entry fee: \$35 Limited to 200 participants.  
Contact: Anna Berez 907-786-4806  
aberez@alaska.edu  
Marine Dusser 907-786-6104  
<https://www.facebook.com/uaaskiing/>

Hosted by the UAA Ski Team.

**May 5  
Sat**

**Walk & Roll for Hope - Anchorage**

Meet time: 8:30 am – Park Strip 10<sup>th</sup> & P

Distance: 2k Lite Walk, 5K Full Walk, and 16k Roll Option

Race time: 9:00 am

Entry fee: \$15- Registration Fee

Contact: Mike Wachsmuth 907-433-4912

[mwachsmuth@hopealaska.org](mailto:mwachsmuth@hopealaska.org)

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

Registration opens March 1.

**May 6  
Sun**

**The Breakup Tri – Fairbanks**

Meet time: 12:00 PM – UAF Patty Center

Distance: sprint distance

Entry Fee: \$40 + USAT Fee

500 Yrd swim, 13.1 Mile swim , and 5K Run

Contact: Amber Barlow 970-203-5535

[abarlow5@alaska.edu](mailto:abarlow5@alaska.edu)

<https://arctic-triathlon-series.weebly.com/>

Sponsored by: Arctic Triathlon Series

Registration opens Feb. 1, 99 racer limit

**May 6  
Sat**

**Anchorage Salmon Run - Anchorage**

Meet time: 10 AM - Inlet View Elementary School

Distance: 2K, 5K, 10 K - Begins and ends at Inlet View; out and back on Coastal Trail.

Race time: 10 am

Entry fee: \$35 before May 2nd; price increases after May 2nd

Contact: April Halpern 907-250-9297

[info@anchoragesalmonrun.com](mailto:info@anchoragesalmonrun.com)

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

Sponsored by Inlet View PTA

**May 5 Sat**      **Polar Bear Pink Cheeks Triathlon – Seward**  
Race time: 11am – Seward High School  
5K run, 10K bike, 600Y swim – varied terrain  
Entry fee: \$50 solo or \$100 team by 3/31, or youth team fee \$65 by 3/31. Discounts available.  
Contact:            Austin Ledford 224-4054  
                         aledford@cityofseward.net  
                         Melanie Hauze 224-4011  
                         www.cityofseward.us or www.runsignup.com  
Sponsored by: Polar Bear Festival, Apollo, Major Marine Tours & Seward Parks & Recreation  
Recommend off-road bike, bike stand and helmets required.  
Registration remains open, space permitting until Thursday May 3.

**May 5 Sat**      **36<sup>th</sup> Annual Chena River Run #1 Usibelli Cup– Fairbanks**  
Race time: 10am – Woodriver Elementary to Princess Hotel  
Distance: 5K Fast and flat 5k From Wood River Elementry 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 8 Tues**      **Spring Out of the Den Duathlon 2 – Anchorage**  
Meet time: 5pm-6pm – Kincaid  
Distance Varies – Start/finish at Biathlon Range  
Race time: Varies  
Entry fee: \$20/one race, \$50/series of 3  
Contact:            Heather Helzer 907-351-2232  
                         heather@turnagaintraining.com  
                         www.turnagaintraining.com  
Sponsored by: Turnagain Training  
This fun Tuesday night run/bike/run duathlon series at Kincaid has a distance for every member of your Family! Check out more info on our website.

**May 9  
Wed**

**Water Walk & Run – Fairbanks**

Meet time: 6:00 PM – Start at 1304 1st avenue, Fairbanks, AK.  
Distance: 5K, Timed

Family oriented running race starting at the GHU Water Treatment Plant in celebration of National Drinking Water Week. Free hot dogs and other fun activities. Course follows the river on the bike path.

Entry Fee: Check website

Contact: Heather Richard 907-455-0144  
heather@akwater.com  
www.akwater.com

Sponsored by: Golden Heart Utilities

Registration at the Utilities Services of Alaska office - 3691 Cameron St, or day of race.

**May 12  
Sat**

**Murphy Dome Roam – Fairbanks**

Meet time: 9:00 AM – Start/Finish @8-mile Murphy Dome Rd.  
Distance: 11.2 Miles – Gravel road race

Beautiful 11 mile loop course starting at the gravel pit at 8-mile Murphy Dome Road, up 3.3 miles to Abraham Road then winding through Lincoln Creek Subdivision to Cache Creek Rd, then back to the gravel pit on Murphy Dome Road. Runners have the option of running the course in either direction.

Contact: Amy Noon 907-460-7896  
noon.amy@gmail.com

Sponsored by: Goldstream Sports and Hot Licks Ice Cream

Day of registration from 8:00 - 8:45, no fee. 2 water stations on the course. Parking available at the gravel pit.

**May 12  
Sat**

**Fairbanks Heart Walk – Fairbanks**

Meet time: 9 am – Veteran’s Memorial Park

Distance: 1 & 2.75 mile – City Streets

Race time: 10 AM Entry Fee: \$25 minimum donation

Contact: Jacyn DeBaun 907-374-4446  
Jacyn.DeBaun@heart.org  
Janet Bartels 907-456-3659  
Janet.bartels@heart.org  
www.FairbanksHeartwalk.org

Sponsored by: American heart Association

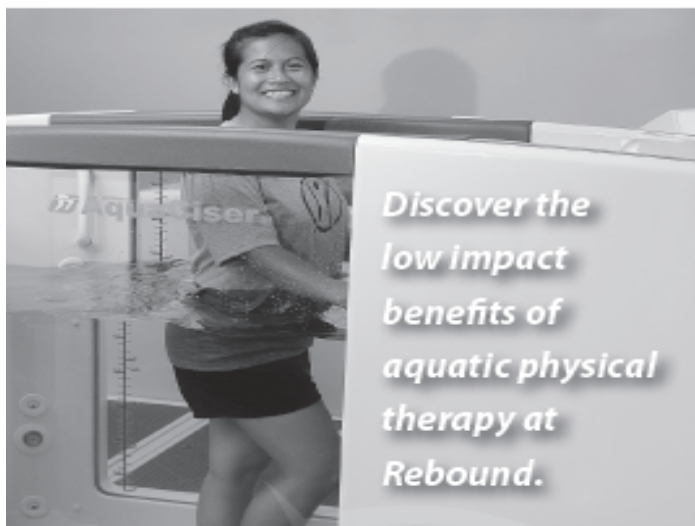
Fun, non-competitive event for all ages and abilities. All proceeds benefit the American heart Association.

**Your Athlete Repair Specialist**



**Rebound**

Sports and Orthopedic Physical Therapy, LLC



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

THREE CONVENIENT LOCATIONS

**REBOUND SOUTH**

O'Malley Square  
11260 Old Seward Hwy, Anchorage  
tel: 907.341.5555

**REBOUND EAST**

7731 E Northern Lights Blvd, Anchorage  
tel: 907.245.5555

**REBOUND WEST**

1980 W Benson Blvd, Anchorage  
tel: 907.375.5555

**reboundptak.com**

**May 12 Battle Dawgs Warrior Memorial Challenge – Palmer**

**Sat**

Meet time: 9 am – TBD

Distance: 5k/10k

Race time: 10 AM

Entry Fee: \$45/\$65

Contact: Rick Casillo 907-715-5646  
jennifer@battledawgs.org  
www.battledawgs.org

Sponsored by: Battle Dawgs

Dedicated to commemorate fallen combat veterans; course will include one or more easy obstacles/challenges; all proceeds to local 501(c)(3) non-profit; includes drink/beer at finish and t-shirts for those signed up by 14 April; prizes in numerous categories; BBQ/outdoor party to follow.

**May 12 World Day 5k Fun Run & Kid 1 Mile– Palmer**

**Sat**

Library

Meet time: 10:30am for kids 1 Mile, 11:00am for Adult 5k – Palmer

Distance: 5K Walk/Run

Race time: 11:00 am Kids 1 mile, 11:30 am Adult 5k

Entry: Adults 5k - \$30 early bird, \$40 after 5/5, Kids 1 mile- \$10 early bird, \$15 after 5/5 (ages 4-17), Family -\$50 earlybird, \$75 after 5/5 for family of 4 (must sign up at the same time)

Contact: Sonia Auld 907-315-3078

Sauld106@gmail.com

Lhing McNeal 907-322-9463

<https://runsignup.com/Race/AK/Palmer/WorldDay5KFunRun>

Sponsored by: Filipino-American Community of Mat-Su & Yoga Om Alaska

The 5K is a scenic loop from Palmer Library through Chugach St, the Outer Springer Loop, and the neighboring areas. Please wear any national costume and/or national color of your choosing and celebrate our community's diversity.

**May 12  
Sat**

**Faster Than A Falcon 5K – Anchorage**

Meet time: 9:00 am – Anchorage, AK

Distance: 5k/ 3.1 mile - flat

Race Time: 10:00 am

Entry Fee: Reg. \$15 Adult – Free for kids

Contact: Ishmael Thompson 907-830-3505

ithompson@bgcalaska.org

David Barny 907-830-3135

www.fasterthanafalcon.info

Sponsored by: Enstar Natural Gas, Cook Inlet Housing, ML&P,  
Lion Club-MTV

Our flat and fast race will start at Davis Park and run through the streets of Mountain View Community. A special prize will be awarded to anyone who can finish ahead of the Falcon Mascot. (The runner dressed as the falcon will run the 5k in about 27 minutes)

**May 12  
Sat  
Hotel**

**Walk MS – Anchorage**

Meet time: 9:00 AM – The Lakefront, Anchorage – Millennium

Distance: 4 miles – The 4-mile route goes around Lake Hood

Race Time: 10:00

Entry Fee: No Entry Fee – registration required

Contact: Lacey Dvorak 206-515-4564

Lacey.dvorak@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 become a powerful force. And with every step we take, every dollar we raise...we're that much closer. Together, we will end MS forever.



- May 12 Sat**      **Trailside Kids Triathlon – Anchorage**  
Meet time: 10am – Trailside Elementary  
Various Distances - Service HS swim and bike, trail run  
Race time: Staggered stations Entry fee: \$20  
Contact:    Carleen Ulbrich 742-5500  
                  ulbrich\_carleen@asdk12.org  
                  trailsidepta.org  
website:    runsignup.com  
Sponsored by: Healthy Futures and Trailside PTA  
Service pool swim, bike loops around Service High School, run  
trails behind school. Course length vary  
according to grade, open to grades K-6. Register at  
runsignup.com. Volunteers needed, please e-mail  
[ulbrich\\_carleen@asdk12.org](mailto:ulbrich_carleen@asdk12.org).
- May 12 Sat**      **Totem to Totem Half Marathon**  
Distance - 13.1 walk and run or relay teams  
Start time: 8:00 am – Walkers, 9:00am- Runners - Rotary Beach  
South Tongass  
Entry fee: Early Bird Fee \$50.00 April 1st, after Fee \$60.00  
Contact:    Gretchen Klein 907-617-7635  
Website: Sign up- active.com  
Medal and T-Shirt
- May 13 Sun**      **Migration Run – Homer**  
Meet time: 8am –Homer Spit Fishing Hole  
5K –Point to Point Homer Spit bicycle/pedestrian path  
Race time: 9am Entry fee: TBA  
Contact:    Andy Hass 253-3270  
                  yatra@ak.net  
                  www.kachemakbayrunningclub.org  
Sponsored by: Kachemak Bay Running Club  
Running season starts in Homer when the birds come back from  
winter.

## ANCHORAGE RUNNING CLUB

# 2018 Calendar

ARC brings you a great series of races all season long.

The Anchorage Running Club is a not for profit association of over 500 individuals who share a common interest in running and/or walking.

## BENEFITS FOR MEMBERS

- Discounted entry fees for Club races for all members.
- Two member-only races (Boondocks and Masters).

MAY

May 26, Saturday  
**Trent Waldron Half Marathon & 10K**  
Westchester Lagoon

Sleeping Lady Challenge is back for 2018.



JULY

July 8, Sunday  
**Boondocks 5K**  
Kincaid Park

July 11, Wednesday  
**Masters 5K/10K**  
Campbell Creek Trail from  
Check Albrecht Fields

AUG

August 18-19, Sat. & Sun.  
**Anchorage RunFest**  
Downtown Anchorage  
**Saturday** Kids 2K, Anchorage Mile  
**Sunday** 49K, Marathon, Marathon Walk,  
Marathon Relay, Half Marathon, and 5K



SEPT

September 22, Saturday  
**Oktoberfest 5K/10K**  
Coastal Trail from 2nd Avenue

**CLICK  
HERE  
& JOIN**

OCT

October 13, Saturday  
**Zombie Half Marathon**  
Goose Lake to Kincaid Park  
**Kids Zombie 2.5K**  
Kincaid Stadium

Join and don't get left behind at the start.

**May 17**      **Alaska Girls Walk N Wine – Fairbanks**  
**Thu**            Meet time: 6:00 PM – Fairbanks Curling Club  
Distance: 5K or 2K Walk  
5K Timed Run/Walk or 2K Walk (WOMEN ONLY) running the  
course in any direction.  
Entry Fee: Check website  
Contact:            Susan Kramer 907-590-5086  
                          eventplanning2004@hotmail.com  
                          www.goldenheartrotary.org  
Sponsored by: Fairbanks Golden Heart Rotary Club  
Event is for women only, registration available on line or at  
Beaver Sports beginning the 2nd week of April. Wine glass and  
wine tasting included in registration price.

**May 18**      **Alaskan Guys Beer and Brats 5K – Fairbanks**  
**Fri**            Meet time: 6:00 PM – Curling Club  
Distance: 5K timed or 2K untimed  
Flat 5K starts/finishes at Curling Club. Beer tasting after race.  
(MEN ONLY)  
Entry Fee: Check website  
Contact:            Susan Kramer 907-590-5086  
                          eventplanning2004@hotmail.com  
                          www.nscfairbanks.org

Sponsored by: Executive Events  
On-line Register will be available 2nd week in April

**Ma**      **The Annihilator**  
**y**        **Trail Series #1 – Fairbanks**  
**19**      Meet time: 11:00 AM – Nenana, AK  
**Sat**      Distance: 10k (roughly) challenging trail run  
The Annihilator trail run is a tough, hilly trail run near Nenana, AK.  
Contact:            Drew Harrington 907-451-6604  
                          drew.harrington@live.com

Sponsored by: RCN  
BBQ and potluck after finish. \$5 suggested donation.

# The Sleeping Lady CHALLENGE Is Back!

Runners who successfully complete at least three ARC races in 2018 will receive the **Sleeping Lady Challenge** medal to commemorate their accomplishments. Eligible races are listed here.

The Anchorage Running Club is a not for profit association of over 500 individuals who share a common interest in running and/or walking.



Race Entry Discounts For  
Club Members - Join Now!



Trent/Waldron  
- Half Marathon & 10k -

May 26, Saturday



RunFest  
August 18-19,  
Saturday & Sunday

Oktoberfest

10K, 5K Races

September 22, Saturday



ZOMBIE  
Half Marathon  
October 13, Saturday

**May 19  
Sat**

**Law Enforcement Torch Run Special Olympics**

Meet time: 10:00 AM – UAF Police Department, 612 Yukon Drive

Distance: 5K, Fun Run

On May 19, 2018 more than 1,000 participants, including hundred's of Alaska Law Enforcement personnel, will run simultaneously in 14 Alaskan Communities. The purpose of the event is for Alaska Law Enforcement to raise both awareness and funds for our Special Olympics Athletes

Contact: Jessica Mathews 907-228-7362

Jessica.Mathews@alaska.gov

<http://specialolympicsalaska.org/torch-run/>

Sponsored by: Fairbanks Police Department.

\$35 in pledges will earn you a race day t-shirt. Join us after the run for a free hot dog lunch!

**May 19  
Sat**

**O'Malley Fun Run – Anchorage**

Meet time: 11am – O'Malley Elementary School

Distance: 2K, 5K – wooded trail run and school grounds

Race Time: 11am & 11:30am

Entry fee: \$20

Contact: Melissa Sundberg

omalleypta@gmail.com

<https://omalley.asdk12.org/>

Sponsored by: O'Malley PTA & Healthy Futures

All ages welcome! Every child receives a medal!

**May 19  
Sat**

**Alaska Law Enforcement Torch Run – Statewide**

Meet Time: 9am – Various cities (see below)

Distance: 5K – fun run

Race Time: 10am

Entry fee: Pledge Drive

Contact: Jessica 907-222-7625

Jessica@specialolympicsalaska.org

Jim Balamaci 907-222-7625

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

Sponsored by: Alaska Law Enforcement

Proceeds benefit 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 19  
Sat**

**Terry Pollard Memorial Exit Glacier Race – Seward**

Sat On-site registration opens: 8am - Resurrection Road House, Exit Glacier Rd

5 & 10K – gradual incline on paved road. Same weekend as the S.H.O.W. [www.seward.com](http://www.seward.com)

Race time: 10am in conjunction with the Torch Run

Entry fee: Earlybird fee \$25-adults; \$15-17 and under by 4/21.

Contact: Austin Ledford 224-4054  
aledford@cityofseward.net or  
Melanie Hauze 224-4011  
[www.cityofseward.us](http://www.cityofseward.us) or [www.runsignup.com](http://www.runsignup.com)

Sponsored by: Kenai Fjords Tours, Resurrection Roadhouse and Seward Parks & Rec.

Registration closes at 9:00 am on race day.

**May 20  
Sun**

**Presbyterian Hospitality House 5K Fun Run – Fairbanks**

Meet time: 10:30 AM – UAF Patty Center

Distance: 5K

Flat and fast fundraiser for PHH

Entry Fee: \$25

Contact: Ty Tigner 907-378-9918  
tytigner@aol.com

Sponsored by: Presbyterian Hospitality House  
T-shirts for the first 100 entries. Prize.

**May 20  
Sun**

**Gold Nugget Triathlon – Anchorage**

Meet time: 8am – Bartlett High School

Sprint Triathlon – 500 meter swim, 12 mile bike, 3 mile run

Race time: 9am Entry fee: \$75

Contact: Lia Keller 907-330-7019  
kellerlia@gmail.com  
Betsy Haines 907-223-7792  
[www.goldnuggettriathlon.com](http://www.goldnuggettriathlon.com)

Sponsored by: Gold Nugget Triathlon Board of Directors  
The longest running all-female triathlon, is now in its 35<sup>th</sup> year, has 1,500 women competing in the sprint distance race. Registration fills up in less than five minutes. The biggest draws are the beginner friendliness, scenery, 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 magazine.

- May 22 Tues**      **Spring Out of the Den Duathlon 3 – Anchorage**  
 Meet time: 5pm-6pm – Kincaid  
 Distance Varies – Start/finish at Biathlon Range  
 Race time: Varies  
 Entry fee: \$20/one race, \$50/series of 3  
 Contact: Heather Helzer 907-351-2232  
           heather@turnagaintraining.com  
           www.turnagaintraining.com  
 Sponsored by: Turnagain Training  
 This fun Tuesday night run/bike/run duathlon series at Kincaid has a distance for every member of your family! Check out more info on our website.
- May 24 Thu**      **Kal’s Knoya Ridge Hill Climb - Anchorage**  
 Meet time: 5pm – Klutina St, Chugach Foothills,  
 2.5, 5.6 & 8.5K – 1,200, 2,900 & 4,300 elevation gains,  
 rolling climb along forest trail with alpine finishes  
 Race time: 6pm    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://jber.isportsman.net/>, **NO EXCEPTIONS**. iSportsman not required on race day. All donations are used to support scholarships for UAA/UAF student athletes.
- May 26 Sat**      **Trent/Waldron Half Marathon and 10K– Anchorage**  
 Meet time: 7:30 am – Westchester Lagoon  
 Distance: 13.1 & 6.2 miles – Flat and fast on the Chester Creek and U-Med trails  
 Race time: 8 am (walkers), 9 am (half), & 9:20 (10K)  
 Entry Fee: Check ARC website for details  
 Contact: Melanie@ancrun.org  
           www.anchoragerunningclub.org  
 Sponsored by: Anchorage Running Club

**ANCHORAGE RUNNING CLUB**

# Trent/Waldron

*~ Half Marathon & 10k ~*

**May 26<sup>th</sup> 2018**

**Westchester Lagoon  
Chester Creek & UMed Trails**

START: Walkers-8am, Half Marathon-9am, and 10K- 9:20am

**USATF**  
CERTIFIED COURSE

Sleeping Lady  
Challenge  
RACE



Signup at: [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

Race Discounts for Club Members

**May 26  
Sat**

**POW Island Marathon - Craig**

Meet time: 8am – Craig HS

26.2 miles – out-and-back, hilly, quite scenic.

Race time: 8am Entry Fee: \$50 before April 15; \$65 after April 15

Contact: Jean Jackson 401-0805

[jc4jackson@gmail.com](mailto:jc4jackson@gmail.com)

Anne Williams 907-965-4966

[info@powmarathon.org](mailto:info@powmarathon.org)

[powmarathon.org](http://powmarathon.org)

Sponsored by: Prince of Wales Runners and Walkers Club

Other options include half marathon and relay teams. Course runs along coast and then veers into more hilly terrain. Fifteen aid stations and multiple vans with EMTs on the course.

Salmon/hamburger feed at finish line. Medals and long sleeve, high tech race shirts. Winners' plaques 1<sup>st</sup>-3<sup>rd</sup> place. Certified, Boston qualifier.



**May 26  
Sat**

**Two Way Torture Test – Fairbanks**

Meet time: 10:00 AM Standard

11:00 AM Early – Pump House Restaurant

Distance: Half Marathon team event (Everybody runs 13.1 miles!)

Teams of two run the 13.1 mile Chena Ridge-Chena Pump loop, one runner in the clockwise direction, one in the counterclockwise direction. (This is a torturously hilly road race, 3 months training on hills and pavement prior to the race is strongly recommended)

Entry Fee: Check website

Contact: Erika G Burr 907-978-4481

burrlike@gmail.com

RCN Website

Sponsored by: RCN

**May 28  
Mon**

**Mouth to Mouth Wild Run & Ride – Kenai/Kasilof**

Meet time: 10:00 AM Registration 10 mi / 12:15 PM for 3 mi –

Kasilof River Special Use Area

Distance: 10 mi bike/run, 3 mi run – Flat beach run or fat bike ride between Keani & Kasilof

Race time: 12:00 PM for 10 mi / 1:30 for 3 mi

Entry fee: \$30 by 5/1, \$40 race day (\$5 off TTA & CIK members)

Contact: Kaitlin Vadla 907-252-6525

kaitlin@inletkeeper.org

outreach@inletkeeper.org

www.facebook.com/wildrunandride

Sponsored by: Cook Inletkeeper (inletkeeper.org)

Join us May 28 (Memorial Day) for the 5th annual Mouth to Mouth Wild Run & Ride: a 10-mile beach run or fat bike ride from the mouth of the Kasilof River to the mouth of the Kenai! There's also a 3-mile run beginning and finishing at the Cannery Loop beach access. 10 mile run & fat bike start: Kasilof River Special use Area off Kasilof Beach Stub Rd and finish: Kenai South Beach parking lot off Cannery Rd. 3 mile run start/finish: Kenai South Beach Parking lot off Cannery Rd. Beach party, awards, plus local food & drink at finish line 2-4pm Prizes: Fastest, youngest, & silliest salmon costume Shuttle available 4pm. First 100 to register get an awesome race shirt! Proceeds support Cook Inletkeeper's work ensuring clean water and healthy salmon in the Cook Inlet watershed.

**May 30  
Wed**

**All-Comers Track Meets – Fairbanks**

Meet time: 6:30 PM – West Valley High School Track

Distance: Track races, 100 meters to 5000 meters.

Two meets, on Wednesdays May 30 and June 13, 2018.

100-5000 meters.

Entry Fee: Free

Contact: Dan Callahan 907-322-6097

akcallahans@hotmail.com

Sponsored by: RCN/West Valley XC

All welcome. No entry fee. Sign up at the track the evening of meet.

**May 30  
Wed**

**Alaska Run for Women Registration – Wasilla**

Meet time: 4-6:30 pm, Location – The Alaska Club Valley

Contact: Babette Mclroy run@akrffw.org

Nicole Thibodeau

www.akrffw.org

Sponsored by: Alaska Run for Women

Registration for the 26th annual Alaska Run for Women on 6/9/18,

benefitting the fight against breast cancer. Additional registration an  
d bib pick-

up dates and locations listed in this calendar on 6/2, 6/5, and 6/7.

**Jun  
Tue**

**RCN Track Interval training – Fairbanks**

Meet time: 5:30 PM – West Valley H.S. track

Distance: Interval training

Entry Fee: Check website

Contact: Bruce Miller 907-479-5585

millerb@doyon.com <https://www.runningclubnorth.org>

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Women's group meets at 5:30 p.m. Men's group meets at 6:00

p.m. Come early to warm up and be ready to run.

**June  
every  
Tue**

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

Meet time: 6pm – 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 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

**Jun –  
Aug  
Tue**

**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 854-4863

Kim Baldwin 274-1061

and in spirit, Chester Franz

Sponsored by: Peak Performers Track Club

Training & conditioning program led by coaches

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

2018

Alaska  
Run For Women



START  
Sullivan Arena  
Parking Lot



1 Mile  
Fun Run/Walk  
5 Mile  
Run/Walk



Saturday  
June 9<sup>th</sup>

## Race Registration

ONLINE Opens Saturday, April 15  
[www.akrhw.org](http://www.akrhw.org)

### IN-PERSON Bib Pick-Up Events!

WASILLA - The Alaska Club

♦ Wed., May 30: 4pm - 6:30pm

ANCHORAGE - University Center Mall

♦ Sat., June 2: 10am-1pm

♦ Tue., June 5: 4pm - 7pm

♦ Thu., June 7: 4pm - 7pm

Every  
donation  
directly  
supports the  
fight against  
breast cancer.

All abilities encouraged and welcomed!

Info Contact: [run@akrhw.org](mailto:run@akrhw.org) ♦ To volunteer contact: [volunteer@akrhw.org](mailto:volunteer@akrhw.org)  
Decorate your own Port-a-Potty contact: [potties@akrhw.org](mailto:potties@akrhw.org)

**Jun  
Tues**

**Run Into Summer 5k Series – Kenai**

Meet time: 5:30pm - the Kenai Visitors & Cultural Center @ 11471

Kenai Spur Highway

Race Series: 5K – Winding through Old Town Kenai

Race time: 6:00 pm

Entry fee: 16 yo+ \$20/ 6-15 yo \$10/ family \$45

Contact: Johna Beech 907-283-1991

johna@kenaichamber.org

www.kenaichamber.org

June 5, June 12, June 19, June 26.

**Jun  
Tue,  
Thu**

**MatSu Running Club - Women's Group– Palmer**

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

website: matsurunningclub.org

Sponsored by: MatSu Running Club

Tuesday,, Thursday. Ages 16+ runners of all ability levels welcome.

Coach training held each week of April- mid-August trail runs through September.

**Jun  
Wed,  
Thu**

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

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

Norm Rousey

coachrousey@hotmail.com

website: matsurunningclub.org

Sponsored by: MatSu Running Club

Wednesday, Thursday. Ages 16+. Runners of all ability levels

welcome. Coached training held each week of April - mid-August with trail runs thru September.

**Jun  
Thu**

**Hoodoo Goldstream Beer Runs – Fairbanks**

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520

stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**Jun 1  
Fri**

**Twilight 12K - Anchorage**

Meet time: 6pm – Skinny Raven Sports

12K - loop course, some hills

Race time: 7pm

Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)

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

Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.

Pizza, beer, refreshments, live DJ & sweet prizes after race.

**Jun 1  
Fri**

**Skinny Mini 6K - Anchorage**

Meet time: 6pm – Skinny Raven Sports

6K - loop course, some hills

Race time 7 pm

Contact: [timing@skinnyraven.com](mailto:timing@skinnyraven.com)

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

Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.

Pizza, beer, refreshments, live DJ & sweet prizes after race

**Jun 2  
Sat**

**44<sup>th</sup> Anaul Arctic Valley Run – Ft. Richardson**

Meet time: 7:30 – 8:45am – Moose Run Golf Course

Distance: 12.6 & 5 miles – 800' gradient (5 M)/2,500' gradient (12.6 M)

Race time 9 am

Entry fee: \$15/\$20 race day, \$15 for t-shirt

Contact: Ellis Alston 907-384-1304

[Ellis.alston@us.af.mil](mailto:Ellis.alston@us.af.mil)

Sponsored by: Ft. Richardson Sports & Fitness

Mens, Womens & Military Team. Register at Buckner 9 am – 4 pm thru May 27, or mail registration w/entry fee (check payable to 673d Buckner Fitness Center) to: Buckner Physical Fitness Center, D Street Bldg 690. Att: Ellis Alston, JBER, AK 99505, Postmarked by May 23. Please call Ellis Alston at 907-384-1304 for credit card payments.

**Jun 2  
Sat**

**Rotary Interact Color Run & Walk, Suicide Prevention & Awareness 5K - Ketchikan**

Meet time: 9:00 am - Wardlike

Distance - **3K & 5 K**

Race time: 9:30am Entry fee: Pending

Contact: Diane Gubatayao 907-225-7851

[dianeblissom@yahoo.com](mailto:dianeblissom@yahoo.com)

**Jun 2  
Sat**

**Alaska Endurance Trail Run – Fairbanks**

Meet time: 8:00 AM – UAF West Ridge

Timed endurance race, with options for 6, 12, and 24 hours, on rolling loop trail course.

Entry Fee: Free

Contact: Don Kiely 907- 455-6749  
don@donkiely.com

Sponsored by: Don Kiely Consulting, LLC

Note: The 24 hour race will start on Friday evening at 8PM, 12 and 6 hour races start on the 2nd.

**Jun 2  
Sat**

**Alaska Run for Women Registration – Anchorage**

Meet time: 10am-1pm – University Center Mall

Contact: Babette Mcllroy  
run@akrfw.org  
Nicole Thibodeau  
www.akrfw.org

Sponsored by: Alaska Run for Women

Registration for the 26th annual Alaska Run for Women on 6/9/18, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/30, 6/5, and 6/7.

**Jun 3  
Sun**

**Run Lu Lu Run – Fairbanks**

Meet time: 10:00 AM – Chena Pump Plaza

Distance: 5K and 10K options

This is a hilly run with an option of doing a 5K or a 10K. It is both on road and trail, with all registration proceeds going to the Leukemia & Lymphoma Society.

Entry Fee: Check website

Contact Wendy Demers 907-388-6847  
pioneerwendy@yahoo.com

<https://runsignup.com/Race/AK/Fairbanks/RunLuLuRun5K10k>

Sponsored by: Fairbanks Team in Training

# 45th Annual



## June 23, 2018

Check out the  
Fitness Expo June 21 & 22  
at the  
Alaska Airlines Center

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 21**

Race Start: 7:00 p.m.

**Registration Deadline June 22**

**No Race Day Bib Pickup**

Anchorage Mayor's Marathon

Anchorage, Alaska

(907) 786-1325

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

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





**Jun 3  
Sun**

**Eagle River Triathlon – Chugiak**

Meet time: 8am – Chugiak High School

Distance: Sprint Tri - 500 yd swim, 20k bike, 5k run

Race time: 8am

Entry fee: \$70 and up for adults

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 fun for the whole family!

USAT sanctioned event.

**Jun 3  
Sun**

**Eagle River Triathlon Kid's – Chugiak**

Meet time: 2:30pm – Chugiak High School

Distance: Kid's Tri- 50-100 yd swim, 2 mi bike, 0.8 mi run

Race time: 2:30pm

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 a Healthy Futures event.

**Jun 5  
Tue**

**Masochism on Moose Mountain**

**Trail Series #2 – Fairbanks**

Meet time: 6:30 PM – Near Moose Mountain Base Lodge

Distance: 4 Mile trail run

Steep 1300' ascent in 1.41 miles, 2.94 mile descent.

Entry Fee: Check website

Contact: Dan Bishop 907-322-4314  
danbishop49@gmail.com  
RCN Website

Sponsored by: RCN

**Jun 5  
Tues**

**Alaska Run for Women Registration – Anchorage**

Meet time: 4-7pm, Location – University Center Mall

Contact: Babette Mcllroy run@akrffw.org

Nicole Thibodeau

www.akrffw.org

Sponsored by: Alaska Run for Women

Registration for the 26th annual Alaska Run for Women on 6/9/18, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/30, 6/2, and 6/7.

**Jun 5-  
Jul 25  
Tue**

**MatSu Running Club Junior Group - Palmer**

Meet time: 4:30 pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

www.vwrt.org

Sponsored by: MatSu Running Club

Ages 10-15. Coached training sessions on track and trail. Contact Coach Knopp for more information

**Jun 7  
Thu**

**Jim Loftus Mile**

**Usibelli Series #2 – Fairbanks**

Meet time: 6:00 PM – WVHS Track

Distance: 1 Mile

Mile Race for 10 and older

800 meter race for 9 and under

Entry Fee: \$10/Adults, Free/17 and under

Contact: Susan Kramer 907-590-5086

eventplanning2004@hotmail.com

www.runningclubnorth.org

Sponsored by: Running Club North

Registration is free for RCN members and all kids 17 and under, only if you register in advance

**Jun 7  
Thu**

**Alaska Run for Women Registration – Anchorage**

Meet time: 4-7pm, Location – University Center Mall

Contact: Babette Mclroy run@akrffw.org

Nicole Thibodeau

www.akrffw.org

Sponsored by: Alaska Run for Women

Registration for the 26th annual Alaska Run for Women on 6/9/18, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/30, 6/2, and 6/5.

**Jun 8  
Fri**

**Kids XC Runs – Fairbanks**

Meet time: 6:00 PM – West Valley H.S. soccer fields

Distance: 0.5, 1, and 1.5 Miles, Cross-country race

Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.

Entry Fee: Check website

Contact: Tracey Martinson 907- 474-8353

tamartinson67@gmail.com

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Meet at West Valley H.S. soccer fields. Registration at 5:45 p.m., run at 6 p.m. Dates are June 8, June 22, July 6, and July 20

**Jun 9  
Sat**

**2018 Mosquito Meander – Fairbanks**

Meet time: 10:00 AM – Pioneer Park

Distance: 5K Run

The 26th Annual 5k Family Fun Run/Walk, sponsored by Kinross Fort Knox benefiting Resource Center for Parents & Children.

Contact: James "Scooter" Welch 907-456-9000

[jwelch@rcpcfairbanks.org](mailto:jwelch@rcpcfairbanks.org)

<http://www.rcpcfairbanks.org/26th-annual-mosquito-meander-fun-runwalk/>

Sponsored by: Kinross Fort Knox

See website for additional information.

**Jun 9  
Sat**

**10K & 5K Cooper Landing Trail Run – Cooper Landing**

Meet time: 9:30am – CL Community Hall, 0.6 mile Bean Creek Rd  
10K & 5K walk – 1K paved, then rolling terrain, scenic and 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 overlooking Kenai Lake  
Shuttle provided back to start area. The 10K out and back ends at start area.

**Jun 9  
Fri**

**Seward Real Estate Bear Bell Run for Kids – Seward**

Meet time: 10:30am – Branson Pavilion

1 mile – along the waterfront bike path

Race time: 11am Entry fee: Earlybird fee \$13 by 5/18. Discounts available.

Contact: Austin Ledford 224-4054  
aledford@cityofseward.net  
Melanie Hauze 224-4011  
www.cityofseward.us or www.runsignup.com

Sponsored by: Seward Real Estate  
Race just for kids ages 5 to 12. Registration closes at 10:30 am on race day.

**Jun 9  
Sat**

**Happy Soles Triathlon – Palmer, AK**

Meet time: 7 am – Palmer High School

Distance: 550 meter swim, 10 mile bike, 4 mile run – Moderately flat

Race time 9 am

Entry fee: \$50 solo/ \$80 (2 person team)/ \$120 (3 person team)

Contact: Anne Thomas 907-746-0600  
happysolestri@gmail.com  
Active Sole Performance Footwear 907-746-0600  
Activesoles.net

Sponsored by: Active Soles Performance Footwear  
Registration Feb 1<sup>st</sup> – May 31<sup>st</sup>. For course description, registration information, updates, and more please see our website.

**Jun 9  
Sat**

**Happy Soles Triathlon –Kids – Palmer, AK**

Meet time: 2 pm – Palmer High School

Distance: 120 meter swim, 3 mile bike, 1.5 mile run – Moderately flat

Race time 3:30 pm

Entry fee: \$25

Contact: Anne Thomas 907-746-0600

happysolestri@gmail.com

Active Sole Performance Footwear 907-746-0600

Activesoles.net

Sponsored by: Active Soles Performance Footwear

Registration Feb 1<sup>st</sup> – May 31<sup>st</sup>. For course description, registration information, updates, and more please see our website. Ages 6-12.

Limited to 120 entrants.

**Jun 9  
Sat**

**Cooper Landing Trail Run– Cooper Landing**

Meet time: 9:30am –Cooper Landing Community Hall (0.6 Mile Beun Creek Rd.)

Distance: 10k & 5k

Race time: 11:00 am

Contact: Karl Roming 907-288-2435

Cooperlandingtrailrun@gmail.com

Deb Carlson 907-595-1455

Cooperlandingwalkablecommunity.org

Sponsored by: Cooper Landing Walkable Community Project

10k is out and back, 5k ends at Kenai Lake Shuttle provided back to start area.

**Jun 9  
Sat**

**Alaska Run for Women – Anchorage**

Meet time: 8 am – Anchorage Football Stadium

Distance: 5 miles and 1 mile – Scenic on road and paved trail

Race time: 8:30 am

Entry Fee: Donation

Contact: Babette Mclloy

run@akrhw.org

Nicole Thibodeau

www.akrhw.org

Sponsored by: Alaska Run for Women

Grab your friends & family for this inspiring all women's event benefitting the fight against breast cancer. 100% of the entry fee goes towards mammograms, breast research & education. Walkers welcome! One of the largest all women's runs in the US.

**Jun 9  
Sat**

**Run for the River – Soldotna**

Meet time: 8am – Soldotna Creek Park  
5K & 10 miles – Trail, gravel, and paved roads, multiple  
turn flat loop course  
Race time 8:30 & 9am  
Entry fee: \$25 thru 6/2, \$35 thru 6/8, and \$45 day of  
Contact: Rhonda McCormick 907-260-5449 x1203  
rhonda@kenaiwatershed.org  
Tami Murray 907-260-5449 x1201  
www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum  
Bib pick up and FREE Runners Feed June 8. All runners receive  
free T-shirt with registration. Run is a  
component of the Kenai River Festival. “Like” our Facebook page  
for updates, pictures and results!

**Jun 10  
Sun**

**Bill Mitchell Fun Run – Palmer**

Meet time: 10am – MTA Events Center-Palmer Ice Rink  
5K adult, 5K youth (18 & under), 1 mile (13 & under) - Flat course  
Race time: 11am  
Entry fee: Check website  
Contact: Palmer Chamber 907-745-2880  
[info@palmerchamber.org](mailto:info@palmerchamber.org)  
[www.palmerchamber.org](http://www.palmerchamber.org)

Sponsored by: MTA

**Jun 10  
Sun**

**Wickersham Dome Trail Run  
Trail Series #3 – Fairbanks**

Meet time: 11:00 AM – White Mountains, Wickersham Dome  
Trail Trailhead, 28 Mile Elliott Hwy  
Distance: 7.75 Mile trail run  
A hilly single-track trail run of 7.75 miles; a scenic out and back  
that is often muddy.  
Entry Fee: Check website  
Contact: Karen Taber & Bobbi Jo Katchmar 907-450-9620  
ktrailrunner@gmail.com or  
bjkrcn2017@gmail.com

Sponsored by: Running Club North  
On site registration open at 10:00; free but donations welcome.

**Jun 12  
Tue**

**Rainbow Run –Anchorage**

Meet time: 5:15 pm – Ship Creek Trail, The race will start next to the Comfort Inn; 111 W. Ship Cr Ave

Distance: 5k – This 5k run, or walk, will be held along Ship Creek near downtown and is a featured Alaska PrideFest event.

Race time: 6 pm

Entry fee: \$30

Contact: Eric Van Dongen 907-240-2904  
AKRainbowRun@gmail.com  
Shelby Mahogany Wilson AK  
RainbowRun@gmail.com  
<http://identityalaska.org/>

Sponsored by: Identity Inc.

Lace up your running shoes, show off your most creative rainbow costume, and join in at Alaska PrideFest's 3rd annual Rainbow Run.

**Jun 13  
Wed**

**All-Comers Track Meets – Fairbanks**

Meet time: 6:30 PM – West Valley High School Track

Distance: Track races, 100 meters to 5000 meters.

Two meets, on Wednesdays May 30 and June 13, 2018.

100-5000 meters.

Entry Fee: Free

Contact: Dan Callahan 907-322-6097  
akcallahans@hotmail.com  
N/A

Sponsored by: RCN/West Valley XC

All welcome. No entry fee. Sign up at the track the evening of meet.

**Jun 14  
Thu**

**USATF All Comers Track & Field Meet – Anchorage**

Meet time 6:00pm at The West High Track Complex. A variety of Track and field events will be offered.

Contact: Jason Hofacker 907-854-4863  
jhofacker@acsedu.org  
alaska.usatf.org

Sponsored by USATF AK  
\$5.00 entry fee

**Jun 16  
Sat**

**2018 Spruce Tree Classic – Fairbanks**

Meet time: 10:00 AM – UAF West Ridge Ski Hut

Distance: 7 Miles

Run on UAF North Campus trails. Race is free. Course is over rolling terrain, on well established trails. Water stop midway.

Refreshments provided at finish. Depending on the year, can be a little muddy/wet.

Contact: Roy Strandberg 907-378-7111  
roy@akwater.com

Sponsored by: Running Club North

Register day of race. Refreshments after the race.

**Jun 16  
Sat**

**USATF Junior Olympic Track & Field Meet – Anchorage**

Meet time 9:00am at The West High Track Complex. A variety of Track and field events will be offered.

Contact: Jason Hofacker 907-854-4863  
jhofacker@acsedu.org  
alaska.asatf.org

Sponsored by USATF AK

\$5.00 entry fee

**Jun 16  
Sat**

**Family Fun Walk/Run – 3 miles and 5 miles - Nikiski**

Meet time: 9am – Nikiski Community Recreation Center

3 & 5 miles – groomed trails

Race time: 10am 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 your course, 3 or 5 miles. Visit the website for details & entry form.



**Jun 17  
Sun**

**Robert Spurr Memorial Hill Climb (Bird Ridge) - Indian**

Meet time: 9:30 am – Bird Ridge Trailhead

Distance: 3 miles – 3400' vertical, uphill only

Race time: 10:00 am

Entry fee: \$35

Contact: Brad Precosky

akmtnrun@hotmail.com

www.alaskamountainrunners.org

No bib pickup after 9:30 a.m. on race day. No race-day registration. 250 person limit. Lottery registration begins May 1 at [www.alaskamountainrunners.org](http://www.alaskamountainrunners.org). Use new large parking lot (called "Bird Creek Access").

**Jun 21  
Wed**

**The Aurora Walk – Fairbanks**

Meet time: 5:00 PM – Near the FYSA Soccer Field Complex and Surrounding Areas on Davis Road.

Distance: 1.5 – 2 Miles, No times

Entry Fee: Check website

Contact: Celeste Cook 907-987-5268

ccook@petrostar.com

www.fysasoccer.org

The Aurora Walk is a family-friendly, 'non-race' event that will take place near the Fairbanks Youth Soccer Association field complex on Davis Road. A comfortable route (about 1.5 to 2 miles) will loop around the nearby areas including the FYSA soccer field

**Jun 21  
Thu**

**Dusk to Dawn D2D Part 1 – Fairbanks**

Meet time: 12:47 AM – UAF- Ski Hut

Distance: Run as far as you can from dusk to dawn. Set loop and GPS options.

Run all night time hours of the longest day. 12:47 to 2:58

Entry Fee: Free

Contact: George Berry 907-687-8769

George Berry@att.net

Sponsored by: RCN

No fee. Sign up 30 minutes prior to start at UAF Ski Hut. Run a set loop, or take your GPS and run your own course!

**Jun 22  
Fri**

**Kids XC Runs – Fairbanks**

Meet time: 6:00 PM – West Valley H.S. soccer fields

Distance: 0.5, 1, and 1.5 Miles, Cross-country race

Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.

Entry Fee: Check website

Contact: Tracey Martinson 907-474-8353

tamartinson67@gmail.com

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Meet at West Valley H.S. soccer fields. Registration at 5:45 p.m., run at 6 p.m. Dates are June 8, June 22, July 6, and July 20

**Jun 22-  
Aug 4  
Sat**

**Midnight Sun Lazyman Triathlon – Wasilla/ Virtual Race**

Location: Where you are

140.7 miles – Ironman Tri over 6 weeks

Entry fee: \$35

Contact: Traci Sanders 907-355-6110

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 suggested activities). Celebration BBQ August 4<sup>th</sup>.

Enter by 6/25 to ensure your swag.

**Jun 23  
Sat**

**Fairbanks Daily News Miner Midnight Sun Run**

**Usibelli Series #3 – Fairbanks**

Meet time: 10:00 PM – UAF - Patty Center Parking Lot

Distance: 10K Run or Walk

10K Course that starts at UAF and ends inside Pioneer Park.

Entry Fee: Check website

Contact: Susan Kramer 907-456-8901

racedirector@fra-alaska.net

[www.midnightsunrun.net](http://www.midnightsunrun.net)

Sponsored by: Fairbanks Daily News Miner and Fairbanks Resource Agency

Registration is available on-line at [www.midnightsunrun.net](http://www.midnightsunrun.net)

Registration Fees increase at Bib PU (6/20-22)

**Jun 23 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

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! Medallions to finishers, t-shirts all

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

**Jun 23 Kesugi Ridge Traverse – Denali State Park**

**Sat**

Meet time: 8:00 am – Little Coal Creek Trailhead

Distance: 15 miles – Challenging singletrack trail from Little Coal Creek to Byers Lake Trailhead

Race time: 9:00 am

Entry fee: \$50

Contact: Matias Saari 907-529-4178

Matiasmountain@gmail.com

www.kesugiridgegetraverse.com

Sponsored by: Active Soles, United Physical Therapy, Denali State Park, 49th State Brewing Co.

Registration opens April 1 at [www.ultrasignup.com](http://www.ultrasignup.com). Limited to 50 entrants. See website for information about mandatory gear, qualifier races, time cut-offs and camping.

**Jun 23 15<sup>th</sup> Annual Only Fools Run At Midnight 5K - Ketchikan**

**Sat**

Distance -5K & 1 Mile Fun Run/Walk/Wheel

Race time: 11:59pm Start & Finish @ the Parks & Recreation Center

Entry fee: Pre-registration: \$20.00 per person through June 22<sup>nd</sup>.

Night of registration: \$25.00 per person.

Contact: Stuart Whyte-907-225-9655

stuart@krbd.org

Register online @ [krbd.org](http://krbd.org), or pick up a form at KRBD Studios, the Rec Center, Fat Stans, & the SAIL office. Prizes for the best costumes. Medals for the top finishers in the 5K Race.

**Jun 23  
Sat**

**Kesugi Ridge Half Traverse – Denali State Park**

Meet time: 8:00 am – Little Coal Creek Trailhead

Distance: 15 miles – Challenging singletrack trail from Little Coal Creek to just beyond Ermine Trail junction

Race time: 9:00 am

Entry fee: \$50

Contact: Matias Saari 907-529-4178

Matiasmountain@gmail.com

www.kesugiridegetraverse.com

Sponsored by: Active Soles, United Physical Therapy, Denali State Park, 49th State Brewing Co.

Registration opens April 1 at [www.ultrasignup.com](http://www.ultrasignup.com). Limited to 50 entrants. Participants will race to just beyond 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 26  
Tues**

**Alaska Splash n' Dash #1 – Anchorage**

Meet time: 5pm-6pm – Service High Pool

Distance Varies – Kids only Race – Swim in pool/ Run on Randy's Loop

Race time: 5:30pm-6:15pm

Entry fee: \$20/one race, \$50/series of 3

Contact: Heather Helzer 907-351-2232

heather@turnagaintraining.com

www.turnagaintraining.com

Sponsored by: Turnagain Training

This fun swim/run kids only race series has a short and long distance option. 100m or 300m swim, 0.75 or 1.5 mile run. Life jackets welcome in the swim! T-shirts and medals for every finisher!

**Jun 28  
Thur**

**USATF All Comers Track & Field Meet – Anchorage**

Meet time 6:00 pm at The West high Track Complex. A variety of Track and field events will be offered.

Entry fee: \$5

Contact: Jason Hofacker 907-854-4863

jhofacker@acsedu.org

alaska.usatf.org

Sponsored by USATF AK

**Jun 30  
Sat**

**Sgt. Brandt Memorial Run From the Cops – Fairbanks**

Meet time: 11:00 AM – 911 Cushman St, Fairbanks AK

Distance: 5K Run/Walk

"Run from the Cops" Walk & Run is a fun event for runners and walkers alike! A fun way to run from the cops without getting arrested. For everyone's safety, NO pets, bicycles, or roller skates/blades please.

Entry Fee: Check website

Contact: Kristi Merideth 907-687-7958

Fbksrunfromthecops@gmail.com

<https://www.facebook.com/FairbanksRunFromTheCops/>

Sponsored by:

Registrations can be taken in person at the Fairbanks Police Department or Beaver Sports. Online registration is available on Active.com

**Jun 30  
Sat**

**North Pole Triathlon – Fairbanks**

Meet time: 9:00 AM – Chena Lakes Recreation Center

Distance: Olympic distance triathlon

1500M Swim, 40K Bike, and 10K Run.

Entry Fee: \$50 + USAT Fee

Contact: amber barlow 970-203-5535

thebreakuptri@hotmail.com

<https://arctic-triathlon-series.weebly.com/>

Sponsored by: Arctic Triathlon Series

Registration opens Feb. 1, 99 racer limit

**Jun 30  
Sat**

**Kilted Mile - Palmer**

Distance: 1 mile- Run a mile, flat road, out & back

Race time: 12:30 pm

Entry fee: Free

Contact: Jeni McDaniel (602)-359-4893

[ashgathletics@gmail.com](mailto:ashgathletics@gmail.com)

website: [www.alaskascottish.org](http://www.alaskascottish.org)

Sponsored by: AK Scottish Club/ AK. Scottish Highland Games Participation Form will be on the AK Scottish club website May 1, 2018. Kilts can be provided. You must purchase a ASHG ticket to be admitted to the race course.

**Jun 30  
Sat**

**Spit Run 10K and Half Marathon – Homer**

Meet time: 9:00 am – Homer High School  
10K and Half Marathon – Homer Spit Bicycle and Pedestrian Path  
Race time: 9:30 am walkers; 10 am runners  
Entry fee: TBA

Contact: Andy Hass 253-3270  
yatra@ak.net

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

Sponsored by: Kachemak Bay Running Club  
USATF certified 10 K. Proceeds benefit local youth running sports.  
Register online at [kachemakbayrunningclub.org](http://kachemakbayrunningclub.org). Discounts  
available for KBRC members.

**Jun 30  
Sat**

**Little a Triathlon – Palmer**

Meet time: 10 am – Matanuska Lake State Recreation Park  
Distance: Sprint – Open water, off road triathlon  
Race time: 10 am  
Entry fee: \$100 for individual/\$150 for teams

Contact: J.T. Lindholm  
littleatriathlon@gmail.com  
littleathriathlon.com

This memorial event is also a fundraiser for a family with a child who is going through treatment for cancer. In its third year, the recipient this year is Jazee Halloway. Jazee is a 7 year old from Anchorage who was diagnosed with pineoblastoma last summer. The swim is in Matanuska Lake and is 800 meters long. The bike (about 12 miles long) and run (about 4 miles long) are on the trails on the Matanuska Greenbelt.

**Jun 30  
Sat**

**Cosmic Hamlet Half – Homer**

Meet time: 8 AM – Homer High School  
Distance: ½ Marathon- From high school to the end of the spit.  
Race time: 9 AM  
Entry Fee: TBA

Contact: Andy Hass 253-3270  
yatra@ak.net

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

Sponsored by: Kachemak Bay Running Club

**Jul**            **Hoodoo Goldstream Beer Runs – Fairbanks**  
**Thu**            Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave  
Distance: 1-3 Miles, walkers welcome  
Contact:            Stacy Fisk 907-455-6520  
                         stacy@goldstreamsports.com  
  
Sponsored by: Hoodoo Brewery and Goldstream Sports  
This is a year round event.

**Jul**            **RCN Track Interval training – Fairbanks**  
**Tue**            Meet time: 5:30 PM – West Valley H.S. track  
Distance: Interval training  
Entry Fee: Check website  
Contact:            Bruce Miller 907-479-5585  
                         millerb@doyon.com <https://www.runningclubnorth.org>  
                         <https://www.runningclubnorth.org>  
  
Sponsored by: Running Club North  
Women's group meets at 5:30 p.m. Men's group meets at 6:00 p.m.  
Come early to warm up and be ready to run.

**Jul**            **Exceed Women's Running Team – Anchorage**  
**every**            Meet time: 6pm – Various locations  
**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 6pm, April through August. Check  
website or Facebook for locations and details. You can attend twice  
for free before paying membership fee. All levels are welcome!

**Jul –**            **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 854-4863  
                         Kim Baldwin 274-1061  
                         and in spirit, Chester Franz  
Sponsored by: Peak Performers Track Club  
Training & conditioning program led by coaches

HeartReach Center

# 5k Life! 2018



and  
**KID'S  
FUN RUN!**

***RACE STARTS AT 10:00AM  
SATURDAY JULY 7, 2018***

***Day of Race Registration & BIB pick-up 9:00am  
New Trunk Road Bike/Foot Path Palmer/Wasilla  
Entry Fee \$25/\$50 Family—\$35/\$60 Day of Race***

***Runners-Walkers-Strollers-Bikes  
Welcome!***

**Register Online:  
[www.HeartReachAlaska.com](http://www.HeartReachAlaska.com)  
Or 907-373-3456**

benefits  
**HeartReach Center**  
HOPE • LIFE • VALUE

**PRIZE DRAWINGS!  
See Details online.**



**Jul  
Tue,  
Thu**

**MatSu Running Club - Women's Group– Palmer**

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

website: vwrt.org

Sponsored by: MatSu Running Club

Tuesday,, Thursday. Ages 16+ runners of all ability levels welcome.

Coach training held each week of April- mid-August trail runs through September.

**Jul  
Wed,  
Thu**

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

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

Norm Rousey

coachrousey@hotmail.com

website: vwrt.org

Sponsored by: MatSu Running Club

Wednesday, Thursday. Ages 16+. Runners of all ability levels

welcome. Coached training held each week of April - mid-August with trail runs thru September.

**Jul 4  
Wed**

**33rd Annual Independence Day Run – Fairbanks**

Meet time: 10:00 AM – From east entrance of Pioneer Park, along bike paths and side roads on each side of Chena River.

Distance: 5K Fun Run

5K race on bike path, side roads, and sidewalks.

Entry Fee: \$45

Contact: Dan Callahan 907-322-6097

akcallahans@hotmail.com

N/A

Sponsored by: RCN/West Valley High School Cross Country running team

Online Registration through July 2 at [runningclubnorth.org](http://runningclubnorth.org)

\$20 preregistration fee (\$25 on race day). Includes T-Shirt

In-person registration at Beaver Sports Proceeds benefit West Valley HS Cross Country Running Program

**Jul 4  
Wed**

**Salmon Shuffle – Seldovia**

Race Time: 9:00 am – Start/Finish: Harbor

Entry Fee: \$20, includes tee shirt

5 km – Loop through town. Generally level.

Contact: Tobben Spurkland 907-399-0300

[klippfisk@msn.com](mailto:klippfisk@msn.com)

Register: 7/2 & 7/3: 5-7 pm at Gateway Pavilion. Day of race: 7:00am.

**Jul 5  
Thu**

**Alaska Men’s Run Registration & Bib PU– Anchorage**

4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 7)

5 mile run/2 mile walk – Chester Creek paved trails

Entry fee: \$35/\$70 family, \$45/\$80 race day

Contact: See website

Sponsored by: Alaska Men’s Run Race Board

Register on-line @ [www.alaskamensrun.com](http://www.alaskamensrun.com) thru July 6<sup>th</sup>. Race

day registration: 8:30–9:30 am, includes t-shirt & prizes, visit the website for additional info

**Jun 6  
Fri**

**Kids XC Runs – Fairbanks**

Meet time: 6:00 PM – West Valley H.S. soccer fields

Distance: 0.5, 1, and 1.5 Miles, Cross-country race

Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.

Entry Fee: Check website

Contact: Tracey Martinson 907-474-8353

[tamartinson67@gmail.com](mailto:tamartinson67@gmail.com)

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Meet at West Valley H.S. soccer fields. Registration at 5:45 p.m., run at 6 p.m. Dates are June 8, June 22, July 6, and July 20

**Jul 7  
Sat**

**Run of the Valkyries  
Usibelli Series #4 – Fairbanks**

Meet time: 10:00 AM – Pioneer Park

Distance: 8K Fun Race

Entry Fee: Check website

Contact: Morgan W. Reed 907-456-7573

morganreed@mac.com

www.operafairbanks.org

Sponsored by: Opera Fairbanks

See website for additional information.

**Jul 7  
Sat**

**Alaska Men's Run – Anchorage**

Meet time: 8:30am – Anchorage Football Stadium

5 mile run/2 mile walk – Chester Creek paved trails

Race time: 10am

Entry fee: \$35/\$70 race day, includes t-shirt, prizes & post-race  
BBQ!

Contact: see website

Sponsored by: Alaska Men's Run Race Board

Register on-line @ [www.alaskamensrun.com](http://www.alaskamensrun.com) thru July 6

**July 7  
Sat**

**5K for Life – Palmer/ Wasilla**

Meet Time: 9 am Registration – New Trunk Road bike/ foot  
pathway

Distance: 5k – 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.friendsofheartreach.com

Sponsored by: HeartReach Center

Registration/bib pick-up at Trunk Road Commuter Lot near the  
roundabout where we will be starting and finishing all the events.

We will also have a kid's fun run to start the race. Food vendors on  
site.

**Jul 7  
Sat**

**Hatcher Pass Marathon - Willow**

Meet time: 8:00 am – Shirleytown Road, Mile 43.25 of Willow Fishhook Rd

Distance: 26.2 mile – Mostly gravel rd point to point route with 4900 ft elevation gain

Race time: 9:00 am

Entry Fee: \$60 solo/ \$120 relay until 06/08/2018

Contact: Shawn McTaggart 425-766-7446

HPmarathon@yahoo.com

Tony Covarrubias 253-880-2870

www.hatcherpassmarathon.com

26.2 Mile solo and 3-person relay. Start on Willow side of Hatcher Pass Road. Point to point uphill on gravel road 25 miles, then downhill 1.25 miles to finish at Independence Mine.

**Jul 8  
Sun**

**Ester Dome Ass Kicker: Trail Series #4 – Fairbanks**

Meet time: 10:00 AM – Golder Eagle & Ester Gold Camp Parking Lots.

Distance: 6.75 miles of extreme hills & fun on roads and trails

Dirt road and trail. Steep up and steep down ~6.75 miles

Entry Fee: Check website

Contact: Oralee Nudson 907-252-0530

[onudson@alaska.edu](mailto:onudson@alaska.edu)

Sponsored by: RCN & Goldstream Sports

Sign up on race day at the start.

**Jul 8  
Sun**

**Pioneer Ridge Vertical Mile - Palmer**

Meet time: 10:00 am – Pioneer Ridge Trailhead, Mile 4 E. Knik River Rd.

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

Race time: 11:00 am

Entry fee: \$5

Contact: Matias Saari 907-529-4178

Matiasmountain@gmail.com

Ben Marvin 907-317-8115

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 gravel bar parking area just north of the Knik River Bridge on the Old Glenn Hwy. (follow the signs)

**Jul 8  
Sun**

**Boondocks Breakaway 2.5 & 5k Trail Run– Anchorage**

Meet time: 10:00 am – Kincaid Bunker

Distance: 2.5K & 5K – Trail run in Kincaid Park and social afterwards

Race time: 11 am

Entry Fee: ARC membership

Contact: [info@anchoragerunningclub.org](mailto:info@anchoragerunningclub.org)

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

Sponsored by: Anchorage Running Club

Race day registration only

**Jul 10  
Tues**

**Alaska Splash n’ Dash #2 – Anchorage**

Meet time: 5pm-6pm – Service High Pool

Distance Varies – Kids only Race – Swim in pool/ Run on Randy’s Loop

Race time: 5:30pm-6:15pm

Entry fee: \$20/one race, \$50/series of 3

Contact: Heather Helzer 907-351-2232

[heather@turnagaintraining.com](mailto:heather@turnagaintraining.com)

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

Sponsored by: Turnagain Training

This fun swim/run kids only race series has a short and long distance option. 100m or 300m swim, 0.75 or 1.5 mile run. Life jackets welcome in the swim! T-shirts and medals for every finisher!

**Jul 11  
Wed  
Date  
Change**

**Salmon Run Series #1 – Soldotna**

Meet time: 5pm – Tsalteshi Trails

5K – multiple loop, hilly, groomed trail course

Race time: 6pm

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

Contact: Tami Murray 260-5449 x1201

[tami@keniawatershed.org](mailto:tami@keniawatershed.org)

KWF Office 260-5449

Rhonda McCornick 260-5449 x1203

[www.kenaiwatershed.org](http://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 11  
Wed**

**Master's 5K & 10K – Anchorage**

Meet time: 5:30 pm – Chuck Albrecht Fields  
Distance: 5K or 10K limited to runners 40 years and older  
Race time: 8 am (walkers), 9 am (half), & 9:20 (10K)  
Entry Fee: Check ARC website for details  
Contact: info@anchoragerunningclub.org  
www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club

**Jul 12  
Thur**

**USATF All Comers Track & Field Meet – Anchorage**

Meet time 6:00pm at The West High Track Complex. A variety of Track and field events will be offered.  
Contact: Jason Hofacker 907-854-4863  
jhofacker@acsedu.org  
alaska.usatf.org  
Sponsored by USATF AK  
\$5.00 entry fee

**Jul 12  
Thu**

**Steve's Equinox Training #1 – Fairbanks**

Meet time: 6:00 PM – UAF Patty Center  
Distance: 8+ Miles  
Get ready for the Equinox on the installment plan.  
Entry Fee: Free  
Contact: George Berry 907-687-8769  
membership@runningclubnorth.org  
RCN  
Sponsored by: RCN

**Jul 14  
Sat**

**Angel Creek 50 Miler – Fairbanks**

Meet time: 5:00 AM – Chena River Rec Area  
Distance: 50 Mile trail run  
Challenging 50 mile ultra marathon in the Chena River Rec Area.  
Contact: Drew Harrington 907-451-6604  
info@angelcreek50.org  
www.angelcreek50.org  
Sponsored by:  
See website for additional information.

**Jul 14  
Sat**

**Alaska Salmon Runs Sockeye Half-Marathon– Cordova**

Meet time: 9:00 am – Cordova hospital parking lot  
Distance: 13.1 miles – level, 1.2 miles gravel, 12 miles paved, point to point  
Race time: 9:30 am  
Entry fee \$50

Contact: Kristin Carpenter 907-424-3334  
runningwild@copperiver.org  
<http://copperiverwild.org/ak-salmon-runs/>

Sponsored by: Baja Taco, Skinny Raven, REI, Trident Seafoods  
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 14  
Sat**

**Alaska Salmon Runs Coho 10K– Cordova**

Meet time: 10am – Cordova hospital parking lot  
Distance: 10K – one-way, flat, paved  
Race time: 10:30 am  
Entry fee \$20

Contact: Kristin Carpenter 907-424-3334  
runningwild@copperiver.org  
<http://copperiverwild.org/ak-salmon-runs/>

Sponsored by: Baja Taco, Skinny Raven, REI, Trident Seafoods  
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 14  
Sat**

**Alaska Salmon Runs Humpy 5K – Cordova**

Meet time: 10am – Cordova hospital parking lot  
Distance: 5 K – level, paved, point to point  
Race time: 10:45am  
Entry fee \$20

Contact: Kristin Carpenter 907-424-3334  
runningwild@copperiver.org  
[www.copperiverwild.org](http://www.copperiverwild.org)

Sponsored by: Baja Taco, Skinny Raven, REI, Trident Seafoods  
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 14**      **AK Salmon Runs King Salmon Marathon– Cordova**  
**Sat**            Meet time: 6:00 am – Cordova hospital parking lot  
Distance: 26.2 mile – level, 15.2 mi gravel, 11 mi paved, pt. to pt.  
Race time: 7:00 am  
Entry fee \$50  
Contact:      Kristin Carpenter 907-424-3334  
                  runningwild@copperriver.org  
                  <http://copperriverwild.org/ak-salmon-runs/>  
Sponsored by: Baja Taco, Skinny Raven, REI, Trident Seafoods  
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 14**      **Subway Tri-Harder-Thon – Seward**  
**Sat**            Bib check in: 7:15 - 8:15am - Wellington picnic area, last shuttle will  
leave at 8:20  
Adventure race starting at Primrose: 5 mile kayak, 6 mile trail run &  
15 mile bike  
Race time: 9:00 am Entry fee: Earlybird fee: Solo - \$90, Teams - \$140  
Need 30 racers paid by July 6th to hold event  
Contact:      Melanie Hauze 224-4011  
                  mhauze@cityofseward.net  
                  Austin Ledford 224-4054  
                  aledford@cityofseward.net  
www.cityofseward.us to register go to: [www.runsignup.com](http://www.runsignup.com)  
Sponsored by: Subway & Seward Parks and Rec  
Not you're traditional Triathlon, Seward's only Adventure Challenge!  
Teams must consist of three different individuals, 18 years and older.  
Athletes are required to provide own kayak.            Limited to 60  
participants, need 20 participants to hold the event.

**Jul 14**      **Karen Eakes Memorial Fun Run 3K/5K - Ketchikan**  
**Sat**            Distance: 3/5K  
Race time: 9:30 AM - Wardlake  
Entry fee: \$15.00  
Contact:      Diane Gubatayao 907-225-7851  
                  dianeblossom@yahoo.com  
Sponsored by: Ketchikan Wellness Coalition



**Jul 14  
Sat**

**Bear Paw 5K Run – Eagle River**

Meet time: 8:30am bib pick-up/Late reg. – Auto Zone, Main Street  
Eagle River

Race time 10:30am, Entry fee: \$30

\$80 family of 4 (immediate only), additional members \$20

\$40/\$95 family of 4 race day, includes t-shirt

For entry only, no t-shirt, \$20/\$60 family of 4 (immediate  
only), \$25/\$70 family race day

Contact: Joey Caterinichio  
jcaterinichio@alaska.net,  
info@cer.com

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

Fun for all ages. A Healthy Futures event.

**Jul 15  
Sun**

**Run for the Refuge – Fairbanks**

Meet time: 12:00 PM – University of Alaska Fairbanks

Distance: 5K and 10K Family Fun Run

Since 1997, the Northern Alaska Environmental Center (Northern  
Center) has held an annual family fun run to support and promote  
the importance of the Arctic National Wildlife Refuge in northern  
Alaska. This year's run marks the 22nd anniversary of the eve

Entry Fee: Check website

Contact: Anna Sorensen (907) 452-5021  
officemanager@northern.org  
[www.northern.org](http://www.northern.org)

Sponsored by: Northern Alaska Environmental Center (and other  
local businesses)

**Jul 15  
Sun**

**Skinny Raven Women's Only ½ and ¼ Marathon – Anchorage**

Meet time: 8am – Delaney Park Strip (West End)

13.1/6.55 miles – out & back

Race time: 9am, 9:20 am ¼, walkers wave at 8am

Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://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 18**  
**Wed**  
**Date**  
**Change**

**Salmon Run Series #2 – Soldotna**

Meet time: 5pm – Tsalteshi Trails  
5K – multiple loop, hilly, groomed trail course  
Race time: 6pm  
Entry fee: \$10 on-line/\$15 in person/\$45 series  
Contact: Tami Murray 907-260-5449 x1201  
tami@kenaiwatershed.org  
Rhonda McCormick 907-260-5449 x1203  
www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum  
1K kids race at 6 pm \$5, with 5K race immediately following. 5  
race series. Race course differs each week. All ages, walkers  
welcome. “Like” our Facebook page for updates and results.

**Jul 18**  
**Wed**

**Run for Gold Bib Pick Up – Fairbanks**

Meet time: 5:00:00 PM to 8:00 PM – Literacy Council of Alaska,  
517 Gaffney Rd  
Bib Pick up for Run for Gold. This 1 mile family fun run Benefits  
Literacy Council of Alaska.

Entry Fee: \$10/Youth, \$15/Adult, \$25/Family  
Contact: Jim Brader 907-452-4986  
jimbrader@gmail.com  
literacycouncilofalaska.org

Sponsored by: Running Club North  
Leads the Golden Days Parade. Your chance to lead the parade and  
win real gold!

**Jul 19**  
**Thu**

**Steve's Equinox Training #2 – Fairbanks**

Meet time: 6:00 PM – Ann's Greenhouse pullout  
Distance: 8+ Miles  
Get ready for the Equinox on the installment plan.  
Entry Fee: Free  
Contact: George Berry 687-8769  
membership@runningclubnorth.org  
RCN

Sponsored by: RCN

**Jul 20 Kids XC Runs – Fairbanks**  
**Fri** Meet time: 6:00 PM – West Valley H.S. soccer fields  
Distance: 0.5, 1, and 1.5 Miles, Cross-country race  
Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.  
Entry Fee: Check website  
Contact: Tracey Martinson (907) 474-8353  
tamartinson67@gmail.com  
<https://www.runningclubnorth.org>

Sponsored by: Running Club North  
Meet at West Valley H.S. soccer fields. Registration at 5:45 p.m.,  
run at 6 p.m. Dates are June 8, June 22, July 6, and July 20

**Jul 21 Run For Gold – Fairbanks**  
**Sat** Meet time: 9:50 AM – Aurora Energy Power Plant on First Ave.  
Distance: 1 mile following Golden Days Parade route  
This 1 mile family fun run Benefits Literacy Council of Alaska.  
Entry Fee: \$10/Youth, \$15/Adult, \$25/Family  
Contact: Jim Brader 907-452-4986  
jimbrader@gmail.com  
literacycouncilofalaska.org

Sponsored by: RCN  
Leads the Golden Days Parade. Your chance to lead the parade and  
win real gold!

**Jul 22 53rd Annual Gold Discovery Run**  
**Sun Usibelli Series #5 – Fairbanks**  
Meet time: 9:00 AM Standard  
8:00 AM Early – Silver Gulch Brewery  
Distance: 16.3 miles trail/road  
Felix Pedro struck gold on July 22, 1902, in a creek 12 miles north  
of E. T. Barnette’s Trading Post. In 1965 the Gold Discovery Run  
was inaugurated to commemorate his discovery, which led to gold  
fever and the founding of Fairbanks.  
Contact: Rachael Kvapil 907-347-8756  
pagesculptor@gmail.com  
<https://www.runningclubnorth.org/gold-discovery/>  
Sponsored by: Running Club North  
Registration will be through Chronotrack

**Jul 24**  
**Tues**

**Alaska Splash n' Dash #3 – Anchorage**

Meet time: 5pm-6pm – Service High Pool  
Distance Varies – Kids only Race – Swim in pool/ Run on Randy's Loop  
Race time: 5:30pm-6:15pm  
Entry fee: \$20/one race, \$50/series of 3  
Contact: Heather Helzer 907-351-2232  
heather@turnagaintraining.com  
www.turnagaintraining.com

Sponsored by: Turnagain Training  
This fun swim/run kids only race series has a short and long distance option. 100m or 300m swim, 0.75 or 1.5 mile run. Life jackets welcome in the swim! T-shirts and medals for every finisher!

**Jul 25**  
**Wed**  
**Date**  
**Change**

**Salmon Run Series #3 – Soldotna**

Meet time: 5pm – Tsalteshi Trails  
5K – multiple loop, hilly, groomed trail course  
Race time: 6pm  
Entry fee: \$10 on-line/\$15 in person/\$45 series  
Contact: Tami Murray 907-260-5449 x1201  
tami@kenaiwatershed.org  
Rhonda McCormick 907-260-5449 x1203  
www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum  
1K kids race at 6 pm \$5, with 5K race immediately following. 5 race series. Race course differs each week. All ages, walkers welcome. "Like" our Facebook page for updates and results.

**Jul 25**  
**Wed**

**Cruiseship Fun Run 5K & 10K- Ketchikan**

**Distance: 5K & 10K**  
Race time: 8:00 AM - Wardlake  
Entry fee: Free, but buy a t-shirt and support club for \$30.00  
Contact: Leigh Woodard 907-617-8245  
leighanastasia@gmail.com

**Jul 26**  
**Thu**

**Steve's Equinox Training #3 – Fairbanks**

Meet time: 6:00 PM – Ann's Greenhouse pullout  
Distance: 8+ Miles  
Get ready for the Equinox on the installment plan.  
Entry Fee: Free

Contact: George Berry 687-8769  
membership@runningclubnorth.org  
RCN

Sponsored by: RCN

**Jul 26** **USATF All Comers Track & Field Meet – Anchorage**  
**Thur** Meet time 6:00pm at The West High Track Complex. A variety of  
Track and field events will be offered.  
Contact: Jason Hofacker 907-854-4863  
jhofacker@acsedu.org  
alaska.usatf.org  
Sponsored by USATF AK  
\$5.00 entry fee

**Jul 26** **Turnagain Triathlon & Alaska Triathlon High School State**  
**Thus** **Championships – Anchorage**  
Meet time: 9am – Bartlett Pool  
Distance Varies – TBD  
Race time: 10am  
Entry fee: TBD  
Contact: Heather Helzer 907-351-2232  
heather@turnagaintraining.com  
www.turnagaintraining.com  
Sponsored by: Turnagain Training  
Please check the website for more information about this race!  
Dates, time, and location subject to change!

**Jul 28** **Lucky Shot Gold Rush– Willow**  
**Sat** Meet time: 9:00am – 1 mile, Willow Creek Parkway  
Distance: 4 mile loop – A flat, gravel trail meandering through the  
woods  
Race time: 10:00am  
Entry Fee: check website  
Contact: Steve Charles 907-495-6368  
scharles@mtaonline.net  
Stuart Leidner 907-746-8757  
http://matsutrails.org  
Sponsored by: Mat-Su Trails and Parks Foundation  
Walkers welcome. Stick around and enjoy food and festivities  
afterwards.

**July 28  
Sat**

**Crow Pass Crossing - Girdwood**

Meet time: 8:00 am – Crow Pass Trailhead

Distance: 22.5 miles – technical backcountry wilderness race from Crow Pass Trailhead to Eagle River Nature Center

Race time: 9:00 am

Entry fee: \$70

Contact: Matias Saari 907-529-4178

Matias@healthyfuturesak.org

Harlow Robinson 907-240-3684

www.healthyfuturesak.org

Sponsored by: Healthy Futures, Eagle River Nature Center

Registration opens May 1 (find link at HF website); event is limited to 150 entrants.

Mandatory bib pickup will be from 5-7 p.m. Friday, July 27 at Healthy Futures, 11901 Industry Way, Unit A-9, Anchorage. A safety and informational meeting (mandatory for race rookies, optional for veterans) will follow at 7:15 p.m.

**July 28  
Sat**

**Wildlife Rescue Run/Walk – Seward**

Meet time: 9:30–11:30am – Alaska SeaLife Center

Distance: 5K – mostly flat, scenic route along waterfront

Race time: 12:00 pm

Entry fee: \$25; \$30 Race Day

Contact: Nancy Anderson 907-224-6396

nancya@alaskasealife.org

Shannon Wolf 907-224-6355

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. Walkers and runners start at Noon.

**Jul 28**      **USATF All Comers Championships Track & Field Meet**  
**Sat**            **Anchorage**  
Meet time 9:00am at The West High Track Complex. A variety of  
Track and field events will be offered.  
Contact: Jason Hofacker  
              jhofacker@acsedu.org  
              alaska.usatf.org  
Sponsored by USATF AK  
\$5.00 entry fee

**Jul 28**      **Jakolof Bay 10 Miler – Run or Bike**  
**Sat**            Race Time: 11 am – Start: Jakolof Bay Dock Finish: Gateway  
Pavilion, Seldovia  
Entry Fee: \$ 10, includes socks  
10 miles – One way, Jakolof Bay to Seldovia; transport available  
  
back to Jakolof Bay  
Contact:            Tania Spurkland 907-399-7379  
                      ~~tmspurkland@gmail.com~~  
Registration: July 27: 5-6 pm at Susan B. English School. Day of  
Race: 9:30 am.

**Jul 28**      **Sourdough Triathlon – Fairbanks**  
**Sat**            Meet time: 10:00 AM – Steese Highway, Mile Marker 33.1  
Distance: Half Ironman distance  
1.2 mile Swim, 56 mile Bike, and 13.1 mile run.  
Entry Fee: \$60 + USAT Fee  
Contact:            Amber Barlow 970-203-5535  
                      thebreakuptri@hotmail.com  
                      https://arctic-triathlon-series.weebly.com/

Sponsored by: Arctic Triathlon Series  
Registration opens Feb. 1, 99 racer limit

**Jul 28**      **Chena Hot Springs Run 'n Soak**  
**Sat**            **Trail Series #5 – Fairbanks**  
Meet time: 11:00 AM – Chena Hot Springs Resort/Angel Rocks  
Trailhead  
Distance: 8.5 mile trail run  
Challenging, hilly, 8 1/2 mile run from Angel Rocks Trailhead up to  
the ridge and down to Chena Hot Springs Resort. Potluck BBQ at  
the finish. Reduced fee to soak in the hot springs.

Entry Fee: Free  
Contact: Keith Pollock 907-479-0779  
kpollockak@gmail.com  
RCN

Sponsored by: RCN

**Jul 30 Mon Calamity Kayak/Run/Bike in Partnership with KGB Parks & Recreation- Ketchikan**

Distance: 5K, 1 mile kayak, & 8 mile bike  
Race time: 9:30 AM - Totem Bight State Park  
Entrance fee: For rates call Director  
Contact: Diane Gubatayao 907-225-7851  
dianeblissom@yahoo.com

**Aug 1 Wed Salmon Run Series #4 – Soldotna**

**Change**  
Meet time: 5pm – Tsalteshi Trails  
5K – multiple loop, hilly, groomed trail course  
Race time: 6pm

Entry fee: \$10 on-line/\$15 in person/\$45 series  
Contact: Tami Murray 907-260-5449 x1201  
[tami@kenaiwatershed.org](mailto:tami@kenaiwatershed.org)  
Rhonda McCormick 907-260-5449 x1203  
[www.kenaiwatershed.org](http://www.kenaiwatershed.org)

Sponsored by: Kenai Watershed Forum  
1K kids race at 6 pm \$5, with 5K race immediately following. 5  
race series. Race course differs each week. All ages, walkers  
welcome. “Like” our Facebook page for updates and results.

**Aug every Tue Exceed Women’s Running Team – Anchorage**

Meet time: 6pm – Various locations  
Coached workouts, track and trail runs  
Entry Fee: Membership \$100/season  
Contact: Tara Wheatland 510-593-9210  
[tara.wheatland@gmail.com](mailto:tara.wheatland@gmail.com)  
[www.runexceed.org](http://www.runexceed.org)

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



**Aug  
Tue,  
Thu**

**MatSu Running Club - Women's Group– Palmer**

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

website: vwort.org

Sponsored by: MatSu Running Club

Tuesday, Thursday. Ages 16+ runners of all ability levels welcome.

Coach training held each week of April- mid-August trail runs through September.

**Aug  
Tue**

**RCN Track Interval training – Fairbanks**

Meet time: 5:30 PM – West Valley H.S. track

Distance: Interval training

Entry Fee: Check website

Contact: Bruce Miller 907-479-5585

millerb@doyon.com <https://www.runningclubnorth.org>

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Women's group meets at 5:30 p.m. Men's group meets at 6:00 p.m.

Come early to warm up and be ready to run.

**Aug  
Tue**

**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 854-4863

Kim Baldwin 274-1061

and in spirit, Chester Franz

Sponsored by: Peak Performers Track Club

Training & conditioning program led by coaches

**Aug  
Thu**

**Hoodoo Goldstream Beer Runs – Fairbanks**

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact:

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.



## **31st Annual Kenai Peninsula Run for Women**

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

**Saturday, August 11, 2018**

*Proceeds will benefit victims of  
Domestic Violence & Sexual Assault*

Sponsored by: *The LeeShore Center*

**907-283-9479**

*further information online: [www.leeshoreak.org](http://www.leeshoreak.org)*

*The LeeShore Center is a United Way agency*



**Aug  
Wed,  
Thu**

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

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

[coachknopp@yahoo.com](mailto:coachknopp@yahoo.com)

Norm Rousey

[coachrousey@hotmail.com](mailto:coachrousey@hotmail.com)

website: [vwrt.org](http://vwrt.org)

Sponsored by: MatSu Running Club

Wednesday, Thursday. Ages 16+. Runners of all ability levels welcome. Coached training held each week of April - mid-August with trail runs thru September.

**Aug 2**     **Steve's Equinox Training #4 – Fairbanks**  
**Thu**        Meet time: 6:00 PM – Top of Ester Dome  
Distance: 5 Miles  
Get ready for the Equinox on the installment plan.  
Entry Fee: Free  
Contact:        George Berry 907-687-8769  
                         membership@runningclubnorth.org  
                         RCN  
Sponsored by: RCN

**Aug 4**     **Celebrate Life! 5K Run & Walk – Soldotna**  
**Sat**        Meet time: 8:30am – Soldotna Bible Chapel  
Distance: 5K – flat, residential & along highway  
Race time: 10am  
Entry fee: No charge  
Contact:        Kris Harris 907-283-9062  
                         kharris@abcwecare.org  
                         Colleen Ward 907-283-9062  
                         www.abcwecare.org  
Sponsored by: ABC Pregnancy Care Center  
Free Registration, Donations welcomed. Free t-shirt and brunch.  
Runners 5k starts at 10 a.m. and walkers start at 10:05 am on a  
shorter course suitable for all ages.

**Aug 4**     **Blueberry Fun Run & Walk -Ketchikan**  
**Sat**        Distance: 1 mile/5k/10K -- Alaska State Office Building/Police  
Station  
Race time: 9am-1 mile run and all walkers, 9:30 am- 5K/10K runs  
Entry fee: \$15.00  
Contact: Lori Ortiz (907) 225-7309 or (907) 617-9136  
On-line registration: ACTIVE.COM

**Aug 4**     **Alaska Distance Classic – Anchorage**  
**Sat**        Meet time: 9am – APU, Moseley Sports Center  
Race time: 5K-9am, 10K- 9:45am  
Entry fee: Check Website  
Contact:        Mark Iverson 274-7222  
                         [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
                         [www.skinnyraven.com](http://www.skinnyraven.com)  
You can run both the 5K and 10K and earn yourself a special  
finisher award!

**Aug 4 Sat**     **25th Annual Santa Claus Half Marathon**  
**Usibelli Series #6 – Fairbanks**  
Meet time: 9:00 AM Standard  
8:00 AM Early – Chena Lakes Recreation Area  
Distance: Half Marathon, 13.1 miles  
Flat and fast course on paved and gravel trails. 8am start is available for anyone anticipating a time. Post-race BBQ @ 11:30 AM.  
Contact:             Ron Oliver 360-867-3279  
                              Ron.Oliver@TeamRWB.org  
                              <http://santaclausahalf.weebly.com/course-and-details.html>  
Sponsored by: RCN

**Aug 4 Sat**     **Matanuska Peak Challenge - Palmer**  
Meet time: 8am – Lazy Mountain Parking Lot  
14 miles – 9,100' vertical gain Mt. race  
Race time: 9am Entry fee: \$30  
Contact:     Braun Kopsack 907-3550435  
                              knikg@gci.net  
                              Lance Kopsack 907-745-5966  
                              [www.alaskamountainrunners.org](http://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 8 Wed**  
**Date**  
**Change**

**Salmon Run Series #5 – Soldotna**  
Meet time: 5pm – Tsalteshi Trails  
5K – multiple loop, hilly, groomed trail course  
Race time: 6pm  
Entry fee: \$10 on-line/\$15 in person/\$45 series  
Contact:     Tami Murray 907-260-5449 x1201  
                              [tami@kenaiwatershed.org](mailto:tami@kenaiwatershed.org)  
                              Rhonda McCormick 907-260-5449 x1203  
                              [www.kenaiwatershed.org](http://www.kenaiwatershed.org)  
Sponsored by: Kenai Watershed Forum  
1K kids race at 6 pm \$5, with 5K race immediately following. 5 race series. Race course differs each week. All ages, walkers welcome. “Like” our Facebook page for updates and results.

**Aug 9  
Thu**

**Steve's Equinox Training #5 – Fairbanks**

Meet time: 6:00 PM – Top of Ester Dome

Distance: 5 Miles

Get ready for the Equinox on the installment plan.

Entry Fee: Free

Contact: George Berry 907-687-8769  
membership@runningclubnorth.org  
RCN

Sponsored by: RCN

**Aug 11  
Sat**

**Lace Up for Leukemia 5K – Fairbanks**

Meet time: 10:00 AM – Pioneer Park Wilderness Pavillion

Distance: 5K

This is a fast, flat, family friendly 5K run/walk. All race registration fees go directly to the Leukemia & Lymphoma Society. There will be door prizes at the end of the race.

Entry Fee: Check website

Contact: Wendy Demers 907-388-6847  
pioneerwendy@yahoo.com

Fai<https://runsignup.com/laceupforleukemia>

Sponsored by: Fairbanks Team in Training

**Aug 11  
Sat**

**Granite Tors Trail Run**

**Trail Series #6 – Fairbanks**

Meet time: 10:00 AM – Granite Tors trailhead (Mile 40 Chena Hot Springs Road)

Distance: 15 miles

Northern Trail Series event. 15 grueling miles of inspiring and scenic torture.

Entry Fee: Free

Contact: Chris Greene 907-978-6472  
chrisgreene@gci.net

Sponsored by: RCN

Parking \$5 per vehicle

**Aug 11  
Sat**

**Nifty Fifty – Juneau**

Meet time: 8am – End of Basin Road

50K, 25K, 10K – Perseverance trail, Granite Creek trail,  
Mt. Roberts trail, and Salmon Creek Trail

Race time: 8:30am for 50K, 9am for 25K, 9:15 a.m. for 10K

Entry fee: \$25 for 50K, \$15 for 25K, and \$10 for 10K

Contact: Keith Levy 907-723-1427

[keithblevy@gmail.com](mailto:keithblevy@gmail.com)

<http://ultrasignup.com/register.aspx?did=53025>

Sponsored by: Juneau Trail and Road Runners

A Challenging course on beautiful trails with lots of climbing.

**Aug 11  
Sat**

**Kenai Peninsula Run for Women – Kenai**

Meet time: 9am – Kenai City Park

Distance: 5K & 10K – see below

Race time: 10am

Entry fee: \$20/\$25 on race day

Contact: Georgia Putney 907-283-9479

[gputney@leeshoreak.org](mailto:gputney@leeshoreak.org)

Ashley Blatchford 907-283-9479

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

Sponsored by: The LeeShore Center

Course is wheelchair accessible & certified

Course Description: Multi-looped course through downtown streets.

Course certified and wheelchair accessible.

**Aug 11  
Sat**

**Eagle River Challenge Race – Eagle River**

Meet time: 9am – Eagle River Nature Center

5 & 10K – Dew Mound and Historic Iditarod Trails

Race time: 10am

Entry Fee: \$30/\$35 on race day

Contact: Asta Spurgis 907-694-2108

[info@ernc.org](mailto:info@ernc.org)

Laura Kruger 907- 694-2108

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

Sponsored by: Friends of Eagle River Nature Center

Trail races on uneven with some hills. Proceeds benefit trail  
maintenance at the Eagle River Nature Center.

- Aug 13 Mon** **Alaska International Senior Games 5K – Fairbanks**  
 Meet time: 6:30 PM – Chena Lake Recreation Area  
 Distance: 5K road race  
 Sponsored by Alaska International Senior Games  
 Entry Fee: Check website  
 Contact: Don Kiely 907-455-6749  
 donkiely@alaskaisg.org  
<http://www.alaskaisg.org>  
 Sponsored by: Alaska International Senior Games  
 Must preregister with Senior Games and be age 50.
- Aug 15 Wed** **Alaska International Senior Games 10K – Fairbanks**  
 Meet time: 6:30 PM – Chena Lake Recreation Area  
 Distance: 10K road race  
 Sponsored by Alaska International Senior Games  
 Entry Fee: Check website  
 Contact: Don Kiely 907-455-6749  
 donkiely@alaskaisg.org  
<http://www.alaskaisg.org>  
 Sponsored by: Alaska International Senior Games  
 Must preregister with Senior Games and be age 50.
- Aug 16 Thu** **Steve's Equinox Training #6 – Fairbanks**  
 Meet time: 6:00 PM – Top of Ester Dome  
 Distance: 5 Miles  
 Get ready for the Equinox on the installment plan.  
 Entry Fee: Free  
 Contact: George Berry 907-687-8769  
 membership@runningclubnorth.org  
 RCN  
 Sponsored by: RCN
- Aug 17 Fri** **Anchorage Runfest- Bib Pickup, Last chance Registration, and Expo - Anchorage**  
 Meet time: 3 – 7 pm – Dena'ina Center  
 Contact: sharron@ancrun.org  
[www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
 Sponsored by the Anchorage Running Club

**Aug 18**    **Golden Heart Trail Run**  
**Sat**        **Usibelli Series #7 – Fairbanks**  
Meet time: 10:00 AM – Birch Hill Recreation Area, Fairbanks  
Distance: 5K, 2.5k, 1K Cross Country run  
7th of 8 races in Usibelli Series. The only race in the series that is 100%  
on trail and the only cross country format race in the series. Shorter  
distances for younger runners. Prize table.  
Entry Fee: Check website  
Contact:            Susan Kramer 907-590-5086  
                         eventplanning2004@hotmail.com  
                         nscfairbanks.org  
Sponsored by: Seekins Ford Lincoln

**Aug 18**    **Anchorage Runfest- Bib Pickup, Last chance Registration, and**  
**Sat**        **Expo - Anchorage**  
Meet time: 9am-4 pm – Dena'ina Center  
Contact:    sharron@ancrun.org  
                         **www.anchoragerunfest.org**  
Sponsored by the Anchorage Running Club

**Aug 18**    **Anchorage Runfest – Pasta Feed - Anchorage**  
**Sat**        Meet time: 12:30 – 2:30pm – Dena'ina Center  
Contact:    sharron@ancrun.org  
                         **www.anchoragerunfest.org**  
Sponsored by the Anchorage Running Club

**Aug 18**    **Anchorage RunFest – The Children's Hospital at Providence**  
**Sat**        **Kids 2K – Anchorage**  
Race time: 10:00 am – Delaney Parkstrip  
2K – untimed, flat, city streets for ages 12 & under.  
Entry fee: None, but donations are accepted.  
Contact:    sharron@ancrun.org  
More information at [www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
Sponsored by the Anchorage Running Club and The Children's  
Hospital at Providence  
A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)



- Aug 18 Sat**      **Anchorage RunFest – The Anchorage Mile – Anchorage**  
 Race time: 11:00 am – Delaney Parkstrip  
 Race consists of four heats. USATF certified mile course. RRCA state championship event.  
 Contact:                    sharron@ancrun.org  
 Registration information at [www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
 Sponsored by the Anchorage Running Club
- Aug 19 Sun**      **Alaska International Senior Games Triathlon – Fairbanks**  
 Meet time: 10:00 AM – UAF Patty Center  
 Distance: 400yd swim, 13.1 mile bike, 5K run  
 Entry Fee: Check website  
 Contact:            Amber Barlow 970-203-5535  
                          abarlow5@alaska.edu  
                          <https://www.alaskaisg.org/games/sports/triathlon/>  
 Sponsored by: Alaska Internation Senior Games
- Aug 19 Sun**      **Anchorage RunFest – 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. USATF certified course. RRCA National Championship event.  
 Discounts for Anchorage Running Club members and current military.  
 Contact: sharron@ancrun.org  
 Registration information at [www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
 Sponsored by the Anchorage Running Club and United Physical Therapy
- Aug 19 Sun**      **Anchorage RunFest – 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. RRCA State Championship event. Discounts for Anchorage Running Club members and current military.  
 Contact: sharron@ancrun.org  
 Registration information at [www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
 Sponsored by the Anchorage Running Club and Humpy’s Great Alaskan Ale House

**Aug 19 Sun Anchorage RunFest – 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. RRCA State Championship Event. Discounts for Anchorage Running Club members and current military.  
Contact: [sharron@ancrun.org](mailto:sharron@ancrun.org)  
Registration information at [www.anchorageunfest.org](http://www.anchorageunfest.org)  
Sponsored by the Anchorage Running Club and Skinny Raven Sports

**Aug 19 Sun Anchorage RunFest – Spenard Roadhouse 5K – Anchorage**  
Meet – Sixth Avenue near Town Square  
Race time: 10:00 am.  
Relatively flat course on downtown streets and the Coastal Trail. USATF certified course. RRCA State Championship event. Discounts for Anchorage Running Club members and current military.  
Contact: [sharron@ancrun.org](mailto:sharron@ancrun.org)  
Registration information at [www.anchorageunfest.org](http://www.anchorageunfest.org)  
Sponsored by the Anchorage Running Club and the Spenard Roadhouse

**Aug 19 Sun Run Wild- Girdwood**  
Meet – Nordic Loop  
Race time: 10:00 am.  
Entry Fee: Donation accepted  
Contact: Little Bears Playhouse 907-783-2116  
[littlebearsplayhouse@gmail.com](mailto:littlebearsplayhouse@gmail.com)  
Joan Lower  
[joan@alaska.net](mailto:joan@alaska.net)  
<http://www.littlebearsplayhouse.com>  
Run Wild Fun at Girdwood Nordic Loop just past Alyeska Resort. 1K Fun Run for kids, 5K Fun Run for all ages. Wild themed costumes encouraged, stay for the Alyeska Resort Blueberry Festival after the run. This event is a fundraiser to support Girdwood’s Little Bears Playhouse Childcare center. Donations from participants are accepted before the race or anytime online. Raffle drawing following the race.

ANCHORAGE RUNNING CLUB



August  
18-19  
2018



Start/Finish Downtown

RRCA State Championship Events  
Courses Are USATF Certified\*



**Saturday**

Kids' 2K Fun Run

\*Uncertified Race Course, Not RRCA event.

The Anchorage Mile



**Sunday**



49K Ultra

RRCA National Championship



Marathon, Marathon

Walk, Marathon Relay

Boston Marathon Qualifier



Half  
Marathon



5K

ARC is a 501(c) (3) organization whose mission is to promote healthy lifestyles 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.anchagerunfest.org](http://www.anchagerunfest.org)

**Aug 21-  
Sep 25  
Tue**      **MatSu Running Club – Extended Season– Palmer**  
Meet time: 6pm – Colony High School Track  
Entry Fee: see website  
Contact: Rhonda Knopp 907-355-6258  
[coachknopp@yahoo.com](mailto:coachknopp@yahoo.com)  
website: [vwrt.org](http://vwrt.org)  
Sponsored by: MatSu Running Club  
Ages 16+ runners of all ability levels welcome. Coach training held  
each week through late September.

**Aug 23  
Thu**      **Steve's Equinox Training #7 – Fairbanks**  
Meet time: 5:30 PM – Meet at UAF Patty Center to shuttle to Ester  
Dome  
Distance: 9.5 Miles  
Get ready for the Equinox on the installment plan.  
Entry Fee: Free  
Contact: George Berry 907-687-8769  
[membership@runningclubnorth.org](mailto:membership@runningclubnorth.org)  
RCN  
Sponsored by: RCN

**Aug 25  
Sat**      **Musk Ox Trail Run  
Trail Series #7 – Fairbanks**  
Meet time: 10:00 AM – UAF Large Animal Research Station (LARS)  
on Yankovich Road  
Distance: Half marathon, 13.1 miles  
Tough, hilly out & back on trails. Fun & food after. Last race in the  
Trail Series (#7).  
Contact: Bobbi Jo Katchmar 907-888-2287  
[bjkrcn2017@gmail.com](mailto:bjkrcn2017@gmail.com)  
Sponsored by: RCN  
Registration day of event only; \$5 suggested donation to LARS.

**Aug 25  
Sat**      **Deer Mountain Challenge- Ketchikan**  
Distance: 3 miles estimated  
Race time: 9:00 AM - Tatusadas IGA Grocery Store Parking Lot  
Contact: Erin Riddle (907) 220-7275  
[erinriddle19@gmail.com](mailto:erinriddle19@gmail.com)

**Aug 25  
Sat**

**Tustumena 5K - Kasilof**

Meet time: 9:30am – Tustumena Elementary School  
Distance: 5K – This is a mostly level course along roadsides and dirt trails. The race starts at Tustumena Elementary School and loops through Johnson Lake Campground and then returns to the school.

Race time 10:30am

Entry fee: \$8 for Tustumena Students, \$15 all other racers

Contact: JoEllen Fowler 907260-1345

JFowler@kpbsd.k12.ak.us

Sponsored by: Tustumena Elementary School

This race is a fund raiser for Tustumena El. School. It helps to pay for field trip buses and student activities.

**Aug 25  
Sat**

**Run for Relief - Anchorage**

Meet time: 9am – 4240 Wisconsin St.

5K – flat, side walk/bike paths in West Anchorage

Race time: 10am Entry fee: Donation

Contact: Scott Clemetson 907-244-1119

miles@alaska.net

Dianna Clemetson 907-244-2217

www.faiythak.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!

**Aug 26  
Sun**

**The Milk Run - Anchorage**

Race time: 10am – Russian Jack Park, 801 Pine Street

2K & 5K – XC course, dirt & paved

Entry fee: \$15 individuals/\$40 family

Contact: Arthur Harmon 333-2422

owensmilkmoney@gmail.com

www.owensmilkmoney.org

Proceeds benefit Owen's Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic. Join us after the race for prizes, fun and ice cream!

**Aug 26 Equinox Training Run – Fairbanks**

**Sun**

Meet time: 9:00 AM – Ann's Greenhouse pullout

Distance: 11,16 or ? Miles

The long training run

Entry Fee: Free

Contact: George Berry 687-8769  
membership@runningclubnorth.org  
RCN

Sponsored by: RCN

**Aug 29 Old Murphy Dome Ridge Run – Fairbanks**

**Wed**

Meet time: 6:00 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.

Distance: 9.5 mile trail race

This is an ~9.5 miles race through the woods on a rooty trail along a ridge separating Eldorado and O'Connor Creeks between Green Leaf road, in the Goldstream area, and Old Murphy Dome Road. The course is an out and back race (~4.5 miles each way).

Contact: Trent Hubbard 907-699-2090  
beltedhan72@gmail.com

**Sep**

**Thu**

**Hoodoo Goldstream Beer Runs – Fairbanks**

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520  
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**Sep 1**

**Sat**

**McCarthy Half Marathon & 5 Mile Runs – McCarthy**

Meet time: 12pm – Glacier View Campground

Distance: 13.1 and 5 miles – Run with a view- some hills.

Race time: 2pm

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 1  
Sat**

**Homer Mariner Tri - Homer**

Meet time: 7:00 am –Homer High School

Distance: 0.57/15/5 mi – Pool/Bike hills above Homer to Spit/Run back to HHS

Race time: 8 am

Entry Fee: \$55 for individuals/ \$110 for teams

Contact: Paul Story 907-299-3523

pstory@kpbsd.org

Chris Perk 907-235-4600

[www.facebook.com/homermarinertri](http://www.facebook.com/homermarinertri)

Sponsored by: Homer High Swim and Dive Team

A challenging course in one of the most beautiful places on earth: 1,000 yard swim; 15 mile bike up East Hill, across Skyline, and down to Spit; 5 mile run back to HHS. Commemorative t-shirts and awards available. Proceeds benefit HHS Swim and Dive Team. Join us Labor Day weekend.

**Sep 1  
Sat**

**Seldovia End of Summer Mini Marathon – Seldovia**

Meet time: 9:30am– Gateway Pavilion

Distance: 5K/10K, Course: 5K runs thru town, 10K adds extra trails, some hills, dirt and gravel.

Early registration–Friday August 1 from 6:00-8:00pm at the Boardwalk Hotel. Final registration- Saturday

September 1-starting at 9:00am

Race time: 10am

Entry fee: \$25/\$74 immediate family up to 4

Contact: Steve Bainbridge 907-202-3095

[Bainbridge.noblespirit.steve@gmail.com](mailto:Bainbridge.noblespirit.steve@gmail.com)

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

**Sep 3  
Mon**

**Labor Day 5K – Fairbanks**

Meet time: 12:00 PM – Pioneer Park

Distance: 5K Fun Run

5K Fun Run in conjunction with other Labor Day events. Race starts at Pioneer Park and runs paved sidewalk out and back.

Entry Fee: \$45

Contact: Christopher Benshoof 907-460-2369

[christopher.benshoof@k12northstar.org](mailto:christopher.benshoof@k12northstar.org)

Sponsored by: Lathrop High School XC Team

Register at Beaver Sports or on race day. \$20 registration before race day, \$25 on race day.

Anchorage Parks and Recreation



**50th**  
Anniversary

**2018**

## **TUESDAY NIGHT RACES**

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

**Race Time 6:30p**

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

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



**Fall 2018**

**First Race September 11**



**Sep 7  
Fri**

**Moda Health Blue and Gold 5k Open – Fairbanks**

Meet time: 5:00 PM – UAF West Ridge Trails

Distance: 5k cross country race

Come run with the Nanooks in our annual season opener 5k on the UAF West Ridge Trails. Registration and start and finish are at the UAF ski hut. This race is free and open to the public courtesy of Moda Health.

Entry Fee: Check website

Contact: Nick Crawford 907-474-6802  
ncrawford2@alaska.edu  
alaskananooks.com

Sponsored by: UAF Cross Country Team

**Sep 8  
Sat**

**7th Annual Troth Yeddha' Run for the Park 5K – Fairbanks**

Meet time: 12:00 PM – Troth Yeddha' Park (across from the UAF Museum of the North entrance)

Distance: 5K run/walk

Traverses the Troth Yeddha' (UAF) campus.

Entry Fee: \$20

Contact: Peter Pinney 907-978-0425  
pppinney@alaska.edu

Sponsored by: UAF College of Rural and Community Development  
Registration is \$20, free to UAF students with ID. Entries can be dropped off at Beaver Sports or CRCD 4th Floor Brooks, UAF. Mail-in entries must be postmarked by September 4th. Mail to: Troth Yeddha' Run for the Park, Running Club North, PO Box 84237,

**Sep 8  
Sat**

**12<sup>th</sup> Annual Coyote Classic - Anchorage**

Meet time: 10 am – Kincaid Elementary

Distance: K-2 ¾ mi, 3-4 1.5 mi, 5-6 1.5 mi

Race time: K-2 at 10 am, 3-4 at 10:30 am, and 5-6 at 11:00 am.

Entry Fee: Free

Contact: Tim Akin 907-742-8527  
Akin\_Tim@asdk12.org

Sponsored by: Healthy Futures

This race is for Elementary age Kids and is sponsored by Healthy Futures! Parents may run with kids. All Kids will receive medals and snacks after the race!

**Sep 8  
Sat**

**Midnight Sun Fun Run – Wasilla<sup>^</sup>**

Race time 2:00pm, Location- Lake Lucille Park, 1401 S Endeavor St (Mile 2.2 Knik Goose Bay Rd)

Entry: \$5 - 100yd, \$10 – 1 mi, \$20 - 5K, \$30 - 10K

Contact: [msfunrun@gmail.com](mailto:msfunrun@gmail.com)

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

[www.facebook.com/midnightsunschool](http://www.facebook.com/midnightsunschool)

Fundraiser for Midnight Sun Family Learning Center. All racers receive a free snow cone and t-shirt. The Midnight Sun Fun Run is a fundraiser for Midnight Sun Family Learning Center. Description Come and join us for a fun run in the afternoon!! We have a race for the whole family from little legs in our Balloon Dash and 1 Mile Run to the long legs in our 5k and 10k. This is an event for the whole family, as well as supports after school programs at one of our local schools!

**Sep 8  
Sat**

**Bun to Bun - Talkeetna**

Meet time: 10am – Flying Squirrel Cafe

Distance: 26k & 5 k – Point A to B trail run with periods of moderate difficulty.

Race time 10am

Entry: \$50/26k, \$35/relayer, \$25/5k, and kids free

Contact: Dan Harrell 907-715-6600

[Metta.dan@gmail.com](mailto:Metta.dan@gmail.com)

Abby Bradley 907-8441-8052

Sponsored by: Talkeetna Elementary PTA

Race starts at Flying Squirrel Café and ends at Northern Susitna Institute downtown. There is also a 3 person relay option for the 26k.

**Sep 8  
Sat**

**Halibut Hustle – Homer**

Meet time: 9 am – Land’s End - End of Homer’s Spit

5K- Starts and ends at Land’s End parking lot

Race Time: 10am

Entry feeTBA

Contact: Andy Hass 235-3270

[yatra@ak.net](mailto:yatra@ak.net)

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

Sponsored by: Kachemak Bay Running Club

Register online at [www.kachemakbayrunningclub.org](http://www.kachemakbayrunningclub.org).

Day of registration available from 9-9:45 am – Land’s End Parking Lot. Discount available for KBRC members.

**Sep 8  
Sat**

**Skinny Raven XC Classic - Anchorage**

Location: Russian Jack Golf Course

3K – Loop course with hills

Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com](http://www.skinnyraven.com)

Sponsored by: Skinny Raven Sports

Skinny Raven once again welcomes Alaska's Top High School XC runners to a fast and fun flight trace at the Russian Jack Golf Course. With 12 races in four hours and an open race for anyone, join us for an action packed Saturday.

**Sep 9  
Sun**

**Run Rover Run – Anchorage**

Meet time: 11:30am -12:15 – Kincaid Park, Lower Parking Lot, 10 K-Mize loop

5K – run with your dog, hilly loop

Race time: 12:30pm

Entry fee: \$15 Anchorage Ski Club members, \$20 – non-members

Contact: Becky Voris 907-243-5234  
[beckyattla@gmail.com](mailto:beckyattla@gmail.com)  
ASC Hotline 349-WOOF (9663)  
[www.skijorclub.org](http://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 11  
Tue**

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

Meet time: 5:30pm – Kincaid Park

Distances up to 12K

Race time: 6:30pm

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

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

Contact: Outdoor Recreation 907-343-6397  
[www.muni.org/parks](http://www.muni.org/parks)

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues, Register on-line @  
[www.muni.org/Active](http://www.muni.org/Active)

A Healthy Futures Series Event – [www.healthyfuturesak.org](http://www.healthyfuturesak.org)

**Sep 13 Thu**     **Equinox Marathon Bib Pick-Up – Fairbanks**  
Meet time: 5:00 PM – Upper Deck Level of Patty Ice Arena on the UAF Campus  
Equinox Marathon and Relay  
Location: Go up the stairs of the UAF Ice Arena, just like you would for a hockey game.  
Entry fee: Check website  
Contact:             Stacy Fisk 907-455-6520  
                              equinox@runningclubnorth.org  
                              www.equinoxmarathon.org  
Sponsored by: RCN and others

**Sep 14 Fri**     **Equinox Marathon Bib Pick-Up – Fairbanks**  
Meet time: 5:00 PM – Upper Deck Level of Patty Ice Arena on the UAF Campus  
Equinox Marathon and Relay  
Location: Go up the stairs of the UAF Ice Arena, just like you would for a hockey game.  
Entry fee: Check website  
Contact:             Stacy Fisk 907-455-6520  
                              equinox@runningclubnorth.org  
                              www.equinoxmarathon.org  
Sponsored by: RCN and others

**Sep 15 Sat**     **56th Annual Equinox Marathon and 26th Annual Marathon Relay Usibelli Series #8 (Marathon) – Fairbanks**  
Meet time: 8:00 AM – UAF Patty Center  
Distance: 26.2 Mile , Relay (x3)  
One of America’s toughest marathons. Usibelli Running event. 3 person relays. Register online.  
Entry Fee: Check website  
Contact:             Stacy Fisk 907-455-6520  
                              equinox@runningclubnorth.org  
                              www.equinoxmarathon.org  
Sponsored by: RCN and others

**Sep 15**    **16th Annual Equinox Kids Marathon – Fairbanks**

**Sat**

Meet time: 9:00 AM – UAF Patty Center

Distance: 1.2 mile kids run

Kids in grades K-6 run 25 miles over 5-6 weeks, and then run the final 1.2 miles of their marathon effort on the day of the Equinox Marathon.

Entry Fee: \$12

Contact:            Tracey Martinson 907-474-8353  
                         tamartinson67@gmail.com  
                         <https://www.runningclubnorth.org>

Sponsored by: Running Club North

Registration forms available at Beaver Sports or on the Running Club North or Equinox Marathon websites. \$12 entry fee includes finisher t-shirt.



**Sep 15 Run/Walk for Recovery**

**Sat**

Meet time: 9am – West Chester Lagoon

Distance: 5k

Race Time: 10am

Entry Fee: \$25.00 / \$30.00 race day

Contact: Kim Whitaker 907-440-7289

kwhitaker@realaboutaddiction.net

<http://realaboutaddiction.net>

Sponsored by: R.E.A.L. About Addiction

Recovery is Everyone's Access to Life. We bring awareness to the community and help those suffering from addiction, and their families, with resources, sponsorship and support. #YouAreNotAlone, #NoMoreLivesLost, #EraseTheStigma

**Sep 18 Bonny Sosa Tuesday Night Race Series - Anchorage**

**Tue**

Meet time: 5:30pm – check website

Distances up to 12K

Race time: 6:30pm

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

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

Contact: Outdoor Recreation 907-343-6397

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

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues, Register on-line @

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

**Sep 20 Thursday Night Run Series – Mat-Su Valley**

**Thu**

Meet time: Thursday - TBD

Race time 6:00pm

Entry fee \$3; \$5 or Family for \$10

Contact: Kristi Shea 907-315-2424

[Run4thevalley@gmail.com](mailto:Run4thevalley@gmail.com)

Kate Arnold 907-746-0600

[Vmbah.wildapricot.org](http://Vmbah.wildapricot.org)

Sponsored by: VMBAH & Active Soles

No matter the weather join us on the trails! Get active as a whole family – littles will run a short course following families & older runners will be challenged. FUN!

- Sep 22**      **Making Strides Against Breast Cancer 5K Walk – Fairbanks**  
**Sat**              Meet time: 11:00 AM – Morris Thompson Cultural Center  
Distance: 5K or 1 mile loop family fun walk  
This is a family friendly 5K walk (1 mile route option for those who need it) in support of The American Cancer Society.  
Entry Fee: Check website  
Contact:              Becky Zaverl 907-460-6326  
   zaverls@gci.net  
   www.makingstrideswalk.org/fairbanksak  
Sponsored by: The American Cancer Society
- Sep 22**      **Anchorage Heart Walk – Anchorage**  
**Sat**              Meet time: 9am – Delaney Park Strip  
1 & 3 mile – streets, coastal trail  
Race time: 10am  
Entry fee: \$25 suggested donation  
Contact:              Dustin Morris 907-865-5303  
   Dustin.Morris@heart.org  
   Alaina Burton 907-865-5300  
   Alaina.burton@heart.org  
   www.AnchorageHeartWalk.org  
Sponsored by: American Heart Association  
A non-competitive family & dog friendly event. Details on website at [www.anchorageheartwalk.org](http://www.anchorageheartwalk.org) All proceeds benefit the American Heart Association to fight heart disease and stroke.
- Sep 22**      **Oktoberfest 5K & 10k – Run to End Homelessness – Anchorage**  
**Sat**              This is a benefit for Brother Francis Shelter and Bean’s Cafe  
Meet: 7:30 am - 49<sup>th</sup> State Brewing Company  
Race time: 9:00 am. Costumed runners receive a head start.  
Flat course on the Coastal Trail.  
Contact: gregory@ancrun.org  
Registration information at [www.anchagerunningclub.org](http://www.anchagerunningclub.org)  
Sponsored by: Anchorage Running Club

**Sep 25**      **Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue**            Meet time: 5:30pm – check website  
                 Distances up to 12K  
                 Race time: 6:30pm  
                 Entry fee: \$20 family/\$7 adult/\$2 youth or  
                 \$70 family/\$35 adult/\$16 youth season pass  
                 Contact:    Outdoor Recreation 907-343-6397  
                            [www.muni.org/parks](http://www.muni.org/parks)  
                 Sponsored by: Anchorage Parks & Recreation  
                 Farm, Lightning & Munchkin Leagues, Register on-line @  
                 [www.muni.org/Active](http://www.muni.org/Active)

**Sep 27**      **Thursday Night Run Series – Mat-Su Valley**  
**Thu**            Meet time: Thursday - TBD  
                 Race time 6:00pm  
                 Entry fee \$3; \$5 or Family for \$10  
                 Contact:            Kristi Shea 907-315-2424  
                                    [Run4thevalley@gmail.com](mailto:Run4thevalley@gmail.com)  
                                    Kate Arnold 907-746-0600  
                                    [Vmbah.wildapriocot.org](http://Vmbah.wildapriocot.org)  
                 Sponsored by: VMBAH & Active Soles  
                 No matter the weather join us on the trails! Get active as a whole  
                 family – littles will run a short course following families & older  
                 runners will be challenged. FUN!

**Sep 29**      **It Ain't Easy Hill Run – Fairbanks**  
**Sat**            Meet time: 10:00 AM – Dog Musers Hall on Farmer's Loop  
                 Distance: 11-mile trail run or flat 5-mile  
                 Entry Fee: Check website  
                 Contact:    Andy Sterns 508-542-3036  
                            [Andysterns1@gmail.com](mailto:Andysterns1@gmail.com)  
                 Sponsored by: RCN



**Sep 29**  
**Sat**

**Watershed 5K – Fairbanks**

Meet time: 10:00 AM – 4975 Decathlon Ave

Distance: 5K fun run

5K fun run/walk on roads and trails around the school to support Watershed School Activities.

Entry Fee: Check website

Contact: Kathy Petersen 907-388-6830

skeezbow@hotmail.com

www.watershed5K.weebly.com

Sponsored by: Watershed School PTSA

See website for additional information.

**Sep 30**  
**Sun**

**Kenai River Marathon – Kenai**

Meet at the Kenai Visitors & Cultural Center @ 11471 Kenai Spur Highway

Race Series: Full Marathon, Relay Marathon, Half marathon, 5K  
Marathon Course is a Boston Qualifier

Race time: Full/Relay Marathon - 9:00 am; Half Marathon - 10:00 am;

5Kish Family Fun Run/Walk - 10:15 am

Entry fee: Before 9/5/18 Full Marathon - \$65, Half Marathon - \$55, (4) person Relay Team - \$125, 5k

Fun Run/Walk - \$25.

If you register after 9/5/18 cost is: Full Marathon - \$75; Half Marathon - \$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](http://www.kenairivermarathon.org). Toast your accomplishments afterwards with locally brewed beer.

ANCHORAGE RUNNING CLUB



# ZOMBIE

## Half Marathon

GOOSE LAKE TO KINCAID

Walkers-9am \* Runners-10am

## & Kids Mini ZOMBIE 2.5K

KINCAID STADIUM - Noon

Saturday  
**OCT. 13th**



The Anchorage Running Club is a not for

Registration online at  
[anchoragerunningclub.org](http://anchoragerunningclub.org)

profit association of over 500 individuals who share a common interest

In running and/or walking and brains....

**Oct 2  
Tue**

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

Meet time: 5:30pm – check website

Distances up to 12K

Race time: 6:30pm

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

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

Contact: Outdoor Recreation 907-343-6397

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

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues, Register on-line @

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

**Oct  
Wed**

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

Meet time: 5:45 PM – Patty Center

Distance: Winter training group runs

Entry Fee: Check website

Various cold weather group runs around UAF environs, different weekly.

Contact: George Berry 907-687-8770

[membership@runningclubnorth.org](mailto:membership@runningclubnorth.org)

RCN Website

Sponsored by: RCN

Regardless of temperature! Warm up with hot drinks and snacks after the run.

**Oct  
Thu**

**Hoodoo Goldstream Beer Runs – Fairbanks**

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520

[stacy@goldstreamsports.com](mailto:stacy@goldstreamsports.com)

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**Oct 4  
Thu**

**Thursday Night Run Series – Mat-Su Valley**

Meet time: Thursday - TBD

Race time 6:00pm

Entry fee \$3; \$5 or Family for \$10

Contact: Kristi Shea 907-315-2424  
Run4thevalley@gmail.com  
Kate Arnold 907-746-0600  
Vmbah.wildapriocot.org

Sponsored by: VMBAH & Active Soles

No matter the weather join us on the trails! Get active as a whole family – littles will run a short course following families & older runners will be challenged. FUN!

**Oct 6  
Sat**

**Hit the Trails – Anchorage**

Meet time: 9am – Trailside Elementary

5K, 2K - trails behind Trailside Elementary

Race time: 10am 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  
Sat**

**Dream Big 5K - Palmer**

Meet time: 1:00 pm – Downtown Pavillion

Distance: 5 K – Flat, mostly side walks and bike trail

Race time: 1:00 pm

Entry Fee: Check Website TBD

Contact: Amy Lalor (907)-376-4617  
Amy.lalor@bbbsak.org  
Dream Big 5K Fun Run 2018 – Facebook  
www.bbbsak.org

Sponsored by: Big Brothers Big Sisters of Alaska  
Fun Run/Walk for all ages. Flat Course, Family Friendly,  
Fundraiser

- Oct 9  
Tue**      **Bonny Sosa Tuesday Night Race Series - Anchorage**  
 Meet time: 5:30pm – check website  
 Distances up to 12K  
 Race time: 6:30pm  
 Entry fee: \$20 family/\$7 adult/\$2 youth or  
 \$70 family/\$35 adult/\$16 youth season pass  
 Contact:     Outdoor Recreation 907-343-6397  
                   www.muni.org/parks  
 Sponsored by: Anchorage Parks & Recreation  
 Farm, Lightning & Munchkin Leagues, Register on-line @  
 www.muni.org/Active
- Oct 10  
Wed**      **USATF All Comers Cross Country Championships – Anchorage**  
 Meet time 4:30pm -3k, 5:00pm -5K at Anchorage Christian School.  
 Contact: Jason Hofacker  
                   jhofacker@acsedu.org  
                   alaska.usatf.org  
 Sponsored by USATF AK  
 \$10.00 entry fee
- Oct 11  
Thu**      **Thursday Night Run Series – Mat-Su Valley**  
 Meet time: Thursday - TBD  
 Race time 6:00pm  
 Entry fee \$3; \$5 or Family for \$10  
 Contact:        Kristi Shea 907-315-2424  
                       Run4thevalley@gmail.com  
                       Kate Arnold 907-746-0600  
                       Vmbah.wildapriocot.org  
 Sponsored by: VMBAH & Active Soles  
 No matter the weather join us on the trails! Get active as a whole  
 family – littles will run a short course following families & older  
 runners will be challenged. FUN!
- Oct 11  
Thu**      **RCN Annual Meeting – Fairbanks**  
 Meet time: 6:30 PM – TBD  
 Annual business, elections and calendar meeting.  
 Contact:        Gary Pohl 907-388-8085  
                       president@runningclubnorth.org  
                       RCN Website  
 Sponsored by: RCN  
 Race directors should plan on attending.

**Oct 13**    **Zombie Half Marathon -- Anchorage**  
**Sat**        Meet time: 8 am – Goose Lake Park  
Race time: walkers 9:00 am, runners 10:00 am.  
13.1 miles from Goose Lake to the Kincaid Chalet. Dress up like a zombie!  
Contact:            blcronin@gci.net  
                         info@anchoragerunningclub.org  
Registration information at [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club

**Oct 13**    **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](http://www.anchoragerunningclub.org)  
Sponsored by: Anchorage Running Club

**Oct 13**    **Goldstream To Hoodoo Half Marathon – Fairbanks**  
**Sat**        Meet time: 10:00 AM – Goldstream Sports  
Distance: 13.1 Half Marathon  
13.1 Miles from Goldstream Sports to Hoodoo Brewery. Rolling to flat, bike paths, roads, point to point.  
Sponsored by Hoodoo Brewery and Goldstream Sports  
Entry Fee: Check website  
Contact:            Stacy Fisk 907-455-6520  
                         stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

**Oct 16**    **Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue**        Meet time: 5:30pm – check website  
Distances up to 12K  
Race time: 6:30pm  
Entry fee: \$20 family/\$7 adult/\$2 youth or  
\$70 family/\$35 adult/\$16 youth season pass  
Contact:    Outdoor Recreation 907-343-6397  
                         www.muni.org/parks  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues, Register on-line @  
[www.muni.org/Active](http://www.muni.org/Active)

- Oct 20**      **Annual 5K Costume Run – Nikiski**  
**Sat**            Meet time: 10am – Nikiski Community Recreation Center  
5K – groomed trails  
Race time: 11am    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. Entry fee is canned or  
non-perishable food items to support local food drive. Visit website  
for details and entry form.
- Oct 20**      **RCN Social and Awards – Fairbanks**  
**Sat**            Meet time: 6:00 PM – Fairbanks Pipeline Training Center,  
Building C, 3600 Cartwright Court  
  
Annual pot luck and awards presentation with door prizes.  
Contact:    Bobbi Jo Katchmar 907-888-2287  
              bjkrcn2017@gmail.com  
              RCN Website  
  
Sponsored by: RCN  
Potluck: Last names A-J Salads, K-R Deserts/Breads, S-Z Main  
Course
- Oct 23**      **Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue**            Meet time: 5:30pm – check website  
Distances up to 12K  
Race time: 6:30pm  
Entry fee: \$20 family/\$7 adult/\$2 youth or  
\$70 family/\$35 adult/\$16 youth season pass  
Contact:    Outdoor Recreation 907-343-6397  
              www.muni.org/parks  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues, Register on-line @  
[www.muni.org/Active](http://www.muni.org/Active)

- Oct 24**      **Full Moon Run – Fairbanks**  
**Wed**            Meet time: 5:45 PM – UAF Patty Center  
Distance: 4 Mile, Run by the light of the moon!  
Entry Fee: Check website
- Oct 27**      **37th Annual Halloween Family Run – Fairbanks**  
**Sat**            Meet time: 10:00 AM – UAF Patty Center  
Distance: 2 miles or 10K  
2 miles or 10K on the UAF / Miller Hill Bike Trail  
Costumed runners get a 2:00 head start  
Entry Fee: Free
- Oct 27**      **Skinny Raven Frightening 4K – Anchorage**  
**Sat**            Meet time: 10am – Captain Cook Hotel  
4K – out & back  
Race time: 11am  
Contact:    [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
                 [www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Skinny Raven  
Costume contest & trick-or-treat aid stations
- Oct 30**      **Bonny Sosa Tuesday Night Race Series - Anchorage**  
**Tue**            Meet time: 5:30pm – check website  
Distances up to 12K  
Race time: 6:30pm  
Entry fee: \$20 family/\$7 adult/\$2 youth or  
\$70 family/\$35 adult/\$16 youth season pass  
Contact:    Outdoor Recreation 907-343-6397  
                 [www.muni.org/parks](http://www.muni.org/parks)  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues, Register on-line @  
[www.muni.org/Active](http://www.muni.org/Active)



**Nov**      **Fahrenheit be Darned Winter Training Run – Fairbanks**  
**Wed**      Meet time: 5:45 PM – Patty Center  
Distance: Winter training group runs  
Entry Fee: Check website  
Various cold weather group runs around UAF environs, different weekly.  
Contact:            George Berry 907-687-8770  
                         membership@runnningclubnorth.org  
                         RCN Website  
Sponsored by: RCN  
Regardless of temperature! Warm up with hot drinks and snacks after the run.

**Nov**      **Hoodoo Goldstream Beer Runs – Fairbanks**  
**Thu**      Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave  
Distance: 1-3 Miles, walkers welcome  
Contact:            Stacy Fisk 907-455-6520  
                         stacy@goldstreamsports.com  
Sponsored by: Hoodoo Brewery and Goldstream Sports  
This is a year round event.

**Nov 3**      **11th Annual Cache Creek Warm-Up – Fairbanks**  
**Sat**      Meet time: 10:00 AM – Cache Creek Road, just off 8.7-mile  
Murphy Dome Road  
Distance: 6.8 mile run  
Hilly out-and-back run on Cache Creek Road.  
Entry Fee: Free  
Contact:            Jane Lanford 907-687-0769  
                         jane@usibelli.com

Sponsored by: RCN  
Free. Please carpool; parking is limited.

- Nov. 11 Sat**      **Turkey Trot – Ketchikan**  
Meet time: 8 am - Ketchikan Gateway Borough Parks and Recreation Center  
Distance: 3.7 miles  
Walkers start at **8:30**, runners **9am**.  
Entry fee: \$10.00 plus/and/or bag of none perishable food items  
Contact: Sue Doherty, dohertyktn@gmail.com  
Donations goes to Ketchikan Homeless Shelter/Day Shelter, Salvation Army Soup Kitchen and Love Inc. dessert.
- Nov 17 Sat**      **Turkey Trot – Fairbanks**  
Meet time: 10:00 AM – UAF Patty Center Bus Shelter  
Distance: 6K predicted time  
Entry Fee: \$1  
Contact:                Jim Brader 907-452-4986  
                                 jimbrader@gmail.com  
Sponsored by: RCN  
Predicted time. No watches. \$1 entry fee. Prizes.
- Nov 22 Thu**      **Full Moon Run – Fairbanks**  
Meet time: 5:45 PM – UAF Patty Center  
Distance: 4 Mile, Run by the light of the moon!  
Entry Fee: Free  
Contact:                George Berry 907-687-8769  
                                 membership@runningclubnorth.org  
                                 RCN Website  
Sponsored by: RCN Winter training
- Nov 22 Thu**      **Skinny Raven Turkey Trot – Anchorage**  
3K & 5K Kids Run – One loop course  
Race time 10 am - Skinny Raven  
Contact:      [timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
                         [www.skinnyraven.com](http://www.skinnyraven.com)  
Sponsored by: Skinny Raven  
Win your age class, win a pie. Help us support the Food Bank of Alaska.

**Dec Wed**      **Fahrenheit be Darned Winter Training Run – Fairbanks**  
Meet time: 5:45 PM – Patty Center  
Distance: Winter training group runs  
Entry Fee: Check website  
Various cold weather group runs around UAF environs, different weekly.  
Contact:            George Berry 907-687-8770  
                         membership@runningclubnorth.org  
                         RCN Website  
Sponsored by: RCN  
Regardless of temperature! Warm up with hot drinks and snacks after the run.

**Dec Thu**      **Hoodoo Goldstream Beer Runs – Fairbanks**  
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave  
Distance: 1-3 Miles, walkers welcome  
Contact:            Stacy Fisk 907-455-6520  
                         stacy@goldstreamsports.com  
Sponsored by: Hoodoo Brewery and Goldstream Sports  
This is a year round event.

**Dec 8 Sat**      **Hear of Darkness Show Shoe Race**  
**Snowshoe Series Event – Fairbanks**  
Meet time: 12:00 PM – 1058 Pika Rd, off Moose Trail.  
Distance: 3K and 6K snowshoe race  
Snow shoe race. Hilly.  
Entry Fee: Check website  
Contact:            Andy Holland 907-479-4444  
                         aholland1058@gmail.com  
Sponsored by: RCN  
Hilly. Regardless of temperature. Extra Snow shoes available. Free.

**Dec 15 30th annual George Bloom Mid Day Sun Fun Run – Fairbanks**

**Sat**

Meet time: 11:00 AM – UAF Patty Center

Distance: 6.5 mile fun run

Starts at Patty Center parking lot , running out past the Ag Far, up Miller Hill Road to Yankovich Road, to Farmers Loop Road and back to the Patty Center.

Contact: Monty Bloom 907-378-2362  
powerlift505@gmail.com

Sponsored by: RCN

Race will be held regardless of temperature

**Dec 22 Solstice Snowshoe Shuffle**

**Sat**

**Snowshoe Series Event – Fairbanks**

Meet time: 12:00 PM – Morris Thompson Cultural Center

Distance: 1 mile snowshoe race

One-mile snowshoe run by the River

Entry Fee: Check website

Contact: Erika Burr 907-978-4481

burrlike@gmail.com

<https://www.facebook.com/AlaskaSnowshoe/>

Sponsored by: RCN

See website for additional information.

**Dec 22 Full Moon Run – Fairbanks**

**Sat**

Meet time: 5:45 PM – UAF Patty Center

Distance: 4 Mile, Run by the light of the moon!

Entry Fee: Free

Contact: George Berry 907-687-8769

membership@runningclubnorth.org

RCN Website

Sponsored by: RCN Winter training

**Dec 23 Santa 2.5K Run – Anchorage**

**Sat**

Meet time: 10:00am – UAA Social Sciences Building

Distance: 2.5 K – one lap around Goose Lake

Race time: 10:15am

Entry Fee: \$25

Contact Name: Bob Maxwell 907-786-4914

AEclubUAA.com

Sponsored by: AE club

Medals & T-Shirts for finishers.

**Dec 23 Dawn to Dusk D2D Part 2 – Fairbanks**  
**Sun** Meet time: 10:58 AM – UAF Great Hall Fine Arts Complex  
Distance: Run as far as you can from dawn to dusk. Set loop and GPS options.  
Fun Run, run all daytime hours closest to 21st  
Entry Fee: Free  
Contact: George Berry 907-687-8769  
membership@runningclubnorth.org  
RCN  
Sponsored by: RCN  
No fee. Sign up 30 minutes prior to start at Great Hall. Run a set loop, or take your GPS and run your own course!

**Dec 31 Northern Lights Resolution Run – Anchorage**  
**Sun** Meet time: 5pm  
Distance: 5K roads and trails  
Race time: 6pm  
Entry fee: \$35  
Contact: Mark Iverson 274-7222  
[timing@skinnyraven.com](mailto:timing@skinnyraven.com)  
[www.skinnyraven.com/races/northern-lights-r](http://www.skinnyraven.com/races/northern-lights-r)  
Run and dance yourself into 2019!

**Dec 31 New Years Eve – Fairbanks**  
**Mon** Meet time: 11:30 PM – "The Diner" on Illinois Street  
Distance: Novelty Fun run  
Run into the New Year Day!  
Entry Fee: Free  
Contact: Paul Reynolds 907-322-1142  
nitrogenand@acsalaska.net  
RCN  
Sponsored by: RCN  
No entry fee. Regardless of temperature!

## 2019 ALASKA RUNNERS CALENDAR

- Jan 12**  
**Sat**      **Frosty Bottom Marathon - Anchorage**  
Meet time: 9:00 am – Kincaid Chalet  
Distance: 26.2 miles– Multi-use trails from Kincaid to Hilltop  
Race time: 10:15 am  
Entry fee: \$55  
Contact:    Matias Saari 907-529-4178  
              [matiasmountain@gmail.com](mailto:matiasmountain@gmail.com)  
Event held in conjunction with Frosty Bottom cycling race.  
Separate registration and additional info at [www.ultrasignup.com](http://www.ultrasignup.com).  
The only aid station will be near Campbell Airstrip. There will not  
be a 43-mile running event as in years past.
- Feb 16**  
**Sat**      **Susitna 100 – Big Lake**  
Meet time: 7:30m – Happy Trails Kennels  
100 miles – Cross-country via rivers, lakes and trails  
Race time: 9am Entry fee: Check website  
Contact:    Kim & Erin Kittredge 907-746-5959  
              [info@susitna100.com](mailto:info@susitna100.com)  
              Pam Richter 907-346-1220  
              [www.susitna100.com](http://www.susitna100.com)  
5 checkpoints with warm water. 15# of survival gear & food  
required to be carried over entire course. T-shirt, finisher award and  
post-race party.
- Feb 16**  
**Sat**      **Little Su 50K – Big Lake**  
Meet time: 10am – 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](mailto:info@susitna100.com)  
              Pam Richter 907-346-1220  
              [www.susitna100.com](http://www.susitna100.com)  
1 checkpoint with warm water, check website for required gear. T-  
shirt, finisher award & post-race party.

