Alaska Runner’s Calendar

2018
FAIRBANKS, ALASKA

Come Run Under the MIDNIGHT SUN!

June 23, 2018
Saturday, 10:00pm

Midnight Sun Run
Fairbanks, Alaska
10K

Race produced by:
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
907.456.8901

RRCA CHAMPIONSHIP RACE
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
Webpage: 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@runnningclubnnorth.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@runnningclubnnorth.org
         RCN Website
Sponsored by: RCN Winter training
Jan 6  Moose Mountain Snowshoe Challenge  
Sat  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  
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  Borealis Color Run – Fairbanks  
Fri  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  
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  Frosty Bottom Marathon - Anchorage  
Sat  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  
Event held in conjunction with Frosty Bottom cycling race. Separate registration and additional info at 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  Chilly Buns Mid-Winter Run – Fairbanks  
Sat  Meet time: 11:00 AM – UAF Campus - UAF Bus Center across from Patty Center  
Distance: 6.5 Miles, Fun run  
Enter Fee: Free  
Contact:  George Berry 687-8769  
        membership@runningclubnnorth.org  
        RCN Website  
Sponsored by: RCN  

Jan 28  Wolf Run- Half Marathon & 5K – Anchorage  
Sat  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.  
Enter Fee: $45  
Contact:  Bob Maxwell  907-786-4914  
        http:www.AEclubUAA.com  
Sponsored by: AE Club  
T-shirts for all finishers.  

Jan 31  Full Moon Run – Fairbanks  
Wed  Meet Time: 5:45 PM – UAF Patty Center  
Distance: 4 miles – Run by the light of the moon!  
Enter Fee: Check Website  
Contact:  George Berry 907-687-8769  
        Membership@runningclubnorth.org  
        RCN Website  
Sponsored by: RCN  

Feb  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@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@runnningclubnnorth.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

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  Fairbanks Snowshoe Classic
Sat  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  RCN Members Winter Social – Fairbanks
Sat  Meet time: 6:00 PM – Goldstream Sports
Special presentations (TBA) and snacks.
Contact:  George Berry 687-8769
membership@runningclubnnorth.org
RCN Website
Sponsored by: RCN

Feb 10 Valentine’s Day Chocolate Run – Anchorage
Sat  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
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 Valentine’s Day 5K – Homer
Sunday  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
Sponsored by: Kachemak Bay Running Club
Feb 17  **Susitna 100 – Big Lake**  
**Sat**  
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  **Little Su 50K – Big Lake**  
**Sat**  
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  **Frostbite Footrace Reg/Bib Pick Up – Anchorage**  
**Thu**  
Meet time: 3:30 - 7:30 pm – Glacier Brew House  
Enter 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  |  **Frostbite Footrace & Costume Fun Run – Anchorage**  
Sat  
| Race time: 9:30am – Glacier Brewhouse  
| Entry fee: $22/$10 youth/$125 teams thru Feb1  
| $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  
| 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

Feb 24  |  **Fur Rondy Outhouse Race – Anchorage**  
Sat  
| Meet time: 3:00pm – Downtown, 4th 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  
| 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  |  **Rondy DASH – Anchorage**  
Sun  
| Meet time: 8:00am – Downtown, AK Alchemist 4th Avenue & A Street  
| Start time: 10:00 am – 90 minute downtown Anchorage Scavenger Hunt  
| Teams of 2-4 persons, register at 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
**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  
member@runningclubnortheast.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.
<table>
<thead>
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<th>Date</th>
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| Mar 1 | **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@runningclubnnorth.org  
RCN Website  
Sponsored by: RCN Winter training |
| Mar 3 | **11th Annual Running of the Reindeer – Anchorage**  
Race time: 4pm – 4th 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  
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 | **2nd Annual Running with the Critters – Anchorage**  
Race time: 3pm – 4th 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  
Come out for some whacky, Alaskan-style family fun! Proceeds benefit Ronald McDonald House. |
Mar 6  MatSu Running Club Information Meeting - Palmer
Tues
Meet time: 6:00 pm – MTA Building
Contact: Rhonda Knopp 907-355-6258
couchknopp@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  St. Patrick's Run – Fairbanks
Sat
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  Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage
Sat
Meet time: 8:30am – Bear Tooth Theatre pub
5K - loop course, some hills
Race time: 9:30am
Contact: timing@skinnyraven.com
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!
<table>
<thead>
<tr>
<th>Date</th>
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<th>Location</th>
<th>Time and Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 18</td>
<td><strong>Green Day Gallop – Palmer, Alaska</strong></td>
<td>Meet time: 12:30 pm – Palmer Depot&lt;br&gt;Distance: Half marathon, kids 1 mile race, 5k and 10k races&lt;br&gt;Race time: 2:30 pm&lt;br&gt;Entry Fee: $25 online before 3/17; $35 day of registration&lt;br&gt;Contact: Kate Arnold 907-746-0600&lt;br&gt;Active Soles Performance Footwear 907-746-0600&lt;br&gt;Runsingup.com/greendaygallop&lt;br&gt;Sponsored by: Active Soles, Mat-Su Miners and We Run AK</td>
<td><strong>Road Half Marathon</strong> starts at 2:30 pm&lt;br&gt;<strong>Kids Free 1 miler</strong> at 2:35 pm&lt;br&gt;<strong>10k &amp; 5k</strong> start at 3:00 pm</td>
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<tr>
<td>Mar 24</td>
<td><strong>Crazy Lazy – Palmer</strong></td>
<td>Meet time: 9:30am – Lazy Mountain Trailhead&lt;br&gt;6.0 mi – mountain race, loop course&lt;br&gt;Race time: 11am  Entry fee: $30&lt;br&gt;Contact: Dane Crowley 907-354-8461&lt;br&gt;<a href="mailto:moosejv@hotmail.com">moosejv@hotmail.com</a>&lt;br&gt;John Clark 907-982-9001</td>
<td>Sponsored by: Lazy Mountain Foothills Running Club&lt;br&gt;Up and down, 3000’ gain/loss. Winter event, ice and snow, cleats or spikes highly recommended. Register online @ <a href="http://www.webscorer.com">www.webscorer.com</a>, $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.</td>
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<tr>
<td>Mar 25</td>
<td><strong>White Mountains 100 – Fairbanks</strong></td>
<td>Meet time: 8:00 AM – White Mountains National Recreation Area, Wickersham Dome Trailhead, Milepost 28 Elliott Highway&lt;br&gt;Distance: 100 Miles, Ultra (Bike, Run, or Ski)&lt;br&gt;Entry Fee: Check website&lt;br&gt;Contact: Joel Homan 907-388-9560&lt;br&gt;<a href="mailto:wm100@endurancenorth.org">wm100@endurancenorth.org</a>&lt;br&gt;<a href="http://wm100.endurancenorth.org/">http://wm100.endurancenorth.org/</a></td>
<td>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.</td>
</tr>
</tbody>
</table>
Mar 27  MatSu Running Club Beginner’s Running Clinic – Classroom
  Tues  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  MatSu Running Club Beginner’s Running Clinic - Palmer
  Thu  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  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.

Apr-Aug  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 workout details. You can
  attend twice for free before paying membership fee. All levels are
  welcome!
Apr – **Peak Performers Track Club – Anchorage**  
Aug  
6 pm – APU Moseley Sports Center thru mid April  
Tue  
Central Jr High Track late April thru Aug –  
APU – paved roads, Central – track  
Membership fee: $65, $110 family (2)/$160 3 or more  
Contact:  
Jason Hofacker 854-4863  
Kim Baldwin 274-1061  
and in spirit, Chester Franz  
Sponsored by: Peak Performers Track Club  
Training & conditioning program led by coaches

Apr-  
**MatSu Running Club - Women's Group– Palmer**  
Aug  
Meet time: 6pm – Colony High School Track  
Tue, Thu  
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-  
**Mat-Su Running Club-Co-Ed Group – Palmer**  
Aug  
Meet time: 6pm – Colony High School Track  
Wed, Thu  
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  
**Who Let the Girls Out 5k – Downtown Palmer**  
TBD  
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
**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.  

**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  

**Super Hero Showdown – Anchorage**  
Meet time: 9am – Chuck Albrecth Softball Complex  
Distance: 5K  
Race time: 10am  Entry fee: $35-45  
Contact: Mark Iverson 274-7222  
timing@skinnyraven.com  
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**  
**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**  
**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 907-474-6802  
crawford2@alaska.edu  
www.alaskananooks.com  
Sponsored by: UAF Cross Country Team

**Apr 21**  
**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@aptaalaska.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  Alaska Heart Run – Anchorage
Sat  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. Late fees apply after March 25th. Please see website for details. Bib Pickup at King Career Center on April 18th and 20th. Please see website for details. All proceeds benefit the American Heart Association.

Apr 24  Spring Out of the Den Duathlon 1 – Anchorage
Tues  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  80’s Fun Run/Walk/Dance 5K
Sat  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  GI Tract 5k Fun Run/Walk – Fairbanks
Sun  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  Mark Brody Kidney Walk - Anchorage
Sun  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  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.
May

**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  
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

**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!

May – Aug

**Peak Performers Track Club – Anchorage**

6 pm – APU Moseley Sports Center thru mid April  
Central Jr High Track late April thru Aug –  
APU – paved roads, Central – track  
Membership fee: $65, $110 family (2)/$160 3 or more  
Contact: Jason Hofacker 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 5th
37th Annual Chena River Run 5K
June 7th
Jim Loftus Mile
June 23rd
37th Annual Midnight Sun Run 10K
July 7th
Run of the Valkyries 8K
July 22nd
53rd Annual Gold Discovery Run 16.3 Mile
August 4th
25th Annual Santa Claus Half-Marathon
August 18th
11th Annual Golden Heart Trail Run
September 15th
56th Annual Equinox Marathon

Visit the RCN website at www.runningclubnorth.org

Earn your patch on the most challenging race in Alaska!

56th Annual Equinox Marathon & 26th 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 13th
Bib pick-up from 5-8 p.m. Last chance for early registration fee.

Friday, September 14th
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 15th
RACE DAY! 8 a.m. at the UAF Patty Center.

For race info, contact Race Director Stacy Fisk:
907.455.6520
stacy@goldstreamsports.com
or visit the Equinox Website:
www.equinoxmarathon.org
Registration online!
May  MatSu Running Club - Women's Group– Palmer
Tue, Meet time: 6pm – Colony High School Track
Thu Contact: Rhonda Knopp 907-355-6258
couchknoopp@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  Mat-Su Running Club-Co-Ed Group – Palmer
Wed, Meet time: 6pm – Colony High School Track
Thu Contact: Rhonda Knopp 907-355-6258
couchknoopp@yahoo.com
Norm Rousey
couchrousey@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 Turnagain Arm Trail Run - Anchorage
Thu 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 Berecz 907-786-4806
aberecz@alaska.edu
Marine Dusser 907-786-6104
https:www.facebook.com/uaasking/
Hosted by the UAA Ski Team.
May 5  Walk & Roll for Hope - Anchorage  
Sat  
Meet time: 8:30 am – Park Strip 10th & 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  
www.hopealaska.org  
Registration opens March 1.

May 6  The Breakup Tri – Fairbanks  
Sun  
Meet time: 12:00 PM – UAF Patty Center  
Distance: sprint distance  
Enter Fee: $40 + USAT Fee  
500 Yrd swim, 13.1 Mile swim, and 5K Run  
Contact: Amber Barlow 970-203-5535  
abarlow5@alaska.edu  
https://arctic-triathlon-series.weebly.com/  
Sponsored by: Arctic Triathlon Series  
Registration opens Feb. 1, 99 racer limit

May 6  Anchorage Salmon Run - Anchorage  
Sat  
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  
Enter fee: $35 before May 2nd; price increases after May 2nd  
Contact: April Halpern 907-250-9297  
info@anchoragesalmonrun.com  
www.anchoragesalmonrun.com  
Sponsored by Inlet View PTA
May 5  **Polar Bear Pink Cheeks Triathlon – Seward**  
Sat  
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  **36th Annual Chena River Run #1 Usibelli Cup– Fairbanks**  
Sat  
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  **Spring Out of the Den Duathlon 2 – Anchorage**  
Tues  
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

Water Walk & Run – Fairbanks

Wed

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

Murphy Dome Roam – Fairbanks

Sat

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

Fairbanks Heart Walk – Fairbanks

Sat

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.

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  Meet time: 10:30am for kids 1 Mile, 11:00am for Adult 5k – Palmer
Library  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  **Faster Than A Falcon 5K – Anchorage**  
Sat  
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  **Walk MS – Anchorage**  
Sat  
Meet time: 9:00 AM – The Lakefront, Anchorage – Millennium Hotel  
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  Trailside Kids Triathlon – Anchorage
Sat  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.

May 12  Totem to Totem Half Marathon
Sat  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  Migration Run – Homer
Sun  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.

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

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

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

BENEFITS FOR MEMBERS

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

Sleeping Lady Challenge is back for 2018.

CLICK HERE & JOIN
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

May 19  The Annihilator
Sat  Trail Series #1 – Fairbanks
Meet time: 11:00 AM – Nenana, AK
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!

www.anchoragerunningclub.org
May 19  Law Enforcement Torch Run Special Olympics
Sat  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  O’Malley Fun Run – Anchorage
Sat  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  Alaska Law Enforcement Torch Run – Statewide
Sat  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
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

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
Race time: 10am in conjunction with the Torch Run
Contact: Austin Ledford 224-4054
aledford@cityofseward.net or
Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com

Sponsored by: Kenai Fjords Tours, Resurrection Roadhouse and Seward Parks & Rec.
Registration closes at 9:00 am on race day.

May 20

Presbyterian Hospitality House 5K Fun Run – Fairbanks

Sun

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

Gold Nugget Triathlon – Anchorage

Sun

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

Sponsored by: Gold Nugget Triathlon Board of Directors
The longest running all-female triathlon, is now in its 35th 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  **Spring Out of the Den Duathlon 3 – Anchorage**
**Tues**
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  **Kal’s Knoya Ridge Hill Climb - Anchorage**
**Thu**
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/](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  **Trent/Waldron Half Marathon and 10K– Anchorage**
**Sat**
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
May 26  **POW Island Marathon - Craig**  Sat
Meet time: 8am – Craig HS
Race time: 8am Entry Fee: $50 before April 15; $65 after April 15
Contact: Jean Jackson 401-0805
jc4jackson@gmail.com
Anne Williams 907-965-4966
info@powmarathon.org
powmarathon.org
Sponsored by: Prince of Wales Runners and Walkers Club
Other options include half marathon and relay teams. Course runs
along coast and then veers into more hilly terrain. Fifteen aid
stations and multiple vans with EMTs on the course.
Salmon/hamburger feed at finish line. Medals and long sleeve, high
tech race shirts. Winners’ plaques 1st-3rd place. Certified, Boston
qualifier.
May 26  **Two Way Torture Test – Fairbanks**  
**Sat**  
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  **Mouth to Mouth Wild Run & Ride – Kenai/Kasilof**  
**Mon**  
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  **All-Comers Track Meets – Fairbanks**  
**Wed**  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  **Alaska Run for Women Registration – Wasilla**  
**Wed**  Meet time: 4-6:30 pm, Location – The Alaska Club Valley  
Contact: Babette McIroy 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 an  
d bib pick-up dates and locations listed in this calendar on 6/2, 6/5, and 6/7.

Jun  **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.comhttps://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  **Exceed Women’s Running Team – Anchorage**  
**every Tue**  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 – Peak Performers Track Club – Anchorage
Aug
Tue
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 9th

Race Registration
ONLINE Opens Saturday, April 15
www.akrfw.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

All abilities encouraged and welcomed!

Info Contact: run@akrfw.org  To volunteer contact: volunteer@akrfw.org
Decorate your own Port-a-Potty contact: potties@akrfw.org
**Run Into Summer 5k Series – Kenai**

**Tues**
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.kenaichamer.org
June 5, June 12, June 19, June 26.

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

**Tue,**
Meet time: 6pm – Colony High School Track

**Thu**
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.

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

**Wed,**
Meet time: 6pm – Colony High School Track

**Thu**
Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
Norm Rousey
couchrousey@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.

**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.
Jun 1  Twilight 12K - Anchorage
Fri    Meet time: 6pm – Skinny Raven Sports
       12K - loop course, some hills
       Race time: 7pm
Contact:  timing@skinnyraven.com
          www.skinnyraven.com
Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.
Pizza, beer, refreshments, live DJ & sweet prizes after race.

Jun 1  Skinny Mini 6K - Anchorage
Fri    Meet time: 6pm – Skinny Raven Sports
       6K - loop course, some hills
       Race time 7 pm
Contact:  timing@skinnyraven.com
          www.skinnyraven.com
Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.
Pizza, beer, refreshments, live DJ & sweet prizes after race

Jun 2  44th Annual Arctic Valley Run – Ft. Richardson
Sat    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
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  Rotary Interact Color Run & Walk, Suicide Prevention &
Sat   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
dianebllossom@yahoo.com
Jun 2  Alaska Endurance Trail Run – Fairbanks
Sat  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  Alaska Run for Women Registration – Anchorage
Sat  Meet time: 10am-1pm – University Center Mall
Contact:  Babette McIlroy
rn@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  Run Lu Lu Run – Fairbanks
Sun  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

Anchorage Mayor’s
MARATHON & HALF-MARATHON

June 23, 2018

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.anchorage marathon.com
email: track@alaska.edu
Jun 3  Eagle River Triathlon – Chugiak  
Sun  Meet time: 8am – Chugiak High School  
Distance: Sprint Tir - 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  Eagle River Triathlon Kid’s – Chugiak  
Sun  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  Masochism on Moose Mountain  
Tue  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
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>Jun 5</td>
<td>Alaska Run for Women Registration – Anchorage</td>
<td>University Center Mall</td>
<td>Meet time: 4-7pm, Contact: Babette McIlroy <a href="mailto:run@akrfw.org">run@akrfw.org</a>, Nicole Thibodeau, <a href="http://www.akrfw.org">www.akrfw.org</a>, Sponsored by: Alaska Run for Women, Registration for the 26th annual Alaska Run for Women on 6/9/18, benefiting 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.</td>
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<td>Jun 5-7</td>
<td>MatSu Running Club Junior Group - Palmer</td>
<td>Colony High School Track</td>
<td>Meet time: 4:30 pm – Colony High School Track, Contact: Rhonda Knopp 907-355-6258 <a href="mailto:coachknopp@yahoo.com">coachknopp@yahoo.com</a> <a href="http://www.vwrt.org">www.vwrt.org</a>, Sponsored by: MatSu Running Club, Ages 10-15. Coached training sessions on track and trail. Contact Coach Knopp for more information</td>
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<tr>
<td>Jun 7</td>
<td>Jim Loftus Mile</td>
<td>WVHS Track</td>
<td>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 <a href="mailto:eventplanning2004@hotmail.com">eventplanning2004@hotmail.com</a> <a href="http://www.runningclubnorth.org">www.runningclubnorth.org</a>, Sponsored by: Running Club North, Registration is free for RCN members and all kids 17 and under, only if you register in advance</td>
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<td>Alaska Run for Women Registration – Anchorage</td>
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<td>University Center Mall</td>
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<td>Jun 8</td>
<td>Kids XC Runs – Fairbanks</td>
<td>6:00 PM</td>
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<td>West Valley H.S. soccer fields</td>
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<td>Jun 9</td>
<td>2018 Mosquito Meander – Fairbanks</td>
<td>10:00 AM</td>
<td>5K</td>
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<td>Pioneer Park</td>
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Jun 9  **10K & 5K Cooper Landing Trail Run – Cooper Landing**  
Sat  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  **Seward Real Estate Bear Bell Run for Kids – Seward**  
Fri  Meet time: 10:30am – Branson Pavilion  
1 mile – along the waterfront bike path  
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  **Happy Soles Triathlon – Palmer, AK**  
Sat  Meet time: 7 am – Palmer High School  
Distance: 550 meter swim, 10 mile bike, 4 mile run – Moderately flat  
Race time 9 am  
Enter 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 1st – May 31st. For course description, registration information, updates, and more please see our website.
Jun 9 **Happy Soles Triathlon –Kids – Palmer, AK**

*Sat*

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 1st – May 31st. For course description, registration information, updates, and more please see our website. Ages 6-12. Limited to 120 entrants.

Jun 9 **Cooper Landing Trail Run– Cooper Landing**

*Sat*

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 **Alaska Run for Women – Anchorage**

*Sat*

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 McIlroy
  run@akrfw.org
  Nicole Thibodeau
  www.akrfw.org

Sponsored by: Alaska Run for Women
Grab your friends & family for this inspiring all women's event benefitting the fight against breast cancer. 100% of the entry fee goes towards mammograms, breast research & education. Walkers welcome! One of the largest all women's runs in the US.
Jun 9  Run for the River – Soldotna
Sat  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  Bill Mitchell Fun Run – Palmer
Sun  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
www.palmerchamber.org
Sponsored by: MTA

Jun 10  Wickersham Dome Trail Run
Sun  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  **Rainbow Run – Anchorage**

**Tue**
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  **All-Comers Track Meets – Fairbanks**

**Wed**
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.
Enter 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  **USATF All Comers Track & Field Meet – Anchorage**

**Thu**
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**  
**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**  
**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**  
**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.
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<th>Date</th>
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<th>Distance</th>
<th>Race Time</th>
<th>Entry Fee</th>
<th>Fee Details</th>
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<tbody>
<tr>
<td>Jun 17</td>
<td>Robert Spurr Memorial Hill Climb (Bird Ridge)</td>
<td>Indian</td>
<td>9:30 am – Bird Ridge Trailhead</td>
<td>3 miles</td>
<td>10:00 am</td>
<td>$35</td>
<td>No bib pickup after 9:30 a.m. on race day. No race-day registration. 250 person limit. Lottery registration begins May 1 at <a href="http://www.alaskamountainrunners.org">www.alaskamountainrunners.org</a>. Use new large parking lot (called &quot;Bird Creek Access&quot;).</td>
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<td>Jun 21</td>
<td>The Aurora Walk – Fairbanks</td>
<td>Fairbanks</td>
<td>5:00 PM – Near the FYSA Soccer Field Complex and Surrounding Areas on Davis Road.</td>
<td>1.5 – 2 Miles</td>
<td>No times</td>
<td>Check website</td>
<td>Contact: Celeste Cook 907-987-5268 <a href="mailto:ccook@petrostar.com">ccook@petrostar.com</a> <a href="http://www.fysasoccer.org">www.fysasoccer.org</a></td>
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<tr>
<td>Jun 21</td>
<td>Dusk to Dawn D2D Part 1 – Fairbanks</td>
<td>Fairbanks</td>
<td>12:47 AM – UAF- Ski Hut</td>
<td>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</td>
<td>Free</td>
<td></td>
<td>Contact: George Berry 907-687-8769 George <a href="mailto:Berry@att.net">Berry@att.net</a></td>
</tr>
</tbody>
</table>
Jun 22 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

Jun 22 Midnight Sun Lazyman Triathlon – Wasilla/ Virtual Race
Aug 4 Location: Where you are
Sat 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 4th. Enter by 6/25 to ensure your swag.

Jun 23 Fairbanks Daily News Miner Midnight Sun Run
Sat 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
Sponsored by: Fairbanks Daily News Miner and Fairbanks Resource Agency
Registration is available on-line at 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.kesugiridegetraceverse.com
Sponsored by: Active Soles, United Physical Therapy, Denali State Park, 49th State Brewing Co.
Registration opens April 1 at www.ultrasignup.com. Limited to 50 entrants. See website for information about mandatory gear, qualifier races, time cut-offs and camping.

Jun 23  **15th 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 22nd.
Night of registration: $25.00 per person.
Contact: Stuart Whyte-907-225-9655
stuart@krbd.org
Register online @ 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  Kesugi Ridge Half 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 just beyond Ermine Trail junction  
Race time: 9:00 am  
Enter 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. 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  Alaska Splash n’ Dash #1 – Anchorage  
Tues  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  
Enter 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  USATF All Comers Track & Field Meet – Anchorage  
Thur  Meet time 6:00 pm at The West high Track Complex. A variety of Track and field events will be offered.  
Enter fee: $5  
Contact:  Jason Hofacker 907-854-4863  
    jhofacker@acsedu.org  
    alaska.usatf.org  
Sponsored by USATF AK
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Location</th>
<th>Details</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| Jun 30 | Sgt. Brandt Memorial Run From the Cops – Fairbanks | Fairbanks AK              | 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.  
Enter 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 | North Pole Triathlon – Fairbanks        | Fairbanks                 | Meet time: 9:00 AM – Chena Lakes Recreation Center  
Distance: Olympic distance triathlon  
1500M Swim, 40K Bike, and 10K Run.  
Enter 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 | Kilted Mile - Palmer                    | Palmer                    | Distance: 1 mile- Run a mile, flat road, out & back  
Race time: 12:30 pm  
Enter fee: Free  
Contact: Jeni McDaniel (602)-359-4893  
ashgathletics@gmail.com  
website: 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  Spit Run 10K and Half Marathon – Homer
Sat  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
Sponsored by: Kachemak Bay Running Club
USATF certified 10 K. Proceeds benefit local youth running sports.
Register online at kachemakbayrunningclub.org. Discounts available for KBRC members.

Jun 30  Little a Triathlon – Palmer
Sat  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 sim 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  Cosmic Hamlet Half – Homer
Sat  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
Sponsored by: Kachemak Bay Running Club
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.

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.

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!

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 for 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
Or 907-373-3456

benefits
HeartReach Center
HOPE • LIFE • VALUE

PRIZE DRAWINGS!
See Details online.
Jul  MatSu Running Club - Women's Group– Palmer
  Tue, Meet time: 6pm – Colony High School Track
  Thu 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  Mat-Su Running Club-Co-Ed Group – Palmer
  Wed, Meet time: 6pm – Colony High School Track
  Thu 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  33rd Annual Independence Day Run – Fairbanks
  Wed 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
  $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
**Jun 6**  
**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

**Jul 4**  
**Salmon Shuffle – Seldovia**  
Wed  
Race Time: 9:00 am – Start/Finish: Harbor  
Enter Fee: $20, includes tee shirt  
5 km – Loop through town. Generally level.  
Contact: Tobben Spurkland 907-399-0300  
klippfisk@msn.com  
Register: 7/2 & 7/3: 5-7 pm at Gateway Pavilion. Day of race: 7:00 am.

**Jul 5**  
**Alaska Men’s Run Registration & Bib PU– Anchorage**  
Thu  
4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 7)  
5 mile run/2 mile walk – Chester Creek paved trails  
Enter 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 thru July 6th. Race day registration: 8:30–9:30 am, includes t-shirt & prizes, visit the website for additional info
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| Jul 7 | Run of the Valkyries        | 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 | Alaska Men’s Run – Anchorage| 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 thru July 6 |
| July 7| 5K for Life – Palmer/ Wasilla| 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  
**Hatcher Pass Marathon - Willow**
Sat  
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  
Enter 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  
**Ester Dome Ass Kicker: Trail Series #4 – Fairbanks**
Sun  
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  
Enter Fee: Check website  
Contact:  
Oralee Nudson 907-252-0530  
onudson@alaska.edu  
Sponsored by: RCN & Goldstream Sports  
Sign up on race day at the start.

Jul 8  
**Pioneer Ridge Vertical Mile - Palmer**
Sun  
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  
Enter 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)
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| Jul 8  | **Boondocks Breakaway 2.5 & 5k Trail Run– Anchorage**                                               | 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, www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club  
Race day registration only |
| Jul 10 | **Alaska Splash n’ Dash #2 – Anchorage**                                                           | 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 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 | **Salmon Run Series #1 – Soldotna**                                                                 | Soldotna          | Meet time: 5pm – Tsalteshi Trails  
Date 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, KWF Office 260-5449, Rhonda McCormick 260-5449 x1203, 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  Master’s 5K & 10K – Anchorage
Wed  Meet time: 5:30 pm – Chuck Albrecht Fields
      Distance: 5K or 10K limited to runners 40 years and older
      Race time: 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  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 12  Steve's Equinox Training #1 – Fairbanks
Thu  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@runnningclubnnorth.org
              RCN
      Sponsored by: RCN

Jul 14  Angel Creek 50 Miler – Fairbanks
Sat  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  Alaska Salmon Runs Sockeye Half-Marathon– Cordova
Sat  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@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  Alaska Salmon Runs Coho 10K– Cordova
Sat  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@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  Alaska Salmon Runs Humpy 5K – Cordova
Sat  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@copperriver.org
         www.copperriverwild.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!
AK Salmon Runs King Salmon Marathon– Cordova

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!

Subway Tri-Harder-Thon – Seward

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
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.

Karen Eakes Memorial Fun Run 3K/5K - Ketchikan

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**  
**Bear Paw 5K Run – Eagle River**  
Sat  
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 or www.skinnyraven.com.  
Fun for all ages. A Healthy Futures event.

**Jul 15**  
**Run for the Refuge – Fairbanks**  
Sun  
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 event  
Entry Fee: Check website  
Contact: Anna Sorensen (907) 452-5021  
officemanager@northern.org  
www.northern.org  
Sponsored by: Northern Alaska Environmental Center (and other local businesses)

**Jul 15**  
**Skinny Raven Women’s Only ½ and ¼ Marathon – Anchorage**  
Sun  
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  
www.skinnyraven.com  
Sponsored by: Her Tern Boutique, Brooks  
Women’s only ½ marathon, perfect training opportunity for the Big Wild Life Full Marathon.
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<td>Jul 18</td>
<td>Salmon Run Series #2 – Soldotna</td>
<td>Meet time: 5pm – Tsalteshi Trails</td>
<td>Meet time: 5pm – Tsalteshi Trails 5K – multiple loop, hilly, groomed trail course 6pm Change Race time: 6pm Entry fee: $10 on-line/$15 in person/$45 series Contact: Tami Murray 907-260-5449 x1201  Rhonda McCormick 907-260-5449 x1203  <a href="http://www.kenaiwatershed.org">www.kenaiwatershed.org</a>  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.</td>
</tr>
<tr>
<td>Jul 18</td>
<td>Run for Gold Bib Pick Up – Fairbanks</td>
<td>Meet time: 5:00:00 PM to 8:00 PM – Literacy Council of Alaska, 517 Gaffney Rd</td>
<td>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 <a href="mailto:jimbrader@gmail.com">jimbrader@gmail.com</a> literacycouncilofalaska.org  Sponsored by: Running Club North  Leads the Golden Days Parade. Your chance to lead the parade and win real gold!</td>
</tr>
<tr>
<td>Jul 19</td>
<td>Steve's Equinox Training #2 – Fairbanks</td>
<td>Meet time: 6:00 PM – Ann's Greenhouse pullout</td>
<td>Meet time: 6:00 PM – Ann's Greenhouse pullout 8+ Miles Get ready for the Equinox on the installment plan. Entry Fee: Free Contact: George Berry 687-8769 <a href="mailto:membership@runningclubnnorth.org">membership@runningclubnnorth.org</a>  RCN  Sponsored by: RCN</td>
</tr>
</tbody>
</table>
**Jul 20**  
**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

**Jul 21**  
**Run For Gold – Fairbanks**
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**  
**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  Alaska Splash n’ Dash #3 – Anchorage
Tues  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  Salmon Run Series #3 – Soldotna
Wed  Meet time: 5pm – Tsalteshi Trails
Date  5K – multiple loop, hilly, groomed trail course
Change  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  Cruiseship Fun Run  5K & 10K- Ketchikan
Wed  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  Steve's Equinox Training #3 – Fairbanks
Thu  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@runningclubnnorth.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 Championships – Anchorage**
**Thus**
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://matstrails.org
Sponsored by: Mat-Su Trails and Parks Foundation
Walkers welcome. Stick around and enjoy food and festivities afterwards.
July 28 Crow Pass Crossing - Girdwood
Sat
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,
only for veterans) will follow at 7:15 p.m.

July 28 Wildlife Rescue Run/Walk – Seward
Sat
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 Calamity Kayak/Run/Bike in Partnership with KGB Parks &
Mon 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
dianeblossom@yahoo.com

Aug 1 Salmon Run Series #4 – Soldotna
Wed Meet time: 5pm – Tsalteshi Trails
Date 5K – multiple loop, hilly, groomed trail course
Change 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.

Aug every Exceed Women’s Running Team – Anchorage
Tue 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!
<table>
<thead>
<tr>
<th>Aug Tue</th>
<th>MatSu Running Club - Women's Group – Palmer</th>
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<tbody>
<tr>
<td></td>
<td>Meet time: 6pm – Colony High School Track</td>
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<tr>
<td>Thu</td>
<td>Contact: Rhonda Knopp 907-355-6258</td>
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<tr>
<td></td>
<td><a href="mailto:coachknopp@yahoo.com">coachknopp@yahoo.com</a></td>
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<tr>
<td></td>
<td>website: vwrt.org</td>
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<td></td>
<td>Sponsored by: MatSu Running Club</td>
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<td></td>
<td>Tuesday, Thursday. Ages 16+ runners of all ability levels welcome.</td>
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<td>Coach training held each week of April- mid-August trail runs through September.</td>
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<tr>
<th>Aug Tue</th>
<th>RCN Track Interval training – Fairbanks</th>
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<tbody>
<tr>
<td></td>
<td>Meet time: 5:30 PM – West Valley H.S. track</td>
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<tr>
<td></td>
<td>Distance: Interval training</td>
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<td>Entry Fee: Check website</td>
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<td></td>
<td>Contact: Bruce Miller 907-479-5585</td>
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<td></td>
<td><a href="mailto:millerb@doyon.com">millerb@doyon.com</a></td>
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<td><a href="https://www.runningclubnorth.org">https://www.runningclubnorth.org</a></td>
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<td>Sponsored by: Running Club North</td>
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<td></td>
<td>Women's group meets at 5:30 p.m. Men's group meets at 6:00 p.m.</td>
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<td></td>
<td>Come early to warm up and be ready to run.</td>
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<tr>
<th>Aug Tue</th>
<th>Peak Performers Track Club – Anchorage</th>
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<tr>
<td></td>
<td>6 pm – APU Moseley Sports Center thru mid April</td>
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<td>Central Jr High Track late April thru Aug –</td>
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<td></td>
<td>APU – paved roads, Central – track</td>
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<td></td>
<td>Membership fee: $65, $110 family (2)/$160 3 or more</td>
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<td></td>
<td>Contact: Jason Hofacker 854-4863</td>
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<td></td>
<td>Kim Baldwin 274-1061</td>
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<tr>
<td></td>
<td>and in spirit, Chester Franz</td>
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<td></td>
<td>Sponsored by: Peak Performers Track Club</td>
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<td>Training &amp; conditioning program led by coaches</td>
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<tr>
<th>Aug Thu</th>
<th>Hoodoo Goldstream Beer Runs – Fairbanks</th>
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<tr>
<td></td>
<td>Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave</td>
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<tr>
<td></td>
<td>Distance: 1-3 Miles, walkers welcome</td>
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<td></td>
<td>Contact:</td>
</tr>
<tr>
<td></td>
<td>Sponsored by: Hoodoo Brewery and Goldstream Sports</td>
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<td></td>
<td>This is a year round event.</td>
</tr>
</tbody>
</table>
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: vwrts.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@runnningclubnnorth.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
             www.skinnyraven.com
     You can run both the 5K and 10K and earn yourself a special
     finisher award!
Aug 4 25th Annual Santa Claus Half Marathon  
Sat 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  
Sponsored by: RCN

Aug 4 Matanuska Peak Challenge - Palmer  
Sat 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  
Sponsored by: Knik Glacier Adventures  
No aid stations available. Mandatory gear (windbreaker/long underwear tops/bottoms, hat, gloves, H2O bottle) required.

Aug 8 Salmon Run Series #5 – Soldotna  
Wed Meet time: 5pm – Tsalteshi Trails  
5K – multiple loop, hilly, groomed trail course  
Date Race time: 6pm  
Change 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.
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<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Location</th>
<th>Meet Time</th>
<th>Distance</th>
<th>Description</th>
<th>Entry Fee</th>
<th>Contact Information</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 9</td>
<td>Steve's Equinox Training #5 – Fairbanks</td>
<td>Fairbanks</td>
<td>6:00 PM – Top of Ester Dome</td>
<td>5 Miles</td>
<td>Get ready for the Equinox on the installment plan.</td>
<td>Free</td>
<td>George Berry 907-687-8769 <a href="mailto:membership@runningclubnnorth.org">membership@runningclubnnorth.org</a> RCN</td>
<td>Sponsored by: RCN</td>
</tr>
<tr>
<td>Aug 11</td>
<td>Lace Up for Leukemia 5K – Fairbanks</td>
<td>Fairbanks</td>
<td>10:00 AM – Pioneer Park Wilderness Pavilion</td>
<td>5K</td>
<td>This is a fast, flat, family friendly 5K run/walk. All race registration fees go directly to the Leukemia &amp; Lymphoma Society. There will be door prizes at the end of the race.</td>
<td>Check website</td>
<td>Wendy Demers 907-388-6847 <a href="mailto:pioneerwendy@yahoo.com">pioneerwendy@yahoo.com</a> Faihttps://runsignup.com/laceupforleukemia</td>
<td>Sponsored by: Fairbanks Team in Training</td>
</tr>
<tr>
<td>Aug 11</td>
<td>Granite Tors Trail Run</td>
<td>Fairbanks</td>
<td>10:00 AM – Granite Tors trailhead (Mile 40 Chena Hot Springs Road)</td>
<td>15 miles</td>
<td>Northern Trail Series event. 15 grueling miles of inspiring and scenic torture.</td>
<td>Free</td>
<td>Chris Greene 907-978-6472 <a href="mailto:chrisgreene@gci.net">chrisgreene@gci.net</a></td>
<td>Sponsored by: RCN</td>
</tr>
</tbody>
</table>

Parking $5 per vehicle
Aug 11  Nifty Fifty – Juneau
Sat  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
Sponsored by: Juneau Trail and Road Runners
A Challenging course on beautiful trails with lots of climbing.

Aug 11  Kenai Peninsula Run for Women – Kenai
Sat  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
Ashley Blatchford 907-283-9479
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  Eagle River Challenge Race – Eagle River
Sat  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
Laura Kruger 907- 694-2108
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  Alaska International Senior Games 5K – Fairbanks
Mon
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  Alaska International Senior Games 10K – Fairbanks
Wed
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  Steve's Equinox Training #6 – 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 17  Anchorage Runfest- Bib Pickup, Last chance Registration, and
Fri  Expo - Anchorage
Meet time: 3 – 7 pm – Dena’ina Center
Contact: sharron@ancrun.org
www.anchorageunfest.org
Sponsored by the Anchorage Running Club
Aug 18  **Golden Heart Trail Run**  
**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 Expo - Anchorage**  
Meet time: 9am-4 pm – Dena’ina Center  
Contact: sharron@ancrun.org  
[www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
Sponsored by the Anchorage Running Club

Aug 18  **Anchorage Runfest – Pasta Feed - Anchorage**  
Meet time: 12:30 – 2:30pm – Dena’ina Center  
Contact: sharron@ancrun.org  
[www.anchoragerunfest.org](http://www.anchoragerunfest.org)  
Sponsored by the Anchorage Running Club

Aug 18  **Anchorage RunFest – The Children’s Hospital at Providence 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  Anchorage RunFest – The Anchorage Mile – Anchorage
Sat  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
Sponsored by the Anchorage Running Club

Aug 19  Alaska International Senior Games Triathlon – Fairbanks
Sun  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  Anchorage RunFest – United Physical Therapy 49K Ultra – Anchorage
Sun  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
Sponsored by the Anchorage Running Club and United Physical Therapy

Aug 19  Anchorage RunFest – Humpy’s Marathon Run, Walk, and Relay – Anchorage
Sun  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
Sponsored by the Anchorage Running Club and Humpy’s Great Alaskan Ale House
Aug 19  Anchorage RunFest – Skinny Raven Half Marathon – Anchorage
Sun  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
      Registration information at www.anchoragerunfest.org
      Sponsored by the Anchorage Running Club and Skinny Raven Sports

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

Aug 19  Run Wild– Girdwood
Sun  Meet – Nordic Loop
      Race time:  10:00 am.
      Entry Fee: Donation accepted
      Contact:  Little Bears Playhouse 907-783-2116
            littlebearsplayhouse@gmail.com
            Joan Lower
            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

RunFest 2018
August 18-19
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

Spenard 5K ROADHOUSE

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

Register Online At: www ancoragerunfest.org
Aug 21- Sep 25 Tue  
MatSu Running Club – Extended Season– Palmer  
Meet time: 6pm – Colony High School Track  
Enter Fee: see website  
Contact: Rhonda Knopp 907-355-6258  
coachknopp@yahoo.com  
website: 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.  
Enter Fee: Free  
Contact: George Berry 907-687-8769  
membership@runningclubnnorth.org  
RCN  
Sponsored by: RCN

Aug 25 Sat  
Musk Ox Trail Run  
Traili Series #7 – Fairbanks  
Meet time: 10:00 AM – UAF Large Animal Research Station (LARS) on Yankovich Road  
Distance: Half marathon, 13.1 miles  
Contact: Bobbi Jo Katchmar 907-888-2287  
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
**Aug 25**  
**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**  
**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.faithak.com
Sponsored by: Faith Christian Community
A fun family event to support relief efforts in Burma and Christian outreach to the oppressed and persecuted. This course is USATF certified, get an official PR!

**Aug 26**  
**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**
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@runningclubnnorth.org
        RCN
Sponsored by: RCN

Aug 29
**Old Murphy Dome Ridge Run – Fairbanks**
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
**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**  
**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  
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**  
**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  
          www.SeldoviaChamber.org

**Sep 3**  
**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  
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

- 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  Moda Health Blue and Gold 5k Open – Fairbanks
Fri 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  7th Annual Troth Yeddha' Run for the Park 5K – Fairbanks
Sat 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  12th Annual Coyote Classic - Anchorage
Sat 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 Midnight Sun Fun Run – Wasilla/
Sat 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
www.middnightsunschool.com
 ww.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 Bun to Bun - Talkeetna
Sat Meet time: 10am – Flying Squirrel Cafe
Distance: 26k & 5k – 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
 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 Halibut Hustle – Homer
Sat 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 fee TBA
Contact: Andy Hass 235-3270
 yatra@ak.net
 www.kachemakbayrunningclub.org
Sponsored by: Kachemak Bay Running Club
Register online at www.kachemakbayrunningclub.org.
Day of registration available from 9-9:45 am – Land’s End Parking Lot. Discount available for KBRC members.
Sep 8  **Skinny Raven XC Classic - Anchorage**  
Sat  
Location: Russian Jack Golf Course  
3K – Loop course with hills  
Contact: Mark Iverson 274-7222  
  timing@skinnyraven.com  
  www.skinnyraven.com  
Sponsored by: Skinny Raven Sports  
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  **Run Rover Run – Anchorage**  
Sun  
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  
  ASC Hotline 349-WOOF (9663)  
  www.skijorclub.org  
Sponsored by: Anchorage Skijor Club  
Run with your dog on leash, all dogs present must have vaccines  
Men & woman’s class available.  
Junior class available if 5 participants.  
Anchiskijorclub membership: $15 individual, $20 family.

Sep 11  **Bonny Sosa Tuesday Night Race Series - Anchorage**  
Tue  
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  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues, Register on-line @ www.muni.org/Active  
A Healthy Futures Series Event – www.healthyfuturesak.org
Sep 13  **Equinox Marathon Bib Pick-Up – Fairbanks**  
**Thu**  
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  **Equinox Marathon Bib Pick-Up – Fairbanks**  
**Fri**  
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  **56th Annual Equinox Marathon and 26th Annual Marathon Relay**  
**Sat**  
**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
16th Annual Equinox Kids Marathon – Fairbanks

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  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues, Register on-line @ 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  
   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!
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 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 - 49th 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.anchoragerunningclub.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  
Sponsored by: Anchorage Parks & Recreation  
Farm, Lightning & Munchkin Leagues, Register on-line @ www.muni.org/Active

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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  
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!

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Sep 29  **It Ain’t Easy Hill Run – Fairbanks**

**Sat**  
Meet time: 10:00 AM – Dog Mushers Hall on Farmer’s Loop  
Distance: 11-mile trail run or flat 5-mile  
Enter Fee: Check website  
Contact: Andy Sterns 508-542-3036  
Andysterns1@gmail.com  
Sponsored by: RCN
Sep 29  **Watershed 5K – Fairbanks**  
Sat  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  **Kenai River Marathon – Kenai**  
Sun  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. Toast your accomplishments afterwards with locally brewed beer.
10th ANNUAL ANCHORAGE RUNNING CLUB

REGISTER IF YOU DARE!

ZOMBIE
Half Marathon
GOOSE LAKE TO KINCAID
Walkers - 9am & Runners - 10am

& Kids Mini
ZOMBIE 2.5K
KINCAID STADIUM - NOON

Saturday OCT. 13th

Registration online at anchoragerunningclub.org

The Anchorage Running Club is a non-profit association of over 500 individuals who share a common interest in running and/or walking and brains...
Oct 2  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

Oct  Wed  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@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
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.
**Oct 4**  
**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  
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**  
**Hit the Trails – Anchorage**  
**Sat**  
Meet time: 9am – Trailside Elementary  
5K, 2K - trails behind Trailside Elementary  
Race time: 10am  
Enter 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**  
**Dream Big 5K - Palmer**  
**Sat**  
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
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 9</td>
<td><strong>Bonny Sosa Tuesday Night Race Series - Anchorage</strong></td>
<td>Meet time: 5:30pm – check website&lt;br&gt;Distances up to 12K&lt;br&gt;Race time: 6:30pm&lt;br&gt;Entry fee: $20 family/$7 adult/$2 youth or $70 family/$35 adult/$16 youth season pass&lt;br&gt;Contact: Outdoor Recreation 907-343-6397&lt;br&gt;www.muni.org/parks&lt;br&gt;Sponsored by: Anchorage Parks &amp; Recreation Farm, Lightning &amp; Munchkin Leagues, Register on-line @ <a href="http://www.muni.org/Active">www.muni.org/Active</a></td>
</tr>
<tr>
<td>Oct 10</td>
<td><strong>USATF All Comers Cross Country Championships – Anchorage</strong></td>
<td>Meet time 4:30pm -3k, 5:00pm -5K at Anchorage Christian School.&lt;br&gt;Contact: Jason Hofacker&lt;br&gt;<a href="mailto:jhofacker@acsedu.org">jhofacker@acsedu.org</a>&lt;br&gt;alaska.usatf.org&lt;br&gt;Sponsored by USATF AK&lt;br&gt;$10.00 entry fee</td>
</tr>
<tr>
<td>Oct 11</td>
<td><strong>Thursday Night Run Series – Mat-Su Valley</strong></td>
<td>Meet time: Thursday - TBD&lt;br&gt;Race time 6:00pm&lt;br&gt;Entry fee $3; $5 or Family for $10&lt;br&gt;Contact: Kristi Shea 907-315-2424&lt;br&gt;<a href="mailto:Run4thevalley@gmail.com">Run4thevalley@gmail.com</a>&lt;br&gt;Kate Arnold 907-746-0600&lt;br&gt;Vmbah.wildapricot.org&lt;br&gt;Sponsored by: VMBAH &amp; Active Soles&lt;br&gt;No matter the weather join us on the trails! Get active as a whole family – littles will run a short course following families &amp; older runners will be challenged. FUN!</td>
</tr>
<tr>
<td>Oct 11</td>
<td><strong>RCN Annual Meeting – Fairbanks</strong></td>
<td>Meet time: 6:30 PM – TBD&lt;br&gt;Annual business, elections and calendar meeting.&lt;br&gt;Contact: Gary Pohl 907-388-8085&lt;br&gt;<a href="mailto:president@runningclubnorth.org">president@runningclubnorth.org</a>&lt;br&gt;RCN Website&lt;br&gt;Sponsored by: RCN&lt;br&gt;Race directors should plan on attending.</td>
</tr>
</tbody>
</table>
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
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
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
Oct 20  
**Annual 5K Costume Run – Nikiski**
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 
jeason@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**
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**
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 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
                 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
     Sponsored by: Anchorage Parks & Recreation
     Farm, Lightning & Munchkin Leagues, Register on-line @
                 www.muni.org/Active
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<th>Date</th>
<th>Event Name</th>
<th>Location</th>
<th>Meet Time</th>
<th>Distance</th>
<th>Entry Fee</th>
<th>Contact Info</th>
<th>Sponsors</th>
</tr>
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<tr>
<td>Nov Wed</td>
<td>Fahrenheit be Darned Winter Training Run – Fairbanks</td>
<td>Fairbanks</td>
<td>5:45 PM – Patty Center</td>
<td>Winter training group runs</td>
<td>Check website</td>
<td>George Berry 907-687-8770 <a href="mailto:membership@runningclubnorth.org">membership@runningclubnorth.org</a> RCN Website</td>
<td>RCN</td>
</tr>
<tr>
<td>Nov Thu</td>
<td>Hoodoo Goldstream Beer Runs – Fairbanks</td>
<td>Fairbanks</td>
<td>6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave</td>
<td>1-3 Miles, walkers welcome</td>
<td></td>
<td>Stacy Fisk 907-455-6520 <a href="mailto:stacy@goldstreamsports.com">stacy@goldstreamsports.com</a></td>
<td>Hoodoo Brewery and Goldstream Sports</td>
</tr>
<tr>
<td>Nov 3 Sat</td>
<td>11th Annual Cache Creek Warm-Up – Fairbanks</td>
<td>Fairbanks</td>
<td>10:00 AM – Cache Creek Road, just off 8.7-mile Murphy Dome Road</td>
<td>6.8 mile run</td>
<td>Free</td>
<td>Jane Lanford 907-687-0769 <a href="mailto:jane@usibelli.com">jane@usibelli.com</a></td>
<td>RCN</td>
</tr>
</tbody>
</table>

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

This is a year round event.

Free. Please carpool; parking is limited.
Nov. 11      Turkey Trot – Ketchikan
Sat        Meet time: 8 am - Ketchikan Gateway Borough Parks and
            Recreation Center
Distance: 3.7 miles
Walkers start at **8:30**, runners **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     Turkey Trot – Fairbanks
Sat        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     Full Moon Run – Fairbanks
Thu        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@runnningclubnnnorth.org
            RCN Website
Sponsored by: RCN Winter training

Nov 22     Skinny Raven Turkey Trot – Anchorage
Thu        3K & 5K Kids Run – One loop course
Race time 10 am - Skinny Raven
Contact:    timing@skinnyraven.com
            www.skinnyraven.com
Sponsored by: Skinny Raven
Win your age class, win a pie. 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
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@runningclubnnorth.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**  
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  
member@runningclubnnorth.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**  
Meet time: 5pm  
Distance: 5K roads and trails  
Race time: 6pm  
Entry fee: $35  
Contact: Mark Iverson 274-7222  
timing@skinnyraven.com  
www.skinnyraven.com/races/northern-lights-r  
Run and dance yourself into 2019!

Dec 31  **New Years Eve – Fairbanks**  
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!
Jan 12  **Frosty Bottom Marathon - Anchorage**
Sat  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
Event held in conjunction with Frosty Bottom cycling race. Separate registration and additional info at 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  **Susitna 100 – Big Lake**
Sat  Meet time: 7:30am – 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 16  **Little Su 50K – Big Lake**
Sat  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.