ALASKA RUNNER’S CALENDAR

2019
Fairbanks, Alaska

Come run under the Midnight Sun!

Saturday, June 22, 2019, 10:00PM

Prize money for Top Finishers.

PRIZE MONEY SPONSOR

BEAVER SPORTS

RACE PRODUCER

FRA

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

midnightsunrun.net

907.456.8901
The running community is extremely proud to have selected this outstanding candidate for the cover of the 2018 Alaska Runner’s Calendar. (Photo courtesy of Kayla Wagenfehr)

A true Alaskan Athlete, Christine Sitbon has been a participating member of the running community for over 20 years! She has competed in a variety of events throughout Alaska, including skiing, running, and triathlons! Not only does she actively participate in running events, she often volunteers to ensure that they can continue. She has volunteered for the Bonny Sosa Tuesday Night Race series for over 15 years. She adores seeing the kids and their families enjoying the sport of running. Chris is an inspiration to the community. She always has a smile on her face and is always happy to help others enjoy being active in our great state. She has often been in the background assisting at events and is always there to cheer on participants. It is time that she stands in the spotlight. Thank you Chris, for all that you do and have done to build up the running community!
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 33,500 online views by running enthusiasts in the last 4 seasons!
Contacting Alaska Runners Calendar
907-343-6397 (voice) 907-249-7530 (fax)
Email: runnerscalendar@muni.org
Webpage: www.muni.org/parks
Note: All area codes are 907 unless otherwise listed
Dec 31, 2018 Mon

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: See website
Contact: Paul Reynolds – 907-322-1142
nitrigenand@acsalaska.net

Website: RCN
Sponsored by: RCN
No entry fee. Regardless of temperature!

Jan Wed

Fahrenheit be Darned Winter Training Run – Fairbanks
Meet time: 5:45 PM – Patty Center
Distance: Winter training group runs – Various cold weather group runs around UAF environments, different weekly.
Entry Fee: See website
Contact: George Berry – 907-687-8770
membership@runningclubnorth.org

Website: 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, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

Jan 4 Fri

Borealis Fun Run – Fairbanks
Meet time: 5-7PM – UAF Borealis Ski Hut, West Ridge
Distance: Fun Run, 4mile – Fun run around UAF campus wearing Tracer 360 multi colored safety vest. Sponsored by Beaver Sports. Sign up starts at 5pm
Entry Fee: See website
Contact: Beaver Sports - TBD – 907-687-8769
membership@runningclubnorth.org

Website: 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 5  Moose Mountain Snowshoe Challenge
Sat  Snowshoe Series Event – Fairbanks
Meet time: Noon – Starts and Ends at 2809 Waldheim Dr.
Distance: 6K and 9K – Snowshoe race for the hardy. Features a challenging 1-km climb mid-race on beautiful Moose Mountain trails.
Entry Fee: See website
Contact: Erika Burr – 907-978-4481
burrlike@gmail.com
Website: https://www.facebook.com/AlaskaSnowshoe/
Sponsored by: RCN
Extra snowshoes are available at the start.

Jan 12  38th Annual Airport Run – Fairbanks
Sat  Meet time: 11:00 AM – Start /Finish  Pikes Landing parking lot
Distance: Fun run 4 and 8 mile – Fun Run around the FAI area - Pikes Landing to Dale Road. Out and back course
Entry Fee: See website
Contact: Paul Reynolds – 907-322-1142
nitrogenand@yahoo.com
Website: RCN Website
Sponsored by: RCN
No fee, regardless of temp. Flat out and back

Jan 12  Frosty Bottom Marathon – Anchorage
Sat  Meet time: 9:15 AM – Kincaid Park Chalet
Start time: 10:15 AM
Distance: 26.2 miles – Multi-use trails from Kincaid to Hilltop
Entry Fee: $55
Contact: Matias Saari – 907-529-4178
matiasmountain@gmail.com
Website: http://ultrasignup.com/register.aspx?did=61103
Event held in conjunction with Frosty Bottom Fat Bike Race. Aid stations at Goose Lake (Mile 12.5) and near Mile 19. Registration and additional information at http://ultrasignup.com/register.aspx?did=61103. Race-day bib pickup from 8:30-9:45 a.m. inside Kincaid Chalet.

Jan 19  Emily-Oliver Snowshoe Race
Sat  Snowshoe Series Event – Fairbanks
Meet time: Noon – At the end of Oboe Drive in Cripple Creek
Distance: 5 and 10 K – Snowshoe on Cripple Creek Recreational Trails
Entry Fee: See website
Contact: Ariana Graf – 907-460-4046
arianavgraf@gmail.com
Website: RCN Website
Sponsored by: RCN
Free
Jan 20

**Full Moon Run – Fairbanks**
Meet time: 5:45 PM – UAF Patty Center
Distance: Fun Run 4 mile – Run by the light of the moon!
Entry Fee: See website
Contact: George Berry – 907-687-8769
        membership@runningclubnorth.org

Website: RCN Website
Sponsored by: RCN Winter training
Entry Fee: Free

Jan 25

**MSLT Spring Equinox Challenge – Wasilla**
Meet time: 6:00 PM – Where you are at
Distance: Varies – This virtual challenge runs from January 25th to March 20th. Keep your momentum from the new year going with this virtual challenge. The goal is to exercise 30 or more days heading into the Spring Equinox. You can accomplish this by running, skiing, biking, snowshoeing, doing yoga, soccer, swimming, or any other physical activity.
Entry Fee: $35
Contact: Traci Sanders – 907-355-6110
        htraci@hotmail.com
        Christy Hronkin – 907-232-8871

Website: http://midnightsunlazyman.weebly.com
Sponsored by: If you know of someone who would like to donate please get us in contact with them.
The MSLT Spring Equinox Challenge runs January 25th to March 20th. Register on our website, like us on Facebook, join like minded folks who want to stay healthy in 2019 by moving forward and sweating. This is a virtual challenge, your SWAG will be mailed out at the end of the challenge.

Jan 26

**Chilly Buns Mid-Winter Run – Fairbanks**
Meet time: 11:00 AM – UAF Campus - UAF Bus Center across from Patty Center
Distance: Fun Run - 6.5 mile – Patty Center to Miller Hill, to Yankovich, to FLR bike path back to campus commuter trail, across campus back to Patty Center.
Entry Fee: See website
Contact: George Berry – 907-687-8769
        membership@runningclubnorth.org

Website: RCN Website
Sponsored by: RCN
Free

Jan 26

**RCN Members Winter Social – Fairbanks**
Meet time: 6:00 PM – Goldstream Sports
Distance: – Special presentations (TBA) and snacks.
Entry Fee: See website
Contact: George Berry – 907-687-8769
        membership@runningclubnorth.org

Website: RCN Website
Sponsored by: RCN
Free.
Feb Wed  Fahrenheit be Darned Winter Training Run – Fairbanks
Meet time: 5:45 PM – Patty Center
Distance: Winter training group runs – Various cold weather group runs around UAF environments, different weekly.
Entry Fee: See website
Contact: George Berry – 907-687-8770
member@runningclubnnorth.org

Website: RCN Website
Sponsored by: RCN
Regardless of temperature! Warm up with hot drinks and snacks after the run.

Feb Thu  Hoodoo Goldstream Beer Runs – Fairbanks
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

Feb 1 Fri  Why Not Tri-Registration Opens – Wasilla
Meet time: – Wasilla High Pool
Distance: 400 yard swim, 9.5 bike, 5K run – pool swim, paved bike and run course
Entry Fee: $55
Contact: Robin Rice

Feb 2 Sat  Fairbanks Snowshoe Classic
Snowshoe Series Event – Fairbanks
Meet time: Noon – Goldstream Sports or UAF Trails (TBD)
Distance: 5K and 10K – Snowshoe event.
Entry Fee: See website
Contact: Erika Burr – 907-978-4481
burrlike@gmail.com

Website: RCN Website
Sponsored by: RCN
Frostbite Footrace & Costume Fun Run
9:30am Saturday, February 23
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!
Feb 2  
Sat  
**Dome Hour Challenge – Anchorage**
Meet time: 2:00 PM – The Dome  
Distance: 1 hour – Indoor Track with a Rubber Surface  
Entry Fee: $20  
Contact: Skinny Raven Events & Timing – timing@skinnyraven.com
Website: https://skinnyraven.com/event/hour-challenge/  
Sponsored by: Skinny Raven Sports
Come challenge yourself to see how many laps you can run in 1 hour in the Dome!

Feb 16  
Sat  
**Little Su 50K – Big Lake**
Meet time: 9:15 AM – Happy Trails Kennels mile 4.5 West Lakes Blvd, Big Lake Alaska.  
Distance: 50 Kilometers – Cross-country via rivers, lakes and trails.  
Entry Fee: $110  
Contact: Kim & Erin Kittredge – 907-232-2553  
info@susitna100.com  
Pam Richter – 907-346-1220
Website: www.susitna100.com  
1 checkpoint with warm water. Check website for required gear. T-shirt, finisher award and post-race party.

Feb 16  
Sat  
**Susitna 100 – Big Lake**
Meet time: 7:30 AM – Happy Trails Kennels mile 4.5 West Lakes Blvd, Big Lake Alaska  
Distance: 100 Miles – Cross-country via rivers, lakes and trails.  
Entry Fee: $200 on or before December 31, 2018 / $350 after  
Contact: Kim & Erin Kittredge – 907-232-2553  
info@susitna100.com  
Pam Richter – 907-346-1220
Website: www.susitna100.com  
5 checkpoints w/warm water and some food. 15# of survival gear & food to be carried over entire course. T-shirt, finisher award and post-race party.

Feb 16  
Sat  
**19th Ballaine Ridge Snowshoe Classic Trail Run**
**Snowshoe Series Event – Fairbanks**
Meet time: 12:00 PM – 834 Goldfinch Rd.  
Distance: Snowshoe - 3, 6, 9K – A 3K loop on mostly single track snowshoe trail.  
Your choice of 1, 2, or 3 loops. Extra snowshoes available  
Entry Fee: See website  
Contact: Keith Pollock – 907-479-0779  
kpollockak@gmail.com
Website: RCN Website  
Sponsored by: RCN
Must do 3 loops to be included as part of the Snowshoe Trail Series. Snowshoe from Ballaine Ridge on a single track snowshoe trail down into Goldstream Valley. Hilly, challenging course.
Feb 15  
**Susitna 100 (2020) – Big Lake**
Meet time: 7:30 AM – Happy Trails Kennels
Distance: 100 miles – Cross-country via lakes, rivers and trails
Entry Fee: $200 before Dec 31/2018 or $350 after
Contact:  Kim & Erin Kittredge – 907-232-2553
info@susitna100.com
Pam Richter – 907-346-1220
Website: www.susitna100.com
5 checkpoints w/ warm water & some food. 15# of survival gear and food required to
be carried over entire course. Check website for required gear. T-shirt, finisher award
& post-race party.

Feb 15  
**Little Su 50K – Big Lake**
Meet time: 9:15 AM – Happy Trails Kennels
Distance: 50 K – Cross-country via lakes, river and trails
Entry Fee: $110
Contact:  Kim & Erin Kittredge – 907-232-2553
info@susitna100.com
Pam Richter – 907-346-1220
Website: www.susitna100.com
1 checkpoint with warm water. Check website for required gear. T-shirt, finisher
award & post-race party.

Feb 19  
**Full Moon Run – Fairbanks**
Meet time: 5:45 PM – UAF Patty Center
Distance: Fun Run 4mile – Run by the light of the moon!
Entry Fee: See website
Contact:  George Berry – 907-687-8769
membership@runnningclubnnorth.org
Website: RCN Website
Sponsored by: RCN Winter training
Free

Feb 21  
**Frostbite Footrace Reg/Bib Pick Up – Anchorage**
Meet time: 7:30 AM – Glacier Brew House
Start time: 9:30 AM
Entry fee: $22/$10 youth/$125 teams thru Feb 1
$25/$10 youth/$150 team Feb 2 thru Feb 22
$22 thru Feb 22 if adult runner in 2018
$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, , Kendall Toyota, & IBEW/NECA
Timing & registration supported by Skinny Raven Sports
Late bib pickup at Skinny Raven Fe 22 3-6pm
Register on-line @ www.furrondy.net
T-Shirts to first 400 runners to pick up bibs.
**Feb 23**  
**Frostbite Footrace & Costume Fun Run – Anchorage**  
Meet time: 9:30 pm – Glacier Brew House  
Entry fee: $22/$10 youth/$125 teams thru Feb 1  
$25/$10 youth/$150 team Feb 2 thru Feb 22  
$22 thru Feb 22 if adult runner in 2018  
$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  
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: Fur Rondy, Glacier Brewhouse, , Kendall Toyota, & IBEW/NECA  
Timing & registration supported by Skinny Raven Sports  
Late bib pickup at Skinny Raven Fe 22 3-6pm  
Register on-line @ www.furrondy.net  
T-Shirts to first 400 runners to pick up bibs. Cash prized ($25-$100) for costume contest.  
A Healthy Futures Series Event – www.healthyfuturesak.org  
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**Feb 23**  
**Fur Rondy Outhouse Race – Anchorage**  
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, Renea Miller Realty, Mirage Auto & Collision  
Double elimination tournament brackets with 3 races guaranteed, trophies for top finishers.  
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**Feb 24**  
**Rondy DASH – Anchorage**  
Meet time: 8:00am – Town Square Park, 6th/ 5th & F St  
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  
Contact: Fur Rondy Headquarters – 907-274-1177  
info@furrondy.net  
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 – Various cold weather group runs around UAF environments, different weekly.
Entry Fee: $30/$15/$175 race day, registration 7:30 – 9am
Contact: 907-687-8770
membership@runningclubnnorth.org
Website: 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, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

Mar 2 Sat  Chena River to Ridge – Fairbanks
Meet time: 9 a.m. – Twin Bears camp
Distance: Run/Ski/Bike 25 mile and 50 mile – The 7th annual Chena River to Ridge is a winter multi-sport endurance race held on trails in the Chena State Recreation Area.
Entry Fee: See website
Contact: Bobby Gillis – 907-689-9974
bobbygillis@gmail.com
Website: http://rivertoridge.org/
Sponsored by: Endurance North
Race categories include foot, ski, or bike with 25- and 50-mile distance options.

Mar 2 Sat  12th 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 2**  
**3rd Annual Running with the Critters – Anchorage**

**Sat**
- Race time: 3pm – 4th Avenue at F St
- 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.**

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**Mar 9**  
**Tanana River Challenge – Fairbanks**

**Sat**
- Meet time: 8 and 10 a.m. – Tanana River Wayside
- Distance: 25 and 45 mile run, ski, bike, or ski-jor – This year the race course loops around the mighty Tanana River and Rosie Creek forest; where you can choose between 25 and 45 miles distances.
- **Entry Fee:** See website

**Contact:** Drew Harrington – 907-451-6604  
drew.harrington@live.com

**Website:** http://tananariverchallenge.org/

**Sponsored by:** Endurance North

**The Tanana River Challenge (TRC) is an endurance race which includes runners, skiers, skijorers, and bikers.**

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**Mar 16**  
**12th St. Patrick's Run – Fairbanks**

**Sat**
- Meet time: 11:30 AM – Goldstream Sports
- Distance: 7.10 Miles – Moderately hilly out and back run from Goldstream Sports up Ester Dome and St. Patrick Roads to Henderson Road and returning. 7.1 miles.
- Leprechaun chase and prizes! Free, but donations to RCN suggested!
- **Entry Fee:** See website

**Contact:** Bruce Sackinger – 907-385-7792  
bruce@trickyraven.com

**Website:** RCN Website

**Sponsored by:** Running Club North

**Registration happens on the day of the race, so please come a little early. Park at Sheep Creek pullout across the street to keep race finish area as clear as we can. Sorry, no dogs or strollers.**
Mar 16  Sat  Skinny Raven Shamrock Shuffle – Anchorage  
Meet time: 8:30 AM – Beartooth Theatre  
Distance: 5K – Lollypop course on paved roads and bike paths.  
Entry Fee: $35  
Contact: Skinny Raven Events & Timing  timing@skinnyraven.com  
Website: https://skinnyraven.com/event/shamrock-shuffle/  
Sponsored by: Skinny Raven Sports, Beartooth Theatre  
Join us for St. Paddy's Day tradition. Put on your best kelly green and celebrate with us at the Beartooth. You get a sweet beanie, pint glass, and a drink on us!

Mar 17  Sun  Shamrock Shuffle – Soldotna  
Meet time: 1:00 PM – Soldotna Regional Sports Center  
Start time: 2:00 PM  
Distance: 1.5 & 3.0 walk/run – mostly flat  
Entry Fee: $10/youth, $20.00/adult, and $50/family  
Contact: Tammy Strausbaugh – 907-252-2959  
          wrestle@acsalaska.net  
          Kurt Strausbaugh – 907-262-1721  
Age group awards, door prizes, Proceeds to benefit the Soldotna Whalers Freestyle Wrestling Club

Mar 17  Sun  Green Day Gallop – Palmer  
Meet time: 9:00 AM – Palmer Depot  
Distance: 5k, 13.1, (26.2 TBD) – Paved roads and trails through Palmer  
Entry Fee: $35 Online - $45 Day Of Race  
Contact: Active Soles – 907-746-0600  
          activesolesevents@gmail.com  
          Denise Christopher  
Website: runsignup.com  
Sponsored by: Mat-Su Miners and Active Soles

Mar 19  Tue  MatSu Running Club Information Meeting  
Meet time: 6 p.m. – Palmer Junior Middle School Library  
Contact: Rhonda Knopp – 907-355-6258  
          coachknopp@yahoo.com  
Website: matsurunningclub.org  
Sponsored by: MatSu Running Club  
Information presented about the MatSu Running Club's women, co-ed and junior's groups and beginner's clinic.
**Mar 20 Wed**

**Full Moon Run – Fairbanks**
Meet time: 5:45 PM – UAF Patty Center
Distance: Fun Run 4 mile – Run by the light of the moon!
Entry Fee: See website
Contact: George Berry – 907–687-8769
        membership@runnningclubnnorth.org

Website: RCN Website
Sponsored by: RCN Winter training

**Mar 24 Sun**

**White Mountains 100 – Fairbanks**
Meet time: 8:00 AM – White Mountains National Recreation Area, Wickersham Dome Trailhead, Milepost 28 Elliott Highway
Distance: Ultra (Bike, Run, or Ski) 100 Miles – 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.
Entry Fee: See website
Contact: Kevin Breitenbach – 907-388-9560
        wm100@endurancenorth.org

Website: http://wm100.endurancenorth.org/

**Mar 23 Sat**

**Crazy Lazy – Palmer**
Meet time: 9:30 AM – Lazy Mountain Trailhead
Distance: 6.0 mi – Mountain Race loop course
Entry Fee: $30
Contact: Dane Crowley – 907-354-8461
        moosejv@hotmail.com
        John Clark – 907-982-9001

Sponsored by: Lazy Mountain Foothills Running Club
Registration will open Jan 15th at 8am on webscorer.com until full. Kids uphill 1 mile race. After race party with prize drawings, food and refreshments at Arkose Brewery 2:30pm. Spikes/traction and appropriate clothing recommended. Please no poles or dogs on course. Shirts and awards. Proceeds benefit girls athletics.

**Mar 26 Tue**

**MatSu Running Club Beginner's Running Clinic - Classroom Session**
Meet time: 6 p.m. – Teeland Middle School
Contact: Rhonda Knopp – 907-355-6258
        coachknopp@yahoo.com

Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Classroom instruction to help get beginner runners ready for the running season.

**Mar 30 Sat**

**Glacier 10K and 1-Mile – Juneau**
Meet time: 10:00 AM – Mendenhall Glacier Parking Lot
Distance: 10K and 1-Mile – Routes can be found on the race registration form.
Entry Fee: $20
Contact: Dwayne Duskin Jr – 907-796-9440
        dduskin1@hotmail.com
Mar 28 Thu  MatSu Running Club Beginner's Running Clinic – Palmer
Meet time: 6:00 PM – Colony High Track
Distance: Various
Entry Fee: Free
Contact: Rhonda Knopp – 907-355-6258
couchknopp@yahoo.com
Website: https://matsurunningclub.org/
Sponsored by: MatSu Running Club

Apr Tue  Peak Performers Track Club – Anchorage
Meet time: 6pm– West High track
Entry fee: (Membership) $65, $110 partners (2), $160.00 family (3 or more)
Contact: Jason Hofacker – 907-337-9575 ext 7
jhofacker@acsedu.org
Kim Baldwin – 907-274-1061
anchoragekim@yahoo.com
Sponsored by: Peak Performers Track Club
APU Moseley Sports Center thru mid April West High Track late April thru August
APU - paved roads, West – track. Training & conditioning program led by coaches
MatSu Running Club - Women's Group – Palmer
Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
coachknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Tuesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.

MatSu Running Club - Coed Group – Palmer
Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
coachknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Wednesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.

Hoodoo Goldstream Beer Runs – Fairbanks
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from Hoodoo Brewing Company

Superhero Showdown – Anchorage
Meet time: 9:00 AM – Chuck Albrecht Softball Fields
Distance: 1.3K & 5K – Fast flat and wide city streets.
Entry Fee: $20/$35
Contact: Skinny Raven Events & Timing – timing@skinnyraven.com
Website: https://skinnyraven.com/event/superhero-showdown/
Sponsored by: Skinny Raven Sports
We’ve got superheroes and supervillains, costumes, inflatable games, face painting, and crazy hair, and food trucks. Bring the whole family out to help us battle evil, stay for the fun and games.

Ken Tuene Memorial Stampede – Pending Location
Meet time: 8:30 AM – Pending Location
Distance: 1 mile and 5k – Fun run and walk
Entry Fee: $15
Contact: Sarah May Harney
Valley Thaw Out Races – Wasilla
Meet time: 8:00 AM – Machetanz Elementary
Distance: 5K, 10K, and half – Out and back along Hay Flats and Rabbit Slough
Entry Fee: $35-50 depending on event
Contact: Natalie Bickers – 907-232-6145
            happymalamuteak@gmail.com
            Eric Bickers – 907-982-3981
Website: happymalamuterunning.com
Sweeping views of the flats. Just a short drive from Anchorage. Staggered start times and walker friendly

Beat Beethoven 5K Run – Fairbanks
Meet time: 11:00 AM – UAF Patty Center
Distance: 5K Run – A fun fundraising race for the Fairbanks Symphony Orchestra that is fun for the whole family. Runners (and walkers) race against the music of Beethoven’s 5th Symphony (approx. 31 minutes). If they cross the finish line before the last note of the 5th Symph
Entry Fee: See website
Contact: Dorli McWayne – 907-479-6701
dorli@gci.net
Website: https://fairbankssymphony.org/beat-beethoven-5k/
Sponsored by: Fairbanks Symphony Orchestra
Sign up will be online at the Symphony website in early February 2019.

Beach Bum 5k Run – Fairbanks
Meet time: 11:00 AM – UAF Campus- Taku Parking Lot
Distance: 5K Road Race – A fun beach themed 5k run on the UAF campus to celebrate spring! All proceeds go to benefit the UAF Cross Country Running Team
Entry Fee: See website
Contact: Nick Crawford – 907-474-6802
crawford2@alaska.edu
Website: www.alaskananooks.com
Sponsored by: UAF Cross Country Team
Planning to have commemorative race t-shirts to the first 900 registered racers.

Alaska Heart Run – Anchorage
Meet time: 9:00 AM – Alaska Airlines Center
Distance: 3K & 5K Run – City Streets
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
Website: AlaskaHeartRun.org
Sponsored by: American Heart Association
Race / Walk starts at the UAA Alaska Airlines Center. Timed Run starts @ 9:30am with Untimed Run @ 10am. Register online at AlaskaHeartRun.org. Fees increase after March 24th. Bib pickup at King Tech High School formerly known as King Career Center on April 17 & 19 from 4:30pm-7:00pm. Please see website for details. All proceeds benefit the American Heart Association.
Apr 26
Thu
Who Let the Girls Out 5k - Downtown Palmer
Meet time: 6 p.m. – Palmer Depot
Contact: Amy Bushatz
matsurunningclub@gmail.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Race/walk 5k through downtown Palmer; free kids' fun run.

Apr 27
Sat
Hills from Hell – Ketchikan
Meet time: – Alder Park
Distance: 6 mi – N/A
Entry Fee: $15
Contact: Erin Riddle – 907-220-7275
erinriddle19@gmail.com

Apr 27
Sat
Rilke Kinderlauf – Anchorage
Meet time: 9:30 AM – APU
Distance: 2k, 5k – Option of 2k or 5k loop through APU trails around University Lake
Entry Fee: $15 per bib or $40 per family
Contact: Jessie Anderson –
RilkeKinderlauf@gmail.com
Website: https://www.asdk12.org/rilkeschule
Sponsored by: Rilke Schule RSV
Fun run to support the German charter school PTA.

Apr 27
Sat
Tok Trot – Fairbanks
Meet time: 1:00 PM – Visitors' Center in Tok, Alaska
Distance: 10km out and back – 39th Annual Tok Trot. An out and back flat 10 kilometer race that starts from the Visitor's Center in Tok. Buttons to all finishers and ribbons to division winners.
Entry Fee: See website
Contact: Paul Kelley – 907-883-5393
kelleys@aptalaska.net
Sponsored by: Nancy and Paul Kelley
$1.00 non-entry fee for those who do not run. Catered picnic at the Kelleys afterwards.

Apr 27
Sat
Weller Elementary Fun Run – Fairbanks
Meet time: 10:00 AM – Start & Finish from Trax OC. 5 K along Birch Hill Bike Path.
Distance: 5K Fun Run or 1 mile obstacle course – Option for 5K fun run out & back along Birch Hill Rd Bike Path or obstacle course in Trax OC lot.
Entry Fee: See website
Contact: Meagan Janssen – 907-590-9544
meagjanssen@gmail.com
Website:
Sponsored by: Weller PTA & Trax OC
Apr 28  GI Tract 5k Fun Run/Walk – Fairbanks
Sun  Meet time: 2:00 PM – Elvey Building at UAF
Distance: 5K Fun Run/Walk – 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.
Entry Fee: See website
Contact: 907-322-2207
nettielbh@gmail.com
Website: TBD
Sponsored by: TBD

May  RCN Track Interval training – Fairbanks
Tues  Meet time: 5:30 & 6 PM – West Valley H.S. track
Distance: Interval training – Interval training every Tuesday evening, May through August.
Entry Fee: See website
Contact: Tracey Martinson – 907-474-8353
tamartinson67@gmail.com
Website: https://www.runningclubnorth.org
Sponsored by: Running Club North
The women's group is at 5:30 p.m. and the men's group is at 6:00 p.m. Free! Come early to warm up and be ready to run.

May  MatSu Running Club - Women's Group – Palmer
Tue, Thu  Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
couchknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Tuesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.

May  MatSu Running Club - Coed Group – Palmer
Wed, Thu  Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
couchknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Wednesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.
<table>
<thead>
<tr>
<th>May Tue</th>
<th>Peak Performers Track Club – Anchorage</th>
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<tbody>
<tr>
<td>Meet time: 6pm – West High track</td>
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<tr>
<td>Entry fee: (Membership) $65, $110 partners (2), $160.00 family (3 or more)</td>
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<tr>
<td>Contact: Jason Hofacker – 907-337-9575 ext 7</td>
<td></td>
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<tr>
<td><a href="mailto:jhofacker@acsesu.org">jhofacker@acsesu.org</a></td>
<td></td>
</tr>
<tr>
<td>Kim Baldwin – 907-274-1061</td>
<td></td>
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<tr>
<td><a href="mailto:anchoragekim@yahoo.com">anchoragekim@yahoo.com</a></td>
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Sponsored by: Peak Performers Track Club
APU Moseley Sports Center thru mid April West High Track late April thru August
APU - paved roads, West – track. Training & conditioning program led by coaches

<table>
<thead>
<tr>
<th>May Thu</th>
<th>Hoodoo Goldstream Beer Runs – Fairbanks</th>
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<tbody>
<tr>
<td>Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks</td>
<td></td>
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<tr>
<td>Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome</td>
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<tr>
<td>Entry Fee: See website</td>
<td></td>
</tr>
<tr>
<td>Contact: Stacy Fisk – 907-455-6520</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:stacy@goldstreamsports.com">stacy@goldstreamsports.com</a></td>
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Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

<table>
<thead>
<tr>
<th>May 4 Sat</th>
<th>38th Annual Chena River Run Usibelli Series #1 – Fairbanks</th>
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<tbody>
<tr>
<td>Meet time: 10:00 AM – Woodriver Elementary to the Princess Lodge</td>
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<tr>
<td>Distance: 5K – This annual 5 km run &amp; walk, sponsored by the Rotary Club of Fairbanks, raises funds to benefit the Rotary Pathway Playground at Tanana Lakes Recreation Area.</td>
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<tr>
<td>Entry Fee: See website</td>
<td></td>
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<tr>
<td>Contact: Tammy Randolph – 907-460-2915</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:tammy@tammyrandolph.net">tammy@tammyrandolph.net</a></td>
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</table>

Website: www.fairbanksrotary.org
Sponsored by: Rotary Club of Fairbanks
This is a walker and family friendly point to point race. Parking is limited at both the start and finish. Shuttle buses are provided for safety and convenience.

<table>
<thead>
<tr>
<th>May 4 Sat</th>
<th>World Vision Global 6K for Water – Fairbanks</th>
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</thead>
<tbody>
<tr>
<td>Meet time: 11:00 AM – Tanana Lakes</td>
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<tr>
<td>Distance: 6k walk/run – It's 6k (not 5k) because this is the average distance kids in developing countries have to walk to get water for their families. Oftentimes this water is unhealthy and makes people sick.</td>
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<tr>
<td>Entry Fee: See website</td>
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<tr>
<td>Contact: Kathy Petersen – 907-388-6830</td>
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<tr>
<td><a href="mailto:skeezbow@hotmail.com">skeezbow@hotmail.com</a></td>
<td></td>
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Website: www.worldvision.org
Sponsored by: World Vision
Each Global 6k for Water registration of $50 brings clean water to one person in need! Plus, every participant will wear a unique race bib with a photo of a child benefiting from clean water - and go home with a t-shirt and finisher medal. It's fun for the whole family!
Alaska Kids on the Run

Sunday May 19, 2019
1:00-3:00 pm
Janecek Trails
Palmer High School
1170 E. Palmer Moose Dr.
Palmer, AK 99645

Distances for kids of all ages:
- 0-5: ¼ mile (1-1:30 pm)
- 6-10: ½ mile (1:30-2 pm)
- 11-13: 1 mile (2-2:30 pm)
- 14-Adult: 5K (2:30-3 pm)

For more information and to register, visit:

https://runsignup.com/Race/AK/Palmer/AlaskaKidsOnTheRun
alaskakidsontherun@gmail.com
https://www.facebook.com/Alaskakidsontherun/

The Alaska Kids on the Run Fun Run for Kids of All Ages is a fund raiser for the Dr. George W. Brown Memorial scholarship to provide funds for graduates of Mat-Su high schools who plan careers in early childhood education. Dr. Brown worked with the Mat-Su schools for many years, starting in 1970 when he served as the Medical Director of the Alaska Child Study Center. In this capacity he consulted to the District regarding services for students with disabilities. After moving to Palmer in 1978, Dr. Brown served as the Mat-Su District’s first consulting pediatrician. His efforts resulted in the establishment of mandatory Kindergarten and extended day Kindergarten for children at risk. He also worked closely with Mat-Su school nurses to coordinate care for children who otherwise had limited access to medical services. Dr. Brown provided free physicals for students who participated in Special Olympics. Dr. Brown was an avid runner and completed over 70 marathons.
May 4  Anchorage Salmon Run – Anchorage
Sat  Meet time: 10:00 AM – Inlet View Elementary School (1219 N St)
Distance: 2K, 5K, 10K – Begins and ends at Inlet View; out and back on Coastal Trail
Entry Fee: $35 before May 1st; increase after May 1st
Contact: April Halpern – 907-250-9297
infor@anchoragesalmonrun.com
Website: www.anchoragesalmonrun.com
Sponsored by: Inlet View PTA

May 4  Polar Bear Pink Cheeks Triathlon – Seward
Sat  Meet time: 10:00 am – Seward High School
Distance: 5K run, 10K bike, 600Y swim – varied terrain
Race time: 11:00 am
Entry fee: $50 solo or $100 team, or youth team fee $65
Contact: Brittney Broadworth – 907-224-4054
bbroadworth@cityofseward.net
Jessica Calhoun – 907-224-4056
Website: www.sewardrec.com
Sponsored by: Seward Parks & Recreation

May 4  50th Walk & Roll for Hope - Anchorage
Sat  Meet time: 8:00 am – Delaney Park Strip 10th & P
Distance: 2k-15k - Varies
Race time: 8:00 am
Entry fee: see website
Contact: Mike Wachsmuth 907-433-4912
mwachsmuth@hopealaska.org
Katie Bourland – 907-433-4917
Website: www.hopealaska.org
Beginning in 1970, the Walk & Roll for Hope is the oldest walk in Alaska. This is a pledge-based event that will take place in Anchorage, Kenai, and Kodiak, while being offered as a virtual event for the other regions we support and for those who cannot attend but would like to participate.

May 5  The Breakup Tri – Fairbanks
Sun  Meet time: 12:00 PM – UAF Patty Center
Distance: Triathlon – 500 yd. swim at the UAF Patty Center, 13.1 mile bike, 5k run.
Reg. opens Feb. 1, 99 racer limit $40+USAT fee, shirt and cap are provided.
Entry Fee: See website
Contact: Amber Barlow – 970-203-5535
thebreakuptri@hotmail.com
Website: https://arctic-triathlon-series.weebly.com/
Sponsored by: Arctic Triathlon Series
This race sells out early each year. We will start a waitlist once the race sells out. If you are not an annual USAT member you will need to purchase a one-day pass when registering
May 8  |  Golden Heart Utilities Water Walk/Run – Fairbanks
Wed    |  Meet time: 6:00 PM – Start at 1304 1st avenue, Fairbanks, AK.
       |  Distance: Professionally timed race, 5K. – 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: See website
       |  Contact: Steve Offenborn – 907-479-3118
       |  steveo@akwater.com
       |  Website: www.akwater.com
       |  Sponsored by: Golden Heart Utilities
       |  Online registration available.

May 9  |  Alaska Girls Walk N Wine – Fairbanks
Thu    |  Meet time: 6:00 PM – TBD
       |  Distance: 5K or 2K – 5K Run or 2K (untimed walk) along bike path by Pioneer Park.
       |  (WOMEN ONLY)
       |  Entry Fee: See website
       |  Contact: Susan Kramer – 907-590-5086
       |  eventplanning2004@hotmail.com
       |  Website: www.goldenheartrotary.org
       |  Sponsored by: Golden Heart Rotary and BCDC
       |  On-Line Registration Only at Golden Heart Rotary Website
       |  $25 until May 6, $30 May 7-9. Additional $15 for T-shirt (limited amount)

May 11 |  Murphy Dome Roam – Fairbanks
Sat    |  Meet time: 9:00 AM – Start/Finish @8-mile Murphy Dome Rd.
       |  Distance: Gravel road race, 11.2 miles – 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
       |  Entry Fee: See website
       |  Contact: Amy Noon – 907-460-7896
       |  noon.amy@gmail.com
       |  Sponsored by: Hot Licks Ice Cream
       |  Day of registration from 8:00 - 8:45, no fee. Two water stations on the course. Parking
       |  available at the gravel pit.

May 11 |  Totem to Totem Half Marathon – Ketchikan
Sat    |  Meet time: 8:00 AM – Rotary Beach Start
       |  Distance: 13.1 miles – N/A
       |  Entry Fee: $65 tshirt and medal inc.
       |  Contact: Gretchen Klein
May 11
Sat
Moose River Hustle – Sterling
Meet time: 9:00 AM – Sterling Senior Center, Milepost 83.5 Sterling Hwy
Distance: 1 mile & 3 mile – 1 mile is flat, 3 mile mostly flat with a moderate hill
Entry Fee: $10/youth, $20.00/adult, and $50/family
Contact: Tammy Strausbaugh – 907-252-2959
wrestle@acsalaska.net
Kurt Strausbaugh – 907-262-1721
Website: www.sterlingseniors.org
Sponsored by: Sterling Senior Center
Age group awards, door prizes, proceeds to benefit the Sterling Senior Center's "Meals on Wheels" program

May 11
Sat
Trailside Kids Triathlon – Anchorage
Meet time: 10:00 AM – Trailside Elementary/Service HS
Distance: Various Distances – Service HS swim and bike, trail run
Entry Fee: N/A
Contact: Carleen Ulbrich – 742-5500
ulbrich_carleen@asdk12.org
Website: runsignup.com
Sponsored by: Trailside PTA and Healthy Futures
Service pool swim, bike loops around Service High School, run trails behind school.
Course lengths vary according to grade, open to grades K-6. Register at runsignup.com. Volunteers needed, please e-mail ulbrich_carleen@asdk12.org

May 11
Sat
Fairbanks Heart Walk – Fairbanks
Meet time: 9:00 AM – Veteran's Memorial Park
Distance: 1 mile & 2.75 mile routes – City Streets
Entry Fee: Suggested minimum $25 donation
Contact: Jacyn DeBaun – 907-374-4446
Jacyn.DeBaun@heart.org
Amanda Blanchard – 907-388-5133
Amanda.Blanchard@heart.org
Website: FairbanksHeartWalk.org
Sponsored by: American Heart Association
A family fun, non-competitive event for all ages and abilities. All proceeds benefit the American Heart Association.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Details</th>
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</table>
| May 11 Sat | **Girls on the Run Celebratory 5K – Anchorage**                      | Meet time: 10:00 AM – Goose Lake Pavillion  
Distance: 5K – Out and back course  
Entry Fee: $15  
Contact: Kennis Brady – 907-351-2250  
info@gotrsouthcentralak.org  
Jennifer Smith – 907-250-7800  
Website: www.gotrsouthcentralak.org/5k  
Sponsored by: Girls on the Run Southcentral Alaska  
Join in all the fun and run in the Girls on the Run Celebrat5ion 5K run! Our girls have been training all season for this and would love you to be a part of their special day where they prove that you can do anything you put your mind to... even run 5k! This is a non-competitive, non-timed, fun run open to children and adults. No dogs. |
| May 11 Sat | **Mouth to Mouth Wild Run & Ride – Kenai/Kasilo**                   | Meet time: 11:00 AM – Kasilof River Special Use Area  
Distance: 10 mile & 3 mile – Low tide flat beach run or fat bike ride.  
Entry Fee: $30 by 5/1, $40 race day ($5 off TTA & CIK members)  
Contact: Kaitlin Vadla – 907-252-6525  
kaitlin@inletkeeper.org  
Laura Rhyner – 907-598-9247  
Website: www.facebook.com/wildrunandride/  
Sponsored by: Cook Inletkeeper  
Cook Inletkeeper, in partnership with Tsalteshi Trails, Kenaitze Indian Tribe, Kenai Watershed Forum, and Kenai Peninsula Trout Unlimited, invite you to join us Saturday May 11th for the 6th 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 - Registration 11am, Start 1pm @ Kasilof River Special Use Area and finish @ Cannery Rd beach access off Dunes Rd. There's also a 3-mile run starting and finishing at Cannery Rd beach access - Registration 1:15pm, Start 2:30pm. Beach party, awards, plus local food & drink at finish line 3-5pm. Shuttle available 5pm. Proceeds support Cook Inletkeeper's work ensuring clean water and healthy salmon in the Cook Inlet watershed. Register online at www.tsalteshi.org. First 150 to register get an awesome tech-fabric race shirt! Lots of great prizes and all participants entered to win a fat bike! |
**May 11**  
**Alaska Zoo Kids Fun Run – Anchorage**  
**Sat**  
Meet time: 9:00 AM – Alaska Zoo  
Distance: 1k – courses are divided by age group and loop through the zoo, visiting the animals as you run!  
Entry Fee: $25  
Contact: Jill Myer – 907-341-6435  
development@alaskazoo.org  
Pat Lampi – 907-341-6427  
Website: www.alaskazoo.org  
Sponsored by: McDonalds, Healthy Futures, Powerade  
Join us for the run on Saturday, May 5th. Runners ages 3 through 10 are divided into the following groups for the run. Check in starts at 9am.  
Start: 9:30 - Ages 3-4, 0.25K, Arctic Fox Trot group  
Start: 9:45 - Ages 5-6, 1K, Polar Bear Pursuit group  
Start: 10:00 - Ages 7-8, 1K, Moose Marathon group  
Start: 10:15 - Ages 9-10, 1K, Caribou Cruise group  
Each registered runner receives an event t-shirt and each finisher receives a ribbon.

**May 17**  
**Alaskan Guys Beer and Brats 5K – Fairbanks**  
**Fri**  
Meet time: 6:00 PM – Trax Outdoor Center  
Distance: 5K timed – Hilly 5K starts/finishes at Trax Outdoor Center. Beer tasting after race. (MEN ONLY)  
Entry Fee: See website  
Contact: Susan Kramer – 907-590-5086  
eventplanning2004@hotmail.com  
Website: www.nscfairbanks.org  
Sponsored by: Nordic Ski Club of Fairbanks  
On-Line Registration Only at NSCFairbanks.org.  
$25 through May 16, $30 on race day

**May 18**  
**Special Olympics Law Enforcement 5K Torch Run – Fairbanks**  
**Sat**  
Meet time: 10:00 AM – Race starts at UAF Police Department  
Distance: 5K Family Fun Run/Walk – 5K Family Fun Run/Walk to benefit Special Olympics of Alaska Athletes  
Entry Fee: See website  
Contact: Jessica Bjornstad – 907-222-7625x605  
jessica@specialolympicsalaska.org  
Website:  
Sponsored by: Special Olympics Alaska and Fairbanks Police Department

**May 18**  
**Two Way Torture Test – Fairbanks**  
**Sat**  
Meet time: 10 a.m. – 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.  
Entry Fee: See website  
Contact: Erika G Burr – 907-978-4481  
burrlike@gmail.com  
Website: RCN Website  
Sponsored by: RCN  
Free
May 18
Sat  
**Law Enforcement Torch Run for Special Olympics – Ketchikan**
Meet time: 10:00 AM – Rotary Beach
Distance: 5k – N/A
Entry Fee: $35
Contact: Jessica Mathews

May 18
Sat  
**Running Over Cancer 5K – Anchorage**
Meet time: 9:00 AM – Begich Middle School
Distance: 5K – Paved trail along South Fork Chester Creek and around Begich Middle School. Starts and ends at BMS track.
Entry Fee: $35
Contact: Cheryl Jones – 907-273-2070
cheryl.jones@cancer.org
Annette Vrolyk – 907-273-2072
Website: www.relayforlife.org/SouthcentralAK
Sponsored by: American Cancer Society
All proceeds benefit the American Cancer Society. 5K registration link will be available on the web site soon! Fee includes t-shirt and medal.

May 18
Sat  
**O'Malley Fun Run – Anchorage**
Meet time: 10:00 AM – O'Malley Elementary School
Distance: 2, 5K – Trail run, flat to hilly
Entry Fee: $20
Contact: Melissa Sundberg – NA
omalleypta@gmail.com
Website: https://runsignup.com/Race/AK/Anchorage/OMalleyFunRun2019
Sponsored by: O'Malley PTA & Healthy Futures
All ages welcome for our family-friendly 2k & 5k!

May 18
Sat  
**Exit Glacier Race – Seward**
Meet time: 8:00 am – Resurrection Road House
Distance: 5K & 10K
Race time: 10:00 am
Entry fee: $24 adult, $19 teen/youth by 4/20
Contact: Brittney Broadworth – 907-224-4054
bbroadworth@cityofseward.net
Jessica Calhoun – 907-224-4056
Website: www.runsignup.com
Sponsored by: Windsong Lodge, Kenai Fjords Tours, SPRD
Registration closes at 9 am on race day. Awards follow. Choose either 5K/ 10K, walkers are welcome in 5K only.
May 19 Sun Alaska Kids on the Run – Palmer
Meet time: – Palmer High School
Distance: 0.5 mi, 1 mi, 5k – High school track and trails
Entry Fee: Varies
Contact: Rachel Brown – 907-355-7328
rachelb@mtaonline.net
Joe Irvine – 907-745-2213

Website: https://runsignup.com/race/ak/palmer/alaskakidsontherun
Sponsored by: Mat-Su Schools Foundation
This event includes separate short races for kids and a 5K on the Janecek trails for teens and adults. It is a fund raiser for the Dr. George W. Brown Memorial Scholarship. The start times for each section are in half an hour intervals (1, 1:30, 2, 2:30PM).

May 19 Sun Alaska Kids on the Run – Palmer
Meet time: – Palmer High School
Distance: 0.5 mi, 1 mi, 5k – High school track and trails
Entry Fee: Varies
Contact: Rachel Brown – 907-355-7328
rachelb@mtaonline.net
Joe Irvine – 907-745-2213

Website: https://runsignup.com/race/ak/palmer/alaskakidsontherun
Sponsored by: Mat-Su Schools Foundation
This event includes separate short races for kids and a 5K on the Janecek trails for teens and adults. It is a fund raiser for the Dr. George W. Brown Memorial Scholarship. The start times for each section are in half an hour intervals (1, 1:30, 2, 2:30PM).

May 19 Sun Alaska Kids on the Run 1/4 Mile – Palmer
Meet time: 1:00 PM – Palmer High School Track
Distance: 1/4 mile (1 lap) – High school track
Entry Fee: NA
Contact: Rachel D Brown-Chidsey – 907-355-7328
rachelb@mtaonline.net
Ellie Chidsey – 907-315-3553

Website: https://runsignup.com/Race/AK/Palmer/AlaskaKidsOnTheRun
Sponsored by: Mat-Su Schools Foundation
The Alaska Kids on the Run Fun Run for Kids of All Ages is a fund raiser for the Dr. George W. Brown Memorial Scholarship to provide funds for graduates of Mat-Su high schools who plan careers in early childhood education. This run will include 1/4 mile, 1/2 mile, 1-mile, and 5K distances. Children and families are encouraged to participate.
May 19  
Sun  
Alaska Kids on the Run 1/2 Mile – Palmer  
Meet time: 1:30 PM – Palmer High School Track  
Distance: 1/2 mile (2 laps) – High school track  
Entry Fee: NA  
Contact: Rachel D Brown-Chidsey – 907-355-7328  
         rachelb@mtaonline.net  
         Ellie Chidsey – 907-315-3553  
Website: https://runsignup.com/Race/AK/Palmer/AlaskaKidsOnTheRun  
Sponsored by: Mat-Su Schools Foundation  
The Alaska Kids on the Run Fun Run for Kids of All Ages is a fund raiser for the Dr. George W. Brown Memorial scholarship to provide funds for graduates of Mat-Su high schools who plan careers in early childhood education. This run will include 1/2 mile (2 laps on the track) for kids up through 5 years old.

May 19  
Sun  
Alaska Kids on the Run 1 Mile – Palmer  
Meet time: 2:00 PM – Palmer High School  
Distance: 1 mile (4 laps) – High school track  
Entry Fee: NA  
Contact: Rachel D Brown-Chidsey – 907-355-7328  
         rachelb@mtaonline.net  
         Ellie Chidsey – 907-315-3553  
Website: https://runsignup.com/Race/AK/Palmer/AlaskaKidsOnTheRun  
Sponsored by: Mat-Su Schools Foundation  
The Alaska Kids on the Run Fun Run for Kids of All Ages is a fund raiser for the Dr. George W. Brown Memorial scholarship to provide funds for graduates of Mat-Su high schools who plan careers in early childhood education. This run will include 1-mile (4 laps on track) for kids ages 11-13.

May 19  
Sun  
Alaska Kids on the Run 5K – Palmer  
Meet time: 2:30 PM – Janecek Trails at Palmer High School  
Distance: 5 Kilometers – Rolling wooded trails adjacent to Palmer High School  
Entry Fee: $30  
Contact: Rachel D Brown-Chidsey – 907-355-7328  
         rachelb@mtaonline.net  
         Ellie Chidsey – 907-315-3553  
Website: https://runsignup.com/Race/AK/Palmer/AlaskaKidsOnTheRun  
Sponsored by: Mat-Su Schools Foundation  
The Alaska Kids on the Run Fun Run for Kids of All Ages is a fund raiser for the Dr. George W. Brown Memorial scholarship to provide funds for graduates of Mat-Su high schools who plan careers in early childhood education. This run will include a 5K course on the Janecek trails adjacent to Palmer High School.
May 19  Alaska Kids on the Run (multiple distances) – Palmer
Meet time: 1:00 PM – Palmer High School
Distance: 1/4 mile, 1/2 mile, 1 mile, 5 Kilometers – High school track and rolling wooded trails adjacent to high school
Entry Fee: $35 Family Rate
Contact: Rachel D Brown-Chidsey – 907-355-7328
         rachelb@mtaonline.net
         Ellie Chidsey – 907-315-3553
Website: https://runsignup.com/Race/AK/Palmer/AlaskaKidsOnTheRun
Sponsored by: Mat-Su Schools Foundation
The Alaska Kids on the Run Fun Run for Kids of All Ages is a fund raiser for the Dr. George W. Brown Memorial scholarship to provide funds for graduates of Mat-Su high schools who plan careers in early childhood education. This run will include 1/4 mile (ages 0-5), 1/2 mile (ages 6-11), 1-mile (ages 11-13), and 5K (ages 14+) distances. Children and families are encouraged to participate and there is a family rate of $35.00 for all participants in the same family.

May 19  Gold Nugget Triathlon – Anchorage
Sun
Meet time: 8:00 AM – Bartlett High School
Distance: Sprint Triathlon – 500 meter swim, 12 mile bike, 3.5 mile run
Entry Fee: $75
Contact: Mary Vollendorf
         mvollendorf@gmail.com
         Betsy Haines – 907-223-7792
Website: www.goldnuggettriathlon.com
Sponsored by: Gold Nugget Triathlon Board of Directors
The longest running all-female triathlon, is now in its 36th 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 23  Kal's Knoya Ridge Run – Anchorage
Thu
Meet time: 5:00 PM – Klutina Dr. Entrance to Bicentennial Park, Chugach Foothills
Distance: 2.5, 5.6, & 8.5 K -1,200, 2,900, & 4,300 elev. gain – Rolling climb along forest trails with alpine finishes
Entry Fee: Donation
Contact: Bill Spencer – 907-306-0077
         bill.spencer@hdrinc.com
         Anson Moxness – 907-242-5995
Website: http://www.alaskamountainrunners.org
Sponsored by: Alaska Ski Education Foundation, Tom Besh Memorial Fund
Day of race registration only. YOU CAN NOT PREREGISTER FOR THIS RACE. Field size limits (200 for the Full Monty) should not be a problem. Course utilizes JBER property. You must have an iSportman Recreational Access Permit and be signed in to train https://jber.isportsman.net/. NO PERMIT IS REQUIRED FOR RACE DAY. All donations are used to support scholarships for UAA/UAF student athletes.
**May 23**  
**Trent Waldron Half Marathon Bib Pick up – Anchorage**  
Meet time: 4:30-6:30 PM – Skinny Raven Sports (800 H st)  
Entry Fee: See website  
Contact: Anchorage Running Club  
Website: www ancoragerunningclub.org  
Sponsored by: Anchorage Running Club  
Day of race bib pick up 07:30-08:45am at Westchester Lagoon.

**May 25**  
**Trent Waldron Half Marathon & 10K – Anchorage**  
Meet time: 730am – Margaret Sullivan Park  
Distance: 13.1mi & 10K –  
Race time: 8am (walkers), 9:00am (13.1mi), 9:20am (10K)  
Entry Fee: see website  
Contact: Anchorage Running Club  
Website: www ancoragerunningclub.org  
Sponsored by: Anchorage Running Club  
Located at Margaret Sullivan Park on W. 15th Ave, between S St. & U St. This race is a qualifier for the Sleeping Lady Challenge. Day of race bib pick up 07:30-08:45am.

**May 25**  
**20th Anniversary Prince of Wales Marathon 2019 – Ketchikan**  
Meet time: 9:00 AM – Prince of Wales Island, Craig High School  
Distance: marathon, half marathon, and relays – N/A  
Entry Fee: $45  
Contact: Jean James

**May 25**  
**Seldovia Memorial Day 5K – Seldovia**  
Meet time: 9:00 AM – Seldovia Central Park  
Distance: 5K – Fairly flat "loop" course  
Entry Fee: $10  
Contact: Steve Bainbridge – 907-202-3095  
bainbridge.noblespirit.steve@gmail.com  
Nonenot applicable

Sponsored by: Seldovia Chamber of Commerce / Kachemak Bay Running Club  
loop in and around Seldovia ... mostly flat

**May 25**  
**Toghotthele Trail Run (formerly known as the Annihilator) Trail Series #1 – Fairbanks**  
Meet time: 11:00 AM – Nenana, AK  
Distance: 10k (roughly) challenging trail run – Classic Interior Alaska trail run.  
Fundraiser for Nenana's High School XC team.  
Toghotthele pronounced 'TOG-uh-TEE-lee'  
Entry Fee: See website  
Contact: Drew Harrington – 907-451-6604  
drew.harrington@live.com

Website:  
Sponsored by:  
BBQ and potluck after finish. $5 suggested donation.
**May 26 Sun**  
*Presbyterian Hospitality House 5K Fun Run – Fairbanks*  
Meet time: 10:30 AM – UAF Patty Center  
Distance: 5K – Flat and fast fundraiser for PHH  
Entry Fee: See website  
Contact: Ty Tigner – 907-378-9918  
tytigner@aol.com  

Sponsored by: Presbyterian Hospitality House  
$25 entry fee, T-shirts for the first 100 entries. Prizes.

**May 29 Wed**  
*Alaska Run for Women – Wasilla*  
Meet time: 4:00 PM – The Alaska Club Valley  
Distance: Registration – Donation  
Entry Fee: Donation  
Contact: Babette Mcllroy  
run@akrfw.org  
Nicole Thibodeau  

Website: www.akrfw.org  
Sponsored by: Alaska Run for Women  
Registration for the 27th annual Alaska Run for Women on 06/08/19, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 6/1, 6/4, and 6/6.

**May 31 Fri**  
*Skinny Raven Twilight 12K – Anchorage*  
Meet time: 6:00 PM – Skinny Raven Sports, Delaney Park Strip  
Distance: 6K or 12K – Roads and bike paths, featuring the bridge to Government Hill.  
Entry Fee:$35/$45  
Contact: Skinny Raven Events & Timing  
timing@skinnyraven.com  

Website: https://skinnyraven.com/event/twilight-12k/  
Sponsored by: Skinny Raven Sports  
Ring in the summer with Anchorage's most unique road running course, thousands of your friends, music, pizza, and beer. You can't beat this event for a fun Friday evening.

**May 31 Jun 1 Fri**  
*Alaska Endurance Trail Run – Fairbanks*  
Meet time: 8:00 PM – UAF West Ridge  
Distance: Timed race, with options for 6, 12, and 24 hours. – Timed endurance race, with options for 6, 12, and 24 hours, on rolling loop trail course.  
Entry Fee: See website  
Contact: Don Kiely – 907-455-6749  
don@donkiely.com  

Website: http://aetr.us  
Sponsored by: Don Kiely  
Note: The 24 hour race will start on Friday evening at 8PM, 12 and 6 hour races start on the 1st.
2019 alaska Run for women

Saturday June 8th

Race Registration

ONLINE
Opens Saturday, April 15
www.akrfw.org

IN-PERSON
Bib Pick-Up Events!
WASILLA - The Alaska Club
• Wed., May 29: 4pm - 6:30pm

ANCH. - University Center Mall
• Sat., June 1: 10am-1pm
• Tue., June 4: 4pm - 7pm
• Thu., June 6: 4 pm - 7pm

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

START
Sullivan Arena Parking Lot
1 Mile Fun Run/Walk
5 Mile Run/Walk

Every donation directly supports the fight against breast cancer.
Jun Tue  RCN Track Interval training – Fairbanks
Meet time: 5:30 & 6 PM – West Valley H.S. track
Distance: Interval training – Interval training every Tuesday evening, May through August.
Entry Fee: See website
Contact: Tracey Martinson – 907-474-8353
tamartinson67@gmail.com
Website: https://www.runningclubnorth.org
Sponsored by: Running Club North
The women's group is at 5:30 p.m. and the men's group is at 6:00 p.m. Free! Come early to warm up and be ready to run.

Jun Tue, Thu  MatSu Running Club - Women's Group – Palmer
Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
coachknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Tuesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.

Jun Wed, Thu  MatSu Running Club - Coed Group – Palmer
Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
coachknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Wednesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.

Jun Tue  MatSu Running Club Junior Group – Palmer
Meet time: 4:30 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
coachknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Ages 10-15; Coached training sessions on track and trail. Contact Coach Knopp for more information. June 5- Jul 25.

Jun Tue  Peak Performers Track Club – Anchorage
Meet time: 6pm– West High track
Entry fee: (Membership) $65, $110 partners (2), $160.00 family (3 or more)
Contact: Jason Hofacker – 907-337-9575 ext 7
jhofacker@acsedu.org
Kim Baldwin – 907-274-1061
 anchoragekim@yahoo.com
Sponsored by: Peak Performers Track Club
APU Moseley Sports Center thru mid April West High Track late April thru August
APU - paved roads, West – track. Training & conditioning program led by coaches
**Hoodoo Goldstream Beer Runs – Fairbanks**
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

**11th Annual Alaska 5k for Autism – Fairbanks**
Meet time: 11:00 AM – Pioneer Park
Distance: Walk/Run 5K – The Alaska 5k for Autism is a way to celebrate autism acceptance while helping support programs to improve the lives of all Alaskans impacted by autism.
Entry Fee: See website
Contact: Leah Kovall – 210-627-0759
leah.r.kovall.civ@mail.mil

Website: Asagoldenheart.org
Sponsored by: Autism Society of Alaska
The event benefits the Autism Society of Alaska, which provides information and referrals, support, education and advocacy for people in our community living with autism.

**Walk n Roll for Animals – Palmer**
Meet time: 9:00 AM – Trunk rd and Parks Hwy Commuter Lot
Distance: 5K – Route is along the paved bike path, out and back
Entry Fee: $35
Contact: Julie Johnson – 907-351-1385
adpwjulie@aol.com
Rebecca Turnipseed – 907-521-6600

Website: Facebook - Walk n Roll for Animals 5k Alaska
Sponsored by: Community sponsors

**Alaska Run for Women – Anchorage**
Meet time: 10:00 AM – University Center Mall
Distance: Registration – Registration
Entry Fee: Donation
Contact: Babette McIlroy
run@akrfw.org
Nicole Thibodeau

Website: www.akrfw.org
Sponsored by: Alaska Run for Women
Registration for the 27th annual Alaska Run for Women on 06/08/19, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/29, 6/4, and 6/6.
Jun 1

45th Annual Arctic Valley Run – JBER

Meet time: 7:30 – 8:45am – Moose Run Golf Course
Distance: 12.6 & 5 mi – 800’ gradient (5mi)/2,500’ gradient (12.6 M)
Race time 9 am
Entry fee: $20/$25 race day
Contact: Ellis Alston 907-384-1304
Ellis.alston@us.af.mil

Sponsored by: JBER Sports & Fitness.

Jun 2

Lace Up For Leukemia 5K – Fairbanks

Meet time: 10:00 AM – Pioneer Park Boat Launch
Distance: 5k Run – A fast flat 5K out and back run starting at the boat launch next to
Pioneer Park. It is a Team in Training Fundraiser that has a family registration option. 
All proceeds go to the Leukemia & Lymphoma Society.
Entry Fee: See website
Contact: Wendy Demers – 907-388-6847
wendy.demers10@gmail.com
Website: https://www.facebook.com/AKLaceUpForLeukemia
Sponsored by: Fairbanks Team In Training

Jun 2

Eagle River Tri – Chugiak, Alaska (Anchorage Area)

Meet time: 8:00 AM – Chugiak High School
Distance: 500 yd swim, 20k bike, 5k run – 500 yard pool swim (split lane), 20K 
rolling bike course with two separate out and back sections, and a 5K out-and-back run.
Entry Fee: $78 and up for adults
Contact: Kristin Folmar and Missy Roberts
info@eaglerivertri.com
Kristin Folmar – 907-301-8871
Website: www.eaglerivertri.com
Sponsored by: ERT has many proud supporting corporate and community sponsors. 
Visit website for details.
Alaska's premier sprint triathlon. Individual and team categories - all abilities 
welcome. T-shirts for all pre-registered racers in adult tri. Kid's event following adult 
race - great for the whole family! USAT sanctioned event.

Jun 2

Eagle River Tri - Kid's – Chugiak, AK (Anchorage Area)

Meet time: 2:30 PM – Chugiak High School
Distance: 50-100 yd swim, 2mi bike, .8mi run – 50 or 100 year pool swim, 2 mile 
bike, and .8 mile run. Fun, safe and well-supported course!
Entry Fee: N/A
Contact: Kristin Folmar and Missy Roberts
info@eaglerivertri.com
Kristin Folmar – 907-301-8871
Website: www.eaglerivertri.com
Sponsored by: The Eagle River Tri is proudly supported by many corporate and community sponsors. Visit website for details. 
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 4
Tue

**Alaska Run for Women – Anchorage**
Meet time: 4:00 PM – University Center Mall
Distance: Registration – Registration
Entry Fee: Donation
Contact: Babette McLlroy
run@akrfw.org
Nicole Thibodeau
Website: www.akrfw.org
Sponsored by: Alaska Run for Women
Registration for the 27th annual Alaska Run for Women on 6/8/19, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/29, 6/1, and 6/6.

Jun 4
Tue

**Masochism on Moose Mountain**
Trail Series #2 – Fairbanks
Meet time: 6:30 PM – Near Moose Mountain Base Lodge
Distance: 4 mile trail run – Steep 1300’ ascent in 1.41 miles, 2.94 mile descent.
Entry Fee: See website
Contact: Dan Bishop – 907-322-4314
danbishop49@gmail.com
Website: RCN Website
Sponsored by: RCN
Jun 5

**All-Comers Track Meets – Fairbanks**
Meet time: 6:30 PM – West Valley High School Track  
Distance: Track races, 100 meters to 5000 meters. – Two meets, on Wednesdays June 5 and June 12, 2019  
100-5000 meters.  
Entry Fee: See website  
Contact: Dan Callahan – 907-322-6097  
akcallahans@hotmail.com  
Website: N/A  
Sponsored by: RCN/West Valley XC  
All welcome. No entry fee. Sign up at the track the evening of meet.

Jun 6

**Alaska Run for Women – Anchorage**
Meet time: 4:00 PM – University Center Mall  
Distance: Registration – Registration  
Entry Fee: Donation  
Contact: Babette McIlroy  
run@akrfw.org  
Nicole Thibodeau  
Website: www.akrw.org  
Sponsored by: Alaska Run for Women  
Registration for the 27th annual Alaska Run for Women on 6/8/19, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/29, 6/1, and 6/4.

Jun 6

**Jim Loftus Mile**
Usibelli Series #2 – Fairbanks  
Meet time: 6:30 PM – West Valley HS Track  
Distance: 1 mile – 1 mile on the Track. 800m for kids 9 and under. #2 race in the Usibelli Cup Series  
Multiple races run, based on gender and predicted finish time.  
Entry Fee: See website  
Contact: Susan Kramer – 907-590-5086  
eventplanning2004@hotmail.com  
Website: www.runningclubnorth.org  
Sponsored by: Running Club North  
RCN members and youth 18 and under will be FREE is they register by Tuesday, June 4th.  
Non RCN members pay $5, if they register by June 4. Race Day registration is $10 for anyone 18 and older, FREE for youth 17 and under.
Jun 7

**Kids XC Runs – Fairbanks**

**Fri**
Meet time: 6:00 PM – West Valley H.S. soccer fields
Distance: Cross-country race; 0.5, 1.0., and 1.5 miles – 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: See website
Contact: Tracey Martinson – 907-474-8353
tamartinson67@gmail.com

Website: https://www.runningclubnorth.org
Sponsored by: Running Club North
0.5, 1, and 1.5 mile loop courses for kids. Free! Register at the event starting at 5:45 p.m. Runs begin at 6 p.m.

Jun 7

**Bear Bell Run for Kids – Seward**

**Fri**
Meet time: 10:00am – Branson Pavilion
1 mile – Paved pathways
Race time: 11am
Entry fee: $13 by 05/24, $15 by 05/31, $20 by 06/07
Contact: Brittney Broadworth – 907-224-4054
bbroadworth@cityofseward.net
Jessica Calhoun – 907-224-4056

Website: www.sewardrec.com
Sponsored by: Seward Parks & Rec, Teen & Youth Center
Ages: 3-12 yrs old. TYC day campers only pay $10 & transportation will be provided for them. Refreshments & prizes will be provided to all participants. Volunteers needed, call above to volunteer.

Jun 8

**27th Annual Mosquito Meander Fun Walk/Race – Fairbanks**

**Sat**
Meet time: 10:00 AM – Pioneer Park
Distance: Fun Walk/Run Race – Kinross Fort Knox presents the 27th Annual Mosquito Meander 5Km run and walk. This is a fun family event benefiting the Resource Center for Parents and Children
Entry Fee: See website
Contact: Nadia Riley – 907–347-2444
nriley@rcpcfairbanks.org

Website: http://www.rcpcfairbanks.org/26th-annual-mosquito-meander-fun-runwalk/
Sponsored by: Resource Center for Parents & Children, Inc.
See website for additional information.
HeartReach Center's
5k for Life!
2019
Fun for the whole family!

RACE STARTS AT 10:00AM
SATURDAY—June 15, 2019!

Trunk Road Park & Ride by MatSu Regional

Entry Fee $25/$50
$35/$60 Day of Race

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

We Welcome
Runners * Walkers * Strollers

Register Online:
www.FriendsofHeartReach.com
Or 907-373-3456
**Alaska Run for Women – Anchorage**

Meet time: 8:00 AM – Anchorage Football Stadium  
Distance: 5 miles and 1 mile – Scenic on road and paved trail  
Entry Fee: Donation  
Contact: Babette McIlroy  
run@akrfw.org  
Nicole Thibodeau  
Website: 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.

**11K Cooper Landing Trail Run and 5K walk – Cooper Landing**

Meet time: 9:30 AM – Cooper Landing Community Hall  
Distance: 10K – Rolling terrain, scenic and challenging  
Entry Fee: Donation  
Contact: Karl Romig – 907-598-5687  
shrewsnest@gmail.com  
Website: walkcooperlanding.org  
Sponsored by: Cooper Landing Walkable Community Project(Cooper Landing Community Club  
11K is out in back, Walkers do 5K and are shuttled back to start area, Race parallels Kenai River and Kenai Lake.

**Run for the River – Soldotna**

Meet time: 8:00 AM – Soldotna Creek Park  
Distance: 5K & 10 Mile – Trail, gravel and paved roads; multiple run flat loop course  
Entry Fee: $25  
Contact: Rhonda McCormick – 907-260-5549 X 1203  
rhonda@kenaiwatershed.org  
Tami Murray – 907-260-5449  
Website: www.kenaiwatershed.org  
Sponsored by: Kenai Watershed Forum  
10 Mils starts at 8:30, 5K starts at 9:00. Registration fee increases after May 31. Bib pick-up and FREE Runners Feed June 7. 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 9  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.  
Enter Fee: See website  
Contact: Karen Taber & Bobbi Jo Katchmar – 907-450-9620  
ktrailrunner@gmail.com or bjkrcn2017@gmail.com  

Sponsored by: Running Club North  
Register day of race. No aid stations on course. Post-race refreshments.

Jun 12  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 June 5 and June 12, 2019  
100-5000 meters.  
Enter Fee: See website  
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.

Jun 13  All-Comers Track and Field Meet – Anchorage  
Thu  Meet time: 5:30 PM – West High School  
Distance: Varied Events – Track and Field  
Enter Fee: $5  
Contact: Jason Hofacker – 9078544863  
 jhofacker@acsedu.org  

Website: www.alaska.usatf.org

Jun 14  The Alaska Relay – Chugiak to Seward  
Fri  Meet time: 7:00 AM – Mirror Lake State Park  
Distance: 186 miles – 12 Runners, 36 Legs of varying length, Each Runner runs 3 legs  
Enter Fee: $1300/Team until 2/1/19 $1400-$1500/Team later  
nathan@nxnwrelays.com  
 Dave Luke – 801-664-2052  

Website: nxnwrelays.com  
Sponsored by: North By Northwest Relays  
The Alaska Relay is a two day, approximately 186 mile, 36 leg, 12 runner, two van running relay from Chugiak to Seward. Ultra (6 person), High School, Masters, Corporate, and Public Service divisions.
46th Annual

Anchorage Mayor’s
MARATHON & HALF-MARATHON

June 22, 2019

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 20
Race Start: 7:00 p.m.

Registration Deadline June 21
No Race Day Bib Pickup

Anchorage Mayor’s Marathon
Anchorage, Alaska
(907) 786-1325
www.anchorage-marathon.com
email: track@alaska.edu
Jun 15  North Pole Triathlon – Fairbanks  
Sat Meet time: 9:00 AM – Chena Lakes Recreation Center  
Distance: Olympic distance triathlon – Sponsored by Arctic Triathlon Series  
1500 m Swim, 40k bike, 10k run. Reg. opens Feb. 1, 99 racer limit $50+USAT fee  
Entry Fee: See website  
Contact: Amber Barlow – 970-203-5535  
thebreakuptri@hotmail.com  
Website: https://arctic-triathlon-series.weebly.com/  
Sponsored by: Arctic Triathlon Series  
Each racer will get some kind of swag for the race.

Jun 15  5K Family Fun Run – Nikiski  
Sat Meet time: 9:00 AM – Nikiski Community Recreation Center  
Entry Fee: $25  
Contact: Jackie Cason – 907-776-8800  
jcason@kpb.us  
Teresa Langston – 907-776-8800  
Website: www.northpenrec.com  
Sponsored by: North Peninsula Recreation Service Area  
Groomed trails. Mostly flat with some hills. T-shirt included in registration fee. Visit website for details and entry form.

Jun 15  HeartReach Center's 5K for LIFE! – Wasilla/Palmer  
Sat Meet time: 9:30 AM – Trunk Road Park and Ride / E Blue Lupine Dr Palmer, AK 99645  
Distance: 5K – Out and back along the footpath that follows Trunk Road, mostly flat with slight incline and decline.  
Entry Fee: $25/$50 Family—$35/$60 Day of Race (This is a benefit run, which means, upon registration, runners can choose to be linked to Fund Easy where they can raise money for HeartReach Center and cover the cost of their entry fee. *Runners who choose to raise funds are also entered to win some GREAT PRIZES!*)  
Contact: Tara Vanaman – 907-373-3456  
tara@heartreachalaska.com  
Patti Price – 907-373-3456  
Website: friendsofheartreach.com  
Sponsored by: HeartReach Center

Jun 15  Why Not Tri Wasilla Triathlon – Wasilla  
Sat Meet time: 7:00 AM – Wasilla High School Pool  
Distance: 400 M Swim 9.5 Bike 5K Run – Pool swim, paved bike path/shoulder, 5K run on paved bike path—Kids course  
Entry Fee: $55  
Contact: Christina Hancey  
wasillatriinfo@gmail.com  
Robin Rice  
Website: www.whynottriwasilla.net  
Great beginner triathlon. Pool swim, paved bike and run course.
Jun 15  Sat  USATF AK JO Track and Field Association Championships – Anchorage
Meet time: 9:00 AM – West High School
Distance: Varying events – Track and Field complex
Entry Fee: NA
Contact: Jason Hofacker – 907-854-4863
jhofacker@acsedu.org
Website: www.alaska.usatf.org
This event is for athletes 18 years and younger.

Jun 16  Sun  Race Against Racism – Fairbanks
Meet time: 3:00 PM – J.P. Jones Center
Distance: 5K or 10K walk/run – 5k/10k run/walk inside City of Fairbanks, passing by landmarks named for or associated with Interior residents of diverse backgrounds who have contributed to the quality of life of the Fairbanks community
Entry Fee: See website
Contact: Andy Harrington – 907-699-1594
aharrington13@hotmail.com
Website: https://raceagainstracismalaska.wordpress.com/
Sponsored by: Goldstream Baha'i's Local Spiritual Assembly
Date is being coordinated with NAACP's "Juneteenth" celebration

Jun 16  Sun  Robert Spurr Memorial Hill Climb (Bird Ridge) – Indian
Meet time: 9:30 AM – Bird Ridge Trailhead
Start time: 10:00 AM
Distance: 3 miles – Uphill only with 3400' vertical gain on singletrack trail
Entry Fee: $35
Contact: Lyon Kopsack – 907-707-5316
lyonkopsack@yahoo.com
Annie Connelly – 907-390-7073
Website: www.alaskamountainrunners.org
Sponsored by: Alaska Mountain Runners
No bib pickup after 9:30 a.m. on race day. No race-day registration. 250-person limit. Junior course goes halfway. Registration opens May 1 at www.alaskamountainrunners.org. Use new large parking lot (called "Bird Creek Access").

Jun 20  Thu  Healthy Futures Kids Mile – Anchorage
Meet time: 7:00 PM – Alaska Airlines Center
Distance: 1 mi – Paved loop in vicinity of Alaska Airlines Center
Entry Fee: see website
Contact: Michael Friess – 907-786-1325
mafriess@alaska.edu
Matias Saari – 907-529-4178
Website: www.mayorsmarathon.com
In conjunction with Anchorage Mayor's Marathon and Half Marathon Expo and Bib Pickup. Healthy Heroes role models will be in attendance and will run with the kids and pass out Healthy Future pins.
Jun 20 Thu

Settlers Bay Solstice 5k – Wasilla
Meet time: 5:00 PM – 7307 S Frontier Drive, Wasilla AK
Distance: 5k – Trail Run around golf course
Entry Fee: $45
Contact: Active Soles Performance Footwear – 907-746-0600
activesolesevents@gmail.com
Settlers Bay Golf Course – 907-376-5466
Website: runsignup.com
Sponsored by: Back To Basics - Giving shoes to Kids in Need
Trail Run on new trails, hilly and some rooted sections

Jun 20 Thu

Dusk to Dawn D2D Part 1 – Fairbanks
Meet time: 12:47 AM – UAF- Ski Hut
Distance: Run as far as you can from dusk to dawn. Set loop and GPS options. – Run all night time hours of the longest day. 12:47 to 2:58
Entry Fee: See website
Contact: George Berry – 907-687-8769
George Berry@att.net
Website: RCN
Sponsored by: RCN
No fee. Sign up 30 minutes prior to start at UAF Ski Hut. Run a set loop, or take your GPS and run your own course!

Jun 21 Fri

Kids XC Runs – Fairbanks
Meet time: 6:00 PM – West Valley H.S. soccer fields
Distance: Cross-country race; 0.5, 1.0., and 1.5 miles – 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: See website
Contact: Tracey Martinson – 907-474-8353
tamartinson67@gmail.com
Website: https://www.runningclubnorth.org
Sponsored by: Running Club North
0.5, 1, and 1.5 mile loop courses for kids. Free! Register at the event starting at 5:45 p.m. Runs begin at 6 p.m.
**Jun 21  Midnight Sun Lazyman Triathlon – Wasilla**

**Fri**
Meet time: – Wherever you are at
Distance: 140.7 – Inside or outside, in a lake or a pool, on a stationary or mobile bicycle. Do what you can, when you can, with what you can.
Entry Fee: $35
Contact: 
Traci Sanders – 907-355-6110
htraci@hotmail.com
Christy Hronkin – 907-232-8871

Website: http://midnightsunlazyman.weebly.com
Sponsored by: Varies, if you would like to donate please contact us.
The Midnight Sun Lazyman Triathlon is an Ironman distance accomplished over 6 weeks, 2.5 mile swim, 112 miles on bike, 26.2 miles by foot. Do it alone, do it with others, do what you can, we encourage forward movement. This is a virtual race, register on our website, do the mileage over 6 weeks, and join us at the celebration BBQ August 3rd to eat, greet, get treats, and feel good you did this feat. Join us on Facebook for encouragement and accountability.

**Jun 22  Midnight Sun Run – Fairbanks**

**Sat**
Meet time: 9:00 PM – UAF Patty Center
Distance: 10K – Race starts at the UAF Patty Center, winds along paved streets and sidewalks through Fairbanks neighborhoods and finishes inside Pioneer Park.
Entry Fee: $30
Contact: 
Wendy Cloyd – 907-456-8901
racedirector@fra-alaska.net
Alyssa Enriquez – 907-456-8901

Website: www.midnightsunrun.net
Sponsored by: Fairbanks Daily News-Miner
Beginning at UAF Patty Center, the race winds through city paved streets and sidewalks, mostly flat, and ends at Pioneer Park.

**Jun 22  Anchorage Mayor’s Marathon & Relay – Anchorage**

**Sat**
Meet time: 6:30 AM – Bartlett High School
Start Time: 7:30 AM
Distance: 26.2 mi – Bartlett to Delaney Park Strip
Entry Fee: Check website
Contact: 
UAA – 907-786-1325
track@alaska.edu

Website: www.mayorsmarathon.com
Sponsored by: Anchorage Parks & Recreation
University of Alaska Anchorage & ConocoPhillips. 4 person relay tema event, 6 team divisions. Approximate leg distance is 7,8,5.6, & 5.6. Walkers welcome! Medallions to finishers, t-shirts all. No Race Day Registration or Bib Pick-up
Jun 22  Anchorage Mayor’s Coastal 5K – Anchorage
Sat  Meet time: 8:30 AM – Delaney Park Strip
Start Time: 9:15 AM
Distance: 3.1 mi – Delaney Park Strip
Entry Fee: Check website
Contact:  UAA – 907-786-1325
         track@alaska.edu

Website: 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 22  Anchorage Mayor’s ½ & Buddy Marathon – Anchorage
Sat  Meet time: 8:00 AM – Delaney Park Strip
Start Time: 9:00 AM
Distance: 13.1 mi
Entry Fee: Check website
Contact:  UAA – 907-786-1325
         track@alaska.edu

Website: 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 22  Kesugi Ridge Traverse – Denali State Park
Sat  Meet time: 8:00 AM – Little Coal Creek Trailhead
Start time: 9:00 AM
Distance: 30 miles – Challenging singletrack trail from Little Coal Creek to Byers Lake
Entry Fee: $60
Contact:  Matias Saari – 907-529-4178
          matiasmountain@gmail.com

Website: www.kesugiridgetraverse.com
Sponsored by: United Physical Therapy
Registration opens at 9 a.m. April 1 (link at race website). Capped at 50 entrants. See website for more information about mandatory gear, entry requirements, time cutoffs, camping and more.
Jun 22  Kesugi Ridge Half Traverse – Denali State Park
Sat  Meet time: 8:00 AM – Little Coal Creek Trailhead
     Start time: 9:00 AM
     Distance: 14.5 miles – Challenging singletrack trail from Little Coal Creek to just
     beyond Ermine Hill Trail Junction
     Entry Fee: $60
     Contact: Matias Saari – 907-529-4178
             matiasmountain@gmail.com
     Website: www.kesugiridgetraverse.com
     Sponsored by: United Physical Therapy
     Registration opens at 9 a.m. April 1 (link at race website). Capped at 50 entrants.
     After race, participants will take exit trail 3.5 miles to Parks Hwy. See website for
     more information about mandatory gear, entry requirements, time cutoffs, camping
     and more.

Jun 22  Fairbanks Daily News-Miner Midnight Sun Run - Usibelli Series #3 – Fairbanks
Sat  Meet time: 10:00 PM – Start line at the UAF Patty Center, Finish Line inside Pioneer
     Park
     Distance: 10K Run or Walk – Sponsored by Fairbanks Daily News-Miner and
     Fairbanks Resource Agency this 10K race brings people together from all over the
     world, attracting 3,500 participants or more. Proceeds from the race support the
     mission of the Fairbanks Resource Agency and prov
     Entry Fee: See website
     Contact: Wendy Cloyd – 907-456-8901
             racedirector@fra-alaska.net
     Website: 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 27  All Comers Track and Field Meet – Anchorage
Thu  Meet time: 5:30 PM – West High School
     Distance: Various events – Track and Field complex
     Entry Fee: $5
     Contact: Jason Hofacker – 907-854-4863
             jhofacker@acsedu.org
     Website: www.alaska.usatf.org

Jun 27  Running Free 4 Miller – Eagle River
Thu  Meet time: 6:00 PM – Eagle River High School
     Distance: 4 mi – Out and back from Eagle River High School to Hiland Correctional
     Entry Fee: $35
     Contact: Lisa Keller – 907-242-9361
             infor@runningfreenressive.net
     Website: runningfreenressive.com
     Sponsored by: Running Free Alaska
     This unique course includes a loop around the Hiland Mountain Correctional Center
     where runners in the Running Free Alaska program will cheer you on! The race is a
     fundraiser for RFA, celebrating the redemptive power of running in Alaska's prisons.
Join us June 29th, 2019 at 10am at the Anchorage Football Stadium! Our 5 mile run and 2 mile walk is perfect for families. Visit www.alaskamensrun.com for more info and to sign up!
Jun 29  2019 Spruce Tree Classic – Fairbanks  
Sat  
Meet time: 10:00 AM – UAF West Ridge Ski Hut  
Distance: Trail run, loop course. Approximately 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. 
Entry Fee: See website  
Contact:      Roy Strandberg – 907-378-7111  
roy@akwater.com  
Sponsored by: Running Club North  
Event is free. Register at start. No dogs allowed on the course.

Jun 30  Mud Factor – Anchorage  
Sun  
Meet time: 11:00 AM – Kincaid Park  
Distance: 5K – Maze Loop with a few other zig zags  
Entry Fee: $65  
Contact:      Scott Davis – none  
info@mudfactor.com  
Website: www.MudFactor.com  
Sponsored by: none  
cross country course w/ obstacles and mud features

Jun 29  Run Into Summer 5K Series – Kenai  
Tue  
Meet time: 6:00 PM – Kenai Visitor & Cultural Center  
Distance: 5Kish – Course through Old Town Kenai - some hills  
Entry Fee: $20  
Contact:      Kenai Chamber of Commerce – 907-283-1991  
johna@kenaichamber.org  
Website: www.kenaichamber.org  
Sponsored by: Kenai Chamber of Commerce & Visitor Center

July  RCN Track Interval training – Fairbanks  
Tue  
Meet time: 5:30 & 6 PM – West Valley H.S. track  
Distance: Interval training – Interval training every Tuesday evening, May through August.  
Entry Fee: See website  
Contact:      Tracey Martinson – 907- 474-8353  
tamartinson67@gmail.com  
Website: https://www.runningclubnorth.org  
Sponsored by: Running Club North  
The women's group is at 5:30 p.m. and the men's group is at 6:00 p.m. Free! Come early to warm up and be ready to run.
<table>
<thead>
<tr>
<th>Jul Tue</th>
<th>Peak Performers Track Club – Anchorage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet time: 6pm– West High track</td>
<td></td>
</tr>
<tr>
<td>Entry fee: (Membership) $65, $110 partners (2), $160.00 family (3 or more)</td>
<td></td>
</tr>
<tr>
<td>Contact: Jason Hofacker – 907-337-9575 ext 7</td>
<td></td>
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<tr>
<td><a href="mailto:jhofacker@acsedu.org">jhofacker@acsedu.org</a></td>
<td></td>
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<tr>
<td>Kim Baldwin 907-274-1061</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:anchoragekim@yahoo.com">anchoragekim@yahoo.com</a></td>
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</tbody>
</table>

Sponsored by: Peak Performers Track Club
APU Moseley Sports Center thru mid April West High Track late April thru August
APU - paved roads, West – track. Training & conditioning program led by coaches

<table>
<thead>
<tr>
<th>Jul Tue, Thu</th>
<th>MatSu Running Club - Women's Group – Palmer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet time: 6 p.m. – Colony High Track</td>
<td></td>
</tr>
<tr>
<td>Contact: Rhonda Knopp – 907-355-6258</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:coachknopp@yahoo.com">coachknopp@yahoo.com</a></td>
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</table>

Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Tuesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.

<table>
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<th>Jul Wed, Thu</th>
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<tr>
<td>Contact: Rhonda Knopp 907-355-6258</td>
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</tr>
<tr>
<td><a href="mailto:coachknopp@yahoo.com">coachknopp@yahoo.com</a></td>
<td></td>
</tr>
</tbody>
</table>

Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Wednesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.

<table>
<thead>
<tr>
<th>Jul Tue</th>
<th>MatSu Running Club Junior Group – Palmer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet time: 4:30 p.m. – Colony High Track</td>
<td></td>
</tr>
<tr>
<td>Contact: Rhonda Knopp 907-355-6258</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:coachknopp@yahoo.com">coachknopp@yahoo.com</a></td>
<td></td>
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</tbody>
</table>

Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Ages 10-15; Coached training sessions on track and trail. Contact Coach Knopp for more information. June 5- Jul 25.

<table>
<thead>
<tr>
<th>July Thu</th>
<th>Hoodoo Goldstream Beer Runs – Fairbanks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks</td>
<td></td>
</tr>
<tr>
<td>Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome</td>
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</tr>
</tbody>
</table>

Entry Fee: See website
| Contact: Stacy Fisk – 907-455-6520 |
| stacy@goldstreamsports.com |

Website: Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company
**July 4 – 34th Annual Independence Day Run – Fairbanks**

Meet time: 10:00 AM – From east entrance of Pioneer Park, along bike paths and side roads on each side of Chena River.
Distance: 5K run – The 34th annual Independence Day Run will be held Wednesday, July 4, 2018, at 10:00 am.
Entry Fee: See website
Contact: Dan Callahan – 907-322-6097
akcallahans@hotmail.com

Sponsored by: RCN/West Valley High School Cross Country running team
Entry fee includes T-shirt to first 100 to register.

**July 4 – Talkeetna All Trails – Talkeetna**

Meet time: 1:00 PM – Whigmi Trail Head - Talkeetna Lakes Trail System
Distance: 5K & 10K – Maintained dirt and grass trails with some hills, both courses are loops
Entry Fee: Varies $5-$45
Contact: Caitlin Palmer – 907-841-1394
svpts@gmail.com
Dan Harrell – 907-715-6600

Website: https://www.webscorer.com/register?raceid=163359
Sponsored by: Susitna Valley Sr. Jr. School PTSA
This 4th of July run takes place on the Talkeetna Lakes Trail System, a beautiful and peaceful scenic route. The race starts and ends at the Whigmi Road Trailhead (conveniently located 3.5 mi from downtown). This is a fundraiser for the Susitna Valley School Parent Teacher Student Association (SVS PTSA). Registration prices vary, and includes T-shirts and prizes for overall winners of each age category for the both distances.

**July 4 – Salmon Shuffle – Seldovia**

Meet time: 9:00 AM – Seldovia Harbor
Distance: 5K – On city streets; in and out
Entry Fee: $20
Contact: Tobben Spurkland – 907-399-0300

Sponsored by: Seldovia Arts Council

**July 4 – Run Like It's 1776 – Ketchikan**

Meet time: 12:00 AM – Madison's Hardware
Distance: 1.776 miles – N/A
Entry Fee: $10
Contact: Erin Riddle
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Date</th>
<th>Distance</th>
<th>Entry Fee</th>
<th>Contact</th>
<th>Website</th>
<th>Sponsor</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 4</td>
<td>Mount Marathon Race – Seward, AK</td>
<td>Seward</td>
<td>Thu</td>
<td>5k – Mountain race with an average incline of 34 Degrees and 3,022 feet of elevation.</td>
<td>$35</td>
<td>Elizabeth Hashem – 907-224-8051&lt;br&gt;<a href="mailto:events@seward.com">events@seward.com</a>&lt;br&gt;Jen Leahy 907-224-8051</td>
<td>mmr.seward.com</td>
<td>Seward Chamber of Commerce</td>
<td>Mountain race with a distance of 3.1 miles and 3,022 ft of elevation gain. Average incline is 34 degrees over steep, uneven, and sometimes difficult terrain.</td>
</tr>
<tr>
<td>July 5</td>
<td>Kids XC Runs – Fairbanks</td>
<td>Fairbanks</td>
<td>Fri</td>
<td>0.5, 1.0., and 1.5 miles – Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.</td>
<td>See website</td>
<td>Tracey Martinson – 907-474-8353&lt;br&gt;<a href="mailto:tamartinson67@gmail.com">tamartinson67@gmail.com</a></td>
<td><a href="https://www.runningclubnorth.org">https://www.runningclubnorth.org</a></td>
<td>Running Club North</td>
<td>0.5, 1, and 1.5 mile loop courses for kids. Free! Register at the event starting at 5:45 p.m. Runs begin at 6 p.m.</td>
</tr>
<tr>
<td>July 6</td>
<td>Calamity Kayak/Run/Bike – Ketchikan</td>
<td>Ketchikan</td>
<td>Sat</td>
<td>N/A – N/A</td>
<td>N/A</td>
<td>Diane Gubatayao</td>
<td></td>
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</tr>
<tr>
<td>July 6</td>
<td>Hatcher Pass Marathon &amp; Relay – Willow</td>
<td>Willow</td>
<td>Sat</td>
<td>Marathon – Up &amp; Over Hatcher Pass Road.</td>
<td>$80 individual, $160 team</td>
<td>Natalie Bicker – 907-232-6145&lt;br&gt;<a href="mailto:happymalamuteak@gmail.com">happymalamuteak@gmail.com</a>&lt;br&gt;Eric Bickers – 907-982-3981</td>
<td>happymalamuterunning.com</td>
<td></td>
<td>Amazing views through Hatcher Pass from Willow side to Independence Mine. Early start available (0700). Individual or relay teams 2-3 runner. Extended finish line times, roughly 10 hour limit. Walking the climbs is ok!</td>
</tr>
</tbody>
</table>
July 6  Run of the Valkyries
Sat  Usibell Series #4 – Fairbanks
   Meet time: 10:00 AM – Pioneer Park
   Distance: 8K fun race. – 8K fun race through Pioneer Park. Flat course.
   Entry Fee: See website
   Contact: Stacy Fisk – 907-455-6520
            stacy@goldstreamsports.com
   Website: www.operafairbanks.org
   Sponsored by: Opera Fairbanks

July 7  Boondocks Breakaway 2.5 & 5k Trail Run– Anchorage
Sun  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: Anchorage Running Club
     Website: www.anchoragerunningclub.org
     Sponsored by: Anchorage Running Club
     This is one of two free races for members of the Anchorage Running Club
     Race day registration only. Refreshments & age group awards immediately following.

July 7  Ester Dome Ass Kicker:
Sun  Trail Series #4 – Fairbanks
     Meet time: 10:00 AM – Start and Finish in the Golden Eagle Saloon parking lot in
     Ester
     Distance: 6.75 miles of extreme hills and fun on roads and trail – Starting at the
     Golden Eagle Saloon parking lot in Ester, this fun out and back will introduce runners
     to some serious elevation gain up Stone Road and Azurite Drive, followed by
     moderately flat trail across the powerlines leading to base of "The Chute".
     Entry Fee: See website
     Contact: Oralee Nudson – 907-252-0530
              onudson@alaska.edu
     Sponsored by: RCN & Goldstream Sports
     Sign up on race day at the start.

July 7  Pioneer Ridge Vertical Mile – Palmer
Sun  Meet time: 10:00 AM – Pioneer Ridge Trailhead, Mile 4 E. Knik River Rd.
     Start time: 11:00 AM
     Distance: 4.5 miles – Uphill-only race on steep singletrack trail with 5300 feet of
     vertical gain
     Entry Fee: $5
     Contact: Matias Saari – 907-529-4178
              matiasmountain@gmail.com
              Ben Marvin – 907-317-8115
     Website: www.alaskamountainrunners.org
     Sponsored by: Alaska Mountain Runners
     Race-day registration only. Due to limited parking, all participants must take a shuttle
to trailhead. Shuttle runs from 9:30-10:40 a.m. at the gravel bar parking area just north
of the Knik River Bridge on the Old Glenn Hwy. (Follow signage)
July 10

**Salmon Run Series – Soldotna**
Meet time: 5:45 PM – Tsalteshi Trails
Distance: 5K – Trail run, some hills.
Entry Fee: $15, race Day $40 for 5 week Series
Contact: Tami Murray – 907-260-5449 ext 1204
Tami@kenaiwatershed.org
Rhonda McCormick – 907-260-5449
Website: www.kenaiwatershed.org
Sponsored by: Central Peninsula Hospital
World Class trail running, on Tsalteshi Trails

July 10

**Master’s 5K & 10K – Anchorage**
Meet time: 5:30 pm – Chuck Albrecht Fields
Distance: 5K or 10K - limited to runners 40 years and older
Race time: 6pm
Entry Fee: ARC Membership
Contact: Anchorage Running Club
Website: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
This is one of two free races hosted by ARC

July 11

**All Comers Track and Field Meet – Anchorage**
Meet time: 5:30 PM – West High School
Distance: Various events – Track and Field complex
Entry Fee: $5
Contact: Jason Hofacker – 907-854-4863
jhofacker@acsedu.org
Website: www.alaska.usatf.org

July 11

**Steve's Equinox Training #1 – Fairbanks**
Meet time: 6:00 PM – UAF Patty Center
Distance: 8+ Miles – Get ready for the Equinox on the installment plan.
Enter Fee: See website
Contact: George Berry – 907-687-8769
membership@runnningclubnnorth.org
Website: RCN
Sponsored by: RCN
Free

July 13

**Angel Creek 50k and 50 miler – Fairbanks**
Meet time: 5:00 AM – Chena River Rec Area
Distance: 50k or 50 mile trail run – Challenging 50k or 50 mile trail run in the Chena River Rec Area, see website for registration and more information:
Enter Fee: See website
Contact: Drew Harrington – 907-451-6604
info@angelcreek50.org
Website: www.angelcreek50.org
See website for additional information.
July 13  
Sun  
Karen Eakes Memorial Fun Run – Ketchikan  
Meet time: 9:30 AM – Wardlake  
Distance: 3k/5k – N/A  
Enter Fee: N/A  
Contact: Diane Gubatayao

July 13  
Sat  
AK Salmon Runs King Salmon Marathon – Cordova  
Meet time: 6:15 AM – CCMC parking lot  
Distance: 26.2 miles – level, 15.2 miles gravel, 11 miles paved, point to point  
Enter Fee: $50  
Contact: Kristin Carpenter – 907-424-3334  
runningwild@copperriver.org  
Website: http://salmonjam.org/ak-salmon-runs/  
Sponsored by: Baja Taco, REI, Skinny Raven, 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!

July 13  
Sat  
AK Salmon Runs Sockeye Half - Marathon – Cordova  
Meet time: 9:00 AM – CCMC parking lot  
Distance: 13.1 miles – level, 1.2 miles gravel, 12 miles paved, point to point  
Enter Fee: $50  
Contact: Kristin Carpenter – 907-424-3334  
runningwild@copperriver.org  
Website: http://salmonjam.org/ak-salmon-runs/  
Sponsored by: Baja Taco, REI, Skinny Raven, 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!

July 13  
Sat  
AK Salmon Runs Coho 10K – Cordova  
Meet time: 10:00 AM – CCMC parking lot for shuttle to start  
Distance: 10K – level, paved, point to point  
Enter Fee: $20  
Contact: Kristin Carpenter – 907-424-3334  
runningwild@copperriver.org  
Website: http://salmonjam.org/ak-salmon-runs/  
Sponsored by: Baja Taco, REI, Skinny Raven, 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!

July 13  
Sat  
Bear Paw 5K – Eagle River  
Start time: 10:00 AM – Meet at Auto Zone, Eagle River, AK Main Street  
Enter Fee: See website for online registration, race day registration accepted.  
Contact: Joey Caterinichio – jcaterinichio@alaska.net  
info@cer.com  
Website: www.bearpawfestival.org/bear-paw-5k-classic.html  
Sponsored by: GCI  
Register online www.cer.org or www.skinnyraven.com. Fun for all ages.
**July 13 Sat**

**AK Salmon Runs Humpy 5K – Cordova**
Meet time: 10:00 AM – CCMC parking lot for shuttle to start  
Distance: 5K – level, paved, point to point  
Enter Fee: $20  
Contact: Kristin Carpenter – 907-424-3334  
runningwild@copperriver.org

Website: http://salmonjam.org/ak-salmon-runs/  
Sponsored by: Baja Taco, REI, Skinny Raven, 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!

**July 13 Sat**

**AK Salmon Runs Smolt One Mile Fun Run/Walk – Cordova**
Meet time: 10:30 AM – CCMC parking lot  
Distance: 1 mile – level, paved, one mile loop  
Enter Fee: $20  
Contact: Kristin Carpenter – 907-424-3334  
runningwild@copperriver.org

Website: http://salmonjam.org/ak-salmon-runs/  
Sponsored by: Baja Taco, REI, Skinny Raven, 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!

**July 14 Sun**

**Run for the Refuge – Fairbanks**
Meet time: Standard: 1p.m. Early: Noon – UAF Ski Hut near the Geo Phys Bldg.  
Distance: Trail run, 5km run/walk and 10km run – Celebrate the Arctic National Wildlife Refuge at the annual Run for the Refuge trail race, a 10k run and 5k walk/run. Support the conservation of Alaska's largest refuge by participating in this fun, family-friendly event!  
Enter Fee: See website  
Contact: Anna Sorensen – 907-452-5021  
officemanager@northern.org

Website: www.northern.org  
Sponsored by: Northern Alaska Environmental Center  
Entry fee for either race includes post-race snacks, t-shirt for those who register in advance, and prizes for top finishers in each class (men, women, and children under 12). There will be door prizes and spectators are always welcome!

**July 17 Wed**

**Salmon Run Series – Soldotna**
Meet time: 5:45 PM – Tsalteshi trails  
Distance: 5K – Trail running, some hills.  
Enter Fee: $15 race day $40 discount for 5 race series  
Contact:  
Tami Murray – 907-260-5449  
Tami@kenaiwatershed.org  
Rhonda McCormick – 907-260-5449

Website: www.kenaiwatershed.org  
Sponsored by: Central Peninsula Hospital  
World famous trail running on Tsalteshi Trails
July 17  Run for Gold Bib Pick Up – Fairbanks
Wed
Meet time: 5:00:00 PM to 8:00 PM – Literacy Council of Alaska, 517 Gaffney Rd
Distance: 1 mile – Bib Pick up for Run for Gold. This 1 mile family fun run Benefits
Literacy Council of Alaska.
Cost $10 youth, $15 adult, $25 family. Leads the Golden Days Parade.
Your chance to lead the parade and win real gold!
Entry Fee: See website
Contact: Jim Brader – 907-452-4986
       jimbrader@gmail.com

Website: literacycouncilofalaska.org
Sponsored by: Running Club North
$10 youth, $15 adult, $25 family. Leads the Golden Days Parade.
Your chance to lead the parade and win real gold!

July 18  Steve's Equinox Training #2 – 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: See website
Contact: George Berry – 907-687-8769
        membership@runningclubnnorth.org

Website: RCN
Sponsored by: RCN
Free

July 19  Kids XC Runs – Fairbanks
Fri
Meet time: 6:00 PM – West Valley H.S. soccer fields
Distance: Cross-country race; 0.5, 1.0., and 1.5 miles – 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: See website
Contact: Tracey Martinson – 907-474-8353
        tamartinson67@gmail.com

Website: https://www.runningclubnorth.org
Sponsored by: Running Club North
0.5, 1, and 1.5 mile loop courses for kids. Free! Register at the event starting at 5:45
p.m. Runs begin at 6 p.m.

July 20  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, 13.1 mile run. Reg.
opens Feb 1. 99 Racer limit, $60+USAT fee
Entry Fee: See website
Contact: Amber Barlow – 970-203-5535
        thebreakuptri@hotmail.com

Website: https://arctic-triathlon-series.weebly.com/
Sponsored by: Arctic Triathlon Series
Each racer will get some kind of swag. There is a relay option for this race.
July 20  Run For Gold – Fairbanks
Sat
Meet time: 9:50 AM – Aurora Energy Power Plant on First Ave.
Distance: 1 mile following Golden Days Parade route – 1 Mile Family fun run that leads the Golden Days Parade.
Entry Fee: See website
Contact: Jim Brader – 907-452-4986
jimbrader@gmail.com

Website: literacycouncilofalaska.org
Sponsored by: RCN
Family fun run that benefits the Literacy Council of Alaska.
Leads the Golden Days Parade. Your chance to win Gold!
$10 youth, $15 adult, $25 family. $5 extra race day entry.

July 20  Crow Pass Crossing – Girdwood
Sat
Meet time: 8:00 AM – Crow Pass Trailhead
Start time: 9:00 AM
Distance: 22.5 miles – Technical backcountry wilderness race from Crow Pass Trailhead to Eagle River Nature Center
Entry Fee: $75
Contact: Matias Saari – 907-529-4178
matias@healthyfuturesak.org

Website: www.crowpasscrossing.com
Sponsored by: Healthy Futures
Registration opens May 1 at 9 a.m. (link at race website). Capped at 150 entrants. See website for entry requirements, mandatory gear, cutoff info and more.
Mandatory bib pickup from 5-6:30 p.m. Friday, July 19 at Chain Reaction Cycles, 1148 Huffman Rd. followed by safety/info meeting (mandatory for rookies, optional for veterans).

July 21  54th Annual Gold Discovery Run
Sun
Usibelli Series #5 – Fairbanks
Meet time: 9:00 AM Standard
8:00 AM Early – Silver Gulch Brewery
Distance: 16.3 miles trail/road – Felix Pedro struck gold on July 22, 1902, in a creek 12 miles north of E. T. Barnette’s Trading Post. In 1965 the Gold Discovery Run was inaugurated to commemorate his discovery, which led to gold fever and the founding of Fairbanks.
Entry Fee: See website
Contact: Rachael Kvapil – 907-347-8756
pagesculptor@gmail.com

Website: https://www.runningclubnorth.org/gold-discovery/
Sponsored by: Running Club North
Registration will be through Chronotrack
July 21  **Hightail Half Marathon – Anchorage**  
Meet time: 8:00 AM – Delaney Park Strip  
Distance: 1/4 Marathon or 1/2 Marathon – Paved roads and bike paths along beautiful Chester Creek.  
Entry Fee: $95/$105  
Contact: Skinny Raven Events & Timing  
timing@skinnyraven.com  
Website: https://skinnyraven.com/event/hightail-half-marathon/  
Sponsored by: Skinny Raven Sports  
Join us for a boutique experience unlike any you will find in Alaska. From our personalized training groups, to the Expotique, and mimosas at the post event party, it will be an event to remember. We can’t wait to be apart of your journey!

July 24  **Salmon Run Series – Soldotna, AK**  
Meet time: 5:45 PM – Tsalteshi Trails  
Distance: 5K – Trail running, some hills.  
Entry Fee: $15 race day $40 discount for 5 race series  
Contact: Tami Murray – 907-260-5449  
Tami@kenaiwatershed.org  
Rhonda McCormick – 907-260-5449  
Website: www.kenaiwatershed.org  
Sponsored by: Central Peninsula Hospital  
World famous trail running on Tsalteshi Trails

July 24  **Alaskan Running Cruise Trail Race – Ketchikan**  
Meet time: 8:00 AM – Ward Lake  
Distance: 5k/10k – N/A  
Entry Fee: free, t-shirt to support club $30  
Contact: Leigh Woodward

July 25  **All Comers Track and Field Meet – Anchorage**  
Meet time: 5:30 PM – West High School  
Distance: Various events – Track and Field Complex  
Entry Fee: $5  
Contact: Jason Hofacker – 907-854-4863  
jhofacker@acsedu.org  
Website: www.alaska.usatf.org

July 25  **Steve's Equinox Training #3 – Fairbanks**  
Meet time: 6:00 PM – Ann's Greenhouse pullout  
Distance: 8+ Miles – Get ready for the Equinox on the installment plan.  
Entry Fee: See website  
Contact: George Berry – 907-687-8769  
membership@runnningclubnnorth.org  
Website: RCN  
Sponsored by: RCN  
Free
July 27 26th Chena Hot Springs Run 'n Soak
Sat Trail Series #5 – Fairbanks
Meet time: 11:00 AM – Start: Angel Rocks Trailhead/49 Mile Chena Hot Springs Rd.
Finish: Chena Hot Springs Resort
Distance: Trail running - 8 1/2 miles – 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: See website
Contact: Keith Pollock – 907-479-0779
kpollockak@gmail.com
Website: RCN
Sponsored by: RCN
Register 1/2 hour prior to start. Potluck BBQ at the finish. Reduced fee to soak in the hot springs.

July 27 Jakolof Bay 10 Miler – Seldovia
Sat Meet time: 9:30 AM – Jakolof Bay Dock
Distance: 10 Miles – 10 tough miles of mountainous gravel road from Jakolof Bay to Seldovia.
Entry Fee: $10
Contact: Tania Spurkland – 907-202-2740
tmspurkland@gmail.com
Steve Bainbridge – 907-202-3095
Website: www.facebook.com/10miler
Sponsored by: Seldovia Chamber of Commerce & Kachemak Bay Running Club

July 27 USATF AK Association Track and Field Championships – Anchorage
Sat Meet time: 9:00 AM – West High School
Distance: Various events – Track and Field complex
Entry Fee: $5
Contact: Jason Hofacker – 907-854-4863
jhofacker@acsedu.org
Website: www.alaska.usatf.org

July 28 Bear Fest Marathon & 1/2 Marathon – Wrangell
Sun Meet time: 7:00 AM – Nolan Center
Distance: Full - Certified Course, 1/2 and 5k – Mostly waterfront rolling hills with flat sections
Entry Fee: $50 Full, $25 1/2
Contact: Sylvia Ettefagh – 907-874-2998
fun@alaskabearfest.org
Kimberly Cooper – 907-874-3006
Website: www.alaskabearfest.org
Sponsored by: Alaska Bear Fest
This is a USTAF certified course and a Boston qualifier.
**Salmon Run Series – Soldotna, AK**

Meet time: 5:45 PM – Tsalteshi Trails
Distance: 5K – Trail Running, some hills.
Entry Fee: $15 race day $40 discount for 5 race series
Contact: Tami Murray – 907-260-5449  
Tami@kenaiwatershed.org  
Rhonda McCormick – 907-260-5449

Website: www.kenaiwatershed.org  
Sponsored by: Central Peninsula Hospital  
World famous trail running on Tsalteshi Trails
Aug Tue  RCN Track Interval training – Fairbanks
Meet time: 5:30 & 6 PM – West Valley H.S. track
Distance: Interval training – Interval training every Tuesday evening, May through August.
Entry Fee: See website
Contact: Tracey Martinson – 907- 474-8353
        tamartinson67@gmail.com
Website: https://www.runningclubnorth.org
Sponsored by: Running Club North
The women's group is at 5:30 p.m. and the men's group is at 6:00 p.m. Free! Come early to warm up and be ready to run.

Aug Tue  Peak Performers Track Club – Anchorage
Meet time: 6pm– West High track
Entry fee: (Membership) $65, $110 partners (2), $160.00 family (3 or more)
Contact: Jason Hofacker – 907-337-9575 ext 7
        jhofacker@acsedu.org
        Kim Baldwin – 907-274-1061
        anchoragekim@yahoo.com
Sponsored by: Peak Performers Track Club
APU Moseley Sports Center thru mid April West High Track late April thru August
APU - paved roads, West – track. Training & conditioning program led by coaches

Aug Thu  Hoodoo Goldstream Beer Runs – Fairbanks
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
        stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

Aug Tue, Thu  MatSu Running Club - Women's Group – Palmer
Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
        coachknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Tuesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.
Aug Wed, Thu MatSu Running Club - Coed Group – Palmer
Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
coachknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Wednesday, Thursday. Ages 16+ runners of all ability levels welcome. Coached training held each week, April through Aug. 7. Trail runs through September.

Aug MatSu Running Club - Extended Season – Palmer
Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp – 907-355-6258
coachknopp@yahoo.com
Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Ages 16 + runners of all ability levels welcome. Coached trianing held each week through late September. Weekly locations TBA.

Aug 1 Thu Steve's Equinox Training #4 – Fairbanks
Meet time: 6:00 PM – Top of Ester Dome
Distance: 5 Miles – Get ready for the Equinox on the installment plan.
Entry Fee: See website
Contact: George Berry – 907-687-8769
membership@runnningclubnorth.org
Website: RCN
Sponsored by: RCN
Free

Aug 3 Sat 26th Annual Santa Claus Half Marathon
Usibelli Series #6 – Fairbanks
Meet time: 9:00 AM Standard
8:00 AM Early – Chena Lakes Recreation Area
Distance: Half Marathon, 13.1 miles – 13.1 miles
Flat and fast course on paved and gravel trails.
8AM start is available anyone anticipating a time > 2.5 hours
Entry Fee: See website
Contact: Ron Oliver – 360-867-3279
Ron.Oliver@TeamRWB.org
Website: https://www.runningclubnorth.org/santa-claus-half-marathon/
Sponsored by: RCN

Aug 3 Sat Blueberry Fun Run – Ketchikan
Meet time: 9:00 AM – Ketchikan Police Department
Distance: 5k walk/run, 10k run – N/A
Entry Fee: $15
Contact: Lori Ortiz
Aug 3  Alaska Distance Classic – Anchorage
Sat
Meet time: 8:00 AM – Alaska Pacific University
Distance: 5K, 10K, or double up and run both – Paved roads and bike paths, with
some dirt trail around University Lake.
Entry Fee: $30, $35, or $40
Contact:  Skinny Raven Events & Timing –
timing@skinnyraven.com

Website: https://skinnyraven.com/event/alaska-distance-classic/
Sponsored by: Skinny Raven Sports, Alaska Pacific University
The Alaska Distance Classic is back! Is 10K too far? Join us for a 5K. Is 10K not far
enough? Sign up for the Double-Up. You can run both the 5K and the 10K and earn
yourself a special finisher award!
Aug 3 Sat

**CELEBRATE LIFE! 5K RUN & WALK – SOLDOTNA**
Meet time: 8:30 AM – SOLDOTNA BIBLE CHAPEL
Distance: 5k – Residential area, out and back
Entry Fee: Free
Contact: Kris Harris – 907-283-9062
kharris@abclifechoices.org
ABC LIFE CHOICES VOLUNTEERS – 907-283-9062

Website: www.abclifechoices.org
Sponsored by: FUND RAISER EVENT - DONORS
Free t-shirt & brunch, no registration fee - this is a fundraiser event

Aug 3 Sat

**21st Annual 5K Wildlife Rescue Run/Walk – Seward**
Meet time: 10:00 AM – Alaska SeaLife Center Lobby
Distance: 5K – Mostly flat, scenic waterfront
Entry Fee: $35
Contact: Nancy Deel – 907-224-6375
nancyd@alaskasealife.org
Nancy Anderson – 907-224-6396

Website: www.alaskasealife.org
Sponsored by: The 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.

Aug 3 Sat

**MATANUSKA PEAK CHALLENGE – Palmer**
Meet time: 8:00 AM – Lazy Mountain Parking Lot
Distance: 12 miles – 10,000 Vertical Gain, Race Starts 9 AM
Entry Fee: $30
Contact: Braun Kopsack – 907-355-0435
knikg@gci.net
Lance Kopsack – 907-795-6666

Sponsored by: KNIK GLACIER ADVENTURES
No Aid Station available

Aug 4 Sun

**Yukon River Trail Marathon – Whitehorse**
Meet time: 8:00 AM – Rotary Park
Distance: 13.1, 26.2 + Relay – Scenic trail run along Yukon River trails. Lots of hills.
Entry Fee: $50
Contact: Ken Sylvestre – 867-668-7592
yukonmarathon@gmail.com

Website: www.yukonmarathon.com
Sponsored by: Boreal Adventure Running Association
Full course description available on our website
Aug 4  Sun  Archangle Marathon & Relay – Palmer
Meet time: 8:00 AM – Independence Mine parking area
Distance: Marathon – One mile uphill, 25 miles downhill
Entry Fee: $80 individual, $160 team
Contact: Natalie Bickers – 907-232-6145
          happymalamuteak@gmail.com
          Eric Bickers – 907-982-3981
Website: happymalamuterunning.com
Sponsored by:
Big uphill climb at the start line with 25 miles downhill. Challenging in its own leg
exhausting way. Experience the sweeping views headed from Independence Mine
towards Willow. (*In development, check website for updates.) Specials finishers
award for all who complete Archangel AND Hatcher Pass Marathon.

Aug 7  Wed  Salmon Run Series – Soldotna, AK
Meet time: 5:45 PM – Tsalteshi Trails
Distance: 5K – Trail running, some hills
Entry Fee: $15 race day $40 discount for 5 race series
Contact: Tami Murray – 907-260-5449
            Tami@kenaiwatershed.org
            Rhonda McCormick – 907-260-5449
Website: www.kenaiwatershed.org
Sponsored by: Central Peninsula Hospital
World famous trail running on Tsalteshi Trails

Aug 8  Thu  Steve's Equinox Training #5 – Fairbanks
Meet time: 6:00 PM – Top of Ester Dome
Distance: 5 Miles – Get ready for the Equinox on the installment plan.
Entry Fee: See website
Contact: George Berry – 907-687-8769
            membership@runningclubnnorth.org
Website: RCN
Sponsored by: RCN
Free

Aug 10 Sat  Granite Tors Trail Run
Trail Series #6 – Fairbanks
Meet time: 10:00 AM – Granite Tors trailhead (Mile 40 Chena Hot Springs Road)
Distance: Northern Trail Series event. 15 miles. – 15 grueling miles of inspiring and
scenic torture.
Entry Fee: See website
Contact: Chris Greene – 907-978-6472
            chrisgreene@gci.net
Sponsored by: RCN
Run is free, but parking is $5 per vehicle.
Aug 10  Run Lulu Run 5K/10K – Fairbanks
Sat  Meet time: 10:00 AM – Lulus Bread and Bagels
Distance: 5k/10K – This is a beautiful hilly 5k/10k option race starting on Chena
Ridge Spur Road, just next to Lulu Bread and Bagels. All proceeds for this race go
directly to the Leukemia and Lymphoma Society. This race is sponsored by the
Fairbanks Team in Training.
Entry Fee: See website
Contact: Katherine Colquhoun – 907-388-5761
katherine.colquhoun@gmail.com

Sponsored by: Fairbanks Team in Training

Aug 10  Kenai Peninsula run for Women – Kenai
Sat  Meet time: 9:00 AM – Kenai City Park
Distance: 5K & 10K – Multi-looped course through downtown streets
Entry Fee: $20/$25 on race day
Contact: Diane Autry – 907-283-9479
gputney@leeshoreak.org
Ashley Blatchford – 907-283-9479

Website: www.leeshoreak.org
Sponsored by: The LeeShore Center
Course certified and wheelchair accessible.

Aug 10  Eagle River Challenge – Eagle River
Sat  Meet time: 9:00 AM – Eagle River Nature Center
Distance: 5K and 10K – Trail race on the Dew Mound and Crow Pass Trails, some
hills, roots and rocks.
Entry Fee: $30
Contact: Asta Spurgis – 907-694-2108
info@ernc.org
Laura Kruger – 907-694-2108

Website: www.ernc.org
Sponsored by: Friends of Eagle River Nature Center, REI
Backcountry trail with natural obstacles; volunteers at every intersection.

Aug 10  Nifty Fifty – Juneau
Sat  Meet time: 8:00 AM – Basin Road by Perseverance Trailhead
Distance: 50K, 25K, 10K – Perseverance, Granite Creek, Mt. Roberts, and Salmon
Creek Trails
Entry Fee: Preregister: $35 (50k), $30(25k), $20 (10k)
Contact: Keith Levy – 907-586-1427
keithblevy@gmail.com

Website: http://ultrasignup.com/register.aspx?did=61523
Sponsored by: Juneau Trail and Road Runners
A challenging course on spectacular trails with lots of climbing
Eagle River Challenge 1K Kids Trail Race – Eagle River
Meet time: 10:15 AM – Eagle River Nature Center
Distance: 1 K – A 1 K run on the Rodak Nature Trail with uneven terrain and hills.
Entry Fee: $0
Contact: Asta Spurgis – 907-694-2108
info@ernc.org
Laura Kruger – 907-694-2108
Website: www.ernc.org
Sponsored by: Friends of Eagle River Nature Center
Timed race starting behind the Nature Center and along the Rodak Nature Trail for kids ages 5-11. Hill coming back up to the trailhead. Volunteers stationed along entire route.
**Aug 11 Sun**

**Alaska International Senior Games Track and Field – Fairbanks**
Meet time: 9:00:00 AM - 3 P.M. – Lathrop Track
Distance: Track and Field – Sponsored by Alaska International Senior Games
Entry Fee: See website
Contact: Bob Baker – 907-455-6689
bobandsharonbaker@gmail.com

Website: http://www.alaskaisg.org
Sponsored by: Alaska International Senior Games
Must preregister with Senior Games and be age 50.

**Aug 12 Mon**

**Alaska International Senior Games 5K – Fairbanks**
Meet time: 6:30 PM – Chena Lake Recreation Area
Distance: 5K road race – Sponsored by Alaska International Senior Games
Entry Fee: See website
Contact: Don Kiely – 907-455-6749
donkiely@alaskaisg.org

Website: http://www.alaskaisg.org
Sponsored by: Alaska International Senior Games
Must preregister with Senior Games and be age 50.

**Aug 14 Wed**

**Skinny Raven XC Classic – Anchorage**
Meet time: 10:00 AM – Russian Jack Golf Course
Distance: 3K – Cross-country on golf course and grass
Entry Fee: $20
Contact: Skinny Raven Events & Timing – timing@skinnyraven.com

Website: https://skinnyraven.com/event/new-balance-xc-classic/
Sponsored by: Skinny Raven Sports
Skinny Raven and New Balance are hosting a fun and fast flight style cross country running race at Russian Jack Golf Course to highlight high school cross country runners. With a middle school flight at 12:00 p.m. and a community flight at 2:40 p.m., anyone can challenge themselves against Alaska’s top cross country runners.

**Aug 14 Wed**

**Alaska International Senior Games 10K – Fairbanks**
Meet time: 6:30 PM – Chena Lake Recreation Area
Distance: 10K road race – Sponsored by Alaska International Senior Games
Entry Fee: See website
Contact: Don Kiely – 907-455-6749
donkiely@alaskaisg.org

Website: http://www.alaskaisg.org
Sponsored by: Alaska International Senior Games
Must preregister with Senior Games and be age 50.
Aug 15 Thu  
**Steve's Equinox Training #6 – Fairbanks**
Meet time: 6:00 PM – Top of Ester Dome  
Distance: 5 Miles – Get ready for the Equinox on the installment plan.  
Entry Fee: See website  
Contact: George Berry – 907-687-8769  
membership@runningclubnorth.org  
Website: RCN  
Sponsored by: RCN  
Free

Aug 15 Thu  
**Anchorage RunFest – Kickoff Movie - Anchorage**
Meet time: 5:30 PM. – Bears Tooth Theatre Pub 1230 W. 27th Ave.  
Contact: Anchorage Running Club  
Website: www.anchoragerunfest.org  
Sponsored by the Anchorage Running Club

Aug 16 Fri  
**Anchorage RunFest Expo- Bib Pickup, Last chance Registration - Anchorage**
Meet time: 3 – 7 pm – Dena’ina Center  
Contact: Anchorage Running Club  
Website: www.anchoragerunfest.org  
Sponsored by the Anchorage Running Club

Aug 17 Sat  
**Anchorage RunFest Expo- Bib Pickup, Last chance Registration - Anchorage**
Meet time: 9am-4 p.m. – Dena’ina Center  
Contact: Anchorage Running Club  
Website: www.anchoragerunfest.org  
Sponsored by the Anchorage Running Club

Aug 17 Sat  
**Anchorage RunFest – Pasta Feed – Anchorage**
Meet time: 12:30 – 2:30p.m. – Dena’ina Center  
Entry fee: $10  
Contact: Anchorage Running Club  
Website: www.anchoragerunfest.org  
Sponsored by the Anchorage Running Club

Aug 17 Sat  
**Anchorage RunFest, The Children’s Hospitital at Providence Kids 2K – Anchorage**
Race Time: 10 am – Delaney Park Strip  
Entry fee: Free- donations welcome  
Distance: 2k – untimed, flat, city streets  
Contact: Anchorage Running Club  
Website: www.anchoragerunfest.org  
Sponsored by: Anchorage Running Club & the Children’s Hospital at Providence  
For ages 12 & under.
Aug 17  Anchorage RunFest, The Anchorage Mile – Anchorage
Sat  Race Time: 11 am – Delaney Park Strip
       Distance: 1mi
       Contact: Anchorage Running Club

Website: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

Aug 17  Musk Ox Trail Run
Sat  Trail Series #7 – Fairbanks
   Meet time: 10:00 AM – UAF Large Animal Research Station (LARS) on Yankovich Road
   Entry Fee: See website
   Contact: Bobbi Jo Katchmar – 907-888-2287
            bjkrcn2017@gmail.com

Sponsored by: RCN
Registration in person at LARS parking lot, day of event only. $5 suggested donation to LARS

Aug 18  Anchorage RunFest, United Physical Therapy 49K – Anchorage
Sun  Meet time: NA – 6th Ave, Near Town Square
       Distance: 49K – Mostly flat on paved trails
       Race time: 8am
       Entry fee: see website
       Contact: Anchorage Running Club

Website: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club & United Physical Therapy
USATF certified course. Discounts for ARC members and current Military

Aug 18  Anchorage RunFest, Humpy’s Marathon & Marathon Relay – Anchorage
Sun  Meet time: NA – 6th Ave, Near Town Square
       Distance: 26.2 miles – Mostly flat on paved trails
       Race time: 8am (walkers), 9am (runners)
       Entry fee: see website
       Contact: Anchorage Running Club

Website: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club & United Physical Therapy
USATF certified course. Discounts for ARC members and current Military
Aug 18  Anchorage RunFest, Skinny Raven Half Marathon – Anchorage
Sun  Meet time: NA – 6th Ave, Near Town Square
Distance: 13.1 miles – Mostly flat on Chester Cr Trail
Race time: 8:45am
Entry fee: see website
Contact: Anchorage Running Club
Website: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club & United Physical Therapy
USATF certified course. Discounts for ARC members and current Military

Aug 18  Anchorage RunFest, Spenard Roadhouse 5K – Anchorage
Sun  Meet time: NA – 6th Ave, Near Town Square
Distance: 5K – Mostly flat on paved trails & streets
Race time: 9:15am
Entry fee: see website
Contact: Anchorage Running Club
Website: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club & United Physical Therapy
USATF certified course. Discounts for ARC members and current Military

Aug 18  Alaska International Senior Games Triathlon – Fairbanks
Sun  Meet time: 10:00 AM – UAF Patty Center
Distance: Sprint Distance – 400yd swim, 13.1 mile bike, 5k run at the UAF Patty Center.
Enter Fee: See website
Contact: Amber Barlow – 970-203-5535
abarlow5@alaska.edu
Website: https://www.alaskaisg.org/games/sports/triathlon/
Sponsored by: Alaska Internation Senior Games

Aug 22  Steve's Equinox Training #7 – Fairbanks
Thu  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: See website
Contact: George Berry – 907-687-8769
membership@runningclubnorth.org
Website: RCN
Sponsored by: RCN
Free
Aug 24  
Sat  
**12th Golden Heart Trail Run**  
*Usibelli Series #7 – Fairbanks*  
Meet time: 10:00 AM – Birch Hill Recreation Area, Fairbanks  
Distance: Cross Country Running, 5Km, 2.5Km, 1Km – Trail Run for all Ages: 1K (7 and under), 2.5K (8-14), 5K (15 and older). Proceed benefits the NSCF-FXC  
Entry Fee: See website  
Contact: Susan Kramer – 907-590-5086  
eventplanning2004@hotmail.com  
Website: nscfairbanks.org  
Sponsored by: NSCF  
1K 10am, 2.5K 10:20am, 5K 10:45 am. Proceeds from this race benefit the NSCF-FXC programs. Ice Cream and Great Door Prizes given away after the races.

Aug 24  
Sat  
**Deer Mountain Run – Ketchikan, AK**  
Meet time: 9:00 AM – Tatsuadas  
Distance: NA – NA  
Entry Fee: Free  
Contact: Erin Riddle – 907-220-7275  
erinriddle19@gmail.com

Aug 25  
Sun  
**Equinox Training Run – Fairbanks**  
Meet time: 9:00 AM – Ann's Greenhouse pullout  
Distance: 11,16 or 7 Miles – The long training run  
Entry Fee: See website  
Contact: George Berry – 687-8769  
membership@runningclubnnorth.org  
Website: RCN  
Sponsored by: RCN  
Free

Aug 28  
Wed  
**Old Murphy Dome Ridge Run – Fairbanks**  
Meet time: 6:00 PM – The race will start at the end of Green Leaf road. Take Pandora drive off of Goldstream road and follow it to the end.  
Distance: Trail race ~9.5 miles. – 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 (~4.25 miles each way).  
Entry Fee: See website  
Contact: Trent Hubbard – 907-699-2090  
trenthubbard@yahoo.com
Aug 31  Seldovia Labor Day 5K – Seldovia
Meet time: 9:00 AM – Seldovia Pavilion
Distance: 5K – Mostly flat loop around and through Seldovia
Entry Fee: $10
Contact: Steve Bainbridge – 907-202-3095  
bainbridge.noblespirit.steve@gmail.com  
NoneNot applicable

Sponsored by: Seldovia Chamber of Commerce & Kachemak Bay Running Club
Mostly flat loop course running around and through the City of Seldovia

Aug 31  McCarthy Half Marathon and 5 Mile Runs: – McCarthy
Meet time: 12:00 PM – Glacier View Campground
Distance: 1/2 marathon and 5 mile – The race starts on McCarthy Road, crosses the Kennicott River footbridge, follows the Wagon Road to the Kennicott Mill site and back down to the Wrangell Mountains Center in downtown McCarthy. The 5 mile turnaround is at the McCarthy mail shack.
Entry Fee: $30 for adults/$15 for 16 and under
Contact: Stefanie Tschappat – 907-554-4464  
stefanie@wrangells.org

Website: www.wrangells.org

Aug 31  Homer Mariner Triathlon – Homer
Meet time: 7:30 AM – Homer High School
Distance: 0.57 mi. / 15 mi. / 5 mi. – Pool; Bike hills above Homer to Spit; Run back to HHS
Entry Fee: $55 individuals; $110 teams
Contact: Paul Story – 907-299-3523  
pstory@kpbsd.org  
Thad Gunther – 907-299-2888

Website: www.facebook.com/HomerMarinerTri
Sponsored by: Homer High School Swim 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.
Proceeds benefit HHS Swim Team. Join us Labor Day weekend!

Sep  MatSu Running Club - Extended Season – Palmer
Meet time: 6 p.m. – Colony High Track
Contact: Rhonda Knopp 907-355-6258  
coachknopp@yahoo.com

Website: matsurunningclub.org
Sponsored by: MatSu Running Club
Ages 16 + runners of all ability levels welcome. Coached trianing held each week through late September. Weekly locations TBA.
Anchorage Parks and Recreation

2019 SCHEDULE

Sept 10
Sept 17
Sept 24
Oct 1
Oct 8
Oct 15
Oct 22
Oct 29

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
Sep Thu  Hoodoo Goldstream Beer Runs – Fairbanks
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

Sep 6 Fri  Klondike Road Relay – Skagway
Meet time: 7:00 PM – Skagway
Distance: 175 km's (110 miles) – You won’t find another race like the Klondike Trail of '98 International Road Relay. It offers breath-taking scenery, team camaraderie, physical challenge and gracious northern hospitality. This relay is Sport Yukon’s annual fundraiser so we thank you f
Entry Fee: $75-$80 per person
Contact: Sandra Soares – 867-393-8334
coordinator@sportyukon.com
Website: www.klondikeroadrelay.com

Sep 8 Sun  Run Rover Run – Anchorage
Meet time: 11:30 AM (registration) – Location TBA, call woof hotline or check ASC website.
Start time: 12:00 PM
Distance: 5k – Mize Loop
Entry Fee: $15
Contact: Rebecca Voris – 907-243-5234
beckyattla@gmail.com
Woof hot line – 907-349-9663
Website: www.skijorclub.org
Sponsored by: Anchorage Skijor Club
loop, some hills

Sep 10 Tue  Bonny Sosa Tuesday Night Race Series – Anchorage
Meet time: 5:30 PM – Varies
Distance: Varies (up to 12K) – Location and course vary each week.
Entry Fee: Varies
Contact: Parks & Recreation – 907-343-6397
kineaid@muni.org
Website: www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning, & Munchkin Leagues with a variety of courses and locations.
Register online at www.muni.org/active.
**Sep 14**

**8th Annual Troth Yeddha' Run for the Park 5K – Fairbanks**

Meet time: 12:00 PM – Troth Yeddha' Park (across from the UAF Museum of the North entrance)
Distance: 5K run/walk – The 5K run loops the Troth Yeddha' ridge, starting at the park across from the UAF Museum of the North. The goal is to bring awareness of the importance of the location to traditional council activities in learning and leading.
Entry Fee: See website
Contact: Peter Pinney – 907-978-0425
pppinney@alaska.edu

Sponsored by: UAF College of Rural and Community Development
Free to UAF students with ID. Teams encouraged.

**Sep 14**

**Bun to Bun 25K Trail Run – Talkeetna**

Meet time: 9:30 AM – The Flying Squirrel Bakery Cafe
Distance: 25K – adventurous trail run through woods and parks with hilly parts
Entry Fee: $50, or $105 for relay ($35 per relayer)
Contact: Abby Bradley – 907-841-8052
pta.talkeetna@gmail.com
Dan Harrell – 907-715-6600

Website: talkeetnapta.wordpress.com
Sponsored by: Talkeetna Elementary PTA
race prices will increase a small amount on a date to be determined to encourage early registration

**Sep 14**

**Bun to Bun 5k Fun Run – Talkeetna**

Meet time: 11:30 AM – The Flying Squirrel Bakery Cafe
Distance: 5k – Point A to B mostly on bike path, some on gravel roads
Entry Fee: $25 for adults
Contact: Abby Bradley – 907-841-8052
pta.talkeetna@gmail.com
Dan Harrell – 907-715-6600

Website: talkeetnapta.wordpress.com
Sponsored by: Talkeetna Elementary PTA
Price may increase a small amount at some point to encourage early registration

**Sep 14**

**Making Strides Against Breast Cancer 5k – Fairbanks**

Meet time: 11:00 AM – Morris Thompson Cultural Center
Distance: 5K walk – This is a fundraiser for American Cancer Society. Free.
Entry Fee: See website
Contact: Becky Zaverl – 907-460-6326
zaverlz@gci.net

Sponsored by: American Cancer Society
Free to UAF students with ID. Teams encouraged.
Sep 14 Sat  The MatSu Relay – Hatcher Pass to Palmer
Meet time: 7:00 AM – Hatcher Pass State Park
Distance: Approx 60 Miles – 6 Runners, 12 legs, Each Runner 2 legs
Entry Fee: TBD
          nathan@nxnrelays.com
          Dave Luke – 801-664-2052
Website: nxnrelays.com
Sponsored by: North By Northwest Relays
The MatSu Relay is a one day, approx. 60 mile, 6 person, 12 leg relay race from
Hatcher Pass State Park to Palmer. There are divisions for Ultra (less than six
runners), High School, Masters, Corporate, and Public Service.

Sep 17 Tue  Bonny Sosa Tuesday Night Race Series – Anchorage
Meet time: 5:30 PM – Varies
Distance: Varies (up to 12K) – Location and course vary each week.
Entry Fee: Varies
Contact: Parks & Recreation – 907-343-6397
          kincaid@muni.org
Website: www.muni.org/active
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning, & Munchkin Leagues with a variety of courses and locations.
Register online at www.muni.org/active.

Sep 19 Thu  Equinox Marathon Bib Pick-Up – Fairbanks
Meet time: 5:00 PM – Upper Deck Level of Patty Ice Arena on the UAF Campus
Distance: Equinox Marathon and Relay – Equinox Marathon and Relay
Location: Go up the stairs of the UAF Ice Arena, just like you would for a hockey
game.
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
          equinox@runningclubnorth.org
Website: www.equinoxmarathon.org
Sponsored by: RCN and others

Sep 20 Fri  Equinox Marathon Bib Pick-Up – Fairbanks
Meet time: 5:00 PM – Upper Deck Level of Patty Ice Arena on the UAF Campus
Distance: Equinox Marathon and Relay – Equinox Marathon and Relay
Location: Go up the stairs of the UAF Ice Arena, just like you would for a hockey
game.
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
          equinox@runningclubnorth.org
Website: www.equinoxmarathon.org
Sponsored by: RCN and others
**57th Annual Equinox Marathon and 27th Annual Marathon Relay**

**Usibelli Series #8 (Marathon) – Fairbanks**

Meet time: 8:00 AM – UAF Patty Center

Distance: 26.2 Mile, Relay (x3) – 26.2 Mile, Relay (x3)

One of America's toughest marathons. Usibelli Running event. 3 person relays.

Register online at equinoxmarathon.org

**Entry Fee:** See website

**Contact:** Stacy Fisk – 907-455-6520
equinox@runningclubnorth.org

Website: www.equinoxmarathon.org

Sponsored by: RCN and others

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**17th Annual Equinox Kids Marathon – Fairbanks**

Meet time: 9:00 AM – UAF Patty Center

Distance: Kids run, 1.2 miles – 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:** See website

**Contact:** Tracey Martinson – 907-474-8353
tamartinson67@gmail.com

Website: https://www.equinoxmarathon.org/more/kids-marathon/

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.

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**Anchorage Heart Walk – Anchorage**

Meet time: 9:00 AM – Delaney Park Strip

Distance: 1 mile & 3 mile routes – City Streets & Coastal Trail

**Entry Fee:** Suggested minimum $25 donation

**Contact:** Dustin Morris – 907-865-5303
Dustin.Morris@heart.org
Alaina Burton – 907-865-5300
Alaina.Burton@heart.org

Website: AnchorageHeartWalk.org

Sponsored by: American Heart Association

A non-competitive family and dog friendly event. Details at AnchorageHeartWalk.org. All proceeds benefit the American Heart Association to fight heart disease and stroke.

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

Meet time: 5:30 PM – Varies

Distance: Varies (up to 12K) – Location and course vary each week.

**Entry Fee:** Varies

**Contact:** Parks & Recreation – 907-343-6397
kincaid@muni.org

Website: www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at www.muni.org/active.
Rainbow Run – Anchorage  
Meet time: 5:15 PM – TBD  
Distance: 5K – This 5K run or walk will be held along Anchorage's Ship Creek Trail  
Entry Fee: $30  
Contact: Eric Van Dongen – 907-240-2904  
AKRainbowRun@gmail.com  
Shelby Mahogany Wilson – 907-830-7049  
Website: http://alaskapride.org  
Sponsored by: Identity Inc.  
Lace up your running shoes, show off your most creative rainbow costume, and join in at Alaska PrideFest's 5th Annual Rainbow Run.

Oktoberfest 5K & 10K, Run to end Homelessness – Anchorage  
Meet time: 7:30am – 750 W 2nd Ave  
Distance: 5K & 10K –  
Race time: 9am (kids), 9:15am (10K), 9:25am (5K)  
Entry Fee: see website  
Contact: Anchorage Running Club  
Website: www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club  
Runners in costume will be given a 1 min head start. This race is a qualifier for the Sleeping Lady Challenge.

Making Strides Against Breast Cancer 5K – Anchorage  
Meet time: 9:00 AM – Delany Park Strip - West End  
Distance: 5K – Route west through city streets and along Coastal Trail. Starts and ends at Delany Park Strip.  
Entry Fee: $35  
Contact: Kirsten Swanson – 907-273-2066  
kirsten.swanson@cancer.org  
Cheryl Jones – 907-273-2070  
Website: www.AnchorageStrides.org  
Sponsored by: American Cancer Society and Skinny Raven  
All proceeds benefit the American Cancer Society. Fee includes a t-shirt!

Watershed 5K – Fairbanks  
Meet time: 10:00 AM – 4975 Decathlon Ave  
Distance: 5K fun run – 5K fun run sponsored by the Watershed School PTSA on the trails and roads around the school to support The Watershed School clubs  
Entry Fee: See website  
Contact: Jennifer Humphrey – 907-347-9683  
shipmanjennifer@hotmail.com  
Website: www.watershed5K.weebly.com  
Sponsored by: Watershed School PTSA
Kenai River Marathon Run Series – Kenai
Meet time: 8:00 AM – Kenai Visitor & Cultural Center
Distance: Full Marathon/Half Marathon/Relay/5Kish – Flat and fast. NEW COURSE in 2019 due to construction. No BQ this year!
Contact: Kenai Chamber of Commerce – 907-283-1991
johana@kenaichamber.org
Website: www.kenairivermarathon.org
Sponsored by: Kenai Chamber of Commerce & City of Kenai
Due to road construction, 2019 will have a different course that will NOT be a Boston Qualifier. We are expected to be back to normal for 2020.

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

Hoodoo Goldstream Beer Runs – Fairbanks
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

Bonny Sosa Tuesday Night Race Series – Anchorage
Meet time: 5:30 PM – Varies
Distance: Varies (up to 12K) – Location and course vary each week.
Entry Fee: Varies
Contact: Parks & Recreation – 907-343-6397
kincaid@muni.org
Website: www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning, & Munchkin Leagues with a variety of courses and locations. Register online at www.muni.org/active.
Oct 5 Sat

**It Ain't Easy Hill Run – Fairbanks**
Meet time: 10:00 AM – Dog Mushers Hall on Farmer's Loop
Distance: 11-mile trail race – Hilly 11-mile trail run or flat 5-mile
Entry Fee: See website
Contact: Andy Sterns – 508-542-3036
andysterns1@gmail.com

Website: RCN Website
Sponsored by: RCN

Oct 5 Sat

**Autumn Gold – Palmer**
Meet time: 9:00 AM – Trail race through the Alaska fall colors
Distance: 5 miles – Trail race through the Alaska fall colors
Entry Fee: $40
Contact: Natalie Bickers – 907-232-6145
happymalamuteak@gmail.com
Eric Bickers – 907-982-3981

Website: happymalamuterunning.com
Lazy Moose with connectors to McRoberts shack. Out and back course.
Approximately 1200 feet elevation gain, much in a 1 mile section. (*in development, check website for details as available.) Walkers welcome

Oct 5 Sat

**Girdwood Trail Marathon – Girdwood**
Meet time: 8:00 AM – Alyeska Daylodge
Distance: Marathon & Half Marathon – Looped wilderness route around the valley
Entry Fee: $25
Contact: Brian Burnett – 907-382-5880
burntski@gmail.com
NANA

Website: www.skigirdwood.org
Sponsored by: Girdwood Nordic Ski Club
This looped trail marathon takes runners on a counter clockwise tour of all G'wood trails. Trail conditions range from rugged, technical single track to paved bike trail. The route is marked but wilderness route finding skills may be required. Expect to encounter and interact with wildlife. There are minimum aid stations and there will be no single serving vessels (bring your own water bottle). This is a spectacular run through the rain forest with a bunch of hippies!

Oct 9 Wed

**USATF AK JO and Association Cross Country Championships – Anchorage**
Meet time: 4:00 PM – Anchorage Christian Schools back parking lot
Distance: 3K and 5K – Mostly flat. Dirt, gravel, sidewalk trail.
Entry Fee: $10
Contact: Jason Hofacker – 907-854-4863
jhofacker@acsedu.org

Website: www.alaska.usatf.org
Junior Olympic, Open, and Master divisions
Oct 10 Thu  
**RCN Annual Meeting – Fairbanks**  
Meet time: 6:30 PM – TBD  
Distance: – Annual business, elections and calendar meeting.  
Entry Fee: See website  
Contact: Gary Pohl – 907-388-8085  
president@runningclubnorth.org  

Website: RCN Website  
Sponsored by: RCN  
Race directors should plan on attending.

Oct 12 Sat  
**Goldstream To Hoodoo Half Marathon – Fairbanks**  
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: See website  
Contact:  
Stacy Fisk – 907-455-6520  
stacy@goldstreamsports.com  

Sponsored by: Hoodoo Brewery and Goldstream Sports

Oct 12 Sat  
**KMXT’s Run the Rock – Kodiak**  
Meet time: 8:00 AM – Near Island  
Distance: Marathon – Mixed trail, some pavement, majority gravel road. Hilly, starts in town & finishes at golf course.  
Entry Fee: $75  
Contact: Pam Foreman – 907-486-3181  
pam@kmxt.org  

Website: www.kmxt.org  
Sponsored by: KMXT

Oct 12 Sat  
**KMXT’s Run the Rock – Kodiak**  
Meet time: 9:30 AM – Kodiak Bear Valley Golf Course  
Distance: Half Marathon – Gravel road, hilly, out and back  
Entry Fee: $55  
Contact: Pam Foreman – 907-486-3181  
pam@kmxt.org  

Website: www.kmxt.org  
Sponsored by: KMXT

Oct 12 Sat  
**KMXT’s Run the Rock – Kodiak**  
Meet time: 9:30 AM – Kodiak Bear Valley Golf Course  
Distance: 10k – Gravel road, hilly, out and back  
Entry Fee: $40  
Contact: Pam Foreman – 907-486-3181  
pam@kmxt.org  

Website: www.kmxt.org  
Sponsored by: KMXT
Oct 12   **KMXT’s Run the Rock – Kodiak**  
Meet time: 10:00 AM – Bear Valley Golf Course  
Distance: 5k – Pavement, flat, out and back  
Entry Fee: $25  
Contact: Pam Foreman – 907-486-3181  
pam@kmxt.org  
Website: www.kmxt.org  
Sponsored by: KMXT

Oct 12   **Zombie Half Marathon – Anchorage**  
Meet time: 8:00 am – Goose Lake Park  
Distance: 13.1mi – Goose Lake to Kincaid Chalet  
Race time: 9am (walkers), 10am (runners)  
Entry fee: see website  
Contact: Anchorage Running Club  
Website: www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club  
This race is a qualifier for the Sleeping Lady Challenge. Plan on carpooling and staging vehicles, No shuttles will be provided. If you will take longer than 3hrs make sure to start with the walkers at 9am. Dress up like a Zombie!

Oct 12   **Little Monster Dash – Anchorage**  
Meet time: 11:30 am – Kincaid Chalet  
Distance: 2k – Fun run around soccer area  
Race time: 12:00 pm  
Entry fee: see website  
Contact: Anchorage Running Club  
Website: www.anchoragerunningclub.org  
Sponsored by: Anchorage Running Club  
Fun 2K for little ghosts, goblins, & monsters. Meet at the Kincaid Chalet.

Oct 13   **Full Moon Run – Fairbanks**  
Meet time: 5:45 PM – UAF Patty Center  
Distance: Fun Run 4mile – Run by the light of the moon!  
Entry Fee: See website  
Contact: George Berry – 907-687-8769  
membership@runningclubnnorth.org  
Website: RCN Website  
Sponsored by: RCN Winter training
Bonny Sosa Tuesday Night Race Series – Anchorage
Meet time: 5:30 PM – Varies
Distance: Varies (up to 12K) – Location and course vary each week.
Entry Fee: Varies
Contact: Parks & Recreation – 907-343-6397
kincaid@muni.org

Website: www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning, & Munchkin Leagues with a variety of courses and locations.
Register online at www.muni.org/active.

RCN Social and Awards – Fairbanks
Meet time: 6:00 PM – Fairbanks Pipeline Training Center, Building C, 3600 Cartwright Court
Distance: Fun! – Annual potluck social and awards presentation.
Entry Fee: See website
Contact: Bobbi Jo Katchmar – 907-888-2287
bjkrcn2017@gmail.com

Website: RCN Website
Sponsored by: RCN
Door Prizes!
Potluck: Last Names A-J Main Course, K-R Salads, S-Z, Desserts/Breads

Annual 5K Costume Run – Nikiski
Meet time: 10:00 AM – Nikiski Community Recreation Center
Distance: 5K – 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.
Entry Fee: Canned or Non-Perishable Food for Local Food Pantry
Contact: Jackie Cason – 907-776-8800
jcason@kpb.us
Teresa Langston – 907-776-8800

Website: 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.

Bonny Sosa Tuesday Night Race Series – Anchorage
Meet time: 5:30 PM – Varies
Distance: Varies (up to 12K) – Location and course vary each week.
Entry Fee: Varies
Contact: Parks & Recreation – 907-343-6397
kincaid@muni.org

Website: www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning, & Munchkin Leagues with a variety of courses and locations.
Register online at www.muni.org/active.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Location</th>
<th>Time</th>
<th>Distance</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 26 Sat</td>
<td><strong>38th Annual Halloween Family Run – Fairbanks</strong></td>
<td>UAF Patty Center/Miller Hill Bike Trail</td>
<td>10:00 AM</td>
<td>2 miles or 10K</td>
<td>Entry Fee: See website</td>
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<td>Contact: Ron Oliver – 360-867-3279, <a href="mailto:Ron.Oliver@TeamRWB.org">Ron.Oliver@TeamRWB.org</a></td>
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<td>Website: Sponsored by: RCN</td>
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<td>Arrive early for the costume contest at 9:45am inside the Patty Center.</td>
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<tr>
<td>Oct 26 Sat</td>
<td><strong>Skinny Raven Frightening 4K – Anchorage</strong></td>
<td>Hotel Captain Cook</td>
<td>10:00 AM</td>
<td>4K</td>
<td>Entry Fee: $25</td>
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<td>Contact: Skinny Raven Events &amp; Timing, <a href="mailto:timing@skinnyraven.com">timing@skinnyraven.com</a></td>
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<td>Website: <a href="https://skinnyraven.com/event/frightening-4k/">https://skinnyraven.com/event/frightening-4k/</a></td>
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<td>Sponsored by: Skinny Raven Sports, Anchorage Parks &amp; Recreation</td>
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<td>With trick-or-treat stations every kilometer, this fun out-and-back course will allow you to see all the awesome costumes. There will be a team and individual costume contest with great prizes after the run.</td>
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<tr>
<td>Oct 29 Tue</td>
<td><strong>Bonny Sosa Tuesday Night Race Series – Anchorage</strong></td>
<td>Varies</td>
<td>5:30 PM</td>
<td>Varies (up to 12K)</td>
<td>Entry Fee: Varies</td>
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<tr>
<td>Nov Wed</td>
<td><strong>Fahrenheit be Darned Winter Training Run – Fairbanks</strong></td>
<td>Patty Center</td>
<td>5:45 PM</td>
<td>Various cold weather group runs around UAF environments, different weekly.</td>
<td>Entry Fee: See website</td>
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<td>Contact: George Berry – 907-687-8770, <a href="mailto:membership@runningclubnorth.org">membership@runningclubnorth.org</a></td>
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<td>Regardless of temperature! Warm up with hot drinks and snacks after the run.</td>
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</tbody>
</table>
**Nov Thu**

**Hoodoo Goldstream Beer Runs – Fairbanks**
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

**Nov 2 Sat**

**12th Annual Cache Creek Warm-Up – Fairbanks**
Meet time: 10:00 AM – Intersection of Cache Creek Road and 8.6-mile Murphy Dome Rd.
Distance: 6.8 mile run – Hilly out-and-back run on Cache Creek Road.
Entry Fee: See website
Contact: Jane Lanford – 907-687-0769
jane@usibelli.com

Website:
Sponsored by: RCN
Free. Please carpool; parking is limited.

**Nov 12 Tues**

**Full Moon Run – Fairbanks**
Meet time: 5:45 PM – UAF Patty Center
Distance: Fun Run 4mile – Run by the light of the moon!
Entry Fee: See website
Contact: George Berry – 907-687-8769
membership@runningclubnnorth.org

Website: RCN Website
Sponsored by: RCN Winter training

**Nov 23 Sat**

**Turkey Trot – Fairbanks**
Meet time: 10:00 AM – UAF Patty Center Bus Shelter
Distance: 6 Km. Predicted time. – 6K
Entry Fee: See website
Contact: Jim Brader – 907-452-4986
jimbrader@gmail.com

Sponsored by: RCN
Predicted time. No watches. $1 entry fee. Prizes.
**Nov 21 Thu**

**Turkey Trot – Soldotna**  
Meet time: 9:00 AM – Soldotna Sports Center  
Distance: 1.5 mile & 3 mile run/walk – flat out and back  
Enter Fee: $10/youth, $20.00/adult, and $50/family  
Contact: Tammy Strausbaugh – 907-252-2959  
               wrestle@acsalaska.net  
               Kurt Strausbaugh – 907-262-1721  

Sponsored by: The Freedom House  
Age group awards, Thanksgiving dessert prizes. Proceeds to benefit The Freedom House.

**Nov 28 Thu**

**Skinny Raven Turkey Trot – Anchorage**  
Meet time: 9:30 AM – Dena'ina Convention Center  
Distance: 2mi or 5K – Paved city streets, indoor finish.  
Enter Fee: $35  
Contact: Skinny Raven Events & Timing  
               timing@skinnyraven.com  

Website: https://skinnyraven.com/event/turkey-trot/  
Sponsored by: Skinny Raven Sports  
Make the Turkey Trot a family tradition on the biggest running/walking day in the US. With Alaska's only outdoor race with and indoor finish, keep warm and help us support the Food Bank of Alaska.

**Nov 29 Fri**

**Boycott Black Friday – Palmer**  
Meet time: 7:00 AM – Wendt Road Trailhead  
Distance: varies – Unlimited loops! Each loop is approximately 3 miles  
Enter Fee: $40  
Contact: Natalie Bickers – 907-232-6145  
               happymalamuteak@gmail.com  
               Eric Bickers – 907-982-3981  

Website: happymalamuterunning.com  
11/29-12/01. Choose 1, 2, or 3 days (Friday-Sunday) Running starts at 8 am each day and last lap completed by 8pm. Total miles for the weekend is the goal. Will be VERY laid back and supportive of all. Walkers completely welcome. (*in development, check website for details)

**Dec Wed**

**Fahrenheit be Darned Winter Training Run – Fairbanks**  
Meet time: 5:45 PM – Patty Center  
Distance: Winter training group runs – Various cold weather group runs around UAF environments, different weekly.  
Enter Fee: See website  
Contact: George Berry – 907-687-8770  
               membership@runnningclubnnorth.org  

Website: 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, Fairbanks
Distance: 1-3 miles, walkers welcome – 1-3 miles, walkers welcome
Entry Fee: See website
Contact: Stacy Fisk – 907-455-6520
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year around event every Thursday at 6:00PM from HooDoo Brewing Company

**Dec 7 Sat**

**Heart of Darkness Show Shoe Race**
**Snowshoe Series Event – Fairbanks**
Meet time: 12:00 PM – 1058 Pika Rd, off Moose Trail.
Distance: 3km and 6km snow shoe race. – Snow shoe race. Hilly.
Entry Fee: See website
Contact: Andy Holland – 907-479-4444
aholland1058@gmail.com

Website: RCN Website
Sponsored by: RCN

**Dec 11 Wed**

**Full Moon Run – Fairbanks**
Meet time: 5:45 PM – UAF Patty Center
Distance: Fun Run 4mile – Run by the light of the moon!
Entry Fee: See website
Contact: George Berry – 907-687-8769
membership@runnningclubnnorth.org

Website: RCN Website
Sponsored by: RCN Winter training

**Dec 14 Sat**

**31st Annual George Bloom Mid-Day Sun Fun Run – Fairbanks**
Meet time: 11:00 AM – UAF Patty Center
Distance: 6.5 mile run – 6.5 mile loop starting and ending at the UAF Patty Center parking lot.
Enter Fee: See website
Contact: Monty Bloom – 907-378-2362
powerlift505@gmail.com

Website: RCN Website
Sponsored by: RCN
Race will be held regardless of temperature
Dec 21  
**Dawn to Dusk D2D Part 2 – Fairbanks**

**Sat**
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: See website  
Contact: George Berry – 907-687-8769  
membership@runningclubnnorth.org

Website: 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  
**New Years Eve – Fairbanks**

**Tues**
Meet time: 11:30 PM – ”The Diner” on Illinois Street  
Distance: Novelty Fun run – Run into the New Year Day! 3 mile out and back.  
Entry Fee: See website  
Contact: Paul Reynolds – 907-322-1142  
nitrogenand@acsalaska.net

Website: RCN Website  
Sponsored by: RCN  
No entry fee. Regardless of temperature!

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

**Tue**
Meet time: 5:00 PM – Alaska Pacific University  
Distance: About 5K – Paved streets, dirt and snowy trails.  
Entry Fee: $35  
Contact: Skinny Raven Events & Timing – 907-570-8383  
mark@skinnyraven.com

Website: https://skinnyraven.com/event/northern-lights-resolution-run/  
Sponsored by: Skinny Raven Sports  
Run and dance yourself into the new year. Music, lights, and an awesome course will ring in the new year! This run will feature multiple unique light and music experiences out on course for nearly 5K of fun through the woods trails and APU Campus.

Jan 11, 2020  
**Frosty Bottom Marathon 2020 – Anchorage**

**Sat**
Meet time: 9:15 AM – Kincaid Park Chalet  
Start time: 10:15 AM  
Distance: 26.2 miles – Multi-use trails from Kincaid to Hilltop  
Entry Fee: $55  
Contact: Matias Saari – 907-529-4178  
matiasmountain@gmail.com

Website: www.ultrasignup.com  
Event held in conjunction with Frosty Bottom Fat Bike Race. Registration and other info at www.ultrasignup.com. Race-day bib pickup from 8:30-9:45 a.m. inside Kincaid Chalet. Aid stations at Goose Lake (Mile 12.5) and near Mile 19.