

A full version of the 2010 Alaska Runners Calendar is available for purchase at Anchorage Parks & Recreation, or send your check, payable to MOA, in the amount the calendar is worth to you, to:

Parks & Recreation
Attn: Runners Calendar
PO Box 196650
Anchorage, AK 99519

Questions? liggettck@muni.org

2010 Alaska Runner's Calendar

- Jan Tue** **Exceed Women's Running Team – Anchorage**
Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Pam Barbeau 346-3427
Bonnie Lind 522-8889
www.runexceed.org
Sponsored by: Exceed Women's Running Team
Every Tuesday April through August
All levels of runners welcome
Check website for location and planned workout
- Jan 30 Sat** **Chilly Buns Mid-Winter Run – Fairbanks**
Race time 10 am – UAF Patty Center
6.5 miles – hilly, run regardless of temperature
Contact: Jane LeBlond 457-3910
www.runningclubnorth.org
Sponsored by: Running Club North
- Feb Tue** **Snowshoe Training Run – Fairbanks**
Meet 5:30 pm – Various, 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
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
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 3 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 1-2 hours in The Dome

- Feb 6 Sat** **11th Ballaine Ridge Snowshoe Trail Run – Fairbanks**
Race time 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
- Feb 7 Sun** **Frostbite 5K – Willow**
* Meet 11 am (tentative) – Willow Community Center
5K – trail, road, bikepath, Race time 12 Noon (tent)
Entry fee: \$10/12 & under free
Contact: Andrea Hambach 495-2205
 andreahambach722@yahoo.com
 Yvonne Leutwyler 495-0105
 www.willowhealth.net
Sponsored by: Willow Area Community Org &
Willow Running Club
www.facebook.com/pages/willow-race-series/184655271570
(public link), visit websites for race updates, race will not be
held if temp is -20 or colder by race start
- Feb 13 Sat** **Snow Run – Fairbanks**
* Race time 10 am – Bus Shelter across from Patty Center
4.1 miles flat, 7.2 miles hilly, Entry fee: None
Contact: Mary Brunner 456-3661
 www.runningclubnorth.org
Sponsored by: Running Club North
- Feb 13 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@attalacom.net
 Pam Richter 346-1220
 www.susitna100.com
1 checkpoint with warm water, check
website for required gear. T-shirt, finisher award
& post-race pizza party
- Feb 13 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@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. T-shirt, finisher award
& post-race pizza party
- Feb 14 Sun** **Valentines Day**
- Feb 15 Mon** **Presidents' Day**
- Feb 20 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 20 Sat** **Snowshoe Classic – Fairbanks**
Race time 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 25 Thur** **Frostbite Footrace Reg/ Bib P/U – Anchorage**
5 - 7:30 pm – Glacier Brewhouse
Entry fee: \$25/\$10 14 & under
\$125 family/org (8) by 2/26, \$30/\$15/\$175 after
\$21 by 2/25 if adult runner in 2009
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 500 runners to p/u bibs
- Feb 27 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 2/25 if adult runner in 2009
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 500 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 27 Sat** **Jamestown Fun Run – Fairbanks**
Race time 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 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 3 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 1-2 hours in The Dome

- Mar 7 Sun Daylight Saving Time Begins**
Don't be late to your race!
- Mar 13 Sat * Shamrock Scramble - Anchorage**
Meet 9:45 am – Lidia Selkregg Chalet
5K – run/walk, trail run, out & back
Race time 10 am, Entry fee: \$25
Contact: Ruth Bratz 229-0048
bratznumberfive@yahoo.com
Sara Turner 765-490-0153
pomona01@yahoo.com
www.teamintraining.org/ak
Sponsored by: Leukemia Lymphoma Society
Trail may be rough due to snow melting/freezing
- Mar 14 Sun Saint Patrick's Run – Fairbanks**
Race time 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 14 Sun * Bob Beardsley Mini Mukluk Marathon – Nome**
Meet 1:30 pm – Nome Recreation Center
2.5 miles – down to Swanberg Dredge & back
Race time 2 pm, Entry fee: \$10, t-shirts
Contact: Lew Tobin 443-5549
lew@kawerak.org
Mike McNally 443-2243
www.nomerotary.org
Sponsored by: Nome Rotary Club
Run/walk with your dogs, kids & neighbors
- Mar 20 Sat * Solar Series-Inner Orbits Challenge - Anchorage**
Meet 10:30 am – At the Sun, 5th & G
.5 to 22 miles – easy, out & back along Coastal Trail
Start time 11 am – 2 pm, Entry fee: \$5/\$10 family
Contact: Ronn Randall 350-1692
randallr@muni.org
John Deisher 622-1960
www.anchorageplanetwalk.org
Sponsored by: Anchorage Rotary Club &
Anchorage Parks & Recreation
Use any human-powered method of propulsion
1st in the 2010 Solar Series Challenge Series
- Mar 27 Sat * Flush the Slush Family Fun Run – Fairbanks**
Race time 12 Noon – Pioneer Park, front parking lot
3 miles, Entry fee: TBA, BBQ
Contact: Elizabeth Hilker 452-5020
Sponsored by: Chinook School & RCN
Fundraiser for middle school class trip to Wash DC
- Mar 27 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,
IBEW Local 1547 & Tesoro Alaska
- Mar 29 Mon Seward's Day**
- Apr – 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: Jason Hofacker 240-6982
Chester Franz 274-5050
Kim Baldwin 274-1061
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

**Apr
Tue** **Exceed Women's Running Team – Anchorage**
Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Pam Barbeau 346-3427
Bonnie Lind 522-8889
www.runexceed.org
Sponsored by: Exceed Women's Running Team
Every Tuesday April through August
All levels of runners welcome
Check website for location and planned workout

**Apr
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 thru
mid-August with trail runs thru September

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

**Apr
Fri** **Friday Night Fives – Homer**
Race time 5 pm – Bishops Beach
5K – town loop, Entry fee: None
Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com
Sponsored by: Kachemak Runners
Meet Fridays through October

**Apr 3
Sat** **Spring Fling – Fairbanks**
Race time 11 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 3
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 Elbersen 225-6191
billelbersen@remax.net
www.ketchikanrunningclub.org
Sponsored by: Re/Max & Ketchikan Running Club
KRC fundraiser, pancake breakfast after race

- Apr 5 Mon** * **Beat Beethoven Bib Pick-Up – Fairbanks**
 5 - 7 pm – UAF Patty Center
 Entry fee: \$20/\$25 late/\$35 day of/\$5 strollers
 Contact: Dorli McWayne 479-6701
 Steve Bainbridge 452-8351
www.FairbanksSymphony.org
 Sponsored by: Fairbanks Symphony Association
- Apr 10 Sat** * **Spring Build Run – Anchorage**
 Meet 1 pm – UAA Parking Garage
 2, 5 & 10K – loop courses, bike path & trails around
 Goose Lake & UAA/APU Campuses
 Entry fee: Check website
 Race time 2:45 pm 2K, 2:30 pm 5K, 2 pm 10K
 Contact: Bob Maxwell 786-4914
Afrdm1@uaa.alaska.edu
www.AEclubUAA.com
 Sponsored by: AE Club at UAA
 Proceeds benefit Habitat for Humanity
- Apr 10 Sat** * **Beat Beethoven 5K – Fairbanks**
 Race time 11 am – UAF Patty Center
 Entry fee: \$20/\$25 late/\$35 day of/\$5 strollers
 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 10 Sat** * **Hospice Race – Juneau**
 Race time 9 am – Twin Lakes
 1 mile & 5K run/walk
 Contact: Lori or Tony Yorba 463-3987
lyorba@pci.net
 Proceeds benefit Hospice & Homecare of Juneau
- Apr 11 Sun** **Easter**
- Apr 15 Thur** **MS Walk/Run Reg/Bib Pick-up – Anchorage**
 5 - 7 pm – Millennium Hotel
 Entry fee: Pledge based, t-shirts for \$100 or more
 Contact: Ben McCulloch 562-7347
ben.mcculloch@nmss.org
aka@nmss.org
www.nationalmssociety.org/aka
 Sponsored by: The National Multiple Sclerosis Society
 Proceeds benefit the MS Society Alaska
- Apr 17 Sat** **Heart Run Reg/Bib PU – Anchorage**
 2 - 5 pm – University Center Mall
 3 & 5K – city streets, Race time 9:30 am
 Entry fee: \$20/\$5 under 18/\$45 immediate family (5)
 \$25/\$15 under 18/\$65 immediate family after 4/17
 Contact: Noel Gabler 865-5301
noel.gabler@heart.org
 Diana Phosavath 865-5300
www.heartrun.com
 Sponsored by: American Heart Association
 & Alaska Heart Institute
 Part of the Healthy Futures Series
- Apr 17 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
aka@nmss.org
www.nationalmssociety.org/aka

Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska
Untimed event, NO LATE STARTS
BBQ by DOT Building after race

Apr 17 Inaugural Obamarama Fun Run – Anchorage

Sat Meet 9 am – Westchester Lagoon
* 5 miles – South on Coastal Trail, out & back
Race time 10 am, Entry fee: \$20
Contact: Anita Thorne 382-4012
bathorne@gci.net
Barbara Wild 830-3163
bjwild@gci.net
www.alaskademocrats.org

Sponsored by: Anchorage Democratic Party
Proceeds benefit the Anchorage Democratic Party
Walkers welcome, wheelchair accessible

Apr 17 Earth Day Triathlon – Kodiak

Sat Meet 9:30 am – Community Pool
* Race time 10 am, Entry deadline 4/16, 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 481-2519

Sponsored by: Kodiak Parks & Recreation
Men's & women's solo or teams, youth teams

Apr 17 30th Annual Tok Trot - Tok

Sat Meet Noon walk, 1 pm run – Visitors Center
* 10K walk or run, Entry fee: TBA
Contact: Paul or Nancy Kelley 883-5393
Sponsored by: Running Club North
Ribbons & prizes, picnic at Kelley's afterwards

Apr 21 Heart Run Reg/Bib PU – Anchorage

Wed 4:30 - 7 pm – University Center Mall
3 & 5K – city streets, Race time 9:30 am
Entry fee: \$20/\$5 under 18/\$45 immediate family (5)
\$25/\$15 under 18/\$65 immediate family after 4/17
Contact: Noel Gabler 865-5301
noel.gabler@heart.org
Diana Phosavath 865-5300
www.hearun.com

Sponsored by: American Heart Association
& Alaska Heart Institute
Part of the Healthy Futures Series

Apr 22 Chena River Run Bib Pick-up – Fairbanks

Thur 4 - 7 pm – Pioneer Park (Alaskaland) Civic Center
Contact: Linda Hilliard 374-5344
Aisha Tinker Bray 388-0185
Sponsored by: Rotary Club of Fairbanks
A Flint Hills Cup Series Event

Apr 24 Heart Run – Anchorage

Sat Meet 9 am – UAA Arts Building
* 3 & 5K – city streets, Race time 9:30 am
Entry fee: \$20/\$5 under 18/\$45 immediate family (5)
\$25/\$15 under 18/\$65 immediate family after 4/17
Bib pick up at 7:30 am and ends 30 mins to race starts
Contact: Noel Gabler 865-5301
noel.gabler@heart.org
Diana Phosavath 865-5300
www.hearun.com

Sponsored by: American Heart Association
& Alaska Heart Institute
Part of the Healthy Futures Series

- Apr 24 Sat** **Women Rock! Adventure Challenge – Anchorage**
Start 9 am – Check website for updates
6 hours of biking, navigating and trekking
Contact: Brian Richardson 230-3295
www.alaskaadventureracing.com
Course designed to introduce new racers to the sport and challenge the veterans! Prizes, t-shirts and post race food
Alaska's only women specific multi sport adventure challenge
- Apr 24 Sat** **Forget Me Not Walk/Run - Fairbanks**
Meet 9 am – Carlson Center, 2nd & Wilburn
* 5 & 10K, Race time 10 am. Entry fee: \$25 adults
\$20 military/students, \$50 families (4+ immediate)
+ \$25 in pledges for t-shirt & water bottle
Contact: Nancy Bidwell 978-7809
royal-nancy@hotmail.com
Royal Bidwell 978-8595
www.forgetmenotmission.com
Sponsored by: Forget Me Not Mission, Inc
Take steps to end drunk driving in Alaska!
Picnic/BBQ after race at Sandy Beach
Entertainment, door prizes, lots of fun
- Apr 24 Sat** **Run-A-Muck-5K - Fairbanks**
* Race time 10 am – Pearl Creek Elementary School
Entry fee: \$15/\$10 18 & under/\$35 family
\$20/\$15 18 & under/\$45 family after 4/1
Contact: Janet Schaefer 479-2290/460-0207
janet@fieldmom.com
Sponsored by: Fairbanks Youth Soccer Association
T-shirts to first 250 entrants
- Apr 24 Sat** **Forget Me Not Walk/Run - Juneau**
* Meet 9 am – Sandy Beach
5 & 10K – easy, to bridge and back
Race time 10 am, Entry fee: \$25 adults
\$20 military/students, \$50 families (4+ immediate)
+ \$25 in pledges for t-shirt & water bottle
Contact: Nancy Bidwell 978-7809
royal-nancy@hotmail.com
Royal Bidwell 978-8595
www.forgetmenotmission.com
Sponsored by: Forget Me Not Mission, Inc
Take steps to end drunk driving in Alaska! Picnic/BBQ afterwards, entertainment, door prizes, lots of fun
- Apr 28 Wed** **Kimball's Orienteering – Palmer**
* Starts from 5:30 – 6:30 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
- Apr 30 Fri** **Race Judicata Reg/Bib Pick-up – Anchorage**
* 4 - 6:30 pm – Skinny Raven Sports
5K, Entry fee: \$20/\$30 race day
Contact: Bill Pearson 522-2272
Sponsored by: Young Lawyers Section of
Anchorage Bar Association
Register on-line @ www.active.com
- Apr 30** **Anchorage Running Club's "Big Wild Life Runs"**

- Fri** **Early Registration Ends - Anchorage**
Early registration ends for Marathon, Marathon Relay, ½ Marathon, 5K & Kids Run held Aug 15
Contact: www.bigwildliferuns.org
- May – Aug** **Peak Performers Track Club – Anchorage**
6 pm – West High Track thru Aug
Tue Membership fee: \$50, \$85 family (2)/\$110 3 or more
Contact: Jason Hofacker 240-6982
 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
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Pam Barbeau 346-3427
 Bonnie Lind 522-8889
 www.runexceed.org
Sponsored by: Exceed Women’s Running Team
Every Tuesday April through August
All levels of runners welcome
Check website for location and planned workout
- 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: Tracey Martinson 474-8353
 www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer
- May** **Valley Women’s Running Team – Palmer**
Tue & Thur 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 thru mid-August with trail runs thru September
- May** **“Run or Walk With Friends” – Anchorage**
Wed Meet 6 pm – Westchester Lagoon
Contact: Anchorage Running Club
 www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail
- May** **Friday Night Fives – Homer**
Fri Race time 5 pm – Bishops Beach
5K – town loop, Entry fee: None
Contact: Rachel Lord 235-3250
 Rachel.e.lord@gmail.com
Sponsored by: Kachemak Runners

Meet Fridays through October

- May 1 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 1 Sat**
* **Faster than a Falcon – Anchorage**
Meet 8 am – Clark Middle School
1 mile & 5K – flat & fast, Race time 9 am
Entry fee: \$15/No fee for Mt View residents (99508)
Contact: Dustin Hawes 830-3362
dustinhawes@yahoo.com
Rob Larkey 742-4700
www.fasterthanafalcon.info
- May 1 Sat**
* **Walk & Roll for Hope – Anchorage**
Meet 8:30 am – Delaney Park Strip
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 1 Sat**
* **29th 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: Aisha Tinker Bray 388-0185
Sponsored by: Rotary Club of Fairbanks
A Flint Hills Cup Series Event
- May 1 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: Laura Graham 488-3387
Ben McCulloch 1-800-FIGHT MS ext 2
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit MS Society Alaska, picnic afterwards
- May 1 Sat**
* **March of Dimes-March for Babies – Juneau**
Meet 9 am – Dimond Park Field House
Race time 10 am, Entry fee: Donation
Contact: 276-4111
www.marchforbabies.com
Sponsored by: Alaska Airlines,
IBEW Local 1547 & Tesoro Alaska
- May 1 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 1 **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: Tammy Irvin 357-5665
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit MS Society Alaska, BBQ after race

May 2 **Race Judicata – Anchorage**
Sun Race time 10 am – Westchester Lagoon
* 5K – flat, out & back, Entry fee: \$20/\$30 race day
Contact: Bill Pearson 522-2272
Sponsored by: Young Lawyers Section of
Anchorage Bar Association
Register on-line @ www.active.com
Race day registration closes at 9:30 am

May 3- **Water Walk & Run Bib Pick-up – Fairbanks**
May 5 8 - 5 pm – Utilities Svcs of AK (3691 Cameron St)
Mon - Entry fee: \$15/\$10, \$20 after 5/5, t-shirts to first 325
Wed Contact: Roy Strandberg 479-3118
* Sponsored by: Golden Heart Utilities

May 5 **Trond's Orienteering – Elmendorf**
Wed Starts from 5 - 7 pm – Elmendorf AFB
* Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Trond Jensen 344-2634
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 5 **19th Annual GHU Water Walk & Run – Fairbanks**
Wed Race time 6:30 pm – Golden Heart Water Plant, 5K
* Contact: Roy Strandberg 479-3118
Sponsored by: Golden Heart Utilities
Pre-race family activities 5:30 pm, prizes/awards after

May 8 **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/\$30 w/t-shirt
\$12/\$27 w/t-shirt under 16, \$50 family 4+
(immediate only), \$20 late/\$60 family
Contact: Salmon Run Hotline 274-6960
2010salmonrun@yahoo.com
Sponsored by: Inlet View PTA
For info or download form, www.skinnyraven.com
Family fun run/walk for all ages
Part of the Healthy Futures Series
www.healthyfuturesak.org

- May 8 Sat *** **Amblin' for Alzheimer's Walk - Anchorage**
 Meet 9 am – Kincaid Outdoor Center
 5 miles, Race time 10 am, Entry fee: \$15
 Contact: Fran Kelly 561-3313
fkelly@alzalaska.org
 Angela Anderson 561-3313
aanderson@alzalaska.org
www.alzalaska.org
 Sponsored by: Alzheimer's Resource of Alaska
- May 8 Sat *** **Forget Me Not Walk/Run - Anchorage**
 Meet 9 am – Woodside Park
 5 & 10K, Race time 10 am, Entry fee: \$25 adults
 \$20 military/students, \$50 families (4+ immediate)
 + \$25 in pledges for t-shirt & water bottle
 Contact: Nancy Bidwell 978-7809
royal-nancy@hotmail.com
 Royal Bidwell 978-8595
www.forgetmenotmission.com
 Sponsored by: Forget Me Not Mission, Inc
 Take steps to end drunk driving in Alaska! Picnic/BBQ
 after run. Entertainment, door prizes, lots of fun
- May 8 Sat *** **Dinosaurs! Run For Your Life 2K - Anchorage**
 Meet 11 am – Cuddy Family Midtown Park
 Entry fee: None, all ages welcome
 Contact: Katch Bacheller 274-2400
www.alaskamuseum.org
 Sponsored by: Alaska Museum of Natural History
 in Mt View & Healthy Futures
- May 8 Sat *** **Break Up, Wake Up Festival of Movement – Anchorage**
 Meet 12 – 2 pm – Cuddy Family Midtown Park
 Entry fee: None, mini races for kids ages 2-5 & 6-10
 Contact: Katch Bacheller 274-2400
www.alaskamuseum.org
 Sponsored by: Alaska Museum of Natural History
 in Mt View & Healthy Futures
 Storytime & other activities in amphitheater
- May 8 Sat *** **Eagle River 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
 Proceeds benefit Friends of Eagle River Nature Center
- May 8 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,
 IBEW Local 1547 & Tesoro Alaska
- May 8 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 Rotary 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 Klein 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 8 **7th Annual Trail of Remembrance – Wasilla**
Sat Meet 8:30 am – Big Lake Napa Parking Lot
* Race time 9:45 am, 5K – bike trail along
Parks Highway, Entry fee: \$15/\$20 race day
Contact: Troy Fowler 373-1600
 Valerie Goodwin 373-1600
Proceeds benefit local Veterans & MidValley High School

May 9 **Mother's Day**
Sun

May 9 **Spring Snuggle Non-Run - Anchorage**
Sun No sloppy mud, no cold weather, no slick trails
* No strenuous training and no tired muscles...
Spend the time **at home** snuggling with you pets!
You can be the true winner of this NON-run!
Entry fee: \$30/receive a KKC Non-Run t-shirt
Contact: KKC 345-2096
 kkc.carol@alaska.net
 www.kittyandk-9connection.org
Sponsored by: Alaska Serigraphics, Roy's Health Food
Store & Speedy Mail
Proceeds benefit Kitty and K-9 Connection, an
Alaskan pet rescue organization...helping to save the
lives of abandoned and orphaned cats and dogs

May 9 **Murphy Dome Roam – Fairbanks**
Sun 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 9 **14th Annual Migration Run - Homer**
Sun Race time 9 am – Fishing Lagoon
* 5K – flat along Homer Spit
Entry fee: \$10/\$5 10 & under/\$20 family
Contact: Rachel Lord 235-3250
 Rachel.e.lord@gmail.com
Sponsored by: HHS Cross Country Team

May 9 **AGA Mother's Day Fun Run - Palmer**
Sun Meet 8:30 am – 2238 S Inner Springer Loop
* 1.6 & 5K – out & back, flat, Race time 9 am
Entry fee: \$20/NC for mothers who participate
with their child(ren)
Contact: Cerise 745-2570 or 2691
 Bobbie 745-5283
Sponsored by: Amazing Grace Academy
Walkers & baby strollers welcome

May 11 **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: Jen Jolliff 348-0237
 www.oalaska.org
Classroom training 7-9 pm, pre-registration requested
Sponsored by: Arctic Orienteering Club

May 12 **Do Run-Run – Anchorage**
Wed Meet 5:30 pm – Check website
* 4 miles – Ship Creek Trail
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 12 Wed
* **Bill & Tom's Orienteering – Anchorage**
Starts from 5 - 7 pm – Hilltop Ski Area
Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Bill Spencer 346-3582
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet
Hilltop Ski Area off Abbott Road
Beginner thru advances courses available

May 15 Sat
Armed Forces Day

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

May 15 Sat
* **Bear Valley 5K Challenge – Anchorage**
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
Part of the Healthy Futures Series
www.healthyfuturesak.org

May 15 Sat
* **Fairbanks Heart Walk – Fairbanks**
Meet 9 am – Veteran's Memorial Park
1 & 3 miles – start & finish at park
Walk starts 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
Register on-line @ www.fairbanksheartwalk.org
Fun, non-competitive event for all age & abilities
Proceeds benefit the American Heart Association

May 15 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: Barb Sanders 822-3669
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit MS Society Alaska, picnic after race

May 15 Sat
* **MS Walk/Run – Juneau**
Meet 10 am – Brotherhood Bridge Trail
Walk time 11 am, Entry fee: Pledge based
Contact: Amanda Behrends 209-7889
amandabehrends@yahoo.com
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska

- May 15 Sat** * **March of Dimes-March for Babies – Ketchikan**
 Meet 9 am – A&P Foodland Parking Lot
 4 miles – thru town, some hills
 Race time 10 am, Entry fee: Donation
 Contact: Jim Fowler jfowler@anderesoil.com
www.marchforbabies.com
 Sponsored by: Alaska Airlines,
 IBEW Local 1547 & Tesoro Alaska
- May 15 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
 Natalie White 225-6631
 Proceeds benefit Special Olympics
- May 15 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 15 Sat** * **MS Walk – Soldotna**
 Meet 10 am – Check website for updates
 5 miles – flat, sidewalk thru town & back
 Walk time 11 am, Entry fee: Pledge based
 Contact: Tim Reed 262-1802
www.nationalmssociety.org/aka
 Sponsored by: The National Multiple Sclerosis Society
 Proceeds benefit the MS Society Alaska
- May 15 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 15 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, 11 am kid’s run ages 8
 & under – flat, indoor turf court
 Entry fee: \$18/\$14 & under
 Contact: Greg Goodale 746-2841
ggoodale@matsugov.us
 Sponsored by: Wasilla Rotary
 Register on-line @ www.menardrun.com
 \$1,700 in prize money, top 3 in Men
 & Women’s Divisions, award given to the school
 with the most kids running in the race

Proceeds benefit Wasilla Rotary Scholarship Fund

- May 16 Sun** **Gold Nugget Triathlon – Anchorage**
Race time 9 am – Bartlett High School
Approx distances 500M swim, 20K bike, 5K run
Entry fee: TBD
Contact: Betsy Haines
haineswilson@ak.net
www.goldnuggettriathlon.com
Sponsored by: Check website for major sponsors
The GNT Board of Directors is working hard to re-establish the course at Bartlett for the 27th annual race. Check the website for updates
Part of the Healthy Futures Series
- May 16 Sun** **Presbyterian Hospitality House Fun Run – Fairbanks**
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 16 Sun** **Mariner Challenge - Homer**
* Race time 10 am – Location TBA
15K – trails & beach
Entry fee: \$15 suggested donation
Contact: Lance Williamson
bobcatrunners@yahoo.com
Rachel Lord 235-3250
Sponsored by: Homer High Track & Field
- May 19 Wed** **Bonny Sosa 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 19 Wed** **Andrew's Orienteering – Anchorage**
* Starts from 5 - 7 pm – Pia-Margrethe, Klutina Entrance
Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Andrew Lee 562-2448
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 21 Fri** **Adventure Fridays Multi Sport Races – Anchorage**
Start 6 pm – Check website for updates
2-4 hours –biking, orienteering, trail running race
Contact: www.alaskaadventureracing.com
1st in the Adventure Fridays Series
- May 22 Sat** **Eklutna Lake Challenge – Eklutna**
Meet 9 am – Eklutna Lake Visitors Cabin
3 mile run, 15 mile bike on Eklutna Lake trails
Race time 10 am, Entry fee: \$30/\$35 after 5/15
Contact: Barbara or Danny 746-4644
info@lifetimeadventures.net
www.lifetimeadventures.net
Sponsored by: Lifetime Adventures
Race limited to 200, sign up early

- May 22 Sat** * **March of Dimes-March for Babies – Fairbanks**
 Meet 8:30 am – Pioneer Park (main pavilion)
 3 miles – flat, Race time 9:30 am, Entry fee: Donation
 Contact: 276-4111
www.marchforbabies.com
 Sponsored by: Alaska Airlines,
 IBEW Local 1547 & Tesoro Alaska
- May 22 Sat** * **8th 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/\$35 family of 3-5
 Contact: Roger Gossett 861-8877
Gossett.roger@jobcorps.org
 T-shirts, great food & door prizes
- May 24 Mon** **Memorial Day Observed**
- May 25 Tue** **Turnagain Arm Trail Run – Anchorage**
 Meet 5:30 pm – McHugh Creek (4 miles) or
 Rainbow Valley Trail Head (8 miles), both races finish at
 Potter Trail Head, Race time 6:30 pm
 Entry fee: \$20 by 5/24, \$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/67687
 Proceeds benefit UAA Ski Team Scholarships
- May 26 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 26 Wed** * **Eric & Ole's Orienteering – Anchorage**
 Starts from 5 - 7 pm – Bicentennial Park, Mile 1.1
 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. Tudor Rd to Campbell
 Airstrip Rd, turn south and go to Mile 1.1 parking lot
 Beginner thru advanced courses available
- May 29 Sat** * **Junior Olympics T&F Championships – Anchorage**
 Meet 10 am – Clark Middle School
 Distance varies, Entry fee: \$5
 Contact: toddm@gci.net
www.usatf.org/assoc/ak
 Sponsored by: USA Track & Field Alaska
 Visit website for details & entry forms
- May 29 Sat** **Trent/Waldron Glacier ½ 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: Charles Utermohl 561-1662
thule@alaska.net
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
- May 29 Sat** **Prince of Wales Int'l Marathon – Prince of Wales**
 Start near Hollis, finish in Craig
 Relayers & walkers welcome

Contact: Doug Rhodes
POW Marathon
PO Box 513
Craig, AK 99921
www.powmarathon.org

May 30 **Run for Women – Fairbanks**
Sun Race time 10 am – UAF Ski Hut (W. Ridge)
* 6K run or walk
Contact: Teresa or Jamie Hollingsworth 474-8867
Sponsored by: Breast Cancer Detection Center
All proceeds benefit BCDC

May 30 **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 30 **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 30 **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 481-2519
Sponsored by: Kodiak Parks & Recreation

June – **Peak Performers Track Club – Anchorage**
Aug 6 pm – West High Track thru Aug
Tue Membership fee: \$50, \$85 family (2)/\$110 3 or more
Contact: Jason Hofacker 240-6982
Chester Franz 274-5050
Kim Baldwin 274-1061
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

June **Trail Running Group – Fairbanks**
Mon & Meet 6 pm – UAF Ski Hut
Thur Contact: Kevin Brinegar 451-0498
Chad Carroll 458-7173
www.runningclubnorth.org
www.lathroprunning.com
Sponsored by: Running Club North
Training for high school runners & above
Training held every Mon & Thur thru July

June **Exceed Women's Running Team – Anchorage**
Tue Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Pam Barbeau 346-3427
Bonnie Lind 522-8889
www.runexceed.org
Sponsored by: Exceed Women's Running Team
Every Tuesday April through August
All levels of runners welcome
Check website for location and planned workout

June **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

**June
Tue** **Men's Training – Fairbanks**
Meet 6:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
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 thru
mid-August with trail runs thru September

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

**June
Fri** **Friday Night Fives – Homer**
Race time 5 pm – Bishops Beach
5K – town loop, Entry fee: None
Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com
Sponsored by: Kachemak Runners
Meet Fridays through October

**June 2
Wed
*** **Karl's Orienteering – Anchorage**
Starts from 5 - 7 pm – Bicentennial Park, Mile 2.2
Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Karl Swenson 333-3550
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 2
Wed
*** **Alaska Run for Women Registration – Wasilla**
4 – 7 pm – Alaska Club
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 3
Thur
*** **All Comers Track & Field – Anchorage**
Meet 6 pm – The Dome
Distance varies, Entry fee: TBD
Contact: Ric Wilson 279-2773
uphere@alaska.net
www.usatf.org/assoc/ak

Sponsored by: USA Track & Field Alaska
Visit website for details & entry forms

**June 3
Thur**
*

All-Comers Track Meet – Fairbanks
Meet 6:30 pm – West Valley HS Track
100 meters to 5,000 meters
Contact: Jim Loftus 479-8161
www.runningclubnorth.org
Sponsored by: Running Club North

**June 4
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/\$30 after 5/29, Registration ends 6/4, 6 pm
Contact: Jerome Ross 274-7222
jerome@skinnyraven.com
www.skinnyraven.com
Sponsored by: Skinny Raven Sports
Technical Breathable Active T's available for \$15

**June 4
Fri**

Adventure Fridays Multi Sport Races – Anchorage
Start 6 pm – Check website for updates
2-4 hours – disciplines include biking, orienteering, trail
running & mystery events
Contact: www.alaskaadventureracing.com
2nd in the Adventure Fridays Series

**June 5
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.alaskaocceansfestival.org
Sponsored by: Alaska Ocean Festival
Prizes awarded to participants sporting Ocean
related attire or costumes! T-shirts w/entry fee

**June 5
Sat**
*

Alaska Run for Women Registration – Anchorage
10 am - 3 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 5
Sat**
*

AK Statehood Run/Walk 2010 – Fairbanks
Race time 10 am – Pioneer Peak
5.1K, t-shirts to 1st 50 entrants
Contact: Peggy Sullivan or Dawniel Dupee
rdupee@gci.net
Sponsored by: Team in Training
Proceeds benefit Leukemia/Lymphoma Society

**June 5
Sat**
*

36th 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.lee.alston@us.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 5/21

- June 5 Sat** **Government Peak Climb – Hatcher Pass**
 Registration 9 - 10:30 am – Mountain Streams B&B
 2.5 miles (3,500') 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@mtaonline.net
 Register on-line @ www.signmeupsports.com after 5/1
- June 5 Sat** **Red Shirt Lake Trail Run – Willow**
 * Meet 9 am (tentative) – Nancy Lake State Rec Area,
 picnic overlook, Mile 6 Nancy Lake Pkwy
 6 miles – hilly, single lane trail – out and back
 Race time 10 am (tent), Entry fee: \$20/12 & under free
 Contact: Andrea Hambach 495-2205
 andrehambach722@yahoo.com
 Yvonne Leutwyler 495-0105
 www.willowhealth.net
 Sponsored by: Willow Running Club
www.facebook.com/pages/willow-race-series/184655271570
 (public link), visit websites for race updates
 Carpool recommended, \$5 parking fee
 Proceeds benefit Willow Elementary School Library
- June 6 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: Check website
 for reduced fees for early entry
 Contact: Missy Anderson missya@alaska.com
 Shareen Crosby Shareen@crosbysmiles.com
 www.eaglerivertri.com
 www.healthyfuturesak.org
 Sponsored by: Eagle River Triathlon, Inc
 Helmets required, race limited to ages 6 & up
 Part of the Healthy Futures Series
- June 8 Tue** **Three Barons Renaissance Run – Anchorage**
 * 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 8 Tue** **Alaska Run for Women Registration – Anchorage**
 * 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 8 Tue** **Masochism on Moose Mountain – Fairbanks**
 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 Wed** **Ian's Orienteering – Anchorage**
 Start 6 pm – Storck Park

* 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. Clarks Road off Hillside Drive
Between DeArmon Road and Rabbit Creek Road
Beginner thru advanced courses available

June 10 Alaska Run for Women Registration – Anchorage
Thur 4 - 7 pm – University Center Mall
* Entry fee: Donation
Contact: Missy Anderson 561-3136
run@akr fw.org
Sponsored by: Alaska Run for Women Board
Register on-line @ www.akr fw.org
No Race Day Registration

June 10 Midnight Sun Run Bib Pick-Up – Fairbanks
Thur 4 - 8 pm – Pioneer Civic Center
Contact: Ann Kjera 452-7211 ext 22
Sponsored by: Daily News Miner

June 10 All-Comers Track Meet – Fairbanks
Thur Meet 6:30 pm – West Valley HS Track
* 100 meters to 5,000 meters
Contact: Jim Loftus 479-8161
www.runningclubnorth.org
Sponsored by: Running Club North

June 11 Kids' Cross Country Races – Fairbanks
Fri Meet 5:45 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 11 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 12 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@akr fw.org
www.akr fw.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 12 18th Mosquito Meander – Fairbanks
Sat Race time 10 am – Pioneer Park (Alaskaland), 5K
* Entry fee: \$15/\$10 child/\$30 family
\$20/\$15/\$35 after 6/10 – t-shirt included

Contact: Camille Connelly 456-4729
Melissa Adams 456-4729
Sponsored by: Fairbanks Counseling & Adoption

June 12 **Run for the River – Soldotna**
Sat Meet 8 am – Soldotna Creek Park
* 5K & 10 miles – mostly gravel road, multiple turn
loop flat course, Race time 8:30 & 9 am
Entry fee: \$20/pre-registered
Contact: Jennifer McCard 260-5469
jennifer@kenaiwatershed.org
Josselyn O'Conner 260-5449
www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
Register on-line @ www.active.com
Bib pick up and spaghetti feed 6/11
Proceeds benefit the Kenai River Festival

June 12 **Why Not Tri---Wasilla Triathlon - Wasilla**
Sat Meet 9:30 am – Wasilla High School
400 meter swim (pool), 8.5 mile bike (some hills),
5K run (mostly flat), Race time 10 am, Entry fee: \$35 solo/\$45
team (3 person), \$45 solo/\$55 team after 5/28
Contact: Robin Rice 892-7423
ynotriak@gmail.com
James Hastings 357-9100
www.whynottrivasilla.net
Sponsored by: Wasilla Parks & Recreation
A great 'sprint' triathlon for beginners, BBQ after
Registration begins 1/15, check website for updates
Proceeds benefit The ALS Foundation (Lou Gehrig's disease)

June 13 **Kalgin's Knoya Ridge Hill Climb - Anchorage**
Sun Meet 9 am – Klutina St, Chugach Foothills,
* Corner of Muldoon & Tudor Roads
4 miles, 2,900' vertical trail run with finish at
top, Junior race on shorter course
Race time 10 am, Entry fee: Donation
Contact: Bill Spencer 346-3582
billspencerak@gmail.com
Marianne Pedersen 333-8836
marianne_peders@hotmail.com
Sponsored by: HDR, Alaska
When parking, be respectful of neighbors
Pre-registration at Skinny Raven beginning 6/1
Proceeds benefit Tom Besh Memorial Scholarship Fund

June 13 **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 13 **Tri-the-Kenai - Soldotna**
Sun Meet 8 am – Skyview High School
* 500 yard swim, 10 mile bike, 5K run
Race time 10 am, Entry fee: Check website
Contact: wahoo@trithekenai.com
www.trithekenai.com
Sponsored by: Kenai Peninsula Tourism
Marketing Council

- June 16** **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 16** **Chris’ Orienteering – Ft. Richardson**
Wed Starts from 5 - 7 pm – Fossil Creek
* Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Chris Tomsen 696-1977
 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
- June 17** **Mayor’s Midnight Sun Marathon, Marathon**
Thur **Relay, ½ Marathon, 5 Miler & Youth Cup Bib**
Pick-up & Late Registration – Anchorage
6 - 9 pm – Sheraton Hotel
Contact: Parks & Recreation 343-4296
 UAA 786-1325
 track@uaa.alaska.edu
 www.mayorsmarathon.com
When picking up your bib/t-shirt, check out the Expo
NO RACE DAY BIB PICK-UP OR ENTRIES!
- June 17** **All Comers Track & Field – Anchorage**
Thur Meet 6 pm – The Dome
* Distance varies, Entry fee: TBD
Contact: Ric Wilson 279-2773
 uphere@alaska.net
Sponsored by: USA Track & Field Alaska
Visit website for details & entry forms
- June 18** **Mayor’s Midnight Sun Marathon, Marathon**
Fri **Relay, ½ Marathon, 5 Miler & Youth Cup Bib**
Pick-up & Last Change Registration – Anchorage
10 am - 6 pm – Sheraton Hotel
Contact: Parks & Recreation 343-4296
 UAA 786-1325
 track@uaa.alaska.edu
 www.mayorsmarathon.com
When picking up your bib/t-shirt, check out the Expo
NO RACE DAY BIB PICK-UP OR ENTRIES!
- June 18** **Adventure Fridays Multi Sport Races – Anchorage**
Fri Start 6 pm – Check website for updates
3-5 hours – disciplines include biking, orienteering, trail
running & mystery events
Contact: www.alaskaadventureracing.com
3rd in the Adventure Fridays Series
- June 18** **Mayor’s Midnight Sun Marathon Pasta Party –**
Fri **Anchorage**
* 5 - 8 pm – Museum of History & Fine Art
All you can eat Pasta Buffet: \$15/\$10 10 & under
Three seatings: 5, 6:15 & 7:30 pm
Contact: Parks & Recreation 343-4296
 mcclaj@uni.org
 www.mayorsmarathon.com

- June 19 Sat** **Mayor's Midnight Sun Marathon – Anchorage**
 Meet 7 am – Bartlett High School
 26.2 miles – Bartlett to West High School
 Race time 8 am, Entry fee: Check website
 On-line registration available until 6/16
 Bib pick-up at Expo, 6/17 3-8 pm, 6/18 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! Medallions to finishers, t-shirts all
NO RACE DAY BIB PICK-UP OR ENTRIES!
 2nd in the 2010 Solar Series Challenge Series
- June 19 Sat** **Mayor's Midnight Sun Relay Race – Anchorage**
 *
 Meet 7 am – Bartlett High School
 26.2 miles – Bartlett to West High School
 Race time 8 am, Entry fee: Check website
 On-line registration available until 6/16
 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, 6/17 3-8 pm, 6/18 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!
 2nd in the 2010 Solar Series Challenge Series
- June 19 Sat** **Mayor's Midnight Sun ½ 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 6/16
 Bib pick-up at Expo, 6/17 3-8 pm, 6/18 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!
 2nd in the 2010 Solar Series Challenge Series
- June 19 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 6/16
 Bib pick-up at Expo, 6/17 3-8 pm, 6/18 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!
 2nd in the 2010 Solar Series Challenge Series
- June 19** **Mayor's Midnight Sun Youth Cup – Anchorage**

Sat 1.6 miles – a run around Westchester Lagoon
***** Race time 9 am, Entry fee: Check website
On-line registration available until 6/16
Bib pick-up at Expo, 6/17 3-8 pm, 6/18 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
2nd in the 2010 Solar Series Challenge Series

June 19 Fairbanks Daily News Miner 28th Midnight
Sat Sun 10K – Fairbanks
***** Race time 10 pm – UAF Patty Center
Run/walk, certified course, t-shirts available
Contact: Ann Kjera 452-7211 ext 22
Sponsored by: Fairbanks Daily News Miner
A Flint Hills Cup Series Event

June 19 Lung Cancer Cure Walk – Ketchikan
Sat Race time 10 am – 3rd Avenue Bypass
***** 3 walk levels, Entry fee: \$20/\$10 student
\$5 child/\$15 lung cancer survivor
Contact: Debi Koons
www.lungevity.org/ketchikan

June 19 “Nikiski Days” Family Fun Walk/Run – Nikiski
Sat Meet 9 am – NPRSA Facilities
***** 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
Lori Manion 776-5575
www.northpenrec.com
Sponsored by: NPRSA & Nikiski North Star Elementary

June 19 Tsalteshi Solstice Duathlon – Soldotna
Sat Meet 10 am – behind Skyview High School
5K run, 10K bike –rolling hills, dirt surface
Race time 11 am, Entry fee: \$15/\$25
Contact: Laura Pilifant 262-7740
tsalteshi@yahoo.com
Kent Peterson 394-6231
www.tsalteshi.org
Sponsored by: Tsalteshi Trails Association

June 20 Father’s Day
Sun

June 20 Robert Spurr Memorial Hill Climb – Bird Creek
Sun Meet 8:30 am - Bird Ridge Trailhead/M.102 Seward Hwy
Please use new parking lot – race time 10 am
Bib Pickup 8:30 – 9:30 am, Entry fee: \$25
NO RACE DAY ENTRY - 250 person limit
Family discounts available – please contact AMR
Strenuous course, 3 miles, 3400' vertical, Up-hill only
Contact: Alaska Mountain Runners
akmtnrun@hotmail.com
Separate female/male/junior race
On-line registration begins 5/1 @
www.alaskamountainrunners.org

- June 23 Wed** * **Cory's Orienteering – Anchorage**
Starts from 5 - 7 pm – Service High School
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, E on Abbott Road,
left into Service parking lot behind school
- June 24 Thur** * **All-Comers Track Meet – Fairbanks**
Meet 6:30 pm – West Valley HS Track
100 meters to 5,000 meters
Contact: Jim Loftus 479-8161
www.runningclubnorth.org
Sponsored by: Running Club North
- June 25 Fri** * **Kids' Cross Country Races – Fairbanks**
Meet 5:45 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
- June 26 Sat** * **Bucs 5K Fun Run - Anchorage**
Meet 7 am – Mulcahy Stadium
5K – to Davenport Fields & back, Entry fee: \$20
Contact: Louis Ullrich 561-2827
ullrich@anchoragebucs.com
Rachel Leask 561-2827
www.anchoragebucs.com
Join the Bucs for their first 5K fun run
Proceeds benefit the Anchorage Bucs
- June 26 Sat** * **Kilted Mile – Eagle River**
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 26 Sat** * **Spruce Tree Classic – Fairbanks**
Race time 10 am – UAF Patty Center
7.2 miles – trail run, Entry fee: None
Contact: Roy Strandberg 378-7111
rtstrandberg@alaska.edu
David McDowell 479-0600
www.runningclubnorth.org
Sponsored by: Running Club North
- June 26 Sat** * **Homer News Spit Run – Homer**
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 26 Sat** * **Only Fools Run at Midnight – Ketchikan**
Meet 10:30 pm – Discovery Center
Race night registration 10:30, Event starts 11 pm

Out and back, Race time 11:59 pm, Entry fee:
\$20/\$10 Youth (under 18)/\$50 family (4) by 6/24
Entry fee: Check website, includes t-shirt
Contact: Cat Ivie 225-4735
ketchikan@sailinc.org

Sponsored by: Ketchikan Running Club & SAIL
Costumes encouraged. Visit the website to
download entry form & additional info
T-shirt to first 100 entrants
Proceeds benefit Southeast Alaska Independent
Living – Giving Disability a Possibility!

June 26
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
Dkeyes@matsugov.us

Sponsored by: Matanuska Telephone Association
Proceeds benefit Mat-Su Library automation network

June 27
Sun

Bob Wheeler Memorial Run - Fairbanks

Race time 8:30 am – UAF Campus
5K, Entry fee: \$15/\$25 w/t-shirt
Contact: Susan Kramer 590-5086
Bill Hubbard 706-542-7813
www.runningclubnorth.org

Sponsored by: Running Club North
Continental breakfast included
Proceeds benefit Polycystic Kidney Disease Foundation

June 27
Sun

Granite Tors Trail Run - Fairbanks

Race time 11 am – Mile 39 Chena Hot Springs Road
15 miles, parking fee at State Park
Contact: Drew Harrington 451-6604
Ned Rozell nrozell@gi.alaska.edu
www.runningclubnorth.org

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

June 30
Wed
*

Leslie & Jill's Orienteering – Anchorage

Mass start 6:30 pm – Jodhpur Entrance
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Leslie Kroloff 346-8369
www.oalaska.org

Sponsored by: Arctic Orienteering Club
Score-O format, W on Dimond
L into Kincaid Park, Jodhpur Entrance

July –
Aug
Tue

Peak Performers Track Club – Anchorage

6 pm – West High Track thru Aug
Membership fee: \$50, \$85 family (2)/\$110 3 or more
Contact: Jason Hofacker 240-6982
Chester Franz 274-5050
Kim Baldwin 274-1061

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

July
Mon &
Thur

Trail Running Group – Fairbanks

Meet 6 pm – UAF Ski Hut
Contact: Kevin Brinegar 451-0498
Chad Carroll 458-7173
www.runningclubnorth.org
www.lathroprunning.com

Sponsored by: Running Club North
Training for high school runners & above
Training held every Mon & Thur thru July

- July Tue** **Exceed Women's Running Team – Anchorage**
 Meet 6 pm – Various locations
 Coached workouts, track with some trail runs
 Membership: \$100/season
 Contact: Pam Barbeau 346-3427
 Bonnie Lind 522-8889
 www.runexceed.org
 Sponsored by: Exceed Women's Running Team
 Every Tuesday April through August
 All levels of runners welcome
 Check website for location and planned workout
- 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: Tracey Martinson 474-8353
 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 thru
 mid-August with trail runs thru September
- July Wed** **"Run or Walk With Friends" – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
 www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- July Fri** **Friday Night Fives – Homer**
 Race time 5 pm – Bishops Beach
 5K – town loop, Entry fee: None
 Contact: Rachel Lord 235-3250
 Rachel.e.lord@gmail.com
 Sponsored by: Kachemak Runners
 Meet Fridays through October
- July TBA Sat *** **Park to Park Run – Ketchikan**
 Meet 8:30 am – Refuge Cove State Park
 6.7 miles – finish at Alder Park
 Race time 9 am, Entry fee: None
 Contact: Mary Kowalczyk 247-8574
 mary.kowalczyk@alaska.gov
 www.ketchikanrunningclub.org
 Sponsored by: Alaska State Parks & Parks & Recreation
 Three place awards each for men/women. Runners
 wearing an item with park logo on it receive a prize

- July 1
Thur**
* **All Comers Track & Field – Anchorage**
Meet 6 pm – The Dome
Distance varies, Entry fee: TBD
Contact: Ric Wilson 279-2773
uphere@alaska.net
www.usatf.org/assoc/ak
Sponsored by: USA Track & Field Alaska
Visit website for details & entry forms
- July 1
Thur**
* **Flint Hills Mile – Fairbanks**
Meet 6:30 pm – West Valley HS Track
Contact: Jim Loftus 479-8161
www.runningclubnorth.org
Sponsored by: Running Club North
A Flint Hills Cup Series Event
- July 3
Sat**
* **Miles for Meals – Wasilla**
Meet 8:30 am – Senior Center
5K run/walk/roll – relatively flat & paved course
Race time 10:45 am, Entry fee: \$25
Contact: Dennie Jacques 376-3104
wasillaseniors@alaskaseniors.com
Sondra Kaplan 376-2281
www.alaskaseniors.com
Sponsored by: Wasilla Area Seniors, Inc
Benefit run to help support Home Delivered Meals Program, providing hot meals to seniors 60 & over who are homebound (shut-in)
- July 3
Sat**
* **Freedom 4 Miler – Willow**
Meet 9 am (tentative) – Willow Community Center
4 miles – flat, some gravel road, bike trails
1K kids' race held prior to 4 miler
Race time 10 am (tent), Entry fee: \$20/12 & under free
Contact: Andrea Hambach 495-2205
andrehambach722@yahoo.com
Yvonne Leutwyler 495-0105
www.willowhealth.net
Sponsored by: Willow Running Club
www.facebook.com/pages/willow-race-series/184655271570
(public link), visit websites for race updates
Proceeds benefit Willow Elementary School Library
- July 4
Sun**
Independence Day
- July 4
Sun**
* **Independence Day 5K – Fairbanks**
Race time 10 am – Ice Alaska Lot
5K –fast course, Entry fee: \$15/\$20 race day, t-shirts to first 150
Contact: Kevin Brinegar 451-0498
Chad Carroll 458-7173
www.lathroprunning.com
Sponsored by: Running Club North
- July 4
Sun**
* **Independence Day 10K – Kodiak**
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 481-2519
jbailor@city.kodiak.ak.us
Ian Fulp 486-8670/fax 486-8674
Sponsored by: Kodiak Parks & Recreation
- July 4
Sun**
32nd Anvil Mountain Run – Nome
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
Sun**
*

Mount Marathon Race – Seward

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 2009 finishers, lottery for
new runners. Auction 7/3 for limited spots

**July 7
Wed**
*

Eeva's Sprint Orienteering – Anchorage

Mass start 6:30 pm – UAA Fine Arts Building
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Karen Bronga 333-0610
www.oalaska.org

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

**July 9
Fri**

Adventure Fridays Multi Sport Races – Anchorage

Start 6 pm – Check website for updates
3-5 hours – disciplines include biking, orienteering, trail
running & mystery events
Contact: www.alaskaadventureracing.com
Final in the Adventure Fridays Series

**July 9
Fri**
*

Kids' Cross Country Races – Fairbanks

Meet 5:45 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 10
Sat**
*

AK Salmon Runs King Salmon Marathon – Cordova

Meet 6:20 am – Copper River Hwy
Flat & very scenic; mountains & glaciers line
course, Race time 7 am, Entry fee: \$35
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run/htm

From salmon to jammin', Cordova has it all!
Great community event, salmon BBQ after race
Salmon Jam Music Festival & Small Fry Arts
& Education activities the same weekend

**July 10
Sat**
*

AK Salmon Runs Sockeye ½ Marathon – Cordova

Meet 9 am – Copper River Hwy
Flat, mostly paved, scenic; mountains & glaciers
line course, Race time 9:30 am, Entry fee \$35
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run/htm

From salmon to jammin', Cordova has it all!
Great community event, salmon BBQ after race

Salmon Jam Music Festival & Small Fry Arts
& Education activities the same weekend

- July 10 Sat**
* **AK Salmon Runs Coho 10K – Cordova**
Meet 10 am – Copper River Hwy
Flat, ½ gravel/½ paved; mountains & glaciers
line course, Race time 10:30 am, Entry fee \$15
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run/htm
From salmon to jammin', Cordova has it all!
Great community event, salmon BBQ after race
Salmon Jam Music Festival & Small Fry Arts
& Education activities the same weekend
- July 10 Sat**
* **AK Salmon Runs Humpy 5K – Cordova**
Meet 10 am – Copper River Hwy
Flat, paved, scenic; mountains & glaciers line
course, Race time 10:45 am, Entry fee \$15
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run/htm
From salmon to jammin', Cordova has it all!
Great community event, salmon BBQ after race
Salmon Jam Music Festival & Small Fry Arts
& Education activities the same weekend
- July 10 Sat**
* **AK Salmon Runs Smolt One Mile – Cordova**
Meet 10:45 am – Copper River Hwy
Flat, paved, scenic
Race time 11:15 am, Entry fee \$15
Contact: Kristin Smith 424-3334
runningwild@copperriver.org
www.copperriverwild.org/run/htm
From salmon to jammin', Cordova has it all!
Great community event, salmon BBQ after race
Salmon Jam Music Festival & Small Fry Arts
& Education activities the same weekend
- July 10 Sat**
* **Bear Paw 5K Classic – Eagle River**
Meet 8:30 - 9:30 am – New China Restaurant
Race time 10:30 am, Entry fee: \$20
\$60 family 4+ (immediate only), \$25 late/\$75 family
Contact: Salmon Run Hotline 274-6960
joryvst@pobox.alaska.net
Sponsored by: Anchorage Women's Clinic
Hosted by: ANR/ERNTC
Sign up at Skinny Raven, Eagle River Chamber of
Commerce, Jitters, or download registration form @
www.cer.org or www.skinnyraven.com
Fun for all ages, t-shirts for early registrants
- July 10 Sat**
19th Annual Sourdough Triathlon – Fairbanks
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 10 Sat**
* **Ward Lake Fun Run – Ketchikan**
Meet 10 am – Shelter Cove Campground entrance
1 mile & 5K, Race time 10:30 am 1 mile, 11 am 5K
Entry fee: \$3 12 & under 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 10 **Jingle in July Jingle Bell Run/Walk – North Pole**
Sat Meet 9:30 am – Santa Claus House
1 mile & 5K, Race time 11 am, Entry fee: Check website
Contact: Laura Goss 866-997-2784
lgoss@arthritis.org
www.NorthPoleJingleBellRun.kintera.org
Sponsored by: Arthritis Foundation, Pacific NW Chapter –
Alaska Branch
Jingle for a reason to benefit the Arthritis Foundation

July 11 **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 11 **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

July 14 **Karen's Orienteering – Anchorage**
Wed Mass start 6:30 pm – Russian Jack Springs Park
* Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Karen Bronga 333-0610
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Score-O format. Down DeBarr Rd, turn South on
Selkregg Lane, follow controls to start

July 15 **All Comers Track & Field – Anchorage**
Thur Meet 6 pm – The Dome
* Distance varies, Entry fee: TBD
Contact: Ric Wilson 279-2773
uphere@alaska.net
www.usatf.org/assoc/ak
Sponsored by: USA Track & Field Alaska
Visit website for details & entry forms

July 15 **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 16 **Crow Pass Mandatory Bib P/U & Pre-Race**
Fri **Meeting – Anchorage**
Meet 5 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 17 **Alaska Men's Walk/Run – 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: Janyce Harpel 317-3550
jharpek@gci.net

Theresa Day 223-1374

www.alaskamensrun.com

Proceeds benefit prostate & testicular cancer research
A Flint Hills Series Race, USATF sanctioned

**July 17
Sat**

Hammerman Duathlon – Anchorage

Meet 8 am – Little Campbell Lake/Kincaid Park
1.2M trail run, 13M mtn bike, 4 mile trail run, off
road duathlon, Race time 10 am, Entry fee: \$50
Contact: Andy Duenow 344-2740

ajdino@pci.net

Jason Lamoreaux 929-4835

www.alaskatriathlon.org

Sponsored by: Chain Reaction Cycles

Think water is for ducks? Come do the Du!

**July 17
Sat**

XTERRA Hammerman Triathlon – Anchorage

Meet 8 am – Little Campbell Lake/Kincaid Park
.5M lake swim, 13M mtn bike, 4 mile trail run, off
road triathlon, Race time 10 am, Entry fee: \$50

Contact: Andy Duenow 344-2740

ajdino@pci.net

Jason Lamoreaux 929-4835

www.alaskatriathlon.org

Sponsored by: Chain Reaction Cycles

Join us for the Hammerman's 10th year!

**July 17
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 7/16
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 5/7

@ www.goseawolves.com

**July 17
Sat**

Run for the Valkyries - Fairbanks

Race time 10 am – Pioneer Park

*

8K – flat, Entry fee: \$25, includes t-shirt

Contact: Thomas Gross 455-7335/322-7093

www.runningclubnorth.org

Sponsored by: Fairbanks Opera

A Flint Hills Cup Series Event

**July 17
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 beginning 1/4

On-line registration closes 7/6 at 11:59 pm

Registration forms available 3/1 at pool & rec center

**July 17
Sat**

Rotary Unity Run – Soldotna

Meet 8 am – Soldotna High School

*

5K & 10 miles – paved bike trail, mostly flat

Race time 9 am 10 miler, 9:30 am 5K

Entry fee: \$25 adults/\$10 16 & under, \$50 family

Contact: Steve Stenga 262-6585

stenga@pobox.alaska.net

www.soldotnarotary.org

Sponsored by: Soldotna, Kenai River
& Kenai Rotary Clubs
Bus transportation to start line, t-shirts & BBQ
Entry forms on-line @ www.soldotnarotary.org

- July 17** **Run for the Hayflats - Wasilla**
Sat Race time 9 am – Hayfield Rd, Mile 1.3
* 5 & 10K – small hill, dirt, trail along road
Entry fee: TBA
Contact: Sabrina Shaw 373-0543
 sssak@mtaonline.net
 Lisa Jaeger 376-7391
 www.palmerhayflats.org
- July 18** **Northern Area Aquatics Triathlon – Fairbanks**
Sun Race time 10 am – Chena Lakes
* 500 yd swim, 10 mile bike, 3.1 mile run
Entry fee: \$35 solo/\$75 relays by 7/10
 \$45 solo/\$90 relays by 7/13
Contact: Ramona Reeves 378-5835
 reeves.ramona@gmail.com
Sponsored by: Northern Area Aquatics
No entries after 7/13, t-shirts available
- July 19 –** **Gold Discovery Run Bib Pick-up – Fairbanks**
July 24 10 am - 6 pm – Toy Quest
Mon – Contact: Gary Pohl 452-2128
Sat Bob Hildebrandt 479-7335
 www.runningclubnorth.org
Sponsored by: Running Club North & Others
- July 21** **Dave & Diana's Orienteering – Anchorage**
Wed Starts from 5 - 7 pm – Hilltop Ski Area
* Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Bill Spencer 346-3582
 www.oalaska.org
Sponsored by: Arctic Orienteering Club
Bike-O, course available for runners. Hilltop Ski
Area off Abbott Road, follow controls to start
Beginner thru advances courses available
- July 21** **Masters' 5 & 10K – Anchorage**
Wed Meet 5:30 pm – Check website for start location
 5 & 10K – flat, out & back on Campbell Tract trails
 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 21** **Golden Mile Bib Pick-up – Fairbanks**
Wed 5 - 8 pm – Literacy Council of AK (517 Gaffney Rd)
 \$15/\$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 22** **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 23** **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 23

Fri

*

Everything But The Red Run – Soldotna

Meet 5 pm – behind Skyview High School

5K – rolling hills, dirt surface

Race time 6 pm, Entry fee: \$5

Contact: Laura Pilifant 262-7740

tsalteshi@yahoo.com

Tom Seggerman 262-3189

www.tsalteshi.org

Sponsored by: Tsalteshi Trails Association & the Soldotna Chamber of Commerce

Held in conjunction with the Soldotna Progress Days Celebration

July 24

Sat

*

Dog Jog – Anchorage

Registration begins 8:30 am – East 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

Proceeds benefit Friends of Pets

July 24

Sat

*

All Comers T&F State Championships – Anchorage

Meet 10 am – The Dome

Distance varies, Entry fee: TBD

Race time: 12 Noon

Contact: Ric Wilson 279-2773

uphere@alaska.net

www.usatf.org/assoc/ak

Sponsored by: USA Track & Field Alaska

Visit website for details & entry forms

July 24

Sat

*

Golden Mile – Fairbanks

Race time 10 am – Aurora Energy Power Plant

1 mile – parade route

\$15/\$10 youth/\$25 family, runner gets a book

Contact: Jim Brader 452-4986

www.runningclubnorth.org

Sponsored by: RCN & Literacy Council of Alaska

T-shirts & prizes, leads the parade

Proceeds benefit the Literacy Council of Alaska

July 25

Sun

45th Gold Discovery Run – Fairbanks

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 28

Wed

*

Keri's Orienteering – Anchorage

Mass Start 6:30 pm – Goose Lake

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

Contact: Keri Koger 306-9806

www.oalaska.org

Sponsored by: Arctic Orienteering Club

Score-O format. NL Blvd to UAA Drive, turn

South, then East into Goose Lake Park

Beginner thru advances courses available

- July 29**
Thur **Steve's Equinox Training #3 – Fairbanks**
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 30**
Fri
* **Pipeline Run in the Late Night Sun – Delta Junction**
Race time 8 pm – Delta Junction Fairgrounds
5K walk/run - flat, walkers start ½ hour earlier
Entry fee: \$10, t-shirt
Contact: Samantha Sloan 322-4391
John Sloan 895-4383
www.deltanafair.com
- July 30**
Fri **Resurrection Pass 100-Miler – Hope**
Meet 2 pm – Hope School
24 miles gravel road, 76 miles trail
Race time 3 pm, Entry fee: None
Contact: Pat Munz 346-1544
katpat@alaska.net
Aid stations Mile 12, 50 & 88
- July 31**
Sat
* **Alaska Spirit Run – Anchorage**
Meet 9 am – Westchester Lagoon
5K – out & back, Coastal Trail
Race time 10 am, Entry fee: \$25/\$15
Contact: Morgann Jensen 274-7787
mdjensen@voaak.org
Sally Dial 279-9630
www.voaak.org
Proceeds benefit Volunteers of America Alaska
Retired & Senior Volunteer Program
- July 31**
Sat
* **Arctic Warrior ½ Marathon & 5K – Anchorage**
Meet 7 am – Elmendorf AFB
13.1 miles & 5K – hilly, out & back on paved and
gravel roads, Race time 8 am, Entry fee \$35/\$20
Contact: Lindsey Viltrakis 552-2361
Lindsey.viltrakis@elmendorf.af.mil
Steve Massara 551-5412
www.active.com (search Arctic Warrior)
Featuring a jet fighter “starting gun”; come join us at
the Arctic Thunder Airshow July 31-Aug 1
- July 31**
Sat
* **Run for Relief - Anchorage**
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.faihak.com
Sponsored by: Faith Christian Community
Increase awareness of the situation in Burma
Proceeds benefit the relief efforts in Burma
- July 31**
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 31**
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

July 31 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: \$40 full/\$20 half
Contact: Brian Bezenek 790-1934
bribezenek@gmail.com
Kimberly Vaughan
209-3635
www.southeastroadrunners.org/marathon.htm
Sponsored by: Southeast Road Runners
Aid stations every 2.25 miles
Finisher medals (full), t-shirts, custom awards for winners (both events). BBQ afterwards
Boston certified marathon course!
An Empire Cup Series Event

July 31 Sat MS Walk – Ketchikan
Meet 9 am – Mt Point Parking Lot
* 5K – out & back, bike path
Start time 10 am, Entry fee: Donations
Contact: Amanda Berube 247-0208
amandaberube@hotmail.com
www.nationalmssociety.org/aka
Sponsored by: National MS Society

July 31 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 Tue Peak Performers Track Club – Anchorage
6 pm – West High Track thru Aug
Membership fee: \$50, \$85 family (2)/\$110 3 or more
Contact: Jason Hofacker 240-6982
Chester Franz 274-5050
Kim Baldwin 274-1061
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

Aug Tue Exceed Women's Running Team – Anchorage
Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Pam Barbeau 346-3427
Bonnie Lind 522-8889
www.runexceed.org
Sponsored by: Exceed Women's Running Team
Every Tuesday April through August
All levels of runners welcome
Check website for location and planned workout

Aug 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

- Aug Tue** **Men's Training – Fairbanks**
Meet 6:30 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Tracey Martinson 474-8353
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 thru mid-August with trail runs thru September
- Aug Wed** **"Run or Walk With Friends" – Anchorage**
Meet 6 pm – Westchester Lagoon
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail
- Aug Fri** **Friday Night Fives – Homer**
Race time 5 pm – Bishops Beach
5K – town loop, Entry fee: None
Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com
Sponsored by: Kachemak Runners
Meet Fridays through October
- Aug 1 Sun** **Annihilator - Nenana**
Meet 11 am – Mile 305 Parks Hwy @ gravel pit
8 miles – hilly trail, loop
Contact: Drew Harrington 451-6604
Andy Hutten 832-5561
Road will be marked on race day
Trail Series #5
- Aug 1 Sun** **Running With the Bulls – Palmer**
Meet 2:30 pm – Musk Ox Farm/Mile 50.1
* 5K run/walk – rolling hills, Race time 4 pm
Entry fee: \$25
Contact: Amanda Kristinat 745-2353
moxfarm@alaska.net
www.muskoxfarm.org
Sponsored by: Friends of the Musk Ox
Proceeds benefit the Palmer Musk Ox Farm
- Aug 1 Sun** **Yukon River Trail Marathon – Whitehorse**
Meet 7:30 am – Check website for updates
Marathon, ½ marathon & relay events – scenic & challenging trails near Yukon River
Entry fee: TBD, Race time 8:30 am
Contact: Ken Sylvestre 867-668-7592
yukonmarathon@gmail.com
www.yukonmarathon.com

- Aug 4**
Wed
*
Dan's Orienteering – Ft. Richardson
Starts from 5 - 7 pm – Fossil Creek
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. 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 4**
Wed
Santa Claus ½ 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 non-profit organizations
- Aug 5**
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 7**
Sat
*
Alaska 5K Classic – Anchorage
Meet 9:30 am – Elderberry Park
Race time 10 am, Entry fee: \$25
Contact: www.10kclassic.com
Sponsored by: Peak Performers Track Club
Register on-line @ www.active.com
Proceeds benefit Special Olympics Alaska
www.healthyfuturesak.org
- Aug 7**
Sat
*
Alaska 10K Classic – Anchorage
Meet 9:30 am – APU, Moseley Sports Center
Race time 10 am, Entry fee: \$25
Contact: www.10kclassic.com
Sponsored by: Peak Performers Track Club
Register on-line @ www.active.com
Proceeds benefit Special Olympics Alaska
Part of the Healthy Futures Series
www.healthyfuturesak.org
- Aug 7**
Sat
*
Blueberry Fun Run – Ketchikan
Meet 8 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: Lori & Dan Ortiz 225-7309
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 7**
Sat
17th Santa Claus ½ Marathon – North Pole
Meet 7 - 8 am – Flint Hills Refinery
13.1 miles – flat, out & back, Race time 8 - 9 am
Contact: Joe Trubacz 488-9888
Sponsored by: Flint Hills Resources
Awesome post race BBQ!
A Flint Hills Cup Series Event
- Aug 7**
Sat
*
Wildlife Rescue Run/Walk – Seward
Meet 9:30 – 1130 am – Alaska SeaLife Center
5K – mostly flat, scenic route along waterfront

Race time 11:15 am walkers, Noon 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 8 Sun **4th Annual Alaska Wildlife Alliance Fun Run/Walk – Anchorage**

* 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 Sun **AK State Championship Duathlon – Knik**

Meet 8 am – Knik Lake & Knik Bar
5K run, 40K road bike, 10K run
Race time 10 am, Entry fee: \$50
Contact: Andy Duenow 344-2740
ajdino@gci.net
Rebecca McKee 301-5969
www.alaskatriathlon.org
Sponsored by: Northern Trust Real Estate
Olympic distance road duathlon

Aug 8 Sun **AK State Championship Triathlon – Knik**

Meet 8 am – Knik Lake & Knik Bar
1.5K lake swim, 40K road bike, 10K run
Race time 10 am, Entry fee: \$50
Contact: Andy Duenow 344-2740
ajdino@gci.net
Rebecca McKee 301-5969
www.alaskatriathlon.org
Sponsored by: Northern Trust Real Estate
Olympic distance road triathlon

Aug 10 Tue **Fossil 5K (Don't Be Petrified, It's Just 5K!) – Anchorage**

* Meet 6 pm – Kincaid Timing Shack
Entry fee: \$10 (Totasuauids 5 & under free)
Contact: Katch Bacheller 274-2400
www.alaskamuseum.org
Benefit for the Alaska Museum of Natural History in Mt View

Aug 10 Tue **Tyranasaurus 10K – Anchorage**

* Meet 6:30 pm – Kincaid Timing Shack
Entry fee: \$20
Contact: Katch Bacheller 274-2400
www.alaskamuseum.org
Benefit for the Alaska Museum of Natural History in Mt View

Aug 10 Tue **High School Score-O – Anchorage**

* Starts from 9 am - 6 pm – Kincaid Stadium
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, Follow Raspberry Rd West to stadium parking lot. Open to public after Noon

- Aug 12** **Steve's Equinox Training #5 – Fairbanks**
Thur 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 13** **Anchorage Running Club's "Big Wild Life Runs"**
Fri **Bib/Package PU, Last Change Registration - Anchorage**
4 – 7 pm – Providence Sports Medicine & Rehab Clinic
3800 Lake Otis
Contact: www.bigwildliferuns.org
- Aug 14** **Anchorage Running Club's "Big Wild Life Runs"**
Sat **Bib/Package PU, Last Change Registration - Anchorage**
10 am – 7 pm – AK Center of Performing Arts, 6th Avenue
Contact: www.bigwildliferuns.org
- Aug 14** **AK Int'l Sr Games Track/Field Events – Fairbanks**
Sat Meet – West Valley HS Track, various times/distances
Contact: Jim Loftus 274-0678
Sponsored by: Alaska International Senior Games
 www.alaskaisg.org
Sponsored by: Alaska International Senior Games
Must pre-register with AISG & be 50 years & up
- Aug 14** **Alyeska Classic Mountain Run – Girdwood**
Sat Meet 10 am – at base of Alyeska Tramway
Race time – 12 Noon – Entry closed at 11:30 am
Bib Pickup and race day registration 10 – 11:30 am
Entry fee: \$20/\$30 race day
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
 akmtrun@hotmail.com
On-line registration begins 5/1 @
www.alaskamountainrunners.org
- Aug 14** **3rd Mount Healy Challenge - Healy**
Sat Race time 12 Noon – Bison Gulch Parking Lot
Mile 243.5 Parks Hwy
2 miles – uphill only, 1,800' ascent only, Entry fee: \$15
Contact: Teri Simmons 978-6561
 Jason Motyka 229-5151
Sponsored by: Denali Outdoor Festival
<http://sites.google.com/site/denalioutdoorfestival2010/>
Limited parking, bring wind gear
- Aug 14** **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
 Jennette Browning 283-9479
 www.alaska.net/~leeshore
Sponsored by: The LeeShore Center
Course is wheelchair accessible & certified
- Aug 14** **USARA Regional Adventure Racing – South Central**
Sat Location – TBA pending permits
Course 80-100 miles, 24 hours multi sport race,
pack rafting or canoeing, orienteering, trekking,
mountain biking, and mystery events
Contact: www.alaskaadventureracing.com

Winners will get money towards their entry fee at USARA national championships. Military and volunteer discounts available, check website for updates

- Aug 15 Sun**
* **Mountain Orienteering – Anchorage**
Starts from 10 am – Chugach Mountains
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Darren Hull 529-8985
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Navigate in the mountains. Start from Canyon Road
(Check website for details) Beginning (short) thru
Advanced (long) courses available
- Aug 15 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 9 am Marathon/Relay, 8 am Marathon Walk
Entry fee: Check website
Contact: bwlr@anchoragerunningclub.org
Sponsored by: Humpy’s Great Alaska Ale House & ARC
Register on-line @ www.bigwildliferuns.org
USATF certified course, ChampionChip Timing
NO RACE DAY REGISTRATION OR BIB PICKUP
- Aug 15 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 9:00 am runners/walkers
Entry fee: Check website
Contact: bwlr@anchoragerunningclub.org
Sponsored by: Skinny Raven Sports & ARC
Register on-line @ www.bigwildliferuns.org
New course, less congestion, more city streets
USATF certified course, ChampionChip Timing
NO RACE DAY REGISTRATION OR BIB PICKUP
- Aug 15 Sun**
* **Anchorage Running Club’s “Big Wild Life Runs”
Snow City Café 5K - Anchorage**
Meet 8:30 am – 610 W 6th Avenue
New 2 loop flat course on downtown streets
Race time 9:30 am runners/walkers
Entry fee: Check website
Contact: bwlr@anchoragerunningclub.org
Sponsored by: Snow City Café & ARC
Register on-line @ www.bigwildliferuns.org
USATF certified course, ChampionChip Timing
NO RACE DAY REGISTRATION OR BIB PICKUP
- Aug 15 Sun**
* **Anchorage Running Club’s “Big Wild Life Runs”
The Children’s Hospital at Providence’s Kids 2K**
Meet 7:30 am – Children’s Hospital @ Providence
2K - untimed, flat, city streets
For ages 12 & under, Race time 8:15 am
Entry fee: Check website
Contact: bwlr@anchoragerunningclub.org
Sponsored by: The Children’s Hospital at Providence & ARC
Register on-line @ www.bigwildliferuns.org
Medals & hats for all
Part of the Healthy Futures Series
www.healthyfuturesak.org
NO RACE DAY REGISTRATION OR BIB PICKUP
- Aug 15 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, live music, family oriented
50 year anniversary for ANWR

Aug 15 Sun
* **Breast Cancer Run - Homer**
Meet 11 am – Bishop’s Beach
1 & 5 miles – road & path, Race time 12 Noon
Entry fee: Donations/Sponsorships
Contact: Kachemak Bay Family Planning
Clinic 235-3436
kbfpc@ak.net
www.kbfpc.org
Sponsored by: Kachemak Bay Family Planning Clinic
Entertainment along route, great food afterwards
Wear pink! Pink bandannas for pre-registrants

Aug 18 Wed
* **Fall Orienteering – Anchorage**
Starts from 5 – 7 pm – Mirror Lake Middle School
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Trond Jensen 344-2634
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional format. Glenn Hwy North to Peters
Creek Exit. Follow Lake Dr & controls to start
Beginner thru advanced courses available

Aug 18 Wed
Alaska Int’l Senior Games 5K – Fairbanks
Race time 6:30 pm – Woodriver Elementary School
Contact: Jane Lanford 687-0769
Alaskaisg@gmail.com
www.alaskaisg.org
Sponsored by: Alaska International Senior Games
Must pre-register with AISG & be 50 years & up

Aug 19 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 19 Thur
15th Anvil 59 Minute 37 Second Challenge – Nome
Meet 6:45 pm – Base of Anvil Mountain
2.75 miles – 843’ climb, Race time 7 pm, Entry fee: None
Must finish under 59 minutes & 37 seconds
Contact: Leo Rasmussen 443-2798
leaknome@alaska.net
Sponsored by: Rasmussen’s Music Mart

Aug 21 Sat
Wickersham Dome Trail Run - Fairbanks
Race time 11 am – Trailhead Mile 28 Elliott Hwy
8 miles – hills, out & back
Contact: Drew Harrington 451-6604
Drew.harrington@live.com
Trail Series #6

Aug 21 Sat
Lost Lake Breath of Life Run – Seward
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 6/27-7/31/\$300 thru 8/18
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 21** **Chicken Lake Trail Run – Willow**
Sat Meet 9 am (tentative) – Nancy Lake State Rec Area TBA
 * 8-10 miles – trail, some wet areas, hilly
 Race time 10 am (tent), Entry fee: \$20/12 & under free
 Contact: Andrea Hambach 495-2205
 andrehambach722@yahoo.com
 Yvonne Leutwyler 495-0105
 www.willowhealth.net
 Sponsored by: Willow Running Club
www.facebook.com/pages/willow-race-series/184655271570
 (public link), visit websites for race updates
 Event might be run as a 2-person team race
- Aug 22** **Run Lu Lu Run – Fairbanks**
Sun Race time 10 am – Lu Lu’s Bread & Bagels
 * 5K – flat, 10K - hilly, Entry fee: \$15 before 8/16
 Contact: Julie Schwab 374-3804
 Sponsored by: Lu Lu’s Bread & Bagels
 T-shirt, water bottles & bagels
- Aug 25** **Score-O & Annual Meeting – Anchorage**
Wed Mass start 6:30 pm – Russian Jack Springs Park
 * Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Mike Robinson 786-1001
 www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Score-O format. Follow DeBarr Road to Lidia
 Selkregg Lane, turn South. Follow controls to start,
 annual meeting & award ceremony after meet,
 7:30 pm at Lidia Selkregg Chalet
- Aug 26** **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 28** **Golden Heart Trail Run - Fairbanks**
Sat Meet 10 am – Birch Hill
 * 1K 9 & under, 2.5K 10-14 yrs, 5K 15 yrs +
 Race time 11:30 am, 11:45 am, 12:15 pm
 Entry fee: \$15/\$20 after 8/26, \$25 race day
 Contact: John Estle 374-3076
 Pete Leonard 518-637-2061
 www.nscfairbanks.org
 Sponsored by: Nordic Ski Club
 T-shirts to first 200, Trail Series #7
 A Flint Hills Cup Series Event
- Aug 28** **Fun Guy Fun Gal Fun Run - Girdwood**
Sat Meet 8 am – Iditarod Trail
 * 4.6 miles – Forested trail with rolling terrain,
 lots of roots, mud & slick boardwalks
 Free Kids Spore Sprint – 1 mile, Race time 9:45 am
 Entry fee: \$15, includes t-shirt, \$5 walkers
 Contact: Betty Charnon 754-2326
 bcharnon@fs.fed.us
 Jonnie Lazarus 783-8146
 www.fungusfair.com
 Sponsored by: Girdwood Fungus Fair
 Timed running race limited to first 50 entrants,
 unlimited, untimed walker division
- Aug 29** **Equinox Training Run – Fairbanks**
Sun 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
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail
- Sept Thur** **Valley Women’s Running Team – Palmer**
Meet 5:45 pm – Check website
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
Trail runs every Thursday thru September
- Sept Fri** **Friday Night Fives – Homer**
Race time 5 pm – Bishops Beach
5K – town loop, Entry fee: None
Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com
Sponsored by: Kachemak Runners
Meet Fridays through October
- Sept TBA Fri** **Homer Invitational - Homer**
Meet TBA – Homer High School
5K – hilly, trails, Race time TBA
Entry fee: None
Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com
Sponsored by: Homer High Cross Country Team
- Sept TBA 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
www.healthyfuturesak.org
Contact: Huffman_pta@yahoo.com
Sponsored by: Huffman PTA
Great family event, medals for all kids
Part of the Healthy Futures Series
- 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: 742-4400
www.healthyfuturesak.org
Sponsored by: Anchorage School District,
Skinny Raven Sports & ConocoPhillips
Jamboree typically held 3rd week of Sept
Part of the Healthy Futures Series
- 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: 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 1
Wed**
* **Art's Fall Orienteering – Anchorage**
Mass Start 6:30 pm – Storck Park
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Art Harmon 333-2422
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Score-O format. Clarks Road off Hillside Drive
Between DeArmon Road and Rabbit Creek Road
Beginner thru advanced courses available
- Sept 4
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
Sponsored by: AK Nanooks XC Running Program
Post race refreshments & a UAF keepsake
- Sept 4
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 6
Mon** **Labor Day**
- Sept 6
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
MS & Lathrop Cross Country Team
Free post race picnic, food, drink & prizes
- Sept 6
Mon** **33rd 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 7
Tue**
* **Bonny Sosa Tuesday Night Race Series - Anchorage**
Meet 6 pm – Kincaid Park
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
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line @ www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org

- Sept 7 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 10 & 11 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 11 Sat** **ArcticCross Series Race #1 – Anchorage**
 Meet 10 am – Location TBA
 2K circuit, Race time 11 am & Noon
 Entry fee: \$15
 Contact: Bruce Ross 230-7635
akprint@alaska.net
 John Lackey lackey.john@gmail.com
www.arcticcross.org
 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 11 Sat** **Arthritis Walk – Fairbanks**
 Meet 10 am – Pioneer Park
 1 & 3 miles, Walk time 10:30 am, Entry fee: Check website
 Contact: Laura Goss 866-997-2784
lgoss@arthritis.org
www.ArthritisWalkFairbanks.kintera.org
 Sponsored by: Arthritis Foundation, Pacific NW Chapter – Alaska Branch
 Let's Move Together to benefit the Arthritis Foundation
- Sept 11 Sat** **Alyeska Climbathon – Girdwood**
 Meet 8 am – Base of Alyeska Tramway
 Race time – 9 am – **Entry closed at 8:45 am**
 Bib Pickup and race day registration 8 – 8:45 am
 Entry fee: \$20/\$30 race day
Family discounts available – please contact AMR
 Contact: Alaska Mountain Runners
akmtnrun@hotmail.com
 On-line registration begins 5/1 @ www.alaskamountainrunners.org
- Sept 11 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 11 Sat** **5th Titan Trail Run - Wasilla**
 Meet 9 am – Teeland Middle School
 * 100 yds 4 years & under, 1.2 miles K-6th grade
 2.4 & 5 miles – rugged, single trail track
 Race Time 10 am, Entry fee: \$10/\$15 race day
 t-shirts available for additional cost
 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 14 Tue** * **Bonny Sosa 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
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line @ www.active.com/running
Part of the Healthy Futures Series
www.healthyfuturesak.org
- Sept 17 Fri** **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
- Sept 18 Sat** * **Harvey P Sullivan Heart Walk - Anchorage**
Meet 9 am – Delaney Park Strip
3 miles – paved, 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 18 Sat** **ArcticCross Series Race #2 – Anchorage**
Meet 10 am – Location TBA
2K circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey lackey.john@gmail.com
www.arcticcross.org
Bring your cyclocross or mountain bike and prepare to have fun. Cyclocross is an event which combines bike riding and running over obstacles, the ideal fall cross training sport
- Sept 18 Sat** **48th Equinox Marathon, 19th Marathon Relay & 2nd Annual Equinox Ultramarathon – Fairbanks**
Race time 8 am – UAF Patty Center
26.2 miles & 50K – 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 18 Sat** * **8th Kid's Equinox – Fairbanks**
Race time 9 am – UAF Patty Center
Final 1.2 miles of a 5 week times-
5 miles a week effort
Contact: Tracey Martinson 474-8358
Monte Jordan 451-8696
www.runningclubnorth.org
Sponsored by: Running Club North
- Sept 18 Sat** * **Tustumena Fun Run - Kasilof**
Meet 10:30 am – Tustumena Elem School Parking Lot
5K – gravel road & dirt trail, scenic route taken through Johnson Lake Recreation Area, Race time 11:30 am
Entry fee: \$15/\$20 with t-shirt
Contact: Carolyn Roush 262-1894
alaskarolyn@live.com

Proceeds benefit student activities at Tustumena School

- Sept 18 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 225-6657
Sponsored by Ketchikan Parks & Recreation
Awards to 1st youth, female & male finishers
Food provided in center after race
- Sept 19 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
Entry fee: \$10 members/\$15 non
Contact: Rebecca Voris 243-5234
vorisrebecca@alaska.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 19 Sun** * **19th Annual Tony's Run Marathon – Dillingham**
Meet 12:30 pm – Lake Road, Mile 19
26.2 miles – paved, hilly, 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 19 Sun** * **19th Annual Tony's Run Half-Marathon – Dillingham**
Meet 1:30 pm – Lake Road, Mile 5.9
13.1 miles – paved, hilly, 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 19 Sun** * **19th Annual Tony's Run 10K – Dillingham**
Meet 1:30 pm – Mile 20 Kakanak Road
10K – paved, hilly, weather can be windy
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 19 Sun** * **19th Annual Tony's Run 5K – Dillingham**
Meet 2:30 pm – Mile 23, Kakanak Road
5K – paved, hilly, weather can be windy
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 21 Tue** * **Bonny Sosa 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

www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line @ www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org

Sept 25 **Octoberfest – Anchorage**
Sat 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: Check website
 Contact: info@anchoragerunningclub.org
 Sponsored by: Bristol Bay Native Corporation &
 Anchorage Running Club
 Benefit for Bean’s Cafe & Brother Francis Shelter

Sept 25 **ArcticCross Series Race #3 – Anchorage**
Sat Meet 10 am – Location TBA
 2K circuit, Race time 11 am & Noon
 Entry fee: \$15
 Contact: Bruce Ross 230-7635
 akprint@alaska.net
 [John Lackey lackey.john@gmail.com](mailto:John.Lackey.john@gmail.com)
 www.arcticcross.org

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

Sept 26 **Solar Series-Light Speed Stampede - Anchorage**
Sun Meet 10:30 am – Kincaid Outdoor Center
* .5 to 22 miles –out & back on Coastal Trail, hills
 Start time 11 am – 2 pm, Entry fee: \$5/\$10 family
 Contact: Ronn Randall 350-1692
 randallr@muni.org
 John Deisher 622-1960
 www.anchorageplanetwalk.org
 Sponsored by: Anchorage Rotary Club &
 Anchorage Parks & Recreation
 Use any human-powered method of propulsion
 3rd in the 2010 Solar Series Challenge Series

Sept 26 **Kenai River Marathon – Kenai**
Sun Meet 8 am – Kenai Visitors/Cultural Center
* 26.2 miles – flat, fast, paved, scenic
 Race time 9 am, Entry fee: \$45 +
 Contact: Bob Frates 283-3692
 bfrates@ci.kenai.ak.us
 KCVB 283-1991

 Sponsored by: City of Kenai
 Half & relay marathon courses available
 Register on-line @ www.kenairivermarathon.org
 Toast your accomplishments afterwards with
 locally brewed beer

Sept 28 **Bonny Sosa 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
 www.muni.org/parks

 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues
 \$30 series pass for adults, \$60 for the whole family
 Register on-line @ www.active.com/running
 Part of the Healthy Future Series
 www.healthyfuturesak.org

- Sept 29 Wed ArcticCross Series Race #4 – Anchorage**
 Meet 5:30 pm – Location TBA
 2K circuit, Race time 6:30 pm
 Entry fee: \$15
 Contact: Bruce Ross 230-7635
akprint@alaska.net
 John Lackey lackey.john@gmail.com
www.arcticcross.org
 Bring your cyclocross or mountain bike and prepare to have fun. Cyclocross is an event which combines bike riding and running over obstacles, the ideal fall cross training sport
- Oct Wed “Run or Walk With Friends” – Anchorage**
 Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Oct Fri Friday Night Fives – Homer**
 Race time 5 pm – Bishops Beach
 5K – town loop, Entry fee: None
 Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com
 Sponsored by: Kachemak Runners
 Meet Fridays through October
- 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 TBA North Anchorage Elementary Cross-Country Jamboree – Anchorage**
 1 mile K- 6th grade – rolling hills, trail
 Entry fee: None
 * Contact: 742-4400
www.healthyfuturesak.org
 Sponsored by: ConocoPhillips & ASD
 Race typically held 1st week of Oct
 Part of the Healthy Futures Series
- Oct 2 Sat ArcticCross Series Race #5 – Anchorage**
 Meet 10 am – Location TBA
 2K circuit, Race time 11 am & Noon
 Entry fee: \$15
 Contact: Bruce Ross 230-7635
akprint@alaska.net
 John Lackey lackey.john@gmail.com
www.arcticcross.org
 Bring your cyclocross or mountain bike and prepare to have fun. Cyclocross is an event which combines bike riding and running over obstacles, the ideal fall cross training sport
- Oct 2 Sat It Ain’t Easy Hill Run – Fairbanks**
 Race time 10 am – Dog Musher’s Hall, Farmers Loop
 5 miles – flat, 11.3 miles – hilly, Entry fee: None
 * Contact: Chris Garber Slaght 455-9198
 Andy Sterns 451-7663
www.runningclubnorth.org
 Sponsored by: Running Club North
 Post race refreshments

- Oct 5 Tue**
* **Bonny Sosa 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
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line @ www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org
- Oct 5 Tue**
* **Klondike Advertising/Fast Times 5K – Anchorage**
Meet 4:30 pm – Anchorage Christian Schools Parking Lot
Race time 5 pm, Entry fee: \$7/\$10 race day
Contact: jhofacker@acsedu.org
Age group awards
- Oct 6 Wed**
* **Joyce & Kathy’s Night-Orienteering – Anchorage**
Mass Start 7:30 pm – APU, Mosley Sports Center
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Kathy Faryniarz 345-2774
www.oalaska.org
Sponsored by: Arctic Orienteering Club
In the dark excitement. Score-O format. From Providence Dr, follow controls east thru APU Campus to start
Beginner thru advanced courses available
- Oct 9 Sat**
ArcticCross Series Race #6 – Anchorage
Meet 10 am – Location TBA
2K circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey lackey.john@gmail.com
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.
The ideal fall cross training sport
- Oct 9 Sat**
Run to the Alter Half Marathon – Homer
Race time 10 am – Homer High School
13.1 miles – hilly, trails, Entry fee: None
Contact: Megan Corazza
megancorazza@hotmail.com
- Oct 9 Sat**
* **Run The Rock – Kodiak**
Meet 11:30 am – Bear Valley Club House
5K – flat, paved, Race time 12:30 pm
Entry fee: \$15/\$18 late
Contact: Fred Hawley 489-3181
fred@kmxt.org
Mike Murray 486-3181
www.kmxt.org
Sponsored by: Kodiak Public Broadcasting Corp
Serious runners, joggers, walkers welcome
Register on-line @ www.kmxt.org/run_the_rock/
Post race BBQ included
- Oct 9 Sat**
* **Run The Rock – Kodiak**
Meet 9:30 am – Bear Valley Club House
13.1 miles – mountain pass, out & back, unpaved road, Race time 10 am
Entry fee: \$25/\$30 late
Contact: Fred Hawley 489-3181
fred@kmxt.org

Mike Murray 486-3181

www.kmxt.org

Sponsored by: Kodiak Public Broadcasting Corp
Register on-line @ www.kmxt.org/run_the_rock/
Post race BBQ included

**Oct 9
Sat**

Run The Rock – Kodiak

Meet 9:30 am – USCG Base

* 26.2 miles – varied, scenic, on road, half paved

Ends at golf course pro shop

Race time 10 am, Entry fee: \$40/\$45 late

Contact: Fred Hawley 489-3181

fred@kmxt.org

Mike Murray 486-3181

www.kmxt.org

Sponsored by: Kodiak Public Broadcasting Corp
Register on-line @ www.kmxt.org/run_the_rock/
Pre race spaghetti feed & post race BBQ included

**Oct 10
Sun**

The Home Run– Anchorage

Meet 1 pm – UAA Parking Garage

* 2, 5 & 10K – loop courses, bike path & trails around

Goose Lake & UAA/APU Campuses

Entry fee: Check website

Race time 2:45 pm 2K, 2:30 pm 5K, 2 pm 10K

Contact: Bob Maxwell 786-4914

Afrdm1@uaa.alaska.edu

www.AEclubUAA.com

Sponsored by: AE Club at UAA
Proceeds benefit Habitat for Humanity

**Oct 11
Mon**

Columbus Day Observed

**Oct 12
Tue**

Bonny Sosa 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, \$20 family

Contact: Outdoor Recreation 343-4217

www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues

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

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

Part of the Healthy Future Series

www.healthyfuturesak.org

**Oct 16
Sat**

Walk A Mile In Her Shoes & 5K – Douglas

Meet 9:30 am – Sandy Beach log shelter

1 mile & 5K – trail, Race time 10 am

Entry fee: \$15/\$20 race day

Contact: Paul DeSloover 586-6709

pdesloover@yahoo.com

Marcelo Maiorano 586-6623

marcelom@awareak.org

Proceeds benefit the AWARE Shelter
Door prizes & lots of goodies

**Oct 16
Sat**

RCN Awards Social/Potluck – Fairbanks

Meet 6 pm – FNSB Birch Hill XC Ski Facility

Contact: Steve Bainbridge 452-8351

www.runningclubnorth.org

Sponsored by: Running Club North

**Oct 19
Tue**

Bonny Sosa 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

www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line @ www.active.com/running
Part of the Healthy Future Series
www.healthyfuturesak.org

- Oct 20 Wed** **RCN Annual Membership Meeting – Fairbanks**
Meet 6:30 pm – AK Dog Musher’s 4M Farmers Loop
Contact: Gary Pohl 479-8290
Tracey Martinson 474-8353
www.runningclubnorth.org
Meeting to set 2011 running schedule & election
- Oct 23 Sat *** **2nd Annual Zombie ½ Marathon - Anchorage**
Race time 10 am – Check website for updates
Coastal Trail, learn how to avoid being eaten
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Register on-line @ www.active.com
Sponsored by: ARC & Skinny Raven Sports
- Oct 23 Sat *** **Kids Boogie Man 2K - Anchorage**
Race time 10 am – Check website for updates
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Sponsored by: ARC & Skinny Raven Sports
Register on-line @ www.active.com
Halloween treats at finish line
- Oct 23 Sat *** **Zombie Undead Marathon - Anchorage**
Race time 8 am – Check website for updates
Must run in pairs, mule (carry water, food first half of the event), Entry fee: \$40
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Sponsored by: ARC & Skinny Raven Sports
Register on-line @ www.active.com
Limited to 100 runners, 50 2-person teams
- Oct 23 Sat *** **The Never Die Zombie Ultra 50K - Anchorage**
Race time 8 am – Check website for updates
2-person teams muling water & food for first half of the event, Entry fee: \$45
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Sponsored by: ARC & Skinny Raven Sports
Register on-line @ www.active.com
Limited to 50 souls, 25 2-person teams
- Oct 23 Sat *** **Cache Creek Warm Up – Fairbanks**
Race time 10 am – Cache Creek Rd at junction with Mile 8.6 Murphy Dome Rd
~ 10K – out & back on roads in the hills
Contact: Jane Lanford 479-7230
www.runningclubnorth.org
Sponsored by: Running Club North
- Oct 26 Tue *** **Bonny Sosa Tuesday Night Race Series – Anchorage**
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
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line @ www.active.com/running

Part of the Healthy Future Series
www.healthyfuturesak.org

- Oct 30 Sat *** **29th Halloween Family Run – Fairbanks**
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
- Oct 31 Sun** **Daylight Saving Time ends**
It's OK to arrive early. You can help set up!
- Oct 31 Sun** **Halloween Costume Crawl – Homer**
Race time 10 am – Baycrest Trailhead
Trails & road, downhill, Entry fee: None
Contact: Andy Haas yatra@ak.net
Sponsored by: Kachemak Runners
- Nov 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
- Nov Wed** **“Run or Walk With Friends” – Anchorage**
Meet 6 pm – Westchester Lagoon
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail
- Nov 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
- Nov 2 Tue *** **Bonny Sosa 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
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues
\$30 series pass for adults, \$60 for the whole family
Register on-line @ www.active.com/running
Potluck & awards afterwards
Part of the Healthy Futures Series
www.healthyfuturesak.org
- Nov 3 Wed** **2011 Runner's Calendar Meeting – Anchorage**
Meet 6 pm – Selkregg Chalet (Russian Jack Springs)
Meeting to set the 2011 running schedule, vote on cover
Race information deadline 12/3, Ads 12/17
Contact: Cindy Liggett 343-4599/fax 249-7614
liggettck@muni.org
www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
P O Box 196650, Anchorage, AK 99519-6650

Snacks & drinks provided

- Nov 3
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
- Nov 11
Thur** **Veteran’s Day Observed**
- Nov 20
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 20
Sat** **Go for the Gravy! Corre! - Wasilla**
* Meet 9:30 am – Wasilla High School
 5K, Race time 10 am, Youth race 10:30 am
 Entry fee: \$20/\$5 child/\$30 family
 Contact: Melissa Kemberling 232-7036
 mtw@mtaonline.net
Sponsored by: Fronteras Spanish Immersion Charter School
Proceeds benefit the FSI Charter School
Part of the Healthy Futures Series
www.healthyfuturesak.org
- Nov 25
Thur** **Thanksgiving Day**
- Nov 25
Thur** **Turkey Trot – Anchorage**
* Meet 8:30 am – Bartlett High School
 3.14 miles/1 mile kids’ race – flat, paved,
 3 loop course, Race time 10 am
 Entry fee: \$15/\$3 11 & under/\$40 family (3 or more)
 Contact: Joe Alward alward_joe@asdk12.org
 Supports HS Athletes in TATC going to “Footlocker”
 XC meet in CA, Age group (M/F) prizes (pies)
- Nov 25
Thur** **Turkey Trot – Homer**
Race time 9:30 am – Two Sisters Bakery
5K, Entry fee: Donation to Share the Spirit
Contact: Rachel Lord 235-3250
 Rachel.e.lord@gmail.com
Sponsored by: Kachemak Runners
- Dec
Tue** **Snowshoe Training Run – Fairbanks**
Meet 5:30 pm – Check website
Contact: Chad Carroll 458-7173
 Kevin Brinegar 451-0498
 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
Contact: Anchorage Running Club
 www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
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 1 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 4 Sat Jingle Bell Run/Walk – Anchorage**
 Meet 9:30 am – Location TBD, Check website for updates
 1 mile & 5K, Race time 11 am, Entry fee: Check website
 Contact: Laura Goss 866-997-2784
lgoss@arthritis.org
www.AnchorageJingleBellRun.kintera.org
 Sponsored by: Arthritis Foundation, Pacific NW Chapter – Alaska Branch
 Jingle for a reason to benefit the Arthritis Foundation
- Dec 4 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 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 18 Sat 24th Annual 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 19 Sun * Solar Series-Run for the Sun - Anchorage**
 Meet 10:30 am – Kincaid Outdoor Center
 .5 to 22 miles –out & back on Coastal Trail, hills
 Start time 11 am – 2 pm, Entry fee: \$5/\$10 family
 Contact: Ronn Randall 350-1692
randallr@muni.org
 John Deisher 622-1960
www.anchorageplanetwalk.org
 Sponsored by: Anchorage Rotary Club & Anchorage Parks & Recreation
 Use any human-powered method of propulsion
 4th in the 2010 Solar Series Challenge Series

Dec 25 Sat Christmas Day

Dec 31 **New Year's Eve Run – Fairbanks**
Fri 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

2011 Races

Jan **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

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

Jan **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
Training held every Wednesday thru March

Jan 1 **UAF Campus Hill Run – Fairbanks**
Sat Race time 11 am – UAF Patty Center
4 miles, free run at any temperature
Contact: Tracey Martinson 474-8353
 www.runningclubnorth.org
Sponsored by: Running Club North

Jan 8 **Frosty Bottom 50/25 - Anchorage**
Sat Meet 8 am – Kincaid Outdoor Center
50 & 25 miles – run, ski, bike
Race time 9 am, Entry fee: \$45
Contact: Chain Reaction Cycles 336-0383
 chainreaction@acsalaska.net
 www.chainreactioncycles.us
Sponsored by: Chain Reaction Cycles

Jan 8 **Moose Mountain Snowshoe Challenge – Fairbanks**
Sat Race time 12 Noon – 2875 Monteverde Rd
5 & 8K – challenging single track trails
Contact: Chad Carroll 458-7173
 www.runningclubnorth.org
Sponsored by: Running Club North
Extra snowshoes available

Jan 15 **31st Airport Run – Fairbanks**
Sat Race time 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 17** **Martin Luther King Jr Day**
Mon
- Jan 22** **Emily's 8K Snowshoe Run – Fairbanks**
Sat Race time 10 am – Isberg & Cripple Creek Rds
* Contact: Dave Cowee 479-2852
 Keith Pollock 479-0779
 www.runningclubnorth.org
Sponsored by: Running Club North
Extra snowshoes available, hot chocolate & taquitos
- Feb 19** **Little Su 50K – Alaska**
Sat Meet 10 am – Check website
 XC course across lakes & woodlands
 Race time 11 am, Entry fee: Check website
 Rita Wade 345-2282
 Susitna100@attalascom.net
 Pam Richter 346-1220
 www.susitna100.com
 1 checkpoint with warm water, check
 website for required gear. T-shirt, finisher award
 & post-race pizza party
- Feb 19** **Susitna 100 – Alaska**
Sat Meet 8 am – Check website
 100 miles – XC across rivers & woodlands
 Race time 9 am, Entry fee: Check website
 Contact: Rita Wade 345-2282
 Susitna100@attalascom.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. T-shirt, finisher award
 & post-race pizza party