

- Jan 31 Sat *** **Run Like A Lynx Snowshoe Race – Eagle River**
 Bib pick-up 11:30 am – Eagle River Nature Center
 5K – scenic trails of Chugach State Park
 Race time 12 Noon, Entry fee: \$20
 Contact: Louise Preyer 694-2108
 Julie Udchachon 230-1572
info@ernc.org or www.ernc.org
 Sponsored by: Eagle River Nature Center
 Come out & join us for this fun race!
- Jan 31 Sat** **Mid-Winter Miller Hill/ Yankovich Run – Fairbanks**
 Meet 11 am – UAF Patty Center
 6.5 miles – hilly, run regardless of temperature
 Contact: David Hamilton 488-7357
www.runningclubnorth.org
 Sponsored by: Running Club North
- Feb – Apr Sat** **Weekly Snowshoe Group – South Central**
 Meet 2 pm – North Pole
 Distance varies, Entry fee: None
 Contact: Julie Udchachon 230-1572
Julie714@hotmail.com
 Call or e-mail for updates, all levels welcome
- Feb Tue** **Snowshoe Training Run – Fairbanks**
 Meet 5:30 pm – Check website
 Contact: Kevin Brinegar 451-0498
 Chad Carroll 458-7173
www.lathroprunning.com
 Extra snowshoes available, bring headlamp
 Beginners welcome. Training held every
 Tuesday through February
- Feb Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Meet Wednesdays throughout year
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends for 1 hour on Coastal Trail
- Feb Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
 Meet 5:30 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Wednesday thru March
- Feb 4 Wed** **ARC Wed Night Run at the Dome – Anchorage**
 Meet 6 pm – the Dome, Raspberry Rd
 Run the track, Entry fee: Free to ARC members
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends for 1 hour in the Dome
- Feb 7 Sat** **Emily’s Memorial Snowshoe Run – Fairbanks**
 Meet 12 Noon – Isberg & Cripple Creek Roads
 5 & 10K – varies with temperature
 Contact: Dave Cowee 479-2852
 Keith Pollock 479-0779
 Sponsored by: Running Club North
- Feb 14 Sat** **Valentines Day**

- Feb 14 Sat** **Sweethearts Relay – Douglas**
 Meet 9:30 am – Douglas Firehall
 2 & 3 mile legs (two persons)
 Race time 10 am, Entry fee: \$8
 Contact: www.southeastroadrunners.org
 Sponsored by: Southeast Road Runners
 An Empire Cup Series Event
- Feb 14 Sat** **Snow Run – Fairbanks**
 Race 11 am – Bus Shelter across from Patty Center
 * 4.1 miles flat, 7.2 miles hilly, Entry fee: None
 Contact: Leo Woster 488-1837
 Mary Brunner 451-5375
www.runningclubnorth.org
 Sponsored by: Running Club North
- Feb 14 Sat** **Little Su 50K – Pt MacKenzie**
 Meet 10 am – Pt MacKenzie General Store
 XC course across lakes & woodlands
 Race time 11 am, Entry fee: \$80
 Rita Wade 345-2282
Susitna100@attalasc.com
 Pam Richter 346-1220
www.susitna100.com
 1 checkpoint with warm water, check website for required gear
- Feb 14 Sat** **Susitna 100 – Pt MacKenzie**
 Meet 8 am – Pt MacKenzie General Store
 100 miles – out & back thru rivers & woodlands
 Race time 9 am, Entry fee: \$350
 Contact: Rita Wade 345-2282
Susitna100@attalasc.com
 Pam Richter 346-1220
www.susitna100.com
 5 checkpoints with warm water available
 15# of survival gear & food required to be carried over entire course
- Feb 16 Mon** **Presidents' Day**
- Feb 21 Sat** **River Walk for Justice – Anchorage**
 Meet 8:30 am – H2Oasis
 * River at H2Oasis, Walk time 8:30 – 11:30 am
 Entry fee: \$50/\$25 children
 Contact: Susan Sullivan 278-0986
ssullivan@victimsofjustice.org
rlanglie@victimsforjustice.org
www.victimsforjustice.org
 Sponsored by: Victims for Justice
 Walk or run in the moving water & enjoy other activities at the waterpark. Prizes & airline tickets
 Proceeds benefit Victims for Justice
- Feb 21 Sat** **Snowshoe Classic – Fairbanks**
 Meet 11 am – UAF Ski Hut
 5 & 10K, Entry fee: \$15
 Contact: Chad Carroll 458-7173
 Sponsored by: Running Club North
www.runningclubnorth.org
 Regional Qualifier for US National Snowshoe Series
- Feb 26 Thur** **Frostbite Footrace Reg/ Bib P/U – Anchorage**
 5 - 7:30 pm – Imaginarium
 Entry fee: \$25/\$10 14 & under
 \$125 family/org (8) by 2/26, \$30/\$15/\$175 after
 \$21 by 2/26 if adult runner in 2008

Contact: Greater Anchorage Inc 274-1177
Sponsored by: Greater Anchorage Inc, Anchorage
Daily News & Anchorage Parks & Recreation
Registration form on-line @ www.furrondy.net
T-shirts to first 450 runners to p/u bibs

Feb 28 Sat * **Frostbite Footrace – Anchorage**
Race time 9:30 am – Glacier Brewhouse
Entry fee: \$25/\$10 14 & under
\$125 family/org (8) by 2/26, \$30/\$15/\$175 after
\$21 by 2/26 if adult runner in 2008
2.5 & 5K – Downtown Parade Route
Contact: Greater Anchorage Inc 274-1177
Sponsored by: GAI, Anchorage Daily News,
Anchorage Parks & Recreation
Registration form on-line @ www.furrondy.net
T-shirts to first 450 runners to pick up bibs
Win cash prizes from \$25-\$100 with your costume,
sponsored by Guardian Security
Part of the Healthy Futures Series

Feb 28 Sat * **Jamestown Fun Run – Fairbanks**
Meet 11 am – Ballaine Hill Pull-out (N side)
5K – flat, on mushing trails, Entry fee: None
Contact: Kat Betters 457-2936
Caroline Brown 452-6900
Cookies & prizes afterwards

Mar Tue **Exceed Women’s Running Team – Anchorage**
Meet 6 pm – Various locations
Every Tuesday March through June
Coached workouts, \$100 season
Contact: Pam Barbeau 346-3427
pambarbeau@gci.net
Bonnie Lind 522-8889
www.runexceed.org
Sponsored by: Exceed Women’s Running Team
Track workouts at Wendler Middle School
Various trail runs

Mar Tue & Thur **Valley Women’s Running Team – Palmer**
Meet 5:45 pm – Palmer High Track
Tue track work out, Thur trail runs –
various locations around the valley
Contact: Rhonda Knopp 373-3975
knopp@mtaonline.net
Norm Rousey coachrousey@hotmail.com
www.vwrt.org
Sponsored by: Valley Women’s Running Team
Runners of all ability levels welcome
Coached training held each week mid-March thru
mid-August with trail runs thru September

Mar Wed **“Run or Walk With Friends” – Anchorage**
Meet 6 pm – Westchester Lagoon
Meet Wednesdays throughout year
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour on Coastal Trail

Mar Wed **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Wednesday thru March

- Mar 1 Sun** * **Trond's Snowshoe/Ski-Orienteering – Anchorage**
Starts from 12 Noon - 1:30 pm – Kincaid
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Trond Flagstad 346-2425
www.oalaska.org
Orienteering with snowshoes or skis
Follow Raspberry Rd west to end
Meet at Kincaid Outdoor Center
Beginner thru advanced courses available
- Mar 4 Wed** **ARC Wed Night Run at the Dome – Anchorage**
Meet 6 pm – the Dome, Raspberry Rd
Run the track, Entry fee: Free to ARC members
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour in the Dome
- Mar 4 & 5 Wed & Thur** * **Fur Rondy Indoor Track & Field Meet - Anchorage**
Meet 6 - 9 pm. – The Dome at Change Point
Predicted time mile, 4x100 relay, team competitions,
high jump, 100 & 110 hurdles, shot put, 400M, 5000M
Entry fee: \$5, USATF sanctioned event
Contact: Ole Jordan 360-6591
oleruns@hotmail.com
Sponsored by: USA Track & Field – AK & UAA
An official Fur Rondy event
Part of the Healthy Futures Series
- Mar 8 Sun** **Daylight Saving Time Begins**
Don't be late to your race!
- Mar 14 Sat** * **Flannagan's Run – Douglas**
Race time 10 am – Douglas Firehall, 1 & 5 miles
Contact: JaneAnn Twelker 789-9895
www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
An Empire Cup Series Event
- Mar 15 Sun** **Saint Patrick's Run – Fairbanks**
Meet 12 Noon – Goldstream Sports
7 miles – on Saint Pat's Rd
Contact: Steve Bainbridge 452-8351
Sponsored by: Running Club North
www.runningclubnorth.org
- Mar 15 Sun** * **Bob Beardsley Mini Mukluk Marathon – Nome**
Meet 1:30 pm – Nome Recreation Center
3.5 miles – down to Swanberg Dredge & back
Race time 2 pm, Entry fee: \$10, t-shirts
Contact: Lew Tobin 443-5549
lew@kawerak.org
Randy Morton 443-6022
www.nomerotary.org
Sponsored by: Nome Rotary Club
Run/walk with your dogs, kids & neighbors
- Mar 28 Sat** * **Tanana 440 – Fairbanks**
Meet 10 am – Chena Goodstream Fire & Rescue
Station #2, about 5 miles – loop run on roads &
trails, starts/ends Potter & Becker Ridge Roads
Contact: Pat Kalen 479-2656
www.runningclubnorth.org
Sponsored by: Running Club North
New Event
- Mar 28 Sat** **March of Dimes-March for Babies – Mat-Su Valley**
Meet 9 am – AT&T Sports Center

* Indoor track, Race time 10 am, Entry fee: Donation
Contact: 276-4111
www.marchforbabies.com
Sponsored by: Alaska Airlines, AT&T,
IBEW Local 1547 & Tesoro Alaska

Mar 30 **Seward's Day**
Mon

Apr – **Peak Performers Track Club – Anchorage**
Aug 6 pm – APU Moseley Sports Center thru mid April
Tue West High Track late April thru Aug –
APU – paved roads, West – track
Membership fee: \$50, \$85 family (2)/\$110 3 or more
Contact: Chester Franz 274-5050
Kim Baldwin 274-1061
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

Apr **Exceed Women's Running Team – Anchorage**
Tue Meet 6 pm – Various locations
Every Tuesday through June
Coached workouts, \$100 season
Contact: Pam Barbeau 346-3427
pambarbeau@eci.net
Bonnie Lind 522-8889
www.runexceed.org
Sponsored by: Exceed Women's Running Team
Track workouts at Wendler Middle School
Various trail runs

Apr **Valley Women's Running Team – Palmer**
Tue & Meet 5:45 pm – Palmer High Track
Thur Tue track work out, Thur trail runs –
various locations around the valley
Contact: Rhonda Knopp 373-3975
knopp@mtaonline.net
Norm Rousey coachrousey@hotmail.com
www.vwrt.org
Sponsored by: Valley Women's Running Team
Runners of all ability levels welcome
Coached training held each week mid-March thru
mid-August with trail runs thru September

Apr **"Run or Walk With Friends" – Anchorage**
Wed Meet 6 pm – Westchester Lagoon
Meet Wednesdays throughout year
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour on Coastal Trail

Apr 1 **ARC Wed Night Run at the Dome – Anchorage**
Wed Meet 6 pm – the Dome, Raspberry Rd
Run the track, Entry fee: Free to ARC members
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour in the Dome

Apr 4 **Spring Fling – Fairbanks**
Sat Meet 10 am – UAF Patty Center, 5 & 10K
* Entry fee: None - \$5 suggested donation for
Lathrop High School XC team, prizes
Contact: Kevin Brinegar 451-0498
Chad Carroll 458-7173
www.runningclubnorth.org
Sponsored by: Running Club North

- Apr 4**
Sat
*
Glacier 10K – Juneau
Meet 9:30 am – Mendenhall Glacier Visitor’s Center
1 mile & 10K – flat & fast, Entry fee: \$8
Race time 10 am 1 mile, 10:30 am 10K
Contact: Scott May 790-4544
smay21@mac.com
www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
Fundraiser for the JDHS Track & Field Team
Part of the Healthy Futures Series
www.healthyfuturesak.org
An Empire Cup Series Event
- Apr 4**
Sat
*
Sourdough Stampede – Ketchikan
Meet 7:45 am – VFW Hall, 3133 Tongass Avenue
1 mile & 5K – flat, bus drive to start, walkers welcome
Race time 8:30 am 1 mile, 5K after 1 milers finish
Entry fee: \$10, free for kids & KRC members
Bill Elverson 225-6191
billelberson@remax.net
www.ketchikanrunningclub.org
Sponsored by: Re/Max & Ketchikan Running Club
KRC fundraiser, pancake breakfast after race
- Apr 7**
Tue
*
Beat Beethoven Bib Pick-Up – Fairbanks
5 - 7 pm – UAF Patty Center
Entry fee: \$20 early, \$25 late, \$35 race day – t-shirt
Contact: Dorli McWayne 479-6701
Steve Bainbridge 452-8351
Sponsored by: Fairbanks Symphony Association
Beat Beethoven & get a free concert ticket
- Apr 11**
Sat
*
Beat Beethoven 5K – Fairbanks
Meet 10 am – UAF Patty Center
Entry fee: \$20 early, \$25 late, \$35 race day
Contact: Dorli McWayne 479-6701
Steve Bainbridge 452-8351
Sponsored by: Fairbanks Symphony Association
Beat Beethoven & get a free concert ticket
T-shirts to participants
Part of the Healthy Futures Series
- Apr 11**
Sat
*
Waterfront Awareness Run – Juneau
Meet 9:30 am – Juneau Arts & Culture Center
5K, Race time 10 am
Contact: Paul DeSloover 586-6709
pdesloover@yahoo.com
www.southeastroadrunners.org
Sponsored by: AWARE
Proceeds benefit AWARE
- Apr 12**
Sun
Easter
- Apr 16**
Thur
MS Walk/Run Reg/Bib Pick-up – Anchorage
4 - 8 pm – Millennium Hotel
Entry fee: Pledge based
Contact: Ben McCulloch 562-7347
ben.mcculloch@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska
- Apr 18**
Sat
*
MS Walk/Run – Anchorage
Meet 8 am – Millennium Hotel
4 miles - flat course around Lake Hood
Walk time 10 am, Entry fee: Pledge based
Contact: Ben McCulloch 562-7347

ben.mcculloch@nmss.org
www.nationalmssociety.org/aka

Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska
BBQ by DOT Building after race

- Apr 18 Sat**
* **Flush the Slush Family Fun Run – Fairbanks**
Meet Noon – Pioneer Park
5K + children’s loop, Entry fee
Contact: Elizabeth Hilker 452-5020
Sponsored by: Chinook School & RCN
Prizes & t-shirts
- Apr 18 Sat**
* **Hospice Race – Juneau**
Meet 8:30 am – Twin Lakes
5K – flat, Race time 10 am
Contact: Lori Yorba 463-3987
lyorba@gci.net
Sponsored by: Hospice & Homecare of Juneau
Proceeds benefit Hospice & Homecare of Juneau
- Apr 18 Sat**
* **Earth Day Triathlon – Kodiak**
Meet 9:30 am – High School Pool
Race time 10 am, Entry deadline 4/17, 6 pm
Entry Fee: \$15/\$10 18 & under
1K swim, 5K run, 20K bike
Contact: Ian Fulp 486-8670/fax 486-8674
ifulp@city.kodiak.ak.us
Joe Bailor 486-8669
Sponsored by: Kodiak Parks & Recreation
Men’s & women’s solo or teams, youth teams
- Apr 18 Sat**
* **29th Annual Tok Trot - Tok**
Meet Noon walk, 1 pm run – Visitors Center
10K walk or run, Entry fee: \$1
Contact: Paul or Nancy Kelley 883-5393
Sponsored by: Running Club North
Ribbons & prizes, picnic at Kelley’s afterwards
- Apr 23 Thur**
Chena River Run Bib Pick-up – Fairbanks
4 - 7 pm – Pioneer Park (Alaskaland) Civic Center
Contact: Linda Hilliard 374-5344
Aisha Tinker Bray 452-8986
Sponsored by: Downtown Rotary
A Flint Hills Cup Series Event
- Apr 25 Sat**
* **Heart Run – Anchorage**
Meet 9 am – UAA Arts Building
3 & 5K – city streets, Race time 9:30 am
Entry fee: \$5 +
Contact: Noel Gabler 865-5301
noel.gbler@heart.org
Diana Phosavath 865-5300
www.heartrun.com
Sponsored by: American Heart Association
& Alaska Heart Institute
Part of the Healthy Futures Series
- Apr 25 Sat**
* **Run-A-Muck-5K - Fairbanks**
Race time 10 am – Pearl Creek Elementary School
Entry fee: \$15/\$10 18 & under
\$35 family, t-shirts to first 250 entrants
Contact: Janet Schaefer 479-2290/451-5005
janet@fieldmom.com
Sponsored by: Fairbanks Youth Soccer Association
- Apr 25 Sat**
* **Spring Tide Scramble – Juneau**
Meet 8 am – Fish Creek Bridge, N Douglas Hwy
3 & 7 miles – out & back across wetlands

Race time 8:30 am, Entry fee: \$8
Contact: Suzanne McGee 364-5264
takublu@gci.net
www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
An Empire Cup Series Event

Apr 25 **Health Fair Fun Run - Willow**
Sat Race time 10 am – Willow Community Center
***** 5K, Entry fee: \$10
Contact: Andrea Haltmann 495-2205
andreahaltmann@yahoo.com
Yvonne Leutwyler 495-0105
yvonneleutwyler@yahoo.com
www.waco-ak.org/index.php/who/intro
Sponsored by: Willow Health Foundation
Health Fair 9 am-2 pm, lab & health testing

Apr 29 **Kimball's Orienteering – Palmer**
Wed Starts from 6 - 7 pm – Crevasse Moraine Park
***** Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Kimball Forrest 278-3227
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet. Glenn Hwy to Parks, exit
Trunk Rd N to UAA Exp Farm, follow signs
Beginner thru advanced courses available

May **Gold Nugget Duathlon, Do the Du! – Anchorage**
TBD Location, date and time TBD
***** Contact: Betsy Haines haineswilson@ak.net
www.goldnuggettriathlon.com
Part of the Healthy Futures Series

May – **Peak Performers Track Club – Anchorage**
Aug 6 pm – APU Moseley Sports Center thru mid April
Tue West High Track late April thru Aug –
APU – paved roads, West – track
Membership fee: \$50, \$85 family (2)/\$110 3 or more
Contact: Chester Franz 274-5050
Kim Baldwin 274-1061
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

May **Exceed Women's Running Team – Anchorage**
Tue Meet 6 pm – Various locations
Every Tuesday through June
Coached workouts, \$100 season
Contact: Pam Barbeau 346-3427
pambarbeau@gci.net
Bonnie Lind 522-8889
www.runexceed.org
Sponsored by: Exceed Women's Running Team
Track workouts at Wendler Middle School
Various trail runs

May **Women's Training – Fairbanks**
Tue Meet 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 459-2012
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

May **Men's Training – Fairbanks**
Tue Meet 6:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Scott Jerome 474-6802
www.runningclubnorth.org

Sponsored by: Running Club North
Training held every Tuesday thru summer

**May
Tue &
Thur**

Valley Women's Running Team – Palmer

Meet 5:45 pm – Palmer High Track
Tue track work out, Thur trail runs –
various locations around the valley
Contact: Rhonda Knopp 373-3975
knopp@mtaonline.net
Norm Rousey coachrousey@hotmail.com
www.vwrt.org

Sponsored by: Valley Women's Running Team
Runners of all ability levels welcome
Coached training held each week mid-March thru
mid-August with trail runs thru September

**May
Wed**

"Run or Walk With Friends" – Anchorage

Meet 6 pm – Westchester Lagoon
Meet Wednesdays throughout year
Contact: Anchorage Running Club
www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour on Coastal Trail

**May 1
Fri

Race Judicata Reg/Bib Pick-up – Anchorage

4 - 6:30 pm – Skinny Raven Sports
5K, Entry fee: \$15/\$20 race day
Contact: Bill Pearson 522-2272
Bill Falsey 677-8315

Sponsored by: Young Lawyers Section of
Anchorage Bar Association
Register on-line at www.active.com

**May 2
Sat

Spring Snuggle Non-Run - Anchorage

No sloppy mud, no cold weather, no slick trails
no tired muscles, no training...spend the time
snuggling with you pets and be the true winner
of this non-run, Entry fee: \$15 receive 4 oz bag of
Yummy Chummies, \$30 receive 4 oz bag of Yummy
Chummies & a KKC Non-Run t-shirt

Contact: KKC 345-2096 or 348-8811
carol@yummychummies.com
www.kittyandk-9connection.org

Sponsored by: Arctic Paws (Yummy Chummies)
& Alaska Serigraphics
Proceeds benefit Kitty and K-9 Connection, an
Alaskan pet rescue organization..helping to save the
lives of abandoned & orphaned cats & dogs

**May 2
Sat

Race Judicata – Anchorage

Race time 10 am – Westchester Lagoon
5K – flat, out & back, Entry fee: \$15/\$20 race day
Contact: Bill Pearson 522-2272
Bill Falsey 677-8315

Sponsored by: Young Lawyers Section of
Anchorage Bar Association
Register on-line at www.active.com
Race day registration closes at 9:30 am

**May 2
Sat

Alaska Zoo Kids Fun Run – Anchorage

Meet 9 am – Alaska Zoo, 4731 O'Malley Road
Approx 1K – gravel trails, hill, animals
Race time 10 am, Entry fee: \$10

Contact: Pat Lampi 346-2133
plampi@alaskazoo.org
Shannon Jensen 346-2133
www.alaskazoo.org

Sponsored by: Alaska McDonalds
Free zoo admission 9 - 11 am race day, register

on-line, limited for kids between 3-10 yrs only
Part of the Healthy Futures Series
www.healthyfuturesak.org

- May 2**
Sat
*
Walk & Roll for Hope – Anchorage
Meet 8:30 am – Location TBA
5 & 16K – 5K walk, 16K walk/run/bike
Walk time 9 am, Entry fee: \$25 min. pledges
Contact: Jennifer Smerud 564-7466
jsmerud@hopealaska.org
Megan Metcalf 564-7442
www.hopealaska.org
Sponsored by: Hope Community Resources
Download pledge form @ www.hopealaska.org
or pick up pledge forms at any Carrs/Safeway store
or Wells Fargo. Walk/run/bike/rollerblade
in support of Alaskan's experiencing a disability
Proceeds benefit Hope Community Resources
- May 2**
Sat
*
28th Annual Chena River Run – Fairbanks
Race time 10 am – Woodriver Elementary School
5K – school to Princess Hotel, certified course
Entry fee: \$20/\$25 race day, t-shirts
Contact: Linda Hilliard 374-5344
Aisha Tinker Bray 452-8986
Sponsored by: Downtown Rotary
A Flint Hills Cup Series Event
- May 2**
Sat
*
MS Walk – Fairbanks
Meet 9 am – Pioneer Peak
4 miles – out & back along Chena River
Walk time 10 am, Entry fee: Pledge based
Contact: Ben McCulloch 562-7347
ben.mcculloch@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit MS Society Alaska, picnic afterwards
- May 2**
Sat
*
Rotary Park Fun Run for Kids – Juneau
Meet 8:30 am – Rotary Park, Mendenhall Valley
1 mile, Race time 9 am, Entry fee: \$1
Contact: Colleen Jardell 364-2600
jardellc@yahoo.com
www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
- May 2**
Sat
*
March of Dimes-March for Babies – Juneau
Meet 9 am – A&P Foodland Parking Lot
3 miles – some hills, Race time 10 am
Entry fee: Donation
Contact: 276-4111
www.marchforbabies.com
Sponsored by: Alaska Airlines, AT&T Alascom,
IBEW Local 1547 & Tesoro Alaska
- May 2**
Sat
*
March of Dimes-March for Babies – Ketchikan
Meet 9 am – A&P Foodland Parking Lot
5K – thru town, some hills
Race time 10 am, Entry fee: Donation
Contact: 276-4111
www.marchforbabies.com
Sponsored by: Alaska Airlines, AT&T Alascom,
IBEW Local 1547 & Tesoro Alaska
- May 2**
Sat
*
Polar Bear Pink Cheeks Triathlon – Seward
Meet 10 am – Seward High School
5K run, 10K bike, 900Y swim – various terrain
Race time 11 am, Entry fee: \$25 solo/\$60
team by 4/4, \$30/\$70 by 4/18, \$35/\$80 after 4/18

Youth team entry fee (17 & under): \$45 by 4/4,
\$55 by 4/18, \$65 after 4/18
Contact: Maggie Wilkins 224-4054
sports@cityofseward.net
Sponsored by: Polar Bear Festival & SPRD
Recommend off-road bike, helmets required
Registration remains open, space permitting
Annual pass, family, volunteer & military discounts

May 2 **MS Walk Mat Su Valley – Wasilla**
Sat
* Meet 9 am – Wasilla High School
4 miles – relatively flat, slight hills out & back
Walk time 10 am, Entry fee: Pledge based
Contact: Ben McCulloch 562-7347
ben.mcculloch@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit MS Society Alaska, BBQ after race

May 2 **Walk & Roll for Hope – Wasilla**
Sat
* Meet 9:30 am — TBA
Race time 10 am, Entry fee: \$25 min. pledges
Contact: Jennifer Smerud 564-7466
jsmerud@hopealaska.org
Megan Metcalf 564-7442
www.hopealaska.org
Sponsored by: Hope Community Resources
Download pledge form @ www.hopealaska.org
or pick up pledge forms at any Carrs/Safeway store
or Wells Fargo. Walk/run/bike/rollerblade
in support of Alaskan's experiencing a disability
Proceeds benefit Hope Community Resources

May 4- **Water Walk & Run Bib Pick-up – Fairbanks**
May 5
Mon - 8 - 5 pm – Utilities Svcs of AK (3691 Cameron St)
Wed Entry fee: \$15/\$10, \$20 after 5/5, t-shirts to first 325
* Contact: Martina Coiley 479-3118
Sponsored by: Golden Heart Utilities

May 6 **Trond's Orienteering – Elmendorf**
Wed
* Starts from 5 - 7 pm – Elmendorf AFB
Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Trond Jensen 575-5706
www.oalaska.org
Sponsored by Arctic Orienteering Club
Traditional short course points meet. Enter
Elmendorf thru Boniface gate. Follow
controls to start. Beginner thru advanced
courses available. Bring driver's license, car
registration & proof of insurance to get on base
Check website for security requirements

May 6 **18th Annual GHU Water Walk & Run – Fairbanks**
Wed
* Race time 6:30 pm – Golden Heart Water Plant, 5K
Contact: Martina Coiley 479-3118
Shelley Clemens 479-3118
Sponsored by: Golden Heart Utilities
Pre-race family activities 5:30 pm, prizes/awards after

May 9 **Salmon Run – Anchorage**
Sat
* Meet 9:30 am – Inlet View Elementary School
2, 5 & 10K – down N Street, out & back on
Coastal Trail, ends at Inlet View School
Race time 10 am, Entry fee: \$15
Contact: Shareen Crosby 317-8811
shareen@crosbysmiles.com
www.anchoragesouthrotary.org
Sponsored by: Anchorage South Rotary
Family fun run/walk for all ages

Part of the Healthy Futures Series
www.healthyfuturesak.org

May 9
Sat
* **Amblin' for Alzheimer's Walk - Anchorage**
Time & Location TBA
Entry fee: \$25/\$10 children, \$35/\$20 race day
Contact: Angela Anderson 561-3313
aanderson@alzalaska.org
www.alzalaska.org
Sponsored by: Alzheimer's Resource Agency of Alaska
Visit the website for event updates

May 9
Sat
* **ERNC Seymour Challenge – Eagle River**
Meet 9 am – Eagle River Nature Center
10K – dirt trail, Echo Bend Loop
Race time 10 am, Entry fee: \$30
Contact: Eric Fjelstad 263-6973
Asta Spurgis 694-2108
info@ernc.org
Sponsored by: Friends of ERNC, Anchorage Convention and Visitors Bureau & Skinny Raven Sports
Register and pay on-line @ www.ernc.org in April
Proceeds benefit Friends of Eagle River Nature Center

May 9
Sat
* **Magnificent Mendenhall Mud Puddle – Juneau**
Meet 8:30 am – UAS Parking Lot
1 & 9 miles, Race time 9 am, Entry fee: \$8
Contact: Glenn Frick 789-7279
www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
An Empire Cup Series Event

May 9
Sat
* **March of Dimes-March for Babies – Kenai/Soldotna**
Meet 9 am – Soldotna Sports Center
3 miles – flat, Race time 10 am, Entry fee: Donation
Contact: 276-4111
www.marchforbabies.com
Sponsored by: Alaska Airlines, AT&T Alascom, IBEW Local 1547 & Tesoro Alaska

May 9
Sat
* **Totem to Totem Half Marathon – Ketchikan**
Meet 7:45 am – Totem Bight State Park
13.1 miles – point to point, Totem Bight State Park to Buggies Beach, Race time 9 am, 8 am for walkers
Runners 12 years & under must participate as a team
Entry fee: \$30, includes t-shirt, relayers welcome
Contact: Gretchen Kline 225-2702
gretchen@kpunet.net
www.ketchikanrunningclub.org
Sponsored by: Ketchikan Running Club
Great food, great prizes, great cause
Proceeds benefit American Diabetes Association

May 9
Sat
* **6th Annual Trail of Remembrance – Wasilla**
Meet 8:30 am – Big Lake Napa Parking Lot
Race time 9:45 am, 5K – bike trail along Parks Highway, Entry fee: \$15
Contact: Valerie Goodwin 373-1600
valerie.goodwin@matsuk12.us
Amy Roberts 373-1600
Benefits local Veterans & MidValley High School

May 10
Sun

May 10
Sun
* **Migration Run - Homer**
Meet 8:30 am – Homer Spit
5K – flat, paved trail, Race time 9 am
Entry fee: \$10/\$5 10 & under/\$20 family

Contact: Julie McCarron 235-1832
jamccarron@gmail.com
Paul Gutzler pgutzler@kpbsd.k12.ak.us
shorebirdster@gmail.com
www.homerualaska.org/shorebird.htm
Sponsored by: HHS Cross Country Running Team
Run is in conjunction with Shorebird Festival

May 12 **Beginner Orienteering Training – Anchorage**
Tue Meet 7 pm –BP Energy Center
Map reading & basic orienteering skills
Entry fee: \$1 donation to cover map costs
Contact: Cory Smith 317-3962
www.oalaska.org
Classroom training 7-9 pm, pre-registration requested
Sponsored by: Arctic Orienteering Club

May 13 **Do Run-Run – Anchorage**
Wed Meet 5:30 pm – Check website
* 4 miles – check website for race route
Race time 6 pm, Entry fee: ARC Membership
Contact: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
ARC's first free event of the season!

May 13 **Paul's Orienteering – Anchorage**
Wed Starts from 5 - 7 pm – Hilltop Ski Area
* Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Paul Carson 243-2779
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet
Hilltop Ski Area off Abbott Road
Beginner thru advances courses available

May 16 **Armed Forces Day**
Sat

May 16 **March of Dimes-March for Babies – Anchorage**
Sat Meet 9 am – Westchester Lagoon, 15th & U Street
* 3 miles – bike trails, Race time 10 am
Entry fee: Donation
Contact: 276-4111
www.marchforbabies.com
Sponsored by: Alaska Airlines, AT&T Alascom,
IBEW Local 1547 & Tesoro Alaska

May 16 **Bear Valley 5K Challenge – Anchorage**
Sat Meet 8:30 am – Bear Valley Elementary School
* Race time 10 am, 5K – various terrain; roads,
trails, hills & creek bed
Entry fee: \$9/\$6 children thru high school
Contact: Bear Valley Community Assn 345-0434
www.bearvalleycommunityassoc.org
Sponsored by: Bear Valley Community Association
Scholarships available, family fun run/walk for all
Register online to receive t-shirt
Part of the Healthy Futures Series
www.healthyfuturesak.org

May 16 **Fairbanks Heart Walk – Fairbanks**
Sat Meet 9 am – Veteran's Memorial Park
* 1 & 3 mile – start & finish at park
Race time 10 am, Entry fee: \$25
Contact: Janet Bartels 456-3659
janet.bartels@heart.org
www.fairbanksheartwalk.org
American Heart Assn 263-2014
Sponsored by: Fairbanks Memorial Hospital

& ConocoPhillips
Fun, non-competitive event for all age & abilities
Proceeds benefit the American Heart Association

- May 16 Sat**
* **Lena Loop Run – Juneau**
Meet 8:30 am –Lena Beach picnic area
5K, Race time 9 am
Contact: Dan Robinson 364-25213
www.southeastroadrunners.org
Sponsored by: Nugget Alaska Outfitters & SERR
An Empire Cup Series Event
- May 16 Sat**
* **Alaska Law Enforcement Torch Run– Ketchikan**
Meet 9:30 am – Plaza Mall
Race 10 am, 5K – fun run format
Contact: Natalie White 225-6631
Howard Townsend 225-6631
townsenddh@city.ketchikan.ak.us
Proceeds benefit Special Olympics
- May 16 Sat**
* **MS Walk Copper Valley – Glennallen**
Meet 9:30 am – Hub of Alaska
4 miles – relatively flat, slight hills
Walk time 10 am, Entry fee: Pledge based
Contact: Ben McCulloch 562-7347
ben.mcculloch@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit MS Society Alaska, picnic after race
- May 16 Sat**
* **7th Alaska Job Corps SGA Walk/Run – Palmer**
Meet 8 am – Alaska Job Corps Center
5 & 10K – 2 courses, Race time 9 am
Entry fee: \$15/\$20 race day
Contact: Jane Baldwin 861-8866
baldwin.jan@jobcorps.org
T-shirts, great food & door prizes
- May 16 Sat**
* **Exit Glacier Run – Seward**
Meet 8 am – Resurrection Road House, Exit Glacier Rd
5 & 10K – gradual incline on paved road
Race time 10 am, Entry fee: \$18/\$15 17 & under by
4/25, \$20/\$17 by 5/9, \$25/\$22 after
Contact: Maggie Wilkins 224-4054
sports@cityofseward.net
Sponsored by: Kenai Fjords National Park, National Forest Service, Kenai Fjords Tours, Windsong Lodge, Resurrection Roadhouse & Seward Parks & Recreation
Registration closes at 8:30 am, annual pass, family, volunteer & military discounts available
- May 16 Sat**
* **MS Walk – Soldotna**
Meet 9 am – McDonalds/Safeway on Sterling Hwy
5 miles – flat, sidewalk thru town & back
Walk time 10 am, Entry fee: Pledge based
Contact: Ben McCulloch 562-7347
ben.mcculloch@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska
- May 16 Sat**
* **Alaska Law Enforcement Torch Run – Statewide**
Race 10 am – Various cities (see below)
5K – fun run format
Entry fee: \$15-\$25, + pledges encouraged
Contact: SO-AK State Office 1-888-499-7625 x609
www.SpecialOlympicsAlaska.org
Sponsored by: Alaska Law Enforcement
Proceeds benefit Special Olympics Alaska (SO-AK)

This is a simultaneous run organized thru Alaska Races held in Anchorage, Barrow, Delta Junction, Dillingham, Fairbanks, Homer, Juneau, Kenai, Ketchikan, Klawock, Kodiak, Kotzebue, Mat-Su (Palmer/Wasilla), Nome, Seward, Sitka & Valdez
Check website for updates and additional runs

- May 16 Sat *** **Curtis C. Menard II Memorial Run & USATF State Championship – Wasilla**
Meet 8:30 am – Wasilla Multi-Use Sports Complex
Race time 10 am, 5K plus a \$5 kid's run ages 8 & under – flat, fast & fun
Entry fee: \$20/\$15 12 & under, family rate
Contact: Greg Goodale 746-2841
ggoodale@matsugov.us
Sponsored by: Wasilla Rotary
Register on-line @ www.menardrun.com
Fundraiser for The Children's Place & Wasilla Rotary Scholarship Fund
- May 17 Sun** **Murphy Dome Roam – Fairbanks**
Race time 9 am – Gravel pit, mile 8 Murphy Dome Rd, 11 miles – hilly back roads
Contact: Jane Lanford 479-7230
Donna Hawkins 455-9017
Sponsored by: Running Club North
Potluck follows race
- May 20 Wed** **Trent/Waldron Glacier ½ Marathon Pre-Registration & Bib Pickup – Anchorage**
Meet 4:30-6:30 pm – Skinny Raven Sports
Contact: Charles Utermohle
thule@alaska.net
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
- May 20 Wed *** **Skinny Raven KidzMile – Anchorage**
Meet 3:30 – 7 pm – Wendler Middle School
1 mile – timed track event, Entry fee: \$5
Contact: Cristy Hickel 346-1902
crusher@gci.net
Sponsored by: Skinny Raven & ConocoPhillips
18 & under run multiple times in timed heats every 15 minutes, participants receive certificate
Healthy food & snacks provided, volunteers welcome
Part of the Healthy Futures Series
www.healthyfuturesak.org
- May 20 Wed *** **Karl's Orienteering – Anchorage**
Starts from 5 - 7 pm – Pia-Margrethe, Klutina Entrance
Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Karl Swanson 333-3550
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet. Muldoon Rd to Pioneer Dr E, turn R on Klutina St, follow controls
Beginner thru advanced courses available
Be considerate of neighbors when parking
- May 23 Sat** **Trent/Waldron Glacier 1/2 Marathon – Anchorage**
Meet 8 am – Westchester Lagoon, flat & fast
13.1 miles – Chester Creek & Coastal Trails
Race time 9 am, Entry fee: ARC Membership
Contact: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
- May 23 Sat** **Eklutna Lake Challenge – Eklutna**
Meet 9 am – Eklutna Lake Visitors Cabin
3 mile run, 15 mile bike along Lakeside Trail

Race time 10 am, Entry fee: \$25/\$30 after 5/15

Contact: Barbara or Danny 746-4644
info@lifetimeadventures.net
www.lifetimeadventures.net

Sponsored by: Lifetime Adventures
Compete in the ERNC Seymour Challenge &
Eklutna Challenge for \$45
Proceeds benefit the Eagle River Nature Center
2nd in the Valley Challenge Race Series

May 23 Presbyterian Hospitality House Fun Run – Fairbanks

Sat Start time 10 am – UAF Patty Center

* 5K – flat & fast, Entry fee: \$15

Contact: Ty Tigner 456-6445
Susan Burrows 456-6445

T-shirts to first 100 entrants

May 23 Seacoast Relay – Juneau

Sat Meet 8:30 am – UAS

* 5 person relay, varied distances, Race time 9 am

Contact: Sherry Tamone 321-8559
sherry.tamone@uas.alaska.edu
www.southeastroadrunners.org

Sponsored by: Southeast Road Runners

May 24 Tour de Murphy Dome – Fairbanks

Sun Race time 10 am – Murphy Dome Summit Parking Lot

10 miles – dirt road & trails, Entry fee: None

Contact: Matias Saari 474-9420/347-9192
www.runningclubnorth.org

Sponsored by: Running Club North

May 24 Crab Festival Marathon – Kodiak

Sun Race time 9 am – Kalsin Bay

26.2 miles – hilly course along the coast,
scenic, paved, Entry fee: \$15

Contact: Ian Fulp 486-8670/fax 486-8674
ifulp@city.kodiak.ak.us

Sponsored by: Kodiak Parks & Recreation
Begins at Kalsin Bay and runs in to Kodiak

May 24 Crab Festival Races Awards – Kodiak

Sun 4 pm – Teen Center

Contact: Ian Fulp 486-8670/fax 486-8674
Race awards and t-shirts presented

May 24 Pillar Mountain Run – Kodiak

Sun Meet 11:30 am – Harbormaster Building

9.3 mile loop course over Pillar Mountain

Race time 12:30 pm, Entry fee: \$10

Contact: Ian Fulp 486-8670/fax 486-8674
ifulp@city.kodiak.ak.us

Joe Bailor 486-8669

Sponsored by: Kodiak Parks & Recreation

May 25 Memorial Day Observed

Mon

May 26 Turnagain Arm Trail Run – Anchorage

Tue Meet 5:30 pm – McHugh Creek (4 mile) or
Potter Trail Head (8 mile), both races finish at
Rainbow Valley Trail Head, Race time 6:30 pm

Entry fee: \$20 by 5/25, \$25 race day

Contact: Trond Flagstad 786-1285/229-3518
nordic@uaa.alaska.edu

Sponsored by: UAA Ski Team & Skiwolves Booster Club

Register on-line @ www.signmeup.com/62968

Benefit run for UAA Ski Team Scholarships

- May 27 Wed** **Dan & Anne's Orienteering – Anchorage**
 Starts from 5 - 7 pm – Bicentennial Park, Mile 1.1
 * Entry fee: \$5 member / \$6 non / \$1 under 18
 Contact: Dan Billman 345-1749
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Traditional points meet. Tudor Rd to Campbell
 Airstrip Rd, turn south and go to Mile 1.1 parking lot
 Beginner thru advanced courses available
- May 30 Sat** **Junior Olympics T&F Championships – Anchorage**
 Meet 10 am – Wendler Middle School
 * Distance varies, Entry fee: \$5
 Contact: Jerry Perkins 317-9068
jiperkins@gci.net
 Ben Larson 317-1613
www.usatf.org/assoc/ak
 Sponsored by: USA Track & Field Alaska
 Visit website for details & entry forms
- May 30 Sat** **Two-Way Torture Test – Fairbanks**
 Race time 9 am – Pump House Restaurant
 13.1 miles each, Entry fee: None
 Contact: Rob Solomon 479-4160
 Wayde Leder 457-1536
www.runningclubnorth.org
 Sponsored by: Running Club North
 Partners run in opposite directions & combine times
 Pump House certificates and bandanas
- May 31 Sun** **Anchorage Running Club's "Big Wild Life Runs" Early Registration - Anchorage**
 Early registration ends July 3 for Marathon, Marathon Relay, ½ Marathon, 5K & Kids Run held Aug 17
 Contact: bwlr@anchoragerunningclub.org
www.bigwildliferuns.org
 Register on line at www.active.com
- May 31 Sun** **Eagle River Triathlon – Chugiak**
 * Meet – Chugiak High School
 500 Yd Swim, 12M bike, 5K run – flat run, hills for bikes, Race time 8 am, Entry fee: see website or www.active.com for reduce fees for early entry
 Contact: Missy Anderson 349-4008
missya@alaska.com
 Shareen Crosby 317-8811
www.eaglerivertri.com
 Sponsored by: Eagle River Triathlon, Inc
 Helmets required, race limited to ages 6 & up
 Part of the Healthy Futures Series
www.healthyfuturesak.org
- May 31 Sun** **Run for Women – Fairbanks**
 * Race time 10 am – UAF Ski Hut (W. Ridge)
 6K run or walk
 Contact: Teresa or Jamie Hollingsworth 322-6945
 Sponsored by: Breast Cancer Detection Center
 All proceeds benefit BCDC
- June – Aug Tue** **Peak Performers Track Club – Anchorage**
 6 pm – APU Moseley Sports Center thru mid April
 West High Track late April thru Aug – APU – paved roads, West – track
 Membership fee: \$50, \$85 family (2)/\$110 3 or more
 Contact: Chester Franz 274-5050
 Kim Baldwin 274-1061
 Sponsored by: Peak Performers Track Club
 Training & conditioning program led by coaches

- June Mon & Wed** **High School Training Group – Fairbanks**
 Meet 6 pm – UAF Patty Center
 Contact: Kevin Brinegar 451-0498
 Chad Carroll 458-7173
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Mon & Wed thru July
- June Tue** **Exceed Women’s Running Team – Anchorage**
 Meet 6 pm – Various locations
 Every Tuesday March through June
 Coached workouts, \$100 season
 Contact: Pam Barbeau 346-3427
pambarbeau@pci.net
 Bonnie Lind 522-8889
www.runexceed.org
 Sponsored by: Exceed Women’s Running Team
 Track workouts at Wendler Middle School
 Various trail runs
- June Tue** **Women’s Training – Fairbanks**
 Meet 6 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Bruce Miller 459-2012
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer
- June Tue** **Men’s Training – Fairbanks**
 Meet 6:30 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Scott Jerome 474-6802
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer
- June Tue & Thur** **Valley Women’s Running Team – Palmer**
 Meet 5:45 pm – Palmer High Track
 Tue track work out, Thur trail runs –
 various locations around the valley
 Contact: Rhonda Knopp 373-3975
knopp@mtaonline.net
 Norm Rousey coachrousey@hotmail.com
www.vwrt.org
 Sponsored by: Valley Women’s Running Team
 Runners of all ability levels welcome
 Coached training held each week mid-March thru
 mid-August with trail runs thru September
- June Wed** **“Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Meet Wednesdays throughout year
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends for 1 hour on Coastal Trail
- June 3 Wed** **Dave & Diane’s Orienteering – Anchorage**
 Starts from 5 - 7 pm – Bicentennial Park, Mile 2.2
 * Entry fee: \$5 member / \$6 non / \$1 under 18
 Contact: Dave Evans 343-0217
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Traditional long course points meet.
 Tudor Rd to Campbell Airstrip Rd,
 turn south and go to Mile 2.2 parking lot
 Beginner thru advanced courses available

- June 3 Wed *** **Back of the Pack 10K – Fairbanks**
 Race time 7 pm – Carlson Center (back parking lot)
 Contact: Bob Hildebrandt 479-7335
www.runningclubnorth.org
 Sponsored by: Toy Quest & Running Club North
 Special race for middle of the pack & slower runners
- June 4 Thur *** **All Comers Track & Field – Anchorage**
 Meet 6 pm – Wendler Middle School
 Distance varies, Entry fee: \$5 single,
 \$20 adult/\$15 child series
 Contact: Jerry Perkins 317-9068
jjperkins@pci.net
 Ben Larson 317-1613
www.usatf.org/assoc/ak
 Sponsored by: USA Track & Field Alaska
 Visit website for details & entry forms
- June 5 Fri *** **Skinny Raven Twilight 12K - Anchorage**
 Meet 6 pm – Skinny Raven Sports, 800 H Street
 Downtown loop, road, bike trail, Race time 7 pm
 Entry fee: \$20 until 6/3, \$25 until 6/5
 Registration ends 6 pm 6/5
 Contact: Jerome Ross 274-7222
jerome@skinnyraven.com
www.skinnyraven.com
 Sponsored by: Skinny Raven Sports
 Commemorative t-shirts to all finishers
- June 6 Sat *** **Run for the Waves 5K – Anchorage**
 Meet 1:30 pm – Delaney Park Strip (W End)
 5K – Park Strip/Coastal Trail loop
 Race time 2 pm, Entry fee: \$25/\$35 race day
 Contact: Butch Allen 274-3626
butch@akcenter.org
www.alaskaoceansfestival.org
 Sponsored by: Alaska Ocean Festival
 Prizes awarded to participants sporting Ocean
 related attire or costumes! T-shirts w/entry fee
- June 6 Sat *** **Alaska Run for Women Registration – Anchorage**
 10 am - 3 pm – University Center Mall
 Entry fee: Donation
 Contact: Missy Anderson 561-3136
run@akrhw.org
 Sponsored by: Alaska Run for Women Board
 Register on-line @ www.akrhw.org
No Race Day Registration
- June 6 Sat *** **March of Dimes-March for Babies – Fairbanks**
 Meet 9 am – Pioneer Park (main pavilion)
 3 miles – flat, Race time 10 am, Entry fee: Donation
 Contact: 276-4111
www.marchforbabies.com
 Sponsored by: Alaska Airlines, AT&T Alascom,
 IBEW Local 1547 & Tesoro Alaska
- June 6 Sat *** **35th Arctic Valley Run – Ft. Richardson**
 Meet 7:30 – 8:45 am – Moose Run Golf Course
 12.6 & 5 miles – 800' gradient (5 M)/2,500'
 gradient (12.6 M), Race time 9 am
 Entry fee: \$15/\$20 race day, \$15 for t-shirt
 Contact: Ellis Alston 384-1304
Ellis.alston@richardson.army.mil
 Sponsored by: Ft. Richardson Sports & Fitness
 Mens, Womens & Military Team
 Register at Buckner or mail registration w/entry fee
 (check payable to IMWRF) to: DMWR/Sports, PO

Box 5589, Attn: Ellis Alston, Ft. Richardson, AK 99505
Postmarked no later than 5/22

- June 6** **2nd Chena Ridge Roam – Fairbanks**
Sat Race time 9 am – 1041 Chena Ridge Road
15 miles, trails & back roads, hilly
Entry fee: \$15, t-shirt
Contact: Pat Kalen 479-2656
 www.runningclubnorth.org
Sponsored by: Running Club North
- June 6** **Government Peak Climb – Hatcher Pass**
Sat Registration 9 - 10:30 am – Mountain Streams B&B
2.5 mile (3,000') adults, limited to 200 people
Uphill mountain race, south face of Government Peak
Race time 11 am, Entry fee: \$25/\$35 after 5/25
Contact: Mark Strabel 746-7547
 strabel@mtaon-line.net
Register on-line @ www.signmeupsports.com
- June 6** **Run for the River – Soldotna**
Sat Meet 8 am – Kenai River Festival Grounds
* 5K & 10 miles – city streets, multiple turn loop course
Race time 9 am, Entry fee: \$15
Contact: Jennifer McCard 260-5469
 jennifer@kenaiwatershed.org
 Josselyn O'Conner 260-5449
 www.kenaiwatershed.org/kenairiverfest.html
Sponsored by: Kenai Watershed Forum
Register on-line @ www.active.com
Family oriented event, prizes for all age categories
- June 7** **Race Against Racism – Fairbanks**
Sun Race time 2 pm – JP Jones Community Center
* 5 & 10K – flat terrain, Entry fee: \$5/\$10 family
Contact: Andy Harrington 479-3990
Sponsored by: Power of Race Unity
T-shirts available for additional cost
- June 9** **Three Barons Renaissance Run – Anchorage**
Tue Meet 6 pm – Tozier Track, Tudor Road
* 5K – easy, flat scenic course on bike trail
Race time 6:30 pm, Entry fee: \$15
Contact: Mel Kalkowski 694-5203
 melkal@gci.net
 Carol Lalone 274-2913
 www.3barons.org
Sponsored by: Three Barons Fair
Benefit run for the fair, a family friendly run/walk
Course features costumed trail guides
- June 9** **Alaska Run for Women Registration – Anchorage**
Tue 4 - 7 pm – University Center Mall
* Entry fee: Donation
Contact: Missy Anderson 561-3136
 run@akrffw.org
Sponsored by: Alaska Run for Women Board
Register on-line @ www.akrffw.org
No Race Day Registration
- June 9** **Masochism on Moose Mountain – Fairbanks**
Tue Meet 6:30 pm – Base of Moose Mountain
4 miles – steep 1400' ascent in 1.25 miles, 2.75
mile descent, Entry fee: \$5
Contact: Chad Carroll 458-7173
Sponsored by: Running Club North
Trail Series Event #1
- June 9** **Eagle River Scout Trail Run – Juneau**

- Tue** Meet 5:30 pm –Eagle River Scout Trailhead
* 6K – cross country run, Race time 6 pm
Contact: Zane Clark 789-2583
zark78@gmail.com
Sponsored by: Southeast Road Runners
An Empire Cup Series Event
- June 10** **Alaska Run for Women Registration – Wasilla**
Wed 4 – 7 pm – Alaska Club
* Entry fee: Donation
Contact: Missy Anderson 561-3136
run@akrffw.org
Sponsored by: Alaska Run for Women Board
Register on-line @ www.akrffw.org
No Race Day Registration
- June 10** **Cory's Orienteering – Anchorage**
Wed Start 6 pm – Storck Park
* Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Cory Smith 317-3962
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet. Clarks Road off Hillside Drive
Between DeArmon Road and Rabbit Creek Road
Beginner thru advanced courses available
- June 11** **Alaska Run for Women Registration – Anchorage**
Thur 4 - 7 pm – University Center Mall
* Entry fee: Donation
Contact: Missy Anderson 561-3136
run@akrffw.org
Sponsored by: Alaska Run for Women Board
Register on-line @ www.akrffw.org
No Race Day Registration
- June 11** **All-Comers Track Meet – Fairbanks**
Thur Meet 6:30 pm – Lathrop HS Track
* 100 meters to 5,000 meters
Contact: Jim Loftus 479-8161
www.runningclubnorth.org
Sponsored by: Running Club North
- June 11** **Midnight Sun Run Bib Pick-Up – Fairbanks**
Thur 4 - 8 pm – Pioneer Peak Civic Center
Contact: Ann Kjera 452-7211
Sponsored by: Daily News Miner
- June 12** **Kids' Cross Country Races – Fairbanks**
Fri Meet 5:30 pm – West Valley HS Soccer Field
* .75 & 1.5 miles – high school trails
Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North
- June 12** **Kids Bear Bell Run – Seward**
Fri Meet 10:30 am – First Lake Park
* 1 mile – along Two Lake Trail
Race time 11 am, Entry fee: \$7 by 5/22,
\$12 by 6/5, \$15 after – for kids 5-12 years
Contact: Maggie Wilkins 224-4054
sports@cityofseward.net
Sponsored by: Bear's Den Bed and Breakfast,
Seward Teen & Youth Center & SPRD
Registration to remain open if space available
Annual pass, family, volunteer & military discounts
- June 13** **Alaska Run for Women – Anchorage**
Sat Meet 8 am – Anchorage Football Stadium

- * 8K – area streets and Coastal Trail
 Race time 9 am, Entry fee: Donation
 Contact: Missy Anderson 561-3136
run@akrfw.org
www.akrfw.org
 Sponsored by Alaska Run for Women Board
 Championship timing system used
 Benefit run to fight breast cancer, 100% of entry fee goes towards research & education. Walkers welcome. Largest women's run in the state
No Race Day Registration
 Part of the Healthy Futures Series
www.healthyfuturesak.org
- June 13** **17th Mosquito Meander – Fairbanks**
Sat Race time 10 am – Pioneer Park (Alaskaland), 5K
 * Entry fee: \$15/\$10 child/\$30 family
 \$20/\$15/\$35 after 6/11 – t-shirt included
 Contact: Kathi Martinez 456-4729
 Sabrina Davis 456-4729
 Sponsored by: Fairbanks Counseling & Adoption
- June 13** **Tri the Kenai - Soldotna**
Sat Meet 9 am – Solid Rock Bible Camp
 * Sprint – lake swim, road bike, trail run
 Race time 11 am, Entry fee: \$50,
 Contact: Fee-Dee Aye 398-7676
fitalaskans.com
 Sponsored by: Stanley Ford, Sweeney's, Foot Flare & Wear, Kenai Peninsula Tourism Marketing Council & Chain Reaction
 NO RACE DAY BIB PICK UP! Anchorage bib pick up June 11 at Chain Reaction or in Soldotna June 12 at The Fitness Place. Race limited to 250 participants, no teams
- June 14** **Colony Days Bill Mitchell Run – Palmer**
Sun Meet 9:30 am – Mat-Su Borough Building
 * 5K, (1K - 13 & under) – flat course, out & back on pavement & bike trails, great for entire family
 Race time 11 am, Entry fee: \$20/\$15 13 & under
 \$25/\$20 race day 13 & under
 Contact: Palmer Chamber of Commerce 745-2880
info@palmerchamber.org
bchanson@mtaonline.net
www.palmerchamber.org
 Sponsored by: MTA
- June 17** **Mugwumps 10K – Anchorage**
Wed Meet 5:30 pm – Point Woronzof
 * Race time 6 pm, Entry fee: ARC Membership
 Coastal Trail – out & back
 Contact: www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Limited to persons who have never run a 10K under 45 minutes, open to all ages
- June 17** **Eric's Orienteering – Ft. Richardson**
Wed Starts from 5 - 7 pm – Fossil Creek
 * Entry fee: \$5 member / \$6 non / \$1 under 18
 Contact: Eric Follett 346-2294
www.oalaska.org
 Sponsored by Arctic Orienteering Club
 Traditional points meet. Glenn Hwy to Ft. Rich., turn R at light, R at T intersection.
 Follow controls to start. Beginner thru advanced courses available. Bring driver's license, car registration & proof of insurance to get on base
 Check website for security requirements.

On-line registration available until 6/17
4 person relay team event, 6 team divisions -
Corporate, School, Military, Open Men,
Open Women, Open Mixed
Approximate leg distances – 7, 8, 5.6 & 5.6
Bib pick-up at Expo, 6/18 3-8 pm, 6/19 10-6 pm
Contact: Parks & Recreation 343-4296
UAA 786-1230
track@uaa.alaska.edu

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Register on-line & save @ www.mayorsmarathon.com
Walkers welcome! T-shirts for participants
NO RACE DAY BIB PICK-UP OR ENTRIES!

June 20 Sat **Mayor's Midnight Sun 1/2 Marathon – Anchorage**

* Meet 8 am – West High School
13.1 miles – West High to Point Woronzof
Race time 9 am, Entry fee: Check website
On-line registration available until 6/17
Bib pick-up at Expo, 6/18 3-8 pm, 6/19 10-6 pm
Contact: Parks & Recreation 343-4296
UAA 786-1325
track@uaa.alaska.edu

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage, & ConocoPhillips
Register on-line & save @ www.mayorsmarathon.com
Walkers welcome! T-shirts for participants
NO RACE DAY BIB PICK-UP OR ENTRIES!

June 20 Sat **Mayor's Midnight Sun 5 Miler – Anchorage**

* Meet 8 am – West High School
5.6 miles – West High to Earthquake Park
Race time 9 am, Entry fee: Check website
On-line registration available until 6/17
Bib pick-up at Expo, 6/18 3-8 pm, 6/19 10-6 pm
Contact: Parks & Recreation 343-4296
UAA 786-1325
track@uaa.alaska.edu

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Register on-line & save @ www.mayorsmarathon.com
Walkers welcome! T-shirts for participants
NO RACE DAY BIB PICK-UP OR ENTRIES!

June 20 Sat **Mayor's Midnight Sun Youth Cup – Anchorage**

* 1.6 miles – a run around Westchester Lagoon
Race time 9 am, Entry fee: Check website
On-line registration available until 6/17
Bib pick-up at Expo, 6/18 3-8 pm, 6/19 10-6 pm
Contact: Parks & Recreation 343-4296
UAA 786-1325
track@uaa.alaska.edu

Sponsored by: Anchorage Parks & Recreation,
University of Alaska Anchorage & ConocoPhillips
Recreation timed event, completion awards given
Register on-line @ www.mayorsmarathon.com
Walkers welcome! T-shirts for participants
NO RACE DAY BIB PICK-UP OR ENTRIES!
Part of the Healthy Futures Series
www.healthyfuturesak.org

June 20 Sat **Fairbanks Daily News Miner 27th Midnight Sun 10K – Fairbanks**

* Race time 10 pm – UAF Patty Center
Run/walk, certified course
Contact: Ann Kjera 452-7211
Sponsored by: Fairbanks Daily News Miner
A Flint Hills Cup Series Event

- June 20 Sat** * **Ben Blackgoat Memorial Race - Juneau**
 Meet 8:30 am – Perseverance Trail, end of Basin Rd
 2, 4 & 7 miles – trails, Race time 9 am
 Contact: Paul DeSloover 586-6709
pdesloover@yahoo.com
www.southeastroadrunners.org
 Sponsored by: Southeast Road Runners
 An Empire Series Cup Event
- June 20 Sat** * **Family Fun Run in the Midnight Sun – Nikiski**
 Meet 9 am – Nikiski Pool Facility
 3 & 5 miles – wooded/paved trails
 Race time 10 am, Entry fee: \$15, t-shirts
 Contact: Rachel Parra 776-8800
rparra@borough.kenai.ak.us
 Tammy Berdahl 776-8800
www.northpenrec.com
 Sponsored by: NPRSA & Nikiski North Star Elementary
- June 20 Sat** * **Summer Solstice Family Fun Run - Palmer**
 Meet 9 am – Palmer Depot
 1 mile & 5K, flat, mostly pavement, Entry fee: TBA
 Contact: Cheryl Grove 373-4459
afswiccoordinator@yahoo.com
 Betty Lewis 376-4080
www.akafs.org
 Sponsored by: Alaska Family Services
 Run or wheel—wheelchair/wagon/stroller divisions
- June 20 Sat** * **Tsalteshi Solstice Duathlon – Soldotna**
 Meet 10 am – behind Skyview High School
 5K run, 10K bike –rolling hills, dirt surface
 Race time 11 am, Entry fee: \$20
 Contact: Laura Pilifant 262-7740
jfoxx@ptialaska.net
 Kent Peterson 394-6231
www.tsalteshi.org
 Sponsored by: Tsalteshi Trails Association
- June 21 Sun** * **Father's Day**
- June 21 Sun** * **Bob Spurr Memorial Hill Climb – Bird Creek**
 Meet 8:30 am - Bird Ridge Trailhead/M.102 Seward Hwy
 Please use new parking lot – race time 10 am
 Bib Pickup and race day registration 8:30 – 9:30 am
 250 person limit – race day entries only if field not filled
 Entry fee: \$25 on-line or mail-in if received by 6/17
 \$35 on race day ---- on-line reg. begins 5/1
Family discounts available – please contact AMR
 Strenuous course, 3 miles, 3400' vertical, Up-hill only
 Contact: Alaska Mountain Runners
akmtnrun@hotmail.com
 Register on-line or get mail-in entry form @
www.alaskamountainrunners.org
- June 24 Wed** * **Ian & Jen's Orienteering – Anchorage**
 Starts from 5 - 7 pm – Service High School
 Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Ian Moore 348-0237
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Traditional points meet, E on Abbott Road,
 left into Service parking lot behind school
- June 24 Wed** * **East Glacier Trail Tangle - Juneau**
 Race time 6 pm – trailhead past Garnet Street off
 Mendenhall Loop Road, approx 6 miles - trails

Contact: Robert Sowers 789-7549
robertsowers2004@hotmail.com
www.southeastroadrunners.org

Sponsored by: Southeast Road Runners
An Empire Series Cup Event

June 25 All-Comers Track Meet – Fairbanks

Thur Meet 6:30 pm – Lathrop HS Track
* 100 meters to 5,000 meters
Contact: Jim Loftus 479-8161
www.runningclubnorth.org
Sponsored by: Running Club North

June 26 Kids' Cross Country Races – Fairbanks

Fri Meet 5:30 pm – West Valley HS Soccer Field
* .75 & 1.5 mile, Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North

June 27 Kilted Mile – Eagle River

Sat Meet 11 am – Eagle River Lions Park
* 1 mile – track, Entry fee: \$15
Contact: Chris Anderson 243-7255
anderson_ak@yahoo.com
Kerry Howard 338-1123
www.alaskascottish.org
Sponsored by: Alaska Scottish Highland Games
Must wear a kilt to participate, kilts available for use. Games admission & concert included in fee

June 27 Spruce Tree Classic – Fairbanks

Sat Race time 10 am – UAF Patty Center
7.2 miles – trail run, Entry fee: None
Contact: Roy Strandberg 452-2128
David McDowell 479-0600
www.runningclubnorth.org
Sponsored by: Running Club North

June 27 Homer News Spit Run – Homer

Sat Meet 8:30 am – Homer High School
* 10K – flat, from town end of Spit
Race 10 am, Entry fee: None if signup before 6/22, \$5 after, family event
Contact: Lori Evans 235-7767
lori.evans@homernews.com
McKibben Jackinsky 235-7767
Sponsored by: Homer News, South Peninsula Hospital & Homer Senior Citizens, Inc
Check website @ www.homernews.com for info
Postrace party & awards at Land's End

June 27 Only Fools Run at Midnight – Juneau

Sat Meet 11 pm – Centennial Hall
* 1 mile & 5K walk, run or wheel (includes 1 mile wheelchair division), Race time 11:59 pm
Entry fee: See website, includes t-shirt
Contact: SAIL 586-4920
www.sailinc.org
Sponsored by: SAIL
Costumes encouraged. Visit the website to download entry form & additional info
Proceeds benefit Southeast Alaska Independent Living – Giving Disability a Possibility!

June 27 Only Fools Run at Midnight – Ketchikan

Sat Meet 10:30 pm – SE Alaska Discovery Center
* Race night registration 10:30 – 11:45 pm
1 mile & 5K walk, run or wheel (includes 1 mile

wheelchair division) – meanders thru downtown, Race time 11:59 pm
Entry fee: See website, includes t-shirt
Contact: Kevin Gadsey 225-4735
jbergman@sailinc.org
Ketchikan@sailinc.org
www.sailinc.org

Sponsored by: Ketchikan Running Club & SAIL
Costumes encouraged. Visit the website to download entry form & additional info
Proceeds benefit Southeast Alaska Independent Living – Giving Disability a Possibility!

June 27
Sat
*

Race for Technology – Palmer

Meet 8:30 am – Palmer Public Library
5K flat, Race time 10 am, Entry fee: \$27
Contact: Palmer Library 745-4690
pkilmain@palmer.ak.org
MSB Rec & Library Svcs 745-9868

Sponsored by: Matanuska Telephone Association
Fundraiser for Mat-Su Library automation network

June 27
Sat
*

Only Fools Run at Midnight – Sitka

1 mile & 5K walk, run or wheel (includes 1 mile wheelchair division), Race time 11:59 pm
Entry fee: See website, includes t-shirt
Contact: SAIL 747-6859
www.sailinc.org

Sponsored by: SAIL
Costumes encouraged. Visit the website to download entry form & additional info
Proceeds benefit Southeast Alaska Independent Living – Giving Disability a Possibility!

June 28
Sun

Granite Tors Trail Race - Fairbanks

Race time 11 am – Mile 39 Chena Hot Springs Road
15 miles, parking fee at State Park
Contact: Matias Saari 474-9420
www.runningclubnorth.org

Sponsored by: Running Club North
Must carry you own water
Trail Series Event #2

June 30
Tue

**Anchorage Running Club’s “Big Wild Life Runs”
Early Registration - Anchorage**

Early registration ends July 3 for Marathon, Marathon Relay, ½ Marathon, 5K & Kids Run held Aug 17
Contact: bwlr@anchoragerunningclub.org
www.bigwildliferuns.org
Register on line at www.active.com

July –
Aug
Tue

Peak Performers Track Club – Anchorage

6 pm – APU Moseley Sports Center thru mid April
West High Track late April thru Aug –
APU – paved roads, West – track
Membership fee: \$50, \$85 family (2)/\$110 3 or more
Contact: Chester Franz 274-5050
Kim Baldwin 274-1061

Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

July
Mon &
Wed

High School Training Group – Fairbanks

Meet 6 pm – UAF Patty Center
Contact: Kevin Brinegar 451-0498
Chad Carroll 458-7173
www.runningclubnorth.org

Sponsored by: Running Club North
Beginner to advanced level training
Training held every Mon & Wed thru July

- July Tue Women's Training – Fairbanks**
 Meet 6 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Bruce Miller 459-2012
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer
- July Tue Men's Training – Fairbanks**
 Meet 6:30 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Scott Jerome 474-6802
www.runningclubnorth.org
 Sponsored by: Running Club North
 Training held every Tuesday thru summer
- July Tue & Thur Valley Women's Running Team – Palmer**
 Meet 5:45 pm – Palmer High Track
 Tue track work out, Thur trail runs –
 various locations around the valley
 Contact: Rhonda Knopp 373-3975
knopp@mtaonline.net
 Norm Rousey coachrousey@hotmail.com
www.vwrt.org
 Sponsored by: Valley Women's Running Team
 Runners of all ability levels welcome
 Coached training held each week mid-March thru
 mid-August with trail runs thru September
- July Wed "Run or Walk With Friends" – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Meet Wednesdays throughout year
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends for 1 hour on Coastal Trail
- July 1 Wed * Andrew's Billy Goat Orienteering – Anchorage**
 Start 6:30 pm – Jodhpur Entrance
 Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Andrew Lee 562-2448
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Billy Goat-O (points) format, W on Dimond
 L into Kincaid Park, Jodhpur Entrance
- July 2 Thur * All Comers Track & Field – Anchorage**
 Meet 6 pm – Wendler Middle School
 Distance varies, Entry fee: \$5 single,
 \$20 adult/\$15 child series
 Contact: Jerry Perkins 317-9068
jiperkins@pci.net
 Ben Larson 317-1613
www.usatf.org/assoc/ak
 Sponsored by: USA Track & Field Alaska
 Visit website for details & entry forms
- July 2 Thur * Flint Hills Mile – Fairbanks**
 Meet 6:30 pm – Lathrop HS Track
 Contact: Jim Loftus 479-8161
www.runningclubnorth.org
 Sponsored by: Running Club North
 A Flint Hills Cup Series Event
- July 4 Sat Independence Day**
- July 4 Douglas 2-Mile Fun Run – Douglas**

- Sat** Race time afternoon TBD
 * Contact: Paul Voelckers 364-3265
www.southeastroadrunners.org
 Sponsored by: Southeast Road Runners
- July 4** **Independence Day 5K – Fairbanks**
Sat Race time 10 am – Ice Alaska Lot
 * 5K – flat, fast course, Entry fee: \$20/\$25 race day, t-shirts to first 150
 Contact: Kevin Brinegar 451-0498
 Chad Carroll 458-7173
 Sponsored by: Running Club North
- July 4** **Independence Day 10K – Kodiak**
Sat Meet 9:30 am – USCG Main Gate
 * Race time 10 am – CG base to town
 6.2 miles run/walk, Entry fee: None
 Contact: Joe Bailor 486-8669
jbailor@city.kodiak.ak.us
 Ian Fulp 486-8670/fax 486-8673
 Sponsored by: Kodiak Parks & Recreation
- July 4** **31st Anvil Mountain Run – Nome**
Sat Meet 7:45 am – City Hall, Race time 8 am
 17K – Start +18' above sea level to the top of Anvil Mountain & back
 1134' elevation gain, Entry fee: None
 Contact: Leo Rasmussen 443-2798
leaknome@alaska.com
 Sponsored by: Rasmussen's Music Mart
 The 2nd oldest run in Alaska
- July 4** **Mount Marathon Race – Seward**
Sat Meet 4th & Adams Street
 * Road/mountain run, 3,022' climb (3.25 miles)
 Junior division only goes to half-way point
 Race times: 9:30 am juniors (7-17 years),
 11:15 am women, 3 pm men
 Entry limits: 350 men & women/200 juniors
 Entry fee: \$20 juniors/\$45 adults
 Contact: Chamber of Commerce 224-8051
events@seward.net
www.seward.com
 Sponsored by: Seward Chamber of Commerce
 Lottery for newcomers, auction 7/3 for limited spots
 All 1st year runners must participate in a safety briefing 7/3 or they will not be permitted to run
 Applications accepted Jan 1 thru Mar 31
 Priority race entry for 2008 finishers, lottery for new runners. Auction 7/3 for limited spots
- July 4** **Freedom 4-Miler - Willow**
Sat Meet 9 am – Willow Community Center
 * 1K kids race begins before 4-miler, Free 12 & under
 4 miles – flat, Entry fee: \$20, Race time 11 am
 Contact: Andrea Haltmann 495-2202
andreahaltmann@yahoo.com
 Yvonne Leutwyler 495-0105
yvonneleutwyler@yahoo.com
www.waco-ak.org/index.php/WHO/Intro
 Sponsored by: Willow Health Foundation
 Community parade & picnic at 12 noon
 Proceeds benefit Willow Elementary School Library
- July 8** **Karen & Tom's Score-O – Anchorage**
Wed Mass Start 6:30 pm – APU, Moseley Sports Center
 * Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Karen Bronga 333-0610
www.oalaska.org

Sponsored by: Arctic Orienteering Club
Scrabble-O format. From Providence Dr, follow
controls east thru APU Campus to start
Beginner thru advanced courses available

July 8 **Midsummer Night Run – Juneau**
Wed Meet 5:30 pm – False Outer Point
* 1 mile & 10K – fast, Race time 6pm, Entry fee: \$8
Contact: Clayton Hawkes 790-4388
claytonha@yahoo.com
www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
An Empire Cup Series Event

July 10 **Kids' Cross Country Races – Fairbanks**
Fri Meet 5:30 pm – West Valley HS Soccer Field
* .75 & 1.5 miles, Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North

July 11 **Alaska Spirit Run – Anchorage**
Sat Meet 9 am – Westchester Lagoon
* 5K – out & back, Coastal Trail
Race time 10 am, Entry fee: \$25/\$15
Contact: Morgann Jensen 274-7787
morganndahlgren@hotmail.com
Sally Dial 279-9630
www.voaak.org
Proceeds benefit Volunteers of America Alaska
Retired & Senior Volunteer Program

July 11 **King Salmon Marathon – Cordova**
Sat Meet 6:20 am – CCMC Parking Lot
* 26.2 miles – flat & very scenic
Race time 7 am, Entry fee: \$35
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
Sponsored by: Cordova Running Club
Great community event, salmon BBQ after race

July 11 **Sockeye ½ Marathon – Cordova**
Sat Meet 9 am – CCMC Parking Lot
* 13.1 miles – flat, scenic
Race time 9:30 am, Entry fee \$35
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
Sponsored by: Cordova Running Club
Great community event, salmon BBQ after race

July 11 **Coho 10K – Cordova**
Sat Meet 10 am – CCMC Parking Lot
* 10K – flat, scenic
Race time 10:30 am, Entry fee \$18
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
Sponsored by: Cordova Running Club
Great community event, salmon BBQ after race

July 11 **Humpy 5K – Cordova**
Sat Meet 10 am – CCMC Parking Lot
* 5K – flat, paved, scenic
Race time 10:45 am, Entry fee \$18
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
Sponsored by: Cordova Running Club
Great community event, salmon BBQ after race

July 11 **Smolt One Mile Fun Run/Walk – Cordova**

- Sat** Meet 11 am – CCMC Parking Lot
* 1 mile – flat, scenic
Race time 11:15 am, Entry fee \$10
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
Sponsored by: Cordova Running Club
Great community event, salmon BBQ after race
- July 11** **Bear Paw 5K Classic – Eagle River**
Sat Meet 8:30 - 9:30 am – New China Restaurant
* Race time 10:30 am, before parade
Entry fee: \$20, \$25/\$60 family race day
Contact: Joey Caterinichio 274-6960
Ja Dorris 274-6960
Easy course, families encouraged
- July 11** **18th Sourdough Triathlon – Fairbanks**
Sat Race time 10 am – Mile 41 Steese Highway
1.2 mile swim, 56 mile bike, 13.1 mile run –
mostly flat, Entry fee: \$50/solo, \$120/team
Contact: Bob Baker 455-6689
Bruce Miller 459-2012
www.runningclubnorth.org
Sponsored by: Running Club North
½ Ironman, wet suit a must, NO LATE ENTRIES
- July 11** **Windfall Lake Challenge – Juneau**
Sat Meet 8:30 am – Veterans Highway Mile 27
13 miles – trail, Race time 9 am, Entry fee: \$8
Contact: Sharon Buis 586-4384
bikerpt@alaska.net
www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
Restricted to age 16 or older
An Empire Cup Series Event
- July 11** **Ward Lake Fun Run – Ketchikan**
Sat Meet 10 am – Shelter Cove Campground entrance
* 1 mile & 5K, Race time 10:30 am 1 mile, 11 am 5K
Entry fee: \$3 children 1 mile, \$7/\$5 KRC members
\$20 family/\$15 KRC family members
Contact: Maxwell Mercer 225-7825
sbird@kpunet.net
Sponsored by: Ketchikan Running Club
- July 11** **Moose Dropping Festival Fun Run – Talkeetna**
Sat Meet 8:30 am – Downtown
* 5K – beautiful downtown Talkeetna, Race
time 10:30 am, Entry fee: \$25, t-shirt included
Contact: Karl Swanson 733-7547
karlswanson@hotmail.com
Chris Mannix 733-2427
Sponsored by: Denali Nordic Ski Club &
Talkeetna Historical Society
Discounts for early registration & racers under 13
Benefits Historical Society & Nordic Ski Club
- July 12** **Boondocks Breakaway – Anchorage**
Sun Meet 10 am – Kincaid Bunker
* 2.5 (kids) & 5K – scenic trails, Race time 11 am
Entry fee: ARC membership/race day registration only
Contact: Betty Cronin 561-0297
blcronin@gci.net
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
New – 2.5K kids race
- July 12** **Ester Dome Ass Kicker – Fairbanks**
Sun Race time 10 am – Ester Gold Camp

6.75 miles – very steep trail run
Contact: Scott McCrea 488-4592
Sponsored by: Running Club North
Toughest short distance race in the Interior
Trail Series Event #3

July 13 **ASAP Mile - Anchorage**
Mon Meet 5:30 pm – Wendler Middle School
* 1 mile, track, Race time: 6:30 pm, Entry fee: \$5
Contact: Jerry Perkins 317-9068
jiperkins@gci.net
Ben Larson 317-1613
www.usatf.org/assoc/ak
Sponsored by: ASAP Printing
Over \$500 in prizes based on Age-Graded Results

July 15 **Toby's Score-O – Anchorage**
Wed Mass start 6:30 pm – Russian Jack Springs Park
* Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Toby Schwoerer 274-3208
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Dog Bone-O format. North down DeBarr Rd, turn South
on Selkregg Lane before Boniface

July 16 **All Comers Track & Field – Anchorage**
Thur Meet 6 pm – Wendler Middle School
* Distance varies, Entry fee: \$5 single,
\$20 adult/\$15 child series
Contact: Jerry Perkins 317-9068
jiperkins@gci.net
Ben Larson 317-1613
www.usatf.org/assoc/ak
Sponsored by: USA Track & Field Alaska
Visit website for details & entry forms

July 16 **Steve's Equinox Training #1 – Fairbanks**
Thur Meet 6 pm – UAF Patty Center
8+ miles – Loop thru Equinox start to mile 5
Contact: Steve Bainbridge 452-8351
www.runningclubnorth.org
Sponsored by: Running Club North

July 17 **Crow Pass Mandatory Bib P/U & Pre-Race**
Fri **Meeting – Anchorage**
Meet 6:30 pm – UAA Sports Center
Contact: Mike Friess 786-1325
anmaf@uaa.alaska.edu
Sponsored by: UAA Milers Booster Club &
Subway of Alaska
Entrants not present will lose their race entry

July 18 **Alaska Men's Run/Walk – Anchorage**
Sat Meet 8 am – Skinny Raven Sports (8th & H Street)
* 2 & 5 miles - city streets & Coastal Trail
Race time 9 am, Entry fee: \$35, prizes/t-shirts
Contact: Christian Harpel 345-4004
jharpel@gci.net
Janyce Harpel 317-3550
www.alaskamensrun.com
Proceeds benefit prostate & testicular cancer research
A Flint Hills Series Race, USATF sanctioned

July 18 **Hammerman Duathlon – Anchorage**
Sat Meet 9 am – Little Campbell Lake/Kincaid Park
1.5K trail run, 14M mtn bike, 4 mile trail run, off road
duathlon, Race time 10 am, Entry fee: \$50
Contact: Bill Fleming 243-4709
moflem@acsalaska.net

Andy Duenow 344-2740

www.hammermantriathlon.com

Sponsored by: Chain Reaction Cycles

- July 18 Sat XTERRA Hammerman – Anchorage**
Meet 9 am – Little Campbell Lake/Kincaid Park
.5M swim, 14M mtn bike, 4 mile trail run, off road triathlon, Race time 10 am, Entry fee: \$50
Contact: Bill Fleming 243-4709
moflem@acsalaska.net
Andy Duenow 344-2740
www.hammermantriathlon.com
Sponsored by: Chain Reaction Cycles
- July 18 Sat 17th CHS Run & Soak – Chena Hot Springs**
Race time 11 am – Angel Rocks Trailhead
8.5 miles – trail, Entry fee: TBA
Contact: Keith Pollock 479-0779
www.runningclubnorth.org
Sponsored by: Running Club North, Chena Hot Springs
Free swim & potluck at finish
Trail Series Event #4
- July 18 Sat Crow Pass Crossing – Chugach Mountains**
Meet 6 am – Crow Pass Trailhead
24 miles – Cross Pass Trail, Girdwood to Eagle River Visitor’s Center, Race time 7 am
Entry fee: \$60 – Limited to 130 entrants
Mandatory bib pick-up & meeting 7/17
Rough cross-country & mountain trail
Contact: Mike Friess 786-1325
anmaf@uaa.alaska.edu
Sponsored by: UAA Milers Booster Club
Registration forms available on-line 5/8 @ www.goseawolves.com
- July 18 Sat * Governor’s Cup Fun Run/Race - Juneau**
Meet 8:30 am – Court House, 4th & Main
5K, Race time 9 am, Entry fee: \$8
10 am kids’ race – 1 mile, starts at 5K finish
Contact: Jim Grammel 586-6126
james.grammel@mcdowellgroup.net
www.southeastroadrunners.org
Sponsored by: SERR & McDowell Group
An Empire Cup Series Event
- July 18 Sat * Settler’s Cove Biathlon “Splash & Dash” – Ketchikan**
Meet 10 am – Settler’s Cove State Park
Entry fee: \$25 solo/\$45 relay
Contact: Willie Schulz 617-7499
williesch1@yahoo.com
Register on-line @ www.active.com
On-line registration closes 7/6 @ 11:59 pm
Registration forms available 3/1 @ pool & rec center
- July 18 Sat * 1st City Council on Cancer “Day of Hope” – Ketchikan**
Start from 1 – 9 pm – Fawn Mountain Track
Run/walk on track throughout day solo or as a team
Entry fee: Pledges/donations, asking for at least \$10 each hour you plan to run or walk
Contact: Elizabeth Richardson
erichktn@worldnet.att.net
Sponsored by: First City Council on Cancer
- July 19 Sun * Knoya Ridge Hill Climb - Anchorage**
Meet 9 am – Klutina St, Chugach Foothills, Corner of Muldoon & Tudor Roads
3 miles, 2,900’ vertical trail run with finish at top, Jr. race on shorter course, Race time 10 am

Entry fee: \$20 adult/family, \$5 15-17 yrs,
under 14 free, family includes spouse & children
Contact: Bill Spencer 346-3582
billspencerak@gmail.com
Marianne Pedersen 333-8836
marianne_peders@hotmail.com

Sponsored by: HDR, Alaska
When parking, **do not block mail delivery!**
Race day registration only. Proceeds benefit the
Tom Besh Memorial Scholarship Fund

July 20 – Gold Discovery Run Bib Pick-up – Fairbanks

July 25 10 am - 6 pm – Toy Quest

Mon – Contact: Gary Pohl 452-2128
Sat Bob Hilderbrandt 479-7335
www.runningclubnorth.org

Sponsored by: Running Club North & Others

July 22 Masters' 5 & 10K – Anchorage

Wed Meet 5:30 pm – Point Woronzof Parking Lot
5 & 10K – flat, out & back on Coastal Trail
Race time 6 pm, Entry fee: ARC Membership
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club
Limited to runners 40 years of age or older

July 22 Golden Mile Bib Pick-up – Fairbanks

Wed 5 - 8 pm – Literacy Council of AK (517 Gaffney Rd)
\$15 youth/\$10 youth/\$25 family, runner gets a book
Contact: Jim Brader 452-4986

www.runningclubnorth.org

Sponsored by: RCN & Literacy Council of Alaska
Benefits the Literacy Council of Alaska

July 23 Steve's Equinox Training #2 – Fairbanks

Thur Meet 6 pm – Ann's Greenhouse pull-out
8 miles – Equinox Trail Mile 8.5 – 4.5 – 8.5
Contact: Steve Bainbridge 452-8351

www.runningclubnorth.org

Sponsored by: Running Club North

July 24 Kids' Cross Country Races – Fairbanks

Fri Meet 5:30 pm – West Valley HS Soccer Field
* .75 & 1.5 mile, Race time 6 pm, Entry fee: None
Contact: Tracey Martinson 474-8353

www.runningclubnorth.org

Sponsored by: Running Club North

July 25 Dog Jog – Anchorage

Sat Registration begins 8:30 am – Service High School
* 1 mile & 5K – cross-country trails
Race time 10 am, Family fair 9 am - 1 pm
Entry fee: \$20/\$45 family (4 members)

Late fee for race day registration
Contact: Michele Girault 333-9534
michele@friendsofpets.org

Sponsored by: Friends of Pets
Registration forms @ www.friendsofpets.org, The
Dog Wash, VCA Animal Hospitals & AK Petography
Fun run for people & dogs, leashes required
Fundraiser for Friends of Pets

July 25 All Comers T&F State Championships – Anchorage

Sat Meet 10 am – Wendler Middle School
* Distance varies, Entry fee: \$5 single,
\$20 adult/\$15 child series, Race time: 12 Noon

Contact: Jerry Perkins 317-9068
jjperkins@gci.net

* Arctic Valley Road, 9K challenging 3,000' vertical gain, 6K – scenic loop over ridges, 1,500' vertical gain, juniors 3K, munchkins 1.5K
Race time 10 am, Entry fee: \$5 munchkins, \$15 juniors, \$25 for 6K, \$35 for 9K
Contact: Karl Volz 786-7235
Jennifer Branchflower 248-8978
<http://aeff.uaa.alaska.edu/volz/trailrun>
Sponsored by: Anchorage Ski Club
On-line registration after June 1 @ www.signmeup.com
Part of the Healthy Future Series
www.healthyfuturesak.org

July 26 44th Gold Discovery Run – Fairbanks

Sun Race time 8 - 9 am – Fox Roadhouse
16.5 miles, Entry fee: \$20
Contact: Gary Pohl 452-2128
Steve Bainbridge 452-8351
www.runningclubnorth.org
Sponsored by: Running Club North
Unique prizes to 1st 150 entrants, bus to start
A Flint Hills Cup Series Event

July 26 Northern Area Aquatics Triathlon – Fairbanks

Sun Race time 10 am – Chena Lakes
* 500 yd swim, 10 mile bike, 3.1 mile run
Entry fee: \$30 solo/\$75 relays by 7/20
\$40 solo/\$90 relays by 7/22
Contact: Ramona Reeves 457-2197
reeves.ramona@gmail.com
Sponsored by: Northern Area Aquatics
No entries after 7/22, t-shirts available

July 29 Gary & David's Weird-O – Anchorage

Wed Starts from 5 - 7 pm – Goose Lake
* Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Gary Snyder 337-2089
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Weird-O format. NL Blvd to UAA Drive, turn South, then East into Goose Lake Park

July 30 Steve's Equinox Training #3 – Fairbanks

Thur Meet 6 pm – Ann's Greenhouse Pull-out
8 miles – Equinox trail mile 8.5 – 12.5 – 8.5
Contact: Steve Bainbridge 452-8351
www.runningclubnorth.org
Sponsored by: Running Club North

July 31 Resurrection Pass 100-Miler – Hope

Fri Meet 2 pm – Hope School
24 mile gravel road, 76 mile trail
Race time 3 pm, Entry fee: None
Contact: Pat Munz 346-1544
katpat@alaska.net
Aid stations mile 12, 50 & 88

Aug Peak Performers Track Club – Anchorage

Tue 6 pm – APU Moseley Sports Center thru mid April
West High Track late April thru Aug –
APU – paved roads, West – track
Membership fee: \$50, \$85 family (2)/\$110 3 or more
Contact: Chester Franz 274-5050
Kim Baldwin 274-1061
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

Aug Women's Training – Fairbanks

Tue Meet 6 pm – West Valley HS Track

Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 459-2012
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

**Aug
Tue** **Men's Training – Fairbanks**
Meet 6:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Scott Jerome 474-6802
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

**Aug
Tue &
Thur** **Valley Women's Running Team – Palmer**
Meet 5:45 pm – Palmer High Track
Tue track work out, Thur trail runs –
various locations around the valley
Contact: Rhonda Knopp 373-3975
knopp@mtaonline.net
Norm Rousey coachrousey@hotmail.com
www.vwrt.org
Sponsored by: Valley Women's Running Team
Runners of all ability levels welcome
Coached training held each week mid-March thru
mid-August with trail runs thru September

**Aug
Wed** **"Run or Walk With Friends" – Anchorage**
Meet 6 pm – Westchester Lagoon
Meet Wednesdays throughout year
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour on Coastal Trail

**Aug 1
Sat** **Alaska 10K Classic – Anchorage**
Meet 9:30 am – APU, Moseley Sports Center
* Race time 10 am, Entry fee: \$25/\$20 after 8/1
Contact: www.10kclassic.com
Sponsored by: Peak Performers Track Club
Register on-line @ www.active.com
Special 2 person youth relay (5K each)
Fundraiser for Special Olympics Alaska
Part of the Healthy Futures Series
www.healthyfuturesak.org

**Aug 1
Sat** **Resurrection Pass 50-Miler – Cooper Landing**
Meet 5 am – Resurrection Pass Trailhead
38 miles trail, 12 miles gravel road
Race time 6 am, Entry fee: None
Contact: Pat Munz 346-1544
katpat@alaska.net
Aid station mile 38

**Aug 1
Sat** **Run for the Valkyries - Fairbanks**
* Race time 10 am – Pioneer Park
8K – flat, Entry fee: Donation, t-shirt
Contact: Cassandra Tilly 457-6264
Thomas Gross 322-7093
www.runningclubnorth.org
Sponsored by: Fairbanks Opera
A Flint Hills Cup Series Event

**Aug 1
Sat** **Frank Maier Marathon & Douglas Island
Half - Douglas**
Meet Savikko Park, Picnic Shelter Sandy Beach
Race time 7 am (full), 9 am (half), 1 hour early
starts available for slower runners only
Entry fee: See website

Contact: www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
Finisher medals (full), t-shirts, custom awards for winners (both events). BBQ afterwards
Boston certified marathon course!
An Empire Cup Series Event

Aug 1
Sat
*

Blueberry Fun Run – Ketchikan

Meet 8:15 am – Police Station
1 mile & 5K – out & back, good for walkers
Race time 9:30 am, 9 am 1 mile, Entry fee: \$10/\$7
KRC members, \$25 family/\$20 KRC families,
\$5 children/students thru age 18
Contact: Dan & Lori Ortiz 225-7309
ortizd@kpunet.net
www.ketchikanrunningclub.org
Awards ceremony/prizes begins at 12 Noon
Treats for first 40 kids registered, Blueberry Festival
t-shirts awarded to age-category winners

Aug 1
Sat

Matanuska Peak Challenge – Palmer

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

Aug 1
Sat
*

Wildlife Rescue Run/Walk – Seward

Meet 9 – 10:45 am – Alaska SeaLife Center
5K – mostly flat, scenic route along waterfront
Race time 10:15 am walkers, 11 am runners
Entry fee \$25/\$20 15 & under, \$30/\$25 race day
Contact: Tim Lebling 224-6399
tim_lebling@alaskasealife.org
Susheela Roach 224-6890
www.alaskasealife.org
Sponsored by: Alaska SeaLife Center
Entry fee includes t-shirt & admission to ASLC race
day. Proceeds benefit the rescue, rehabilitation &
release of marine animals

Aug 1
Sat
*

Red Shirt Lake Trail Run - Willow

Race time 9 am – Nancy Lake Rd, Mile 6
6 miles – out & back; hilly, narrow, single lane
trail, can be muddy, Entry fee: \$20
Contact: Andrea Haltmann 495-2205
andreakhaltmann@yahoo.com
Yvonne Leutwyler 495-0105
yvonneleutwyler@yahoo.com
www.waco-ak.org/index.php/WHO/Intro
Sponsored by: Willow Running Club &
Willow Trail Committee
Carpool recommended, \$5 parking fee in State
park, prizes for all participants

Aug 2
Sun

Yukon River Trail Marathon – Whitehorse

Meet 7:30 am – Rotary Park
Marathon, ½ marathon & relay events – scenic &
challenging trails near Yukon River, Entry fee:
\$45 until 7/1, Race time 8:30 am
Contact: Ken Sylvestre 867-668-7592
yukonmarathon@gmail.com
www.yukonmarathon.com

- Aug 2 Sun** **AK Int'l Sr Games Track/Field Events – Fairbanks**
 Meet – West Valley HS Track, various times/distances
 Contact: Jim Loftus 274-0678
 Sponsored by: AISG & PDC
 Must pre-register with Senior Games (456-2569)
 & be 50 years & up
- Aug 2 Sun** **Northern Trust Duathlon – Knik**
 Meet 9 am – Knik Lake
 5K run, 40K bike, 10K run
 Race time 10 am, Entry fee: \$50
 Contact: Bill Fleming 243-4709
moflem@acsalaska.net
 Andy Duenow 344-2740
www.akstatetriathlon.com
 Sponsored by: Northern Trust Real Estate
- Aug 2 Sun** **Northern Trust Triathlon – Knik**
 Meet 9 am – Knik Lake
 1,500 meter swim, 40K bike, 10K run
 Race time 10 am, Entry fee: \$50
 Contact: Bill Fleming 243-4709
moflem@acsalaska.net
 Andy Duenow 344-2740
www.akstatetriathlon.com
 Sponsored by: Northern Trust Real Estate
 Alaska State Triathlon Championships
 Olympic distance triathlon
- Aug 2 Sun** **Running With the Bulls – Palmer**
 Meet 2:30 pm – Musk Ox Farm/Mile 50.1
 * 5K run/walk, Race time 4 pm, Entry fee: \$20
 \$10 12 & under, \$25 race day, bib pick-up
 at registration, t-shirt included
 Contact: Amanda Kristinat 745-4151/745-2353
moxfarm@alaska.net
www.muskoxfarm.org
 Sponsored by: Friends of the Musk Ox
 Proceeds benefit the Palmer Musk Ox Farm
- Aug 5 Wed** **Bill's Orienteering – Ft. Richardson**
 * Starts from 5 - 7 pm – Fossil Creek
 Entry fee: \$5 member / \$6 non / \$1 under 18
 Contact: Bill Spencer 346-2006
www.oalaska.org
 Sponsored by Arctic Orienteering Club
 Traditional points meet. Glenn Hwy to Ft.
 Rich., turn R at light, R at T intersection.
 Follow controls to start. Beginner thru advanced
 courses available. Bring driver's license, car
 registration & proof of insurance to get on base
 Check website for security requirements.
- Aug 5 Wed** **Santa Claus 1/2 Marathon Bib P/U – North Pole**
 5 - 7 pm – Pioneer Park
 Entry fee: \$15, t-shirt
 Contact: Joe Trubacz 488-9888
 Sponsored by: Flint Hills Resources
 Proceeds benefit a non-profit organization
- Aug 6 Thur** **Steve's Equinox Training #4 – Fairbanks**
 Meet 6 pm – Top of Ester Dome
 5 miles – Equinox “out & back”
 Contact: Steve Bainbridge 452-8351
www.runningclubnorth.org
 Sponsored by: Running Club North

Aug 8 **Run for Relief - Anchorage**
Sat Meet 9 am – Faith Christian Community, 4240 Wisconsin
* 5K – flat, fast – West Turnagain, Race time 10 am
Entry fee: \$20/\$15 12 & under
Contact: Scott Clemetson 244-1119
 dianna99517@yahoo.com
 www.faithak.com
Sponsored by: Faith Christian Community
Increase awareness of the situation in Burma
Proceeds benefit the relief efforts in Burma

Aug 8 **Alaska Wildlife Alliance Fun Run & Walk - Anchorage**
Sat Meet 9 am – Westchester Lagoon Dock
* 5K – out and back, flat to Lyn Ary Park
Entry fee: \$20, Race time 10 am
Contact: Andy Josephson 349-2711
 andrewjosephson2003@yahoo.com
Sponsored by: Alaska Wildlife Alliance
T-shirts available for \$20, refreshments, timed event

Aug 8 **16th Santa Claus 1/2 Marathon – North Pole**
Sat Race time 9 am – Flint Hills Refinery, 13.1 miles
Contact: Joe Trubacz 488-9888
Sponsored by: Flint Hills Resources
Awesome post race BBQ!
A Flint Hills Cup Series Event

Aug 8 **Treadwell Twosome – Juneau**
Sat Meet 8:30 am – Saviko Park (Sandy Beach)
5K – trail, Race time 9 am, Entry fee: \$8
Contact: Paul DeSloover 586-6709
 pdesloover@yahoo.com
 Guy Thibodeau 463-8442
 www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
Each person runs a 5K in a 2-person team that
can be formed on the day of the race

Aug 8 **Kenai Peninsula Run for Women – Kenai**
Sat Meet 9 am – Kenai City Park
* 5 & 10K – multi-looped certified course thru
downtown streets, Race time 10 am
Entry fee: \$15/\$20 race day
Contact: Kathryn Tomrdle 283-9479
 leeshoreaa@alaska.net
 Barbara Waters 283-9479
Sponsored by: The LeeShore Center
Course is wheelchair accessible & certified
Visit www.alaska.net/~leeshore for more info

Aug 9 **Sprint Triathlon – Juneau**
Sun Meet 8:30 am – Auke Lake
Race time 9 am – check website for details
Contact: John Bursell 789-5957
 bursell@pci.net
 www.southeastroadrunners.org
Sponsored by: John Bursell

Aug 9 **Miles for Meals – Wasilla**
Sat Meet 10 am – Senior Center
* 5K run/walk – relatively flat & paved course
Race time 11 am, Entry fee: \$20/\$25 race day
Contact: Dennie Jacques 376-3104
 wasillaseniors@alaskaseniors.com
Sponsored by: Wasilla Area Seniors, Inc

Aug 11 **High School Score-O – Anchorage**
Tue Starts from 9 am - 6 pm – Jodhpur Entrance
* Entry fee: \$5 members / \$6 non / \$1 under 18

Contact: Ellen Brown 346-2006

www.oalaska.org

Sponsored by: Arctic Orienteering Club
High School Score-O format, W on Dimond, L into
Kincaid Park, Jodhpur Entrance. Open to public after 12 Noon

**Aug 13
Thur**

Steve's Equinox Training #5 – Fairbanks

Meet 6 pm – Top of Ester Dome
9 miles – Equinox Trail Mile 17 – 21.5 – 17

Contact: Steve Bainbridge 452-8351

www.runningclubnorth.org

Sponsored by: Running Club North

**Aug 15
Sat**

**Anchorage Running Club's "Big Wild Life Runs"
Bib Pick-up, Last Chance Registration &/or
Race Changes – Anchorage**

11 am - 3 pm – Alaska Center for the Performing Arts
(PAC), enter off 6th Avenue

Contact: bwlr@anchoragerunningclub.org

**Aug 15
Sat**

Alyeska Classic Mountain Run – Girdwood

Meet 10:00am – at base of Alyeska Tramway
Race time – 12:00noon – **Entry closed at 11:30am**
Bib Pickup and race day registration 10:00am – 11:30am
Entry fee: \$20 on-line or mail-in if received by 8/12/09
\$30 on race day ---- on-line reg. begins 5/1

Family discounts available – please contact AMR
2K-uphill only – 2000' climb, courtesy tram ride down
There will not be an Up & Down race

Contact: Alaska Mountain Runners:

akmtnrun@hotmail.com

Register on-line or get mail-in entry form @

www.alaskamountainrunners.org

**Aug 15
Sat**

Run Lu Lu Run – Fairbanks

Race time 10 am – Lu Lu's Bread & Bagels
5 & 10K, Entry fee: TBA

Contact: Julie Schwab 374-3804

Sponsored by: Lu Lu's Bread & Bagels

T-shirt, water bottles & bagels

**Aug 15
Sat**

Eaglecrest Road Race – Juneau

Meet 8:30 am – Eaglecrest Road
1 & 5 miles – hills, Race time 9 am, Entry fee: \$8
1 mile begins at lodge after 5 miler concludes

Contact: Ann Johnson 523-9336

Annelj0206@gci.net

www.southeastroadrunners.org

Sponsored by: Southeast Road Runners

An Empire Cup Series Event

**Aug 16
Sun**

Mountain Orienteering – Anchorage

Starts from 10 am – Chugach Mountains
Entry fee: \$5 members / \$6 non / \$1 under 18

Contact: Eeva Latosuo 301-3281

www.oalaska.org

Sponsored by: Arctic Orienteering Club
Navigate in the mountains. Start from Canyon Road
(see website for details) Beginning (short) thru
Advanced (long) courses available

**Aug 16
Sun**

**Anchorage Running Club's "Big Wild Life Runs"
Humpy's Marathon, Marathon Walk & Relay – Anchorage**

Meet 7:30 am – 610 W 6th Avenue
Relatively flat, some hills, & paved trails
Race time 8 am Marathon Walk, 9 am Marathon & Relay
Entry fee: See application

Contact: bwlr@anchoragerunningclub.org

www.bigwildliferuns.org

Sponsored by: Humpy's Great Alaska Ale House & ARC
Register on-line @ www.active.com
USATF certified course, ChampionChip Timing

Aug 16 Sun **Anchorage Running Club's "Big Wild Life Runs"**
Skinny Raven ½ Marathon - Anchorage

* Meet 7:30 am – 610 W 6th Avenue
Relatively flat, some hills, & paved trails
Race time 9:10 am runners/walkers
Entry fee: See application
Contact: bwlr@anchoragerunningclub.org
www.bigwildliferuns.org
Sponsored by: Skinny Raven Sports & ARC
Register on-line @ www.active.com
USATF certified course, ChampionChip Timing

Aug 16 Sun **Anchorage Running Club's "Big Wild Life Runs"**
Snow City Café 5K - Anchorage

* Meet 8:30 am – 610 W 6th Avenue
Relatively flat, some hills, & paved trails
Race time 9:30 am runners/walkers
Entry fee: See application
Contact: bwlr@anchoragerunningclub.org
www.bigwildliferuns.org
Sponsored by: Snow City Café & ARC
Register on-line @ www.active.com
USATF certified course, ChampionChip Timing

Aug 16 Sun **Anchorage Running Club's "Big Wild Life Runs"**
Alaska Natural History Museum's

* **"Dinosaurs Run for Your Life" Kids Run - Anchorage**
Meet 7:30 am – 610 W 6th Avenue
2K - untimed, relatively flat, some hills, & paved trails
For ages 12 & under, Race time 8:10 am
Entry fee: See application
Contact: bwlr@anchoragerunningclub.org
www.bigwildliferuns.org
Sponsored by: Museum of Natural History & ARC
Register on-line @ www.active.com
Medals & hats for all
Part of the Healthy Futures Series
www.healthyfuturesak.org

Aug 16 Sun **Run for the Refuge – Fairbanks**

* Race time 1 pm – UAF Ski Hut (W. Ridge)
5 & 10K – trail run, Entry fee: \$15/\$10 children
\$20/\$15 race day
Contact: Pam Miller 452-5021
Sponsored by: Northern AK Environmental Center
T-shirt & food, family oriented
Trail Series Event #5 (10K only)

Aug 19 Wed **Paul's Orienteering – Anchorage**

* Starts from 5:30 – 6:15 pm – Bicentennial Park, Mile 2.2
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Paul Brusseau 272-2680
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional format. Tudor Rd to Campbell Airstrip
Rd, turn south and go to Mile 2.2 parking lot
Beginner thru advanced courses available

Aug 20 Thur **Steve's Equinox Training #6 – Fairbanks**

Race time 6 pm – Top of Ester Dome, 9+ miles
Equinox Trail Mile 17 to St Pats & up Ester Dome
Contact: Steve Bainbridge 452-8351
www.runningclubnorth.org
Sponsored by: Running Club North

Aug 20 **15th Anvil 59 Minute 37 Second Challenge – Nome**
Thur Meet 6:45 pm – Base of Anvil Mountain
2.75 miles – 843' climb, Race time 7 pm, Entry fee: Free
Must finish under 59 minutes & 37 seconds
Contact: Leo Rasmussen 443-2798
 leaknome@alaska.net
Sponsored by: Rasmussen's Music Mart

Aug 21 **Kenai Peninsula State Fair's River to River**
Fri **Run – Ninilchik**
* Registration begins 10 am, Entry fee: \$5 + fair gate
Contact: Kenai Peninsula Fair Office 567-3670
 kpsfair@acsalaska.net
Sponsored by: Deep Creek Charter Boat Association

Aug 22 **Nifty 50– Juneau**
Sat Meet 8:30 am – Windfall Lake Trailhead
50K – 1, 2 or 3 person teams on Glacier Highway,
Herbert R Trail and Windfall Lake Trail
Contact: Keith Levy 586-1427
 keithlevy@gci.net
 www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
Restricted to ages 16 and older

Aug 22 **Lost Lake Breath of Life Run – Seward**
Sat Meet 8 am – Bear Creek Fire Station, Mile 6
Transportation provided to 10 am start
15.75 miles – mountain trail, peak elevation 2,100'
Entry fee: \$100/\$200 June 28-Aug 1
Contact: Patrick K. Simpson 563-3474
 patrick.k.simpson@gmail.com
 www.lostlakerun.org
Sponsored by: CF Foundation & Lost Lake Run, Inc
BBQ and awards afterwards, t-shirts to finishers
Proceeds benefit those with Cystic Fibrosis

Aug 23 **2nd Mount Healy Challenge – Healy**
Sun Race time 12 Noon – Bison Gulch Parking Lot
MP 243.5 Parks Highway
2 miles, uphill only, 1,800', Entry fee: None
Contact: Matias Saari 347-9192/474-9420
Bring wind gear. Limited parking
Trail Series Finale

Aug 26 **Score-O & Annual Meeting – Anchorage**
Wed Mass start 6:30 pm – APU Moseley Sports Complex
* Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Darren Hull 529-8985
 www.oalaska.org
Sponsored by: Arctic Orienteering Club
Score-O format. From Providence Dr, follow
controls east thru APU Campus to start
Beginner thru advanced courses available

Aug 27 **Steve's Equinox Training #7 – Fairbanks**
Thur Meet 5:30 pm – UAF Patty Center
9.5 miles, Equinox Trail Mile 17 – 26.2 finish
Contact: Steve Bainbridge 452-8351
 www.runningclubnorth.org
Sponsored by: Running Club North
Shuttle from Patty Center to Ester Dome

Aug 29 **Golden Heart Trail Run - Fairbanks**
Sat Race time 10 am – Birch Hill
* 5K – cross country
Entry fee: \$15/\$20 after 8/28, \$25 race day
Contact: John Estle 474-4242
 www.nscfairbanks.org

Sponsored by: Nordic Ski Club
T-shirts to first 200
A Flint Hills Cup Series Event

- Aug 29**
Sat
*
Prostate Cancer Run – Juneau
Meet 7:30 am – Riverbend River School
5K, Race time 8 am, Entry fee: \$8
Contact: Tom Thompson 789-9193
tjomsland13@yahoo.com
www.southeastroadrunners.org
Race for Men Only
Fundraiser for prevention of prostate cancer
- Aug 29**
Sat
*
Beat the Odds Women’s Race Against Breast Cancer – Juneau
Race time 9 am – Riverbend Elementary School
2 mile walk & 5K – race limited to females
Contact: Cancer Connection
www.southeastroadrunners.org
Sponsored by: Cancer Connection
Fundraiser for breast cancer awareness
- Aug 30**
Sun
Annual Equinox Training Run – Fairbanks
Meet 9 am – Ann’s Greenhouse pull-out
11 & 16 miles – Ester Dome
Contact: Steve Bainbridge 452-8351
www.runningclubnorth.org
Sponsored by: Running Club North
- Sept**
Wed
“Run or Walk With Friends” – Anchorage
Meet 6 pm – Westchester Lagoon
Meet Wednesdays throughout year
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour on Coastal Trail
- Sept**
TBA
Sat
*
South Anchorage Elementary Schools Cross-Country Jamboree – Anchorage
1 mile or less – mostly flat, K-6 grades
Staggered starts for different age groups
Entry fee: None
Contact: Sharon Vaissiere 742-4400
Sponsored by: Anchorage School District,
Skinny Raven Sports & ConocoPhillips
Jamboree typically held 3rd week of Sept
Part of the Healthy Futures Series
www.healthyfuturesak.org
- Sept**
TBA
Sat
*
Beach Lake Trails XC Jamboree – Chugiak
1K K-1st grade, 2K 2nd-3rd grade, 3K 4th-6th grade
Various terrain, hills & trails, Entry fee: None
Race time 5 pm, staggered starts for different age groups
Contact: Sharon Vaissiere 742-4400
www.healthyfuturesak.org
Sponsored by: Anchorage School District, Eagle River
Nordic Ski Club, Skinny Raven Sports & ConocoPhillips
Jamboree typically held 4th week of Sept
Part of the Healthy Futures Series
- Sept**
TBA
Sat
*
Mat-Su Family Fun Run/Walk - Wasilla
Pre-K Dash, ½ mile & 1 mile run/walk
Staggered start times, Entry fee: None
Great family event, medals for all kids
Contact: Lynda Barcome 376-7577
www.healthyfuturesak.org
Part of the Healthy Futures Series

- Sept 2 Wed**
* **Bill's Fall Orienteering – Anchorage**
Starts from 5:30 - 6:15 pm – Storck Park
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Bill Spencer 346-3582
www.oalaska.org
Sponsored by: Arctic Orienteering Club
GPS Orienteering. Clarks Road off Hillside Drive
Between DeArmon Road and Rabbit Creek Road
Beginner thru advanced courses available
- Sept 2 Wed**
* **ArcticCross Training Clinic – Anchorage**
Meet 6:30 pm – Location TBA, Entry fee: None
Contact: Bruce Ross 230-7635
akprint@alaska.net
Bill Fleming 336-0383
www.arcticcross.org
Sponsored by: Chain Reaction Cycles
Learn & practice the skills needed for the sport of cyclocross. Cyclocross is an event which combines bike riding and running over obstacles
- Sept 5 Sat**
Alaska Nanooks Ester Dome 5K – Fairbanks
Race time 11 am – St Pat's & Ester Dome Rds
5K – uphill road race, Entry fee: \$15/\$20 race day
Contact: Scott Jerome 474-6802
Ingrid Olson 474-5534
Sponsored by: AK Nanooks XC Running Program
Post race refreshments & a UAF keepsake
- Sept 5 Sat**
McCarthy Kennicott ½ Marathon – McCarthy
Meet 12 Noon – Glacier View Campground
13.1 miles – Gradual climb, gravel road & trails,
across Kennicott River & thru historic town sites
5 mile course offered, aid stations provided
Race time 2 pm, Entry fee: \$40, t-shirts & prizes
Contact: Phoebe O'Connell 272-1424
poconnel@diabetes.org
1-888-342-2383 (outside Anchorage)
www.diabetes.org/99503
Sponsored by: American Diabetes Association
Proceeds benefit American Diabetes Association
- Sept 7 Mon**
Labor Day
- Sept 7 Mon**
* **Labor Day Run - Fairbanks**
Race time 12:30 pm – SE corner Pioneer Park
5K – flat, fast course, Entry fee: TBA
Contact: Dave Frey 457-2131
452-8145 x 1110
dfrey@northstar.k12.ak.us
Sponsored by: BP, Central Labor Council, Tanana & Lathrop Cross Country Team
Free post race picnic, food, drink & prizes
- Sept 7 Mon**
32nd Great Bathtub Race – Nome
Race time 12 Noon – City Hall
250 Yards, Entry fee: \$25/team
Run with bathtub on wheels down Front St
Contact: Leo Rasmussen 443-2798
leaknome@alaska.com
Sponsored by: Rasmussen's Music Mart
5 members – 4 propellers & 1 in bathtub
Trophies for winning team members
- Sept 8 Tue**
* **Tuesday Night Race Series - Anchorage**
Meet 6 pm – Check website
Distances up to 10K, Race time 6:30 pm

Entry fee: \$2 kids, \$5 adults, \$10 family
Contact: Outdoor Recreation 343-4217
home.muni.org/parks/tuesday.cfm
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line at www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org

**Sept 8
Tue** **Equinox Marathon Bib Pick-Up &
Spaghetti Feed – Fairbanks**

5 - 8 pm – Pump House Restaurant
Contact: Steve Bainbridge 452-8351
www.runningclubnorth.org
Sponsored by: Running Club North
Register on-line @ www.active.com

**Sept 11
& 12
Fri &
Sat** **Klondike Trail of '98 International Road
Relay – Skagway, AK to Whitehorse, YT**
Race time 7 pm & 30 min intervals (Pacific Time)
175K/110 miles, leg distances vary (9K/5.6 miles
to 25.6K/16 miles) 10 legs, teams of 6 - 10
Contact: Sport Yukon 867-668-4236
mfreese@sportyukon.com
www.sportyukon.com

**Sept 12
Sat** **ArcticCross Series Race #1 – Anchorage**

Meet 11 am – Location TBA
50 minutes / 2K circuit, Race time 12 Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
Bill Fleming 336-0383
www.arcticcross.org
Sponsored by: Chain Reaction Cycles
Season opening race. Bring your cyclocross or mountain bike
and prepare to have fun. Cyclocross is an event which
combines bike riding and running over obstacles

**Sept 12
Sat** **Heart Walk - Anchorage**

* Meet 9 am – Delaney Park Strip
3 miles, Delaney & Coastal Trail
Contact: Noel Gabler, 865-5301
noel.gabler@heart.org
Diana Phosavath 865-5300
www.anchorageheartwalk.org
Fun, non-competitive event for all ages & abilities

**Sept 12
Sat** **Alyeska Climbathon – Girdwood**

Meet 8 am – at base of Alyeska Tramway
Race time – 9 am – **Entry closed at 8:45am**
Bib Pickup and race day registration 8 am – 8:45am
Entry fee: \$20 on-line or mail-in if received by 9/9/9
\$30 on race day ---- on-line reg. begins 5/1
Family discounts available – please contact AMR
Contact: Alaska Mountain Runners
akmtnrun@hotmail.com

**Sept 12
Sat** **Deer Mountain Challenge – Ketchikan**

Contact: Jared Gross 225-8829
southeastexposure@gmail.com
Tom Fowler 617-3566
tpfowler@kpunet.net
Sponsored by: Southeast Exposure

Sept 12 **Tustumena Fun Run - Kasilof**

Sat Meet 10:30 am – Tustumena Elementary School
* 5K – scenic route taken through Johnson Lake

Camping area, Entry fee: \$15/\$20 with t-shirt
Contact: Carolyn Roush 262-1894
Proceeds benefit student activities at Tustumena School

Sept 12 **4th Titan Trail Run - Wasilla**
Sat Meet 9 am – Teeland Middle School
* 100 yds 4 years & under, 1.2 miles K-6th grade
 2.4 mile & 5 mile rugged, single trail track for
 all, Entry fee: \$10/\$15 race day, t-shirts additional
Contact: Kristi Shea 352-7500
 kristi.shea@matsuk12.us
 Marianne Wick 352-7500
 www.tms.matsuk12.us/
Sponsored by: Teeland Middle School X-C & track
Part of the Healthy Futures Series
www.healthyfuturesak.org

Sept 15 **Tuesday Night Race Series – Anchorage**
Tue Meet 6 pm – Check website
* Distances up to 10K, Race time 6:30 pm
 Entry fee: \$2 kids, \$5 adults, \$10 family
Contact: Outdoor Recreation 343-4217
 home.muni.org/parks/tuesday.cfm
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line at www.active.com/running
Part of the Healthy Futures Series
www.healthyfuturesak.org

Sept 18 **Equinox Marathon Bib Pick-Up &**
Fri **Spaghetti Feed – Fairbanks**
 5 - 8 pm – Pump House Restaurant
Contact: Steve Bainbridge 452-8351
 www.runningclubnorth.org
Sponsored by: Running Club North

Sept 19 **ArcticCross Series Race #2 – Anchorage**
Sat Meet 11 am – Location TBA
 50 minutes / 2K circuit, Race time 12 Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
 akprint@alaska.net
 Bill Fleming 336-0383
 www.arcticcross.org
Sponsored by: Chain Reaction Cycles
Bring your cyclocross or mountain bike and prepare to have
fun. Cyclocross is an event which combines bike riding and
running over obstacles. Ideal fall cross training sport

Sept 19 **Buddy Walk – Anchorage**
Sat Meet 10 am – Delaney Park Strip (10th & I)
* < 1 mile – a fun walk around Park Strip
 Race time 11 am, Entry fee: None
Contact: Judy Waldron 245-1749
 akwaldrons2@alaska.net
 www.alaskadownssyndrome.org
Sponsored by: Alaska Chapter of the National Down
Syndrome Congress
Event to promote awareness of Down Syndrome
Proceeds benefit National Down Syndrome Congress,
Alaska Chapter

Sept 19 **47th Equinox Marathon & 19th Marathon**
Sat **Relay – Fairbanks**
 Race time 8 am – UAF Patty Center
 26.2 miles – hilly, 3-person relays
Contact: Steve Bainbridge 452-8351
 www.runningclubnorth.org

Sponsored by: Running Club North
One of America's toughest marathons
A Flint Hills Cup Series Event

Sept 19 Sat
* **7th Kid's Equinox – Fairbanks**
Meet 9 am – UAF Patty Center
Final 1.2 miles of a 5 week times
5 miles a week effort
Contact: Tracey Martinson 474-8358
www.runningclubnorth.org
Sponsored by: Running Club North

Sept 19 Sat
* **Parks & Recreation 5K – Ketchikan**
Meet 9 am – Recreation Center (Schoenbar Rd)
5K – begins & ends at Recreation Center
Race time 10 am, Entry fee: TBA includes t-shirt
Contact: Susan Wall 225-9579
Sponsored by Ketchikan Parks & Recreation
Awards to 1st youth, female & male finishers
Food provided in center after race

Sept 20 Sun
* **Run Rover Run – Anchorage**
Meet 11:30 am – Little Campbell Lake (Kincaid)
Run with your dog, Race time 12:30 pm
2.5 miles – hilly, run around Little Campbell Lake
loop, Entry fee: \$10 members/\$15 non
Contact: Rebecca Voris 243-5234
pahlke@arctic.net
Kim Wells 349-WOOF
www.skijoring.org
Sponsored by: Anchorage Skijor Club
One dog on leash or harness, MOA license &
vaccines required. Anchorage's only Cannicross event

Sept 20 Sun
Tony's Run Marathon – Dillingham
Meet 12:30 pm – Lake Road
26.2 miles – paved, hilly, road shoulder and
bike path, run or roll, USAT&F certified
Race time 1 pm, Entry fee: \$35
Contact: Lisa Haggblom 842-2320
lmhaggblom@besafeandfree.org
www.besafeandfree.org
Sponsored by: SAFE & Nushagak Cooperative
Potluck provided afterwards

Sept 20 Sun
* **Tony's Run Half-Marathon – Dillingham**
Meet 1:30 pm – Mile 13.1 Lake Road
13.1 miles – paved, hilly, road shoulder and
bike path; walk, run or roll, USAT&F certified
Race time 2 pm, Entry fee: \$35
Contact: Lisa Haggblom 842-2320
lmhaggblom@besafeandfree.org
www.besafeandfree.org
Sponsored by: SAFE & Nushagak Cooperative
Potluck provided afterwards

Sept 20 Sun
* **Tony's Run 10K – Dillingham**
Meet 2:30 pm – Mile 20 Kakanak Road
10K – paved, hilly, road shoulder and
bike path; walk, run or roll
Race time 3 pm, Entry fee: \$35
Contact: Lisa Haggblom 842-2320
lmhaggblom@besafeandfree.org
www.besafeandfree.org
Sponsored by: SAFE & Nushagak Cooperative
Potluck provided afterwards

Sept 20 Sun
Tony's Run 5K – Dillingham
Meet 2:30 pm – Mile 23, Kakanak Road

- * 5K – paved, hilly, road shoulder and bike path; walk or run
Race time 3 pm, Entry fee: \$35
Contact: Lisa Haggblom 842-2320
lmhaggblom@besafeandfree.org
www.besafeandfree.org
Sponsored by: SAFE & Nushagak Cooperative
Potluck provided afterwards
- Sept 22 Tue** **Tuesday Night Race Series – Anchorage**
* Meet 6 pm – Check website
Distances up to 10K, Race time 6:30 pm
Entry fee: \$2 kids, \$5 adults, \$10 family
Contact: Outdoor Recreation 343-4217
home.muni.org/parks/tuesday.cfm
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line at www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org
- Sept 26 Sat** **Octoberfest – Anchorage**
* Meet 7:30 am – Snowgoose Restaurant
5 & 10K – out & back course on Coastal Trail
¼ mile children’s race free, sign waiver
Race time 9 am, Entry fee: See application
Contact: info@anchoragerunningclub.org
Sponsored by: Bristol Bay Native Corporation & Anchorage Running Club
Benefit for Bean’s Cafe & Brother Francis Shelter
- Sept 26 Sat** **Huffman Community Family Fun Run – Anchorage**
* Meet 9:30 am – Huffman Elementary School
3K – rolling terrain, fun run/walk for all ages
Race time 10 am, Entry fee: \$5/\$15 family
Contact: Jay Rowe 742-5650
rowe_jay@asdk12.org
Sponsored by: Huffman PTA
Great family event, medals for all kids
Part of the Healthy Futures Series
www.healthyfuturesak.org
- Sept 26 Sat** **2nd Annual Dry Land Race– Fairbanks**
* Race time 10 am – Chena Lakes Rec Area
2.6 miles – 1 runner + 1-2 dogs
Contact: Sara Elzey
Andy Warwick
www.sleddog.org/skijor
Sponsored by: AK Skijoring & Pulk Assn
- Sept 26 Sat** **West Homer Orca Invitational XC Meet - Homer**
* Meet 11 am – West Homer Elementary School
½-¾ mile 1st & 2nd grade, 1-½ miles 5th & 6th grade – course around school and playground
Staggered starts, Entry fee: None
Contact: Tari Hoeft
thoeft@KPBSD.k12.ak.us
Sponsored by: West Homer Elementary School
Part of the Healthy Futures Series
www.healthyfuturesak.org
- Sept 26 Sat** **Pavitt Health & Fitness Run– Juneau**
* Meet 8:30 am – Auke Recreation (large shelter)
1 mile & 10K, Race time 9 am, Entry fee: \$8
Contact: Pavitt Health Club 789-5556
kirk@gopavitt.com
www.southeastroadrunners.org
Sponsored by: Pavitt Health & Fitness & SERR

An Empire Cup Series Event

- Sept 27 Sun** **ArcticCross Series Race #3 – Anchorage**
Meet 2 pm – Location TBA
50 minutes / 2K circuit, Race time 3 pm
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
Bill Fleming 336-0383
www.arcticcross.org
Sponsored by: Chain Reaction Cycles
Bring your cyclocross or mountain bike and prepare to have fun. Cyclocross is an event which combines bike riding and running over obstacles. Ideal fall cross training sport
- Sept 27 Sun** **Kenai River Marathon – Kenai**
Meet 8 am – Kenai Visitors/Cultural Center
* 26.2 miles – flat, fast, paved, scenic
Race time 9 am, Entry fee: \$35 +
Contact: Bob Frates 283-3692
bfrates@ci.kenai.ak.us
KCVB 283-1991
www.kenairivermarathon.com
Sponsored by: City of Kenai
Half & relay marathon courses available
Register on-line @ www.active.com
Toast your accomplishments afterwards
with locally brewed beer
- Sept 29 Tue** **Tuesday Night Race Series – Anchorage**
* Meet 6 pm – Check website
Distances up to 10K, Race time 6:30 pm
Entry fee: \$2 kids, \$5 adults, \$10 family
Contact: Outdoor Recreation 343-4217
home.muni.org/parks/tuesday.cfm
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line at www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org
- Sept 30 Wed** **ArcticCross Series Race #4 – Anchorage**
Meet 5:30 pm – Location TBA
50 minutes / 2K circuit, Race time 6:30 pm
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
Bill Fleming 336-0383
www.arcticcross.org
Sponsored by: Chain Reaction Cycles
Bring your cyclocross or mountain bike and prepare to have fun. Cyclocross is an event which combines bike riding and running over obstacles. Ideal fall cross training sport
- Oct Wed** **“Run or Walk With Friends” – Anchorage**
Meet 6 pm – Westchester Lagoon
Meet Wednesdays throughout year
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour on Coastal Trail
- Oct Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org

Sponsored by: Running Club North
Training held every Wednesday thru March

Oct **North Anchorage Elementary Cross-Country**

TBA **Jamboree – Anchorage**

Sat 1 mile K- 6th grade – rolling hills, trail

***** Entry fee: None

Contact: Sharon Vaissiere 742-4400
www.healthyfuturesak.org

Sponsored by: ConocoPhillips & ASD

Race typically held 1st week of Oct

Part of the Healthy Futures Series

Oct 3 **ArcticCross Series Race #5 – Anchorage**

Sat Meet 11 am – Location TBA

50 minutes / 2K circuit, Race time 12 Noon

Entry fee: \$15

Contact: Bruce Ross 230-7635

akprint@alaska.net

Bill Fleming 336-0383

www.arcticcross.org

Sponsored by: Chain Reaction Cycles

Bring your cyclocross or mountain bike and prepare to have fun. Cyclocross is an event which combines bike riding and running over obstacles. Ideal fall cross training sport

Oct 3 **It Ain't Easy Hill Run – Fairbanks**

Sat Race time 10 am – Dog Musher's Hall, Farmers Loop

***** 5 mile – flat, 11.3 miles – hilly, Entry fee: None

Contact: Andy Stearns 451-7663

Chris Garber Slaght 451-9198

www.runningclubnorth.org

Sponsored by: Running Club North

Post race refreshments

Oct 3 **Walk A Mile In Her Shoes – Juneau**

Sat Meet 9:30 am – Sandy Beach log shelter

1 mile & 5K – trail, Race time 10 am

Contact: Paul DeSloover 586-6709

pdesloover@yahoo.com

www.southeastroadrunners.org

Sponsored by: AWARE

Benefit for AWARE in honor of Domestic Violence Awareness

Oct 6 **Tuesday Night Race Series – Anchorage**

Tue Meet 6 pm – Check website

***** Distances up to 10K, Race time 6:30 pm

Entry fee: \$2 kids, \$5 adults, \$10 family

Contact: Outdoor Recreation 343-4217

home.muni.org/parks/tuesday.cfm

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues

\$30 series pass for adults, \$60 for the whole family

Register on-line at www.active.com/running

Part of the Healthy Future Series

www.healthyfuturesak.org

Oct 7 **Jaime's Night-Orienteering – Anchorage**

Wed Mass Start 7:30 pm – APU, Mosley Sports Center

***** Entry fee: \$5 members / \$6 non / \$1 under 18

Contact: Jaime Andersen 301-2325

www.oalaska.org

Sponsored by: Arctic Orienteering Club

Score-O format. From Providence Dr, follow controls east thru APU Campus to start

Beginner thru advanced courses available

Oct 10 **ArcticCross Series Race #6 – Anchorage**

Sat Meet 11 am – Location TBA
50 minutes / 2K circuit, Race time 12 Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
Bill Fleming 336-0383
www.arcticcross.org
Sponsored by: Chain Reaction Cycles
Season finale race. Bring your cyclocross or mountain bike and prepare to have fun. Cyclocross is an event which combines bike riding and running over obstacles.
Ideal fall cross training sport

Oct 12 **Columbus Day Observed**
Mon

Oct 13 **Tuesday Night Race Series – Anchorage**
Tue Meet 6 pm – Check website
* Distances up to 10K, Race time 6:30 pm
Entry fee: \$2 kids, \$5 adults, \$20 family
Contact: Outdoor Recreation 343-4217
home.muni.org/parks/tuesday.cfm
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line at www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org

Oct 17 **RCN Awards Social/Potluck – Fairbanks**
Sat Meet 6 pm – Birch Hill XC Ski Facility (not Ft. WW)
Contact: Steve Bainbridge 452-8351
www.runningclubnorth.org
Sponsored by: Running Club North

Oct 20 **Tuesday Night Race Series – Anchorage**
Tue Meet 6 pm – Check website
* Distances up to 10K, Race time 6:30 pm
Entry fee: \$2 kids, \$5 adults, \$10 family
Contact: Outdoor Recreation 343-4217
home.muni.org/parks/tuesday.cfm
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line at www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org

Oct 21 **RCN Annual Membership Meeting – Fairbanks**
Wed Meet 6:30 pm – AK Dog Musher's 4M Farmers Loop
Contact: Gary Pohl 479-8290
Keith Pollock 479-0779
www.runningclubnorth.org
Meeting to set 2010 running schedule & election

Oct 27 **Tuesday Night Race Series – Anchorage**
Tue Meet 6 pm – Kincaid Outdoor Center
* Distances up to 10K, Race time 6:30 pm
Entry fee: \$2 kids, \$5 adults, \$10 family
Contact: Outdoor Recreation 343-4217
home.muni.org/parks/tuesday.cfm
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line at www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org

- Oct 31** **28th Halloween Family Run – Fairbanks**
Sat Race time 10 am – UAF Patty Center
 * 2 & 10 miles – short flat or long hilly
 Great for kids, Entry fee: None
 Contact: Jane Leblond 457-3910
 www.runningclubnorth.org
 Sponsored by: Running Club North
 Costumes encouraged, treats at finish
- Nov** **Snowshoe Training Run – Fairbanks**
Tue Meet 5:30 pm – Check website
 Contact: Kevin Brinegar 451-0498
 Chad Carroll 458-7173
 www.lathroprunning.com
 Extra snowshoes available, bring headlamp
 Beginners welcome. Training held every
 Tuesday through February
- Nov** **“Run or Walk With Friends” – Anchorage**
Wed Meet 6 pm – Westchester Lagoon
 Meet Wednesdays throughout year
 Contact: Anchorage Running Club
 www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends for 1 hour on Coastal Trail
- Nov** **Fahrenheit-Be-Darned Winter Training Run –**
Wed **Fairbanks**
 Meet 5:30 pm – UAF Patty Center
 Distances vary, run regardless of weather
 Contact: Tracey Martinson 474-8353
 www.runningclubnorth.org
 Sponsored by: Running Club North
- Nov 1** **Daylight Saving Time ends**
Sun It's OK to arrive early. You can help set up!
- Nov 3** **Tuesday Night Race Series – Anchorage**
Tue Meet 6 pm – Check website
 * Distances up to 10K, Race time 6:30 pm
 Be prepared for hills, spills, thrills & chills
 Entry fee: \$2 kids, \$5 adults, \$10 family
 Contact: Outdoor Recreation 343-4217
 home.muni.org/parks/tuesday.cfm
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 \$30 series pass for adults, \$60 for the whole family
 Register on-line at www.active.com/running
 Potluck & awards afterwards
 Part of the Healthy Futures Series
 www.healthyfuturesak.org
- Nov 4** **2010 Runner's Calendar Meeting – Anchorage**
Wed Meet 6 pm – Selkregg Chalet (Russian Jack Springs)
 Meeting to set the 2010 running schedule
 Race information deadline 12/3, Ads 12/17
 Contact: Cindy Liggett 343-4599/fax 249-7614
 liggettck@muni.org
 www.muni.org/parks/runnerscalendar.cfm
 Sponsored by: Anchorage Parks & Recreation
 P O Box 196650, Anchorage, AK 99519-6650
 Snacks & drinks provided
- Nov 4** **ARC Wed Night Run at the Dome – Anchorage**
Wed Meet 6 pm – the Dome, Raspberry Rd
 Run the track, Entry fee: Free to ARC members
 Contact: Anchorage Running Club

www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour in the Dome

Nov 7
Sat
*
Cache Creek Warm Up – Fairbanks
Race time 10 am – Gravel Pit, Mile 8 Murphy Dome Rd
~ 10K – out & back on roads in the hills
Contact: Jane Lanford 479-7230
www.runningclubnorth.org
Sponsored by: Running Club North

Nov 7
Sat
*
Veteran’s Day Run – Juneau
Meet 9:30 am – Brotherhood Bridge Parking Lot
8K – paved trail, Race time 10 am, Entry fee: \$8
Contact: Mike McKrill 789-9116
www.southeastroadrunners.org
Sponsored by: Southeast Road Runners

Nov 11
Wed
Veteran’s Day Observed

Nov 21
Sat
*
Turkey Trot – Fairbanks
Race time 10 am – UAF Patty Center
6K – staggered starts, flat, Entry fee: \$1
Contact: Jim Brader 452-4986
Andy Holland 479-4444
www.runningclubnorth.org
Sponsored by: Running Club North
Predicted time, prizes

Nov 21
Sat
*
Go for the Gravy! Corre! - Wasilla
Meet 9 am – Wasilla High School
5K, Race time 10:30 am, Entry fee: \$20
Contact: Melissa Toffolon 232-7036
mtw@mtaonline.net
Natalie Cadieux 376-4476
Sponsored by: Fronteras Spanish Immersion Charter School
There will be a race for children with no fee
Proceeds benefit the charter school
Part of the Healthy Futures Series
www.healthyfuturesak.org

Nov 26
Thur
Thanksgiving Day

Nov 26
Thur
*
Turkey Trot – Anchorage
Meet 8:30 am – Bartlett High School
3.14 miles/1.5 mile kids’ race – flat, paved
Race time 10 am
Entry fee: \$15/\$40 family (3 or more)
Contact: Joe Alward alward_joe@asdk12.org
www.USATF.org
Supports Athletes in TATC for “Footlocker”
Age group prizes (pies)

Dec
Tue
Snowshoe Training Run – Fairbanks
Meet 5:30 pm – Check website
Contact: Kevin Brinegar 451-0498
Chad Carroll 458-7173
www.lathroprunning.com
Extra snowshoes available, bring headlamp
Beginners welcome. Training held every
Tuesday through February

Dec
Wed
“Run or Walk With Friends” – Anchorage
Meet 6 pm – Westchester Lagoon
Meet Wednesdays throughout year
Contact: Anchorage Running Club
www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour on Coastal Trail

Dec Wed Fahrenheit-Be-Darned Winter Training Run – Fairbanks

Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org

Sponsored by: Running Club North
Training held every Wednesday thru March

Dec 2 Wed ARC Wed Night Run at the Dome – Anchorage

Meet 6 pm – the Dome, Raspberry Rd
Run the track, Entry fee: Free to ARC members
Contact: Anchorage Running Club
www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour in the Dome

Dec 5 Sat Jingle Bell Run & Walk – Anchorage

Meet 9:30 am – Snow Goose, 717 W 3rd Ave
1 mile & 5K – Coastal Trail out and back
Race time 11 am, Entry fee: \$20/\$10 12 & under
\$25/\$15 race day

Contact: Kelsey Birnbaum 1-888-845-5695
Julie Gabelein 1-888-845-5695
www.anchoragejinglebellrun.kintera.org

Sponsored by: Arthritis Foundation & Pacific NW Chapter

Dec 5 Sat Heart of Darkness Snowshoe Race – Fairbanks

Race time 12 Noon – End of Eldorado Rd
7K – hilly, run regardless of temperature

Contact: Andy Holland 479-4444
Jim Brader 452-4986
www.runningclubnorth.org

Sponsored by: Running Club North
Extra snowshoes available

Dec 12 Sat 23rd George Bloom Memorial Mid-Day Sun Fun Run – Fairbanks

Race time 11 am – UAF Patty Center
6.5 miles – hilly, run regardless of temperature
Contact: Debbie or Frank Ganley 452-1369
David or Andrea Bloom 452-5441
www.runningclubnorth.org

Sponsored by: Running Club North

Dec 13 Sun Colony Christmas Triathlon – Palmer

Race time 11 am – Peak Fitness
5K run, approx 10K bike, ½ mile swim
Contact: Palmer Chamber of Commerce 745-2880
info@palmerchamber.org
ann@peakfitnessonline.net

Sponsored by: Palmer Chamber of Commerce & Peak Fitness

Dec 25 Fri Christmas Day

Dec 31 Thur New Year's Eve Run – Fairbanks

Race time 11:30 pm – The Diner on Illinois Street
3 miles – run regardless of temperature
Contact: Paul Reynolds 452-1142
www.runningclubnorth.org

Sponsored by: Running Club North

2010 Races

- Jan –
Apr
Sat** **Weekly Snowshoe Group – South Central**
Meet 2 pm – North Pole
Distance varies, Entry fee: None
Contact: Julie Udchachon 230-1572
Julie714@hotmail.com
Call or e-mail for updates, all levels welcome
- Jan
Tue** **Snowshoe Training Run – Fairbanks**
Meet 5:30 pm – Check website
Contact: Kevin Brinegar 451-0498
Chad Carroll 458-7173
www.lathroprunning.com
Extra snowshoes available, bring headlamp
Beginners welcome. Training held every
Tuesday through February
- Jan
Wed** **“Run or Walk With Friends” – Anchorage**
Meet 6 pm – Westchester Lagoon
Meet Wednesdays throughout year
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends for 1 hour on Coastal Trail
- Jan
Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Tracey Martinson 474-8353
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Wednesday thru March
- Jan 16
Sat** **Frosty Bottom 50/25 - Anchorage**
Meet 8:30 am – Kincaid Outdoor Center
50 & 25 miles – run, ski, bike
Race time 9 am, Entry fee: \$35
Contact: Chain Reaction Cycles 336-0383
chainreaction@acsalaska.net
www.chainreactioncycles.us
Sponsored by: Chain Reaction Cycles
- Jan 16
Sat
*** **30th Airport Run – Fairbanks**
Meet 11 am – Pike’s Landing
4 & 8 miles – flat out & back
Run regardless of temperature
Entry fee: None, Free ice fog
Contact: Bob Vitale 322-0117
www.runningclubnorth.org
Sponsored by: Running Club North
- Jan 18
Mon** **Martin Luther King Jr Day**
- Jan 23
Sat** **10th Ballaine Ridge Snowshoe Trail Run – Fairbanks**
Meet 12 Noon – 834 Goldfinch (Keith’s house)
3, 6 & 9K, Run regardless of temperature
Contact: Keith Pollock 479-0779
www.runningclubnorth.org
Sponsored by: Running Club North
Extra snowshoes available, hot chocolate & snacks

- Jan 23 Sat** **SERR Potluck & Awards – Juneau**
Meet 6 pm – DIPAC
Contact: Zane Clark 789-2583
 zaneak@yahoo.com
 www.southeastroadrunners.org
Sponsored by: Southeast Road Runners
Bring a dish to share! Empire Cup Awards distributed
- Jan 24 Sun** **The Watershed School Stride & Glide – Fairbanks**
Meet 11 am – Birch Hill XC Ski Facility (not Ft. WW)
5K run, 5K ski, 5K run – run on roads, trails & ski
Birch Hill trails, Entry fee:\$10 singles/\$15 team
Contact: John Carlson 457-2144
 johncarlson@pci.net
Open event or relay
Chili feed after race
Fundraiser for Watershed School
- Feb 13 Sat** **Little Su 50K – Alaska**
Meet 10 am – Check website
XC course across lakes & woodlands
Race time 11 am, Entry fee: check website
 Rita Wade 345-2282
 Susitna100@attalacom.net
 Pam Richter 346-1220
 www.susitna100.com
1 checkpoint with warm water, check
website for required gear
- Feb 13 Sat** **Susitna 100 – Alaska**
Meet 8 am – Check website
100 miles – out & back thru rivers & woodlands
Race time 9 am, Entry fee: check website
Contact: Rita Wade 345-2282
 Susitna100@attalacom.net
 Pam Richter 346-1220
 www.susitna100.com
5 checkpoints with warm water available
15# of survival gear & food required to be
carried over entire course