

As of 1/6/11, this is how the calendar will read when it goes to press. If there are changes let me know ASAP, liggettck@muni.org. I may be able to do them, but no guarantees at this point

**2011 Alaska Runners' Calendar
A/O 1/6/11, 1 pm**

- Jan 29 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
- Jan 30 Sun Wolf Run - Anchorage**
Meet 9 am – UAA Central Parking Garage
5K & ½ Marathon, Race time 10 am, 11 am 5K
Entry fee: \$25/\$35 race day 5K, \$30/\$40 ½ Mar
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com
Low tech shirts for all finishers
- Feb Tue Snowshoe Training Run – Fairbanks**
Meet 5:30 pm – Various, Check website
Contact: Kevin Brinegar 378-8897
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 ARC Wed Night Run at The Dome – Anchorage**
Meet 6 - 8 pm – The Dome, Raspberry Rd
Run the track, Entry fee: ARC membership
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends every Wednesday thru March
- Feb Wed Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Ed Debevec 978-8961
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Wednesday thru March
- Feb 5 Sat 12th 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 5 Sat**
* **Frostbite 5K – Willow**
Meet 10 am – Willow Community Center
3 - 5K dependent upon trail conditions - snow packed trail, Race time 11 am, Entry fee: \$20
Contact: Andrea Hambach
andrehambach722@yahoo.com
Yvonne Leutwyler
yvonneleutwyler@yahoo.com
Sponsored by: Willow Running Club
www.facebook.com/pages/willow-race-series/184655271570
(public link), visit websites for race updates. Join in for the 50th Anniversary of the Willow Winter Carnival.
Participation prizes and pink cheeks guaranteed
- Feb 9 Wed**
* **Bill's Night Winter Orienteering – Anchorage**
Starts from 6 – 7 pm – Bicentennial Park Mile 1.1
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Dan Billman 345-1749
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional meet. Use any mode of human-powered travel: run, snowshoe, bike, ski. Courses on narrow, snow covered trails. Tudor Rd to Campbell Airstrip Rd, turn south and go to Mile 1.1 parking lot
Beginner thru advanced courses available
- Feb 12 Sat**
* **Snow Run – Fairbanks**
Race time 11 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 14 Mon**
Valentines Day
- Feb 19 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 water park. Prizes & airline tickets
Proceeds benefit Victims for Justice
- Feb 19 Sat**
Snowshoe Classic – Fairbanks
Race time 12 Noon – UAF Ski Hut
5 & 10K, Entry fee: Check website
Contact: Chad Carroll 458-7173
Sponsored by: Running Club North
www.runningclubnorth.org
LathropRunning.com
Regional Qualifier for US National Snowshoe Series
- Feb 19 Sat**
Little Su 50K – Pt MacKenzie
Meet 9 am – Pt MacKenzie General Store
XC course across lakes & woodlands
Race time 11 am, Entry fee: Check website
Rita Wade 345-2282
Susitna100@attalacom.net
Pam Richter 346-1220
www.susitna100.com
1 checkpoint with warm water, check website for required gear. T-shirt, finisher award

& post-race pizza party

- Feb 19 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: Check website
Contact: Rita Wade 345-2282
Susitna100@attalasc.com
Pam Richter 346-1220
www.susitna100.com
5 checkpoints with warm water available
15# of survival gear & food required to be carried over entire course. T-shirt, finisher award & post-race pizza party
- Feb 21 Mon** **Presidents' Day**
- Feb 24 Thu** **Frostbite Footrace Reg/ Bib P/U – Anchorage**
5 - 7:30 pm – Glacier Brewhouse
Entry fee: \$25/\$10 14 & under
\$125 family/org (8) by Feb 25, \$30/\$15/\$175 after \$21 by Feb 24 if adult runner in 2010
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 26 Sat *** **Frostbite Footrace – Anchorage**
Race time 9:30 am – Glacier Brewhouse
Entry fee: \$25/\$10 14 & under
\$125 family/org (8) by Feb 25, \$30/\$15/\$175 after \$21 by Feb 24 if adult runner in 2010
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
- Feb 26 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
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** **ARC Wed Night Run at The Dome – Anchorage**
Meet 6 – 8 pm – The Dome, Raspberry Rd
Run the track, Entry fee: ARC membership
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends every Wednesday thru March
- Mar Wed** **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:30 pm – UAF Patty Center

Distances vary, run regardless of weather
Contact: Ed Debevec 978-8961
George Berry 687-8769
Sponsored by: Running Club North
Training held every Wednesday thru March

Mar 5 Single Track Special Snowshoe – Fairbanks

Sat Race time 10 am – Ester Dome
3 & 5 miles, Entry fee: Free
Contact: Heather Best 474-3484
hbest25@yahoo.com
www.runningclubnorth.org
Sponsored by: Running Club North

Mar 13 Daylight Saving Time Begins

Sun Don't be late to your race!

Mar 13 Bob Beardsley Mini Mukluk Marathon – Nome

Sun 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 14 Pi Day Run – Fairbanks

Mon Race time 6:28 pm (2 π) – 1686 Bluegrass
3.14 miles
Contact: Tim Estes 451-0817
Sponsored by: Running Club North
www.runningclubnorth.org
“Pi” potluck afterwards

Mar 19 Shamrock Scramble - Anchorage

Sat Meet 9:45 am – Location APU Moseley Center
* 5K – run/walk, trail run, out & back
Race time 10 am, Entry fee: \$25
Contact: Ruth Bratz 229-0048
shamscramak@yahoo.com
Steve Bainbridge 322-8554
Sponsored by: Leukemia Lymphoma Society
Trail may be rough due to snow melting/freezing
Register on-line @ www.Active.com

Mar 19 Saint Patrick's Run – Fairbanks

Sat Race time 12 Noon – Goldstream Sports
7 miles – on Saint Pat's Rd, Entry fee: Free
Contact: Bruce Sackinger 503-351-7225
Sponsored by: Running Club North
www.runningclubnorth.org

Mar 26 Glacier 10K & Mile Run – Juneau

Sat Race time 9:30 am – Glacier Visitors Center
* 1 Mile & 10K – fast & flat, out & back, Race
time 10 & 10:30 am, Entry fee: \$15/race day late fee
Contact: Scott May 723-8138
Smay21@mac.com
Carol May 790-4544
Sponsored by: Healthy Futures & Thunder Mountain
Track & Field Team
Pre-register at Pavitt's Healthy & Fitness, Nugget Alaskan
Outfitters or either location of JRC/The Alaska Club, or
register on-line @ www.southeastroadrunners.org
Fundraiser for Thunder Mountain High School T&F Team
Part of the Healthy Futures Series

- Mar 26 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: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
 Sponsored by: Alaska Airlines,
 IBEW Local 1547 & Tesoro
- Mar 28 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: Katie Povolo 830-8196
 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 & Thu** **Valley Women’s Running Team – Palmer**
 Meet 5:45 pm – Palmer High Track
 Tue track work out, Thu 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 5:30 pm –Two Sisters Bakery
 5K – town loop, Entry fee: None
 Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com
 Sponsored by: Kachemak Runners
 Meet Fridays through May
- Apr 2 Sat *** **March for Babies Walks – Fairbanks**
 Meet 9 am – UAF Student Recreation Center
 Laps, Race time 9:30 am, Entry fee: Donation
 Contact: Susan Churchill 276-4111

schurchill@marchofdimes.com
www.marchforbabies.com

Sponsored by: Alaska Airlines,
IBEW Local 1547 & Tesoro Alaska
Bring indoor walking shoes

Apr 2
Sat

Spring Fling – Fairbanks

*

Race time 11 am – UAF Patty Center, 5 & 10K
Entry fee: None - \$5 suggested donation, prizes
Contact: Kevin Brinegar 378-8897
Chad Carroll 458-7173
www.runningclubnorth.org

Sponsored by: Running Club North
Proceeds benefit Lathrop High School XC Team

Apr 9
Sat

Spring Break Up Run – Anchorage

*

Meet 7 am – UAA Parking Garage
2, 5 & 10K – loop courses, bike path & trails around
Goose Lake & UAA/APU Campuses
Entry fee: Check website
Race time 8:45 am 2K, 8:30 am 5K, 8 am 10K
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com

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

Apr 9
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

Apr 9
Sat

Waterfront AWAREness Race - Juneau

Meet 9:30 am – Juneau Arts & Humanities Council
Race time 10 am, Entry fee: \$15/\$20 race day
Contact: Paul DeSloover 586-6709
pdesloover@yahoo.com
Ati Nasiah 586-6623
atin@awareak.org
www.awareak.org
Proceeds benefit AWARE, Inc

Apr 9
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 Elberson 225-6191
billelberson@remax.net
www.ketchikanrunningclub.org

Sponsored by: Re/Max & Ketchikan Running Club
KRC fundraiser, pancake breakfast after race

Apr 11
Mon

Beat Beethoven Bib Pick-Up – Fairbanks

*

5 - 7 pm – UAF Patty Center
Entry fee: \$20/\$30 late/\$40 race day
Contact: Dorli McWayne 479-6701
www.FairbanksSymphony.org

Sponsored by: Fairbanks Symphony Orchestra

Apr 16
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: Heidi Schneider 562-7317
heidi.schneider@nmss.org
aka@nmss.org
www.nationalmssociety.org/aka

Sponsored by: The National Multiple Sclerosis Society
Bib p/u TBD, check website for updates
Untimed event, NO LATE STARTS
Proceeds benefit the MS Society Alaska

- Apr 16 Sat**
* **Beat Beethoven 5K – Fairbanks**
Race time 11 am – UAF Patty Center
Entry fee: \$20/\$30 late/\$40 race day
Contact: Dorli McWayne 479-6701
Sponsored by: Fairbanks Symphony Orchestra
Beat Beethoven & get a free concert ticket
T-shirts to participants
Part of the Healthy Futures Series
- Apr 16 Sat**
* **March for Babies Walk – Ketchikan**
Meet 9 am – Gateway Rec Center, 601 Schoenbar Rd
Laps, Race time 10 am, Entry fee: Donation
Contact: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
Sponsored by: Alaska Airlines,
IBEW Local 1547 & Tesoro
- Apr 16 Sat**
* **31st Annual Tok Trot - Tok**
Race time 1 pm – Visitors Center
10K walk or run, Entry fee: TBA
Contact: Paul Kelley 883-5393
Corky Hebard 474-0289
Sponsored by: Running Club North
Ribbons & prizes, picnic at Kelley's afterwards
- Apr 21 Thu**
Chena River Run Bib Pick-up – Fairbanks
4 - 7 pm – Pioneer Park (Alaskaland) Civic Center
Entry fee \$20/\$25 race day, t-shirts, certified course
Contact: Brian Newton 452-1151
Jim Little 978-2396
Sponsored by: Rotary Club of Fairbanks
A Flint Hills Cup Series Event
- Apr 23 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 Apr 16
Contact: Diana Phosavath 865-5300
Diana.phosavath@heart.org
www.heartrun.com
Sponsored by: American Heart Association
& Alaska Heart Institute
Part of the Healthy Futures Series
- Apr 23 Sat**
* **3rd Alaska Walk/Run for Autism – Fairbanks**
Race time 11 am – Pioneer Park
5K, Entry fee: \$20 – includes t-shirt
Contact: Joanne Healy 978-9119
Heidi Haas 388-1912
Sponsored by: Autism Society of Alaska
- Apr 23 Sat**
* **Hills From Hell – Ketchikan**
Start at Alder Park, finish at SE Discovery Center
~ 6 miles – course varies, Race time TBD
Entry fee: \$15, t-shirts to first 20 entrants
Contact: Penny Connelly
pennylconnelly@gmail.com
Sponsored by Ketchikan Parks & Recreation
- Apr 24 Sun**
Easter

- Apr 27 Wed** **Heart Run Reg/Bib PU – Anchorage**
 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: Diana Phosavath 865-5300
Diana.phosavath@heart.org
www.heartrun.com
 Sponsored by: American Heart Association
 & Alaska Heart Institute
 Part of the Healthy Futures Series
- Apr 27 Wed** **Dan’s Orienteering – Palmer**
 Starts from 6 – 7 pm – Crevasse Moraine Park
 * Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Dan Billman 345-1749
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 29 Fri** **Race Judicata Reg/Bib PU – Anchorage**
 * 4 - 6:30 pm – Skinny Raven Sports
 5K, Entry fee: \$20/\$30 race day
 Contact: Lars Johnson 264-0680
 Emily Whitney 264-0684
 Sponsored by: Young Lawyers Section of
 Anchorage Bar Association
 Register on-line @ www.active.com
- Apr 29 Fri** **Heart Run Reg/Bib PU – Anchorage**
 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: Diana Phosavath 865-5300
Diana.phosavath@heart.org
www.heartrun.com
 Sponsored by: American Heart Association
 & Alaska Heart Institute
 Part of the Healthy Futures Series
- Apr 30 Sat** **Heart Run – Anchorage**
 * 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 Apr 17
 Bib pick up at 7:30 am and ends 30 mins to race start
 Contact: Diana Phosavath 865-5300
Diana.phosavath@heart.org
www.heartrun.com
 Sponsored by: American Heart Association
 & Alaska Heart Institute
 Part of the Healthy Futures Series
- Apr 30 Sat** **Run-A-Muck-5K - Fairbanks**
 * Race time 10 am – Pearl Creek Elementary School
 Entry fee: \$20/\$10 18 & under/\$40 family
 \$25/\$15 18 & under/\$50 family race day
 Contact: Janet Schaefer 460-0207
 Linda Burke 456-3976
 Sponsored by: Fairbanks Youth Soccer Association
 T-shirts to first 250 entrants
- April 30 Sat** **March of Dimes-March for Babies – Juneau**
 * Meet 9 am – Dimond Park Field House
 Race time 10 am, Entry fee: Donation
 Contact: Susan Churchill 276-4111

schurchill@marchofdimes.com
www.marchforbabies.com

Sponsored by: Alaska Airlines,
IBEW Local 1547 & Tesoro

**May – 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

**May
Tue** **Exceed Women’s Running Team – Anchorage**
Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Katie Povolo 830-8196
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
Tue** **Women’s Training – Fairbanks**
Meet 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

**May
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

**May
Tue &
Thu** **Valley Women’s Running Team – Palmer**
Meet 5:45 pm – Palmer High Track
Tue track work out, Thu 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
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

**May
Fri** **Friday Night Fives – Homer**
Race time 5:30 pm – Two Sisters Bakery
5K – town loop, Entry fee: None
Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com

Sponsored by: Kachemak Runners
Meet Fridays through May

May 1
Sun
* **Faster than a Falcon Run/Walk– Anchorage**
Meet 8 am – Clark Middle School
5K – flat & fast, Race time 9 am, Entry fee: \$15
Contact: Dustin Hawes 830-3362
dustinhawes@yahoo.com
www.fasterthanafalcon.info

Sponsored by: Enstar & Anchorage Running Club
Proceeds benefit Mt. View Boys & Girls Club

May 1
Sun
* **Cap & Gown Run – Anchorage**
Meet 6:30 am – UAA Central Parking Garage
2, 5 & 10K – UAA to Sullivan Arena,
Race time 8:45 am 2K, 8:30 am 5K, 8 am 10K
Entry fee: \$5 in cap & gown/\$10 without for UAA
Alumni, \$10/\$15 for everyone else
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com

Sponsored by: AE Club at UAA
Registration begins at 6:30 am
Make your own arrangements for return trip

May 1
Sun
* **Race Judicata – Anchorage**
Race time 10 am – Westchester Lagoon
5K – flat, out & back, Entry fee: \$20/\$30 race day
Contact: Lars Johnson 264-0680
Emily Whitney 264-0684

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

May 2-
May 4
Mon -
Wed
* **Water Walk & Run Bib Pick-up – Fairbanks**
8 - 5 pm – Utilities Svcs of AK (3691 Cameron St)
Entry fee: \$15/\$10, \$20 late fee, t-shirts to first 325
Contact: Roy Strandberg 479-3118
Sponsored by: Golden Heart Utilities

May 4
Wed
* **Chris' Orienteering – Elmendorf AFB**
Starts from 5 - 7 pm – Elmendorf AFB
Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Chris Tomsen 696-1977
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 4
Wed
* **19th Annual GHU Water Walk & Run – Fairbanks**
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
Awards & prize drawings after race

May 7
Sat
* **20th Annual Salmon Run – Anchorage**
Meet 9:30 am – Inlet View Elementary School
2, 5 & 10K – begins & ends at Inlet View
Elementary School, out & back on Coastal Trail
Race time 10 am, Entry fee: \$15/\$20 race day
Family (4+) \$50/\$60 race day, t-shirts \$15
Contact: info@anchoragesalmonrun.com
www.anchoragesalmonrun.com

Sponsored by: Inlet View PTA

Download registration form @ www.skinnyraven.com
or www.anchorgesalmonrun.com, or register in person
at Skinny Raven Sports and Inlet View Elementary
Family fun run/walk for all ages. Race features a
carnival afterwards, \$5/child, adults free
Part of the Healthy Futures Series
www.healthyfuturesak.org

May 7
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: Megan Pfeiffer 433-4926
mpfeiffer@hopealaska.org
Megan Metcalf 433-4914
mmetcalf@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 7
Sat
*

Alaska Zoo Kids Fun Run – Anchorage

Meet 9 am – Alaska Zoo, 4731 O'Malley Road
~ 1K – gravel trails, hill, animals
Race time 10 am, Entry fee: \$15
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 to kids between 3-10 yrs
Part of the Healthy Futures Series
www.healthyfuturesak.org

May 7
Sat
*

Amblin' for Alzheimer's Walk - Anchorage

Meet 10:30 am – Kincaid Outdoor Center
4 miles, Walk time 11:30 am
Entry fee: \$25/\$10 children
Contact: Fran Kelly 561-3313
fkelly@alzalaska.org
Angela Anderson 561-3313
aanderson@alzalaska.org

Sponsored by: Alzheimer's Resource of Alaska
Register on-line @ www.alzalaska.org
Fundraiser for Alzheimer's Resource of Alaska

May 7
Sat
*

Wake Up, Break Up & Move 2K – Anchorage

Meet Noon - 2 pm – Clark Middle School Track
Entry fee: Free, parent must sign release form
Contact: Katch Bacheller 274-2400
www.alaskamuseum.org

Sponsored by: Alaska Museum of Natural History
Other fun activities planned in addition to the 2K
Part of the Healthy Futures Series

May 7
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 the Eagle River Nature Center

May 7

30th Annual Chena River Run – Fairbanks

- Sat** Race time 10 am – Woodriver Elementary School
 * 5K – school to Princess Hotel, certified course
 Entry fee: \$20/\$25 race day, t-shirts
 Contact: Brian Newton 452-1151
 Jim Little 978-2396
 Sponsored by: Rotary Club of Fairbanks
 A Flint Hills Cup Series Event
- May 7** **March of Dimes-March for Babies – Kenai/Soldotna**
Sat Meet 9 am – Soldotna Sports Center
 * 3 miles – flat, Race time 10 am, Entry fee: Donation
 Contact: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
 Sponsored by: Alaska Airlines,
 IBEW Local 1547 & Tesoro Alaska
- May 7** **Earth Day Triathlon – Kodiak**
Sat Meet 9:30 am – Community Pool
 * Race time 10 am, Entry deadline May 6, 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
 Race day subject to change, call P&R for updates
- May 7** **MS Walk Mat Su Valley – Mat-Su/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: Heidi Schneider 562-7317
heidi.schneider@nmss.org
aka@nmss.org
www.nationalmssociety.org/aka
 Sponsored by: The National Multiple Sclerosis Society
 Proceeds benefit MS Society Alaska
- May 7** **Polar Bear Pink Cheeks Triathlon – Seward**
Sat Meet 10 am – Seward High School
 * 5K run, 10K bike, 900Y swim – varied terrain
 Race time 11 am, Entry fee: See website
 Contact: Maggie Wilkins 224-4054
mwilkins@cityofseward.net
www.cityofseward.us
 Sponsored by: Polar Bear Festival & SPRD
 Recommend off-road bike, helmets required
 Registration remains open, space permitting
 Annual pass, family, volunteer & military discounts
- May 7** **Curtis C. Menard II Memorial Run – Wasilla**
Sat Meet 9 am – Colony High School
 * 5K – loop, flat, some hills, Race time 10 am
 Entry fee: \$20
 Contact: Greg Goodale 746-2841
ggoodale@matsugov.us
 Linda Jo Klapperich 232-4594
 Sponsored by: Wasilla Rotary
 Register on-line @ www.menardrun.com
 Proceeds benefit Wasilla Rotary High School
 Scholarship Fund
- May 8** **Mother's Day**
Sun
- May 8** **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 your pets!
You can be the true winner of this NON-run!
Entry fee: \$30/receive a KKC Non-Run t-shirt
Contact: Kitty and K-9 Connection 345-2096
kkc.carol@alaska.net
kittyandk-9@gci.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 8 **15th 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 8 **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/\$10 12 & under, mothers run for free with participating children
Contact: Peggy Payne 631-2741
peggypayne1975@hotmail.com
Sponsored by: Amazing Grace Academy
Walkers & baby strollers welcome

May 10 **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 11 **Ian's Orienteering – Anchorage**
Wed Starts from 5 - 7 pm – Hilltop Ski Area
* Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Ian Moore 348-0237
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet, Hilltop Ski Area off Abbott Road, follow controls to start
Beginner thru advances courses available

May 12 **Do Run-Run – Anchorage**
Thu Meet 5:30 pm – Check website
* 4 miles – Ship Creek Trail
Race time 6:30 pm, Entry fee: ARC Membership
Contact: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

May 14 **Blue Donkey Run – Anchorage**
Sat Meet 9:30 am – M.E. Sullivan Park/Westchester
* Lagoon, 5K – west on Coastal Trail, out and back
Race time 10 am
Entry fee: \$20/\$10 14 & under
Contact: Barbara Wild 830-3163
bluedonkeyrun@gci.net
Anita Thorne 382-4012
alaskademocrats.org
Sponsored by: Anchorage Democrats
Walkers welcome, wheelchair accessible

Patriotic costume or colors encouraged
Proceeds benefit the Anchorage Democrats

- May 14 Sat**
* **Bear Valley 5K Challenge – Anchorage**
Meet 8:30 am – Bear Valley Elementary School
5K – various terrain; roads, Race time 10 am
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 14 Sat**
* **MS Walk/Run – Copper Valley**
Meet 9 am – Hub of Alaska
4 miles, Walk time 10 am, Entry fee: Pledge based
Contact: Heidi Schneider 562-7317
heidi.schneider@nmss.org
aka@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska
- May 14 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 456-3659
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 14 Sat**
* **BCDC Run/Walk – Fairbanks**
Race time 10 am – UAF Ski Hut (W. Ridge)
6K, \$20/\$10 under 12/\$35 family, t-shirts
Contact: Odette Butler 479-3409
www.bcdcofalaska.org
Sponsored by: Breast Cancer Detection Center
All proceeds benefit BCDC
- May 14 Sat**
* **MS Walk/Run – Juneau**
Meet 10 am – Brotherhood Bridge Trail
4 miles, Walk time 11 am, Entry fee: Pledge based
Contact: Heidi Schneider 562-7317
heidi.schneider@nmss.org
aka@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska
- May 14 Sat**
* **Totem to Totem Half Marathon – Ketchikan**
Meet 7:30 am – Totem Bight State Park Parking Lot
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 617-7635
Gretchen@alaskan.com
www.ketchikanrunningclub.org
Sponsored by: Ketchikan Running Club
Great food, great prizes, great cause
Proceeds benefit American Diabetes Association

- May 14 Sat** * **9th Alaska Job Corps SGA Walk/Run – Palmer**
 Meet 8 am – Alaska Job Corps Center
 5 & 10K – 2 courses, road, 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 & door prizes
 Proceeds benefit local youth organizations
- May 15 Sun** **Gold Nugget Triathlon – Anchorage**
 Race time 8 am – Bartlett High School
 500 yard swim, 10-13 mile bike, 5K run
 Entry fee: See website
 Contact: www.goldnuggettriathlon.com
 Sponsored by: Check website for major sponsors
 Pre-register on-line, register early as fills up
 Check website for updates & course description
No Race Day Registration
- May 15 Sun** **Murphy Dome Roam – Fairbanks**
 Race time 9 am – Gravel pit, Mile 8 Murphy
 Dome Rd, 11 miles – hilly back roads
 Contact: Jane Lanford 479-7230
 Donna Hawkins 455-9017
 Sponsored by: Running Club North
 Potluck follows race
- May 15 Sun** * **Mariner Challenge - Homer**
 Race time 11 am – Location TBA
 5K – Homer High Track, Entry fee: \$10
 Contact: Lance Williamson 399-4169
bobcatrunners@yahoo.com
 Sponsored by: Homer High Track & Field
 Proceeds benefit Homer High Track & Field
- May 18 Wed** * **Bonny Sosa Kidz Mile – Anchorage**
 Meet 3 – 7 pm – Wendler Middle School
 1 mile – timed track event, Start time 3:30 pm
 Entry fee: \$5 – run as many laps as you want
 Contact: Cristy Hickel 351-5545
crusher@gci.net
 Sponsored by: Skinny Raven & Healthy Futures
 18 & under run multiple times in timed heats every
 15 minutes, snacks & medals provided.
 Part of the Healthy Futures Series
www.healthyfuturesak.org
- May 18 Wed** * **Trond & Toby's Orienteering – Anchorage**
 Starts from 5 - 7 pm – Pia-Margrethe, Klutina Entrance
 Entry fee: \$5 member / \$6 non / \$1 under 18
 Contact: Trond Flagstad 346-2545
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 Sat** **Armed Forces Day**
- May 21 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: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com

Sponsored by: Alaska Airlines,
IBEW Local 1547 & Tesoro

May 21 **Eklutna Lake Challenge – Eklutna**
Sat 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 5/14
Contact: Barbara or Danny 746-4644
info@lifetimeadventures.net
www.lifetimeadventures.net
Sponsored by: Lifetime Adventures
Race limited to 200, sign up early

May 21 **MS Walk – Fairbanks**
Sat Meet 10 am – Pioneer Park
* 4 miles – out & back along Chena River
Walk time 11 am, Entry fee: Pledge based
Contact: Heidi Schneider 562-7317
heidi.schneider@nmss.org
aka@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit MS Society Alaska

May 21 **Girls on the Run Spring Season 5K – Juneau**
Sat Meet 9:30 am – Twin Lakes
Race time 11 am, Entry fee: \$15/\$20 race day
Contact: Swarupa Toth 586-6623
swarupatt@awareak.org
Ati Nasiah 586-6623
atin@awareak.org
www.awareak.org
Girls on the Run educates and prepares girls for a
lifetime of self-respect and healthy living through
an after school program for girls 3rd-8th grade.
10 am face painting/hair coloring & festivities
Proceeds benefit Girls on the Run of SE Alaska,
a program of AWARE, Inc

May 21 **MS Walk – Ketchikan**
Sat Meet 9 am – Mountain Point Parking Lot
* 3 miles – flat, sidewalk thru town & back
Walk time 10 am, Entry fee: Pledge based
Contact: Heidi Schneider 562-7317
heidi.schneider@nmss.org
aka@nmss.org
www.nationalmssociety.org/aka
Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska

May 21 **Terry Pollard Memorial Exit Glacier Race – Seward**
Sat Meet 8 am – Resurrection Road House, Exit Glacier Rd
5 & 10K – gradual incline on paved road
Race time 10 am, Entry fee: Check website
Contact: Maggie Wilkins 224-4054
mwilkins@cityofseward.net
www.cityofseward.us
Sponsored by: Terry Pollard Memorial, 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 21 **MS Walk – Soldotna**
Sat Meet 9 am – Check website for specific location
* 4 miles – flat, sidewalk thru town & back
Walk time 10 am, Entry fee: Pledge based
Contact: Heidi Schneider 562-7317
heidi.schneider@nmss.org

aka@nmss.org

www.nationalmssociety.org/aka

Sponsored by: The National Multiple Sclerosis Society
Proceeds benefit the MS Society Alaska

May 21 **Alaska Law Enforcement Torch Run – Statewide**
Sat 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,
Fairbanks, Homer, Juneau, Kenai, Ketchikan, Kodiak,
Kotzebue, Mat-Su Valley, Nome, Seward, Sitka & Valdez
Check website for updates and additional runs

May 22 **Kal's Knoya Ridge Hill Climb - Anchorage**
Sun Meet 8:30 am – Klutina St, Chugach Foothills,
* 2.5, 5.6 & 8.5K – 1,200, 2,900 & 4,300 elevation gains,
rolling climb along forest trail with finishes on top,
Race time 10 am, Entry fee: Donation
Contact: Bill Spencer 346-3582
billspencerak@gmail.com
Marianne Pedersen 333-8836
marianne_peders@hotmail.com
www.alaskamountainrunners.org
Sponsored by: HDR Alaska, Skinny Raven Sports, US Army
Muldoon to Pioneer, Pioneer to Klutina. When parking be
respectful of neighbors, don't block driveways. Carpooling
recommended. Walk thru Klutina gate, follow trails to
registration. Training on trails requires a permit, contact
the US Army at 353-1168 for information.
Proceeds benefit Tom Besh Memorial Scholarship Fund

May 22 **Presbyterian Hospitality House Fun Run – Fairbanks**
Sun Start time 10 am – UAF Patty Center
* 5K – flat & fast, Entry fee: \$15
Contact: Ty Tigner 378-9918
Drenda Tigner 378-2839
T-shirts to first 100 entrants, door prizes

May 24 **Turnagain Arm Trail Run – Anchorage**
Tue Meet 5:30 pm – McHugh Creek (4 miles) or
Potter Trail Head (8 miles), both races finish at
Rainbow Valley Trail Head
Race time 6:30 pm, Entry fee: \$20
Contact: Trond Flagstad 786-1285 or 229-3518
nordic@uaa.alaska.edu
Sponsored by: UAA Ski Team & Skiwolf Booster Club
Register on-line @ www.signmeup.com/73434
Proceeds benefit UAA Ski Team Scholarships
No Race Day Registration - 200 person limit

May 25 **Trent/Waldron Glacier ½ Marathon Pre-**
Wed **Registration & Bib PU – Anchorage**
Meet 4:30-6:30 pm – Skinny Raven Sports
Entry fee: \$10 ARC members, \$20 non
Contact: Charles Utermohle
thule@alaska.net
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

May 25 **Eric's Orienteering – Anchorage**
Wed Starts from 5 - 7 pm – Bicentennial Park, Mile 2.2
* 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 2.2 parking lot
Beginner thru advanced courses available

May 28 Trent/Waldron Glacier ½ Marathon – Anchorage
Sat

Meet 8 am – Westchester Lagoon, flat & fast
13.1 miles – Chester Creek & Coastal Trails, Race
time 9 am, Entry fee: \$10 ARC members, \$20 non
Contact: Charles Utermohl 561-1662
thule@alaska.net
www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

May 28 Annihilator - Nenana

Sat Meet 11 am – gravel pit 1.5 miles N of Nenana
8 miles – hilly trail, loop
Contact: Drew Harrington 451-6604
Andy Hutten 832-5561
Road will be marked on race day
Trail Series Event #1

May 28 Prince of Wales Int'l Marathon – Prince of Wales
Sat

Meet 5:30 am – 26+/- mile marker/Hollis-Craig Hwy
26.2 miles, also 2, 4 or 8 person relays
Race time 6 am walkers, 9 am runners
Entry fee: \$30/\$35 marathoners
Contact: Ann James

jamesann@hotmail.com

Jan Bush

belle@aptalaska.net

www.powmarathon.org

Register on-line at www.active.com

May 29 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 29 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 29 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

May 30 Memorial Day Observed

Mon

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 Tue** **Exceed Women's Running Team – Anchorage**
 Meet 6 pm – Various locations
 Coached workouts, track with some trail runs
 Membership: \$100/season
 Contact: Katie Povolo 830-8196
 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 Tue** **Women's Training – Fairbanks**
 Meet 6 pm – West Valley HS Track
 Track & Intervals – all levels welcome, Free
 Contact: Bruce Miller 479-5585
 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 & Thu** **Valley Women's Running Team – Palmer**
 Meet 5:45 pm – Palmer High Track
 Tue track work out, Thu 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
- June 1 Wed *** **Dave & Diana's Orienteering – Anchorage**
 Starts from 5 - 7 pm – Bicentennial Park, Mile 1.1
 Entry fee: \$5 member / \$6 non / \$1 under 18
 Contact: Dave Evans 343-0217
 www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Traditional long course points meet.
 Tudor Rd to Campbell Airstrip Rd,
 turn south and go to Mile 1.1 parking lot
 Beginner thru advanced courses available
- June 1 Wed *** **Alaska Run for Women Registration – Wasilla**
 4 – 7 pm – Alaska Club (Run held June 11)
 Entry fee: Donation
 Contact: Kristin Wilkinson
 run@akrffw.org
 Sponsored by: Alaska Run for Women Board
 Register on-line @ www.akrffw.org
No Race Day Registration

- June 2** **All Comers Track & Field – Anchorage**
Thu 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 2** **All-Comers Track Meet – Fairbanks**
Thu 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 3** **Skinny Mini Twilight 6K - Anchorage**
Fri Meet 6 pm – Skinny Raven Sports, 800 H Street
* Downtown loop, road, bike trail, Race time 7 pm
 Entry fee: \$15/\$30 after May 27
 Registration ends June 3, 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 3** **Skinny Raven Twilight 12K - Anchorage**
Fri Meet 6 pm – Skinny Raven Sports, 800 H Street
* Downtown loop, road, bike trail, Race time 7 pm
 Entry fee: \$20/\$30 after May 27
 Registration ends June 3, 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** **Alaska Run for Women Registration – Anchorage**
Sat 10 am - 3 pm – University Center Mall (Run held June 11)
* Entry fee: Donation
 Contact: Kristin Wilkinson
 run@akrfw.org
 Sponsored by: Alaska Run for Women Board
 Register on-line @ www.akrfw.org
 No Race Day Registration
- June 4** **AK Statehood Run/Walk 2011 – Fairbanks**
Sat Race time 10 am – Pioneer Park
* 5.2K, t-shirts to first 52 entrants
 Contact: Mary Brunner 699-1496
 Sponsored by: Team in Training & RCN
 Proceeds benefit Leukemia/Lymphoma Society
- June 4** **37th Annual Arctic Valley Run – Ft. Richardson**
Sat 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 Buckner Fitness Center) to:
 MWR/Sports, PO Box 5589, Attn: Ellis Alston, Ft.
 Richardson, AK 99505, Postmarked by May 20

- June 4 Sat** **Government Peak Climb – Hatcher Pass**
 Registration 9 - 10:30 am – Mountain Streams B&B
 2.75 miles (3,500' gain) - uphill mountain race,
 south face of Government Peak, Race time 11 am
 Entry fee: \$25/\$30 after May 25/\$40 race day
 Contact: Mark Strabel 746-7547
 strabel@mtaonline.net
 Register on-line @ www.signmeupsports.com after May 1
 Fundraiser for Colony High School XC Running Team
- June 4 Sat** **Red Shirt Lake Trail Run – Willow**
 * Meet 9 am – Nancy Lake State Rec Area,
 South Rolly Overlook, Mile 6 Nancy Lake Pkwy
 6 miles – hilly, single track trail – out and back
 Race time 10 am, Entry fee: \$20/12 & under free
 Contact: Andrea Hambach
 andreaambach722@yahoo.com
 Yvonne Leutwyler
 yvonneleutwyler@hyahoo.com
 Sponsored by: Willow Running Club
www.facebook.com/pages/willow-race-series/184655271570
 (public link), visit websites for race updates
 Carpool recommended, \$5 State parking fee
 Proceeds benefit Willow Elementary School Library
- June 5 Sun** **Eagle River Triathlon – Chugiak**
 * Meet – Chugiak High School
 500 yd swim, 12 mile bike, 5K run – flat run, hills
 for bikes, Race time 8 am, Entry fee: Check website
 Reduced fees for early registration
 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 7 Tue** **Alaska Run for Women Registration – Anchorage**
 * 4 - 7 pm – University Center Mall (Run held June 11)
 Entry fee: Donation
 Contact: Kristin Wilkinson
 run@akrffw.org
 Sponsored by: Alaska Run for Women Board
 Register on-line @ www.akrffw.org
No Race Day Registration
- June 7 Tue** **Mugwumps 10K – Anchorage**
 * Meet 5:30 pm – Location TBD
 10K – out & back, Race time 6:30 pm
 Entry fee: ARC Membership
 Contact: www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
- June 7 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
 miles descent, Entry fee: \$5
 Contact: Chad Carroll 458-7173
 Sponsored by: Running Club North
 Trail Series Event #2
- June 8 Wed** **Billygoat Orienteering – Anchorage**
 * Starts from 5 - 7 pm – Storck Park
 Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Eeva Latosuo 301-3281

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 9 **Alaska Run for Women Registration – Anchorage**
Thu 4 - 7 pm – University Center Mall (Run held June 11)
* Entry fee: Donation
Contact: Kristin Wilkinson
run@akrfw.org
Sponsored by: Alaska Run for Women Board
Register on-line @ www.akrfw.org
No Race Day Registration

June 9 **Midnight Sun Run Bib Pick-Up – Fairbanks**
Thu 4 - 8 pm – Pioneer Park Civic Center
Contact: Karen Lundquist 452-7211 x 22
Bev Fantazzi 452-7211 x 23
Sponsored by: Daily News Miner

June 9 **All-Comers Track Meet – Fairbanks**
Thu 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 10 **Three Barons Renaissance Run – Anchorage**
Fri 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
threebaronsfair@gmail.com
www.3barons.org
Sponsored by: Three Barons Fair
Benefit run for the fair, a family friendly run/walk
Course features costumed trail guides

June 10 **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
Monte Jordan 451-8696
www.runningclubnorth.org
Sponsored by: Running Club North

June 10 **Bear's Den B&B Bear Bell Run – Seward**
Fri Meet 10:30 am – Waterfront Park, 6th Ave
* 1 mile – flat, paved, Race time 11 am
Entry fee: Check website
Contact: Maggie Wilkins 224-4054
mwilkins@cityofseward.net
www.cityofseward.us
Sponsored by: Bear's Den Bed & Breakfast,
Seward Teen & Youth Center & SPRD
Registration remains open, space permitting
Annual pass, family, volunteer & military discounts

June 11 **Alaska Run for Women – Anchorage**
Sat Meet 8 am – Anchorage Football Stadium
* 1 Mile & 5K – area streets and Coastal Trail
Race time 9 am, Entry fee: Donation
Contact: Kristin Wilkinson
run@akrfw.org
www.akrfw.org

Sponsored by Alaska Run for Women Board
Benefit run to fight breast cancer, 100% of entry
fee goes towards mammograms, research & education.
Walkers welcome. Largest women's run in the state
No Race Day Registration

June 11 **19th Mosquito Meander – Fairbanks**
Sat Race time 10 am – Pioneer Park (Alaskaland)
* 5K – flat looped course
Entry fee: \$15/\$10 under 12/\$35 family
\$20/\$15/\$40 after June 8 – t-shirt included
Contact: Sabrina Davis 456-4729
Carol Mattison 456-4729
www.fcaalaska.org
Sponsored by: Fairbanks Counseling & Adoption

June 11 **Run for the River – Soldotna**
Sat Meet 8 am – Soldotna Creek Park
* 5K & 10 miles – gravel/paved roads, multiple
Turn flat loop course, Race time 8:30 & 9 am
Entry fee: \$20/\$30 after June 8/\$35 race day
Contact: Ronda Orth 260-5449
rhonda@kenaiwatershed.org
Josselyn O'Conner 260-5449
Sponsored by: Kenai Watershed Forum &
Central Peninsula Hospital
Register on-line @ www.active.com
www.kenaiwatershed.org/runfortheriver.html
Bib pick up and spaghetti feed June 10
Proceeds benefit the Kenai River Festival

June 11 **Why Not Tri---Wasilla Triathlon - Wasilla**
Sat Meet 9 am – Wasilla High School
400 meter swim (pool), 9 mile bike (some hills),
5K run (mostly flat), Race time 10 am
Entry fee: \$45 solo/\$90 team (ages 15 and up)
Contact: Amy Adams or Robin Rice
ynottriak@gmail.com
www.whynottrivasilla.net
Sponsored by: Wasilla Parks & Recreation
A great 'sprint' triathlon for beginners,
Registration begins Mar 1, closes May 1
Limited to 300 participants

June 12 **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: Check website
Contact: Palmer Chamber of Commerce 745-2880
info@palmerchamber.org
bchanson@mtaonline.net
www.palmerchamber.org
Sponsored by: MTA

June 12 **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: Tony Oliver 252-0558
wahoo@trithekenai.com
Greg Russell 398-2770
www.trithekenai.com
Sponsored by: Kenai Peninsula Tourism
Marketing Council
Proceeds benefit the Ovarian Cancer Research Fund via
Jenn Sommerman (www.jennsommerman.blogspot.com)

- June 15 Wed *** **Dave & Chelsea's Orienteering – Ft. Richardson**
 Starts from 5 - 7 pm – Fossil Creek
 Entry fee: \$5 member / \$6 non / \$1 under 18
 Contact: Dave & Chelsea Frehulfer 929-0538
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 16 Thu** **Mayor's Midnight Sun Marathon, Marathon 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 Registration or Bib Pick-up
- June 16 Thu *** **All Comers Track & Field – Anchorage**
 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 17 Fri** **Mayor's Midnight Sun Marathon, Marathon Relay, ½ Marathon, 5 Miler & Youth Cup Bib Pick-up & Last Change Registration – Anchorage**
 10 am - 6 pm – Sheraton Hotel
 Times: 3 - 8 pm June 16, 10 am - 6 pm June 17
 Contact: Parks & Recreation 343-4296
 UAA 786-1230
track@uaa.alaska.edu
www.mayorsmarathon.com
 When picking up your bib/t-shirt, check out the Expo
No Race Day Registration or Bib Pick-up
- June 17 Fri *** **Mayor's Midnight Sun Marathon Pasta Party – Anchorage**
 5 - 8 pm – Museum of History & Fine Art
 Seatings will be 6 pm & 7 pm
 Contact: Parks & Recreation 343-4492
 UAA 786-1325
track@uaa.alaska.edu
 Visit the website @ www.mayorsmarathon.com
 for registration and cost
- June 18 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 June 15
 Contact: Parks & Recreation 343-4492
 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 Registration or Bib Pick-up
- June 18** **Mayor's Midnight Sun Relay Race – Anchorage**

Sat 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 June 15
4 person relay team event, 6 team divisions
Approximate leg distances – 7, 8, 5.6 & 5.6
Contact: Parks & Recreation 343-4492
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 Registration or Bib Pick-up

June 18 **Mayor's Midnight Sun ½ Marathon – Anchorage**
Sat 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 June 15
Contact: Parks & Recreation 343-4492
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 Registration or Bib Pick-up

June 18 **Mayor's Midnight Sun 5 Miler – Anchorage**
Sat 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 June 15
Contact: Parks & Recreation 343-4492
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 Registration or Bib Pick-up

June 18 **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 June 15
Contact: Parks & Recreation 343-4492
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 Registration or Bib Pick-up

June 18 **Fairbanks Daily News Miner 29th Midnight**
Sat **Sun 10K – Fairbanks**
* Race time 10 pm – UAF Patty Center
Run/walk, certified course, t-shirts available
Contact: Karen Lundquist 452-7211 x 22
Bev Fantazzi 452-7211 x 23
Sponsored by: Fairbanks Daily News Miner
Flint Hills Cup Series Event #2

June 18 **Only Fools Run at Midnight – Ketchikan**
Sat Meet 10:30 pm –Discovery Center
* Race night registration by 11:30 pm

5K - out & back, Race time 11:59 pm
Entry fee: \$20/\$10 under 18 /\$50 family (4)
\$25/\$12/\$60 race night - t-shirt to first 100 entrants
Contact: Kevin Gadsey, SAIL Program Manger
ketchikan@sailinc.org
www.sailinc.org

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

June 18 “Nikiski Days” Family Fun Walk/Run – Nikiski
Sat Meet 9 am – NPRSA Facilities
* 3 & 5 miles – wooded & paved trails, some hills
Race time 10 am, Entry fee: \$15, t-shirts
Contact: Rachel Parra 776-8800
rparra@borough.kenai.ak.us
Lori Manion 714-8888
www.northpenrec.com
Sponsored by: NPRSA & Nikiski North Star Elementary

June 18 **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 19 **Father’s Day**
Sun

June 19 **Robert Spurr Memorial Hill Climb – Bird**
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: \$30
Family discounts available – see details during
on-line registration, 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 May 1 and ends when
full @ www.alaskamountainrunners.org
No Race Day Registration - 250 person limit

June 19 **March of Dimes-March for Babies – Whittier**
Sun Meet 12:45 pm – Portage Visitor Center Parking Lot
* Walk time 1 pm – thru Whittier Tunnel
Entry fee: \$25/\$50 family
Contact: Susan Churchill 276-4111
schurchill@marchofdimes.com
www.marchforbabies.com
Sponsored by: Alaska Airlines,
IBEW Local 1547 & Tesoro Alaska

June 22 **Bill & Tom’s Orienteering – Anchorage**
Wed Starts from 5 - 7 pm – Service High School
* Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Bill Spencer 346-3582
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet, East on Abbott Road,
left into Service parking lot behind school

- June 23 All-Comers Track Meet – Fairbanks**
Thu 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 24 Kids' Cross Country Races – Fairbanks**
Fri 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
 Monte Jordan 451-8696
www.runningclubnorth.org
 Sponsored by: Running Club North
- June 25 Bucs Race to Home - Anchorage**
Sat Meet 9 am – Mulcahy Stadium
 * 6K – paved trails, Race time: 10 am, Entry fee: \$15-25
 Contact: Louis Ullrich 561-2827/529-9850
louis.ullrich@yahoo.com
 Bucs Staff 561-2827
www.anchoragebucs.com
 Proceeds benefit the Anchorage Bucs
- June 25 Kilted Mile – Eagle River**
Sat Meet 11 am – Eagle River Lions Park
 * 1 mile – track, Race time: 11:30 am, 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 25 Spruce Tree Classic – Fairbanks**
Sat Race time 10 am – UAF Patty Center
 7.2 miles – trail run, Entry fee: None
 Contact: Roy Strandberg 378-7111
rstrandberg@alaska.edu
 David McDowell 479-0600
www.runningclubnorth.org
 Sponsored by: Running Club North
- June 25 Homer News Spit Run – Homer**
Sat Meet 8:30 am – Homer High School
 * 10K – flat, from town end of Spit
 Race 10 am, Entry fee: Free/\$5 after June 1
 Family event, t-shirts available for sale
 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, Homer Yacht Club's sailing regatta follows race
- June 25 MTA Race for Technology – Palmer**
Sat 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 25 Wildlife Rescue Run/Walk – Seward**
Sat Meet 9:30 – 11:30 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 Alaska marine animals

June 26 **Granite Tors Trail Run - Fairbanks**
Sun Race time 11 am – Mile 39 Chena Hot Springs Road
15 miles, \$5 parking fee at State Park
Contact: Chris Greene 978-6472
drew.harrington@live.com
www.runningclubnorth.org
Sponsored by: Running Club North
Must carry your own water
Trail Series Event #3

June 29 **Eeva & Jaime's Orienteering – Anchorage**
Wed Starts from 5 - 7 pm – Hilltop Ski Area
* Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Eeva Latosuo 301-3281
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet, East on Abbott Road,
turn North at Hillside Park, follow controls to start.
Beginner thru advanced courses available

June 30 **All Comers Track & Field – Anchorage**
Thu 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 30 **Flint Hills Mile – Fairbanks**
Thu Meet 6:30 pm – West Valley HS Track
* Entry fee: \$5, all welcome
Contact: Jim Loftus 479-8161
www.runningclubnorth.org
Sponsored by: Running Club North
Flint Hills Cup Series Event #3

July – **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

July **Exceed Women's Running Team – Anchorage**
Tue Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Katie Povolo 830-8196
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 479-5585
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 & Thu Valley Women's Running Team – Palmer**
 Meet 5:45 pm – Palmer High Track
 Tue track work out, Thu 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 2 Sat 26th Independence Day 5K – Fairbanks**
 Race time 10 am – Ice Alaska Lot
 * 5K –fast course, Entry fee: \$20/\$25 race day, t-shirts to first 150
 Contact: Kevin Brinegar 378-8897
 Ben Nelson 687-8281
www.lathroprunning.com
 Sponsored by: Running Club North
 Pre-register at Beaver Sports
- July 2 Sat Miles for Meals Family Fun Run – Wasilla**
 * Meet 8:30 am – Wasilla Senior Center
 5K run/walk/roll –flat, out & back
 Race time 10:45 am, Entry fee: \$25
 Contact: Dennie Jaques 376-3104
wasillaseniors@alaskaseniors.com
 Mary Lackey 376-3104 x8658
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 4 Mon Independence Day**
- July 4 Mon 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: Ian Fulp 486-8670/fax 486-8674

ifulp@city.kodiak.ak.us

Sponsored by: Kodiak Parks & Recreation

**July 4
Mon**

33rd 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
Mon**
*

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/250 juniors
Entry fee: \$25 juniors/\$45 adults
Contact: Chamber of Commerce 224-8051
events@seward.net
www.seward.com

Sponsored by: Seward Chamber of Commerce
Priority race entry for 2010 finishers, lottery for
new runners, auction July 3 for limited spots. All
1st year runners must participate in a safety
briefing July 3 or they will not be permitted to run
Applications accepted Jan 1 thru Mar 31

**July 4
Mon**
*

Freedom 4 Miler – Willow

Meet 9 am – Willow Community Center
4 miles – flat, some gravel road, bike trails
1K kids' race held prior to 4 miler
Race time 10 am, Entry fee: \$20/12 & under free
Contact: Andrea Hambach
andrehambach722@yahoo.com
Yvonne Leutwyler
yvonneleutwyler@yahoo.com

Sponsored by: Willow Running Club
www.facebook.com/pages/willow-race-series/184655271570
(public link), visit websites for race updates
Prizes for best patriotic costumes!
Proceeds benefit Willow Elementary School Library

**July 6
Wed**
*

Andrew's Sprint Orienteering – Anchorage

Mass start 6:30 pm – Wendy Williamson parking lot
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Andrew Lee 562-2448
www.oalaska.org

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

**July 7
Thu**
*

Alaska Men's Run Registration & Bib PU– Anchorage

4 – 7 pm – University Center Mall (run held July 16)
Entry fee: \$35/\$45 race day, includes t-shirt & prizes
Contact: Dave Fisher 622-9243
dfishr@gei.net
Theresa Day 223-1374
akmencancer@gmail.com

Sponsored by: Alaska Run for Men Board of Directors
Register on-line @ www.alaskamensrun.com thru July 12
Race day registration from 8:30–9:30 am

July 8

Kids' Cross Country Races – Fairbanks

- Fri** Meet 5:45 pm – West Valley HS Soccer Field
***** .75 & 1.5 miles, Race time 6 pm, Entry fee: Free
 Contact: Tracey Martinson 474-8353
 Monte Jordan 451-8696
www.runningclubnorth.org
 Sponsored by: Running Club North
- July 9** **Women Rock! Adventure Challenge – Anchorage**
Sat Start 9 am – Kincaid Park
 4 hours of biking, navigating and trekking
 Contact: Darren Hull 529-8985
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
- July 9** **Bear Paw 5K Classic – Eagle River**
Sat Meet 8:30 - 9:30 am – New China Restaurant
***** Race time 10:30 am, Entry fee: \$25
 \$75 family 4+ (immediate only), \$30/\$85 late
 above fees include t-shirt, for entry only, no t-shirt,
 \$15/\$60 family 4+ (immediate only), \$20/\$60 late
 Contact: Bear Paw Hotline 274-6960
 Joey Caterinichio
joeycat@pobox.alaska.net
 Sponsored by: Anchorage Women's Clinic, Midas,
 Skinny Raven Sports, 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
- July 9** **20th Annual Sourdough Triathlon – Fairbanks**
Sat Race time 10 am – Mile 41 Steese Highway
 1.2 mile swim, 56 mile bike, 13.1 mile run –
 mostly flat, Entry fee: \$50/solo, \$120/team
 Contact: Bob Baker 455-6689
 Bruce Miller 459-2012
www.runningclubnorth.org
 Sponsored by: Running Club North
 ½ Ironman, wet suit a must, NO LATE ENTRIES
 Could be the last one!
- July 9** **Ward Lake Fun Run – Ketchikan**
Sat Meet 10 am – Ward Lake Parking Lot
***** 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 617-2994
maxwell@gci.net
 Sponsored by: Ketchikan Running Club
- July 9** **Jingle in July – North Pole**
Sat Meet 8:30 am – Santa Claus House
 5K, Race time 10 am, Entry fee: \$10-\$30
 Contact: Laura Goss 866-997-2784
lgoss@arthritis.org
www.NorthPoleJingleBellRun.kintera.org
 Sponsored by: Arthritis Foundation
 On-line registration, fee varies depending on age & day
 of registration. Strollers & dogs welcome. Costumes optional.
 Jingle for a reason to benefit the Arthritis Foundation
- July 9** **Run for the Refuge - Wasilla**
Sat Race time 9 am – Hayfield Road, Mile 1.3
***** 5 & 10K and Kids Dash – small hill, dirt trail
 along road, Entry fee: TBA
 Contact: 357-8711
alaskans@palmerhayflats.org

- July 9 Sat** * **Hatcher Pass Marathon & Marathon Relay – Willow**
Meet 7 am – Shirleytown Road
26.2 miles, 3 relay legs – gravel road over Hatcher Pass to Independence Mine, Race time 9 am, Entry fee: TBA
Contact: Andrea Hambach
andrehambach722@yahoo.com
Yvonne Leutwyler
yvonneleutwyler@hyahoo.com
Sponsored by: Willow Running Club
www.facebook.com/pages/willow-race-series/184655271570
(public link), visit websites for race updates
Carpool recommended, limited parking at start/finish.
Check website
- July 10 Sun** * **Boondocks Breakaway – Anchorage**
Race time 11 am – Kincaid Outdoor Center
2 & 5K – scenic trails, out & back
Entry fee: ARC Membership
Contact: www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
- July 10 Sun** **12th Ester Dome Ass Kicker – Fairbanks**
Race time 10 am – Ester Gold Camp
6.75 miles – very steep trail run
Contact: Robbin Garber-Slaught 457-3454
Sponsored by: Running Club North
Toughest short distance race in the Interior
Trail Series Event #4
- July 13 Wed** * **Darren & Keri's Adventure Orienteering – Anchorage**
Mass start 6:30 pm – Russian Jack Springs Park
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Darren Hull 529-8985
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Adventure-O format. Multisport orienteering event.
Take DeBarr Rd, turn South on Selkregg Lane,
follow controls to start
- July 14 Thu** * **Alaska Men's Run Registration & Bib PU– Anchorage**
4 – 7 pm – University Center Mall (run held July 16)
Entry fee: \$35/\$45 race day, includes t-shirt & prizes
Contact: Dave Fisher 622-9243
dfishr@gci.net
Theresa Day 223-1374
akmencancer@gmail.com
Sponsored by: Alaska Run for Men Board of Directors
Register on-line @ www.alaskamensrun.com thru July 12
Race day registration from 8:30–9:30 am
- July 14 Thu** * **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 14 Thu** **Steve's Equinox Training #1 – Fairbanks**
Meet 6 pm – UAF Patty Center
8+ miles – Loop thru Equinox start to mile 5
Contact: Dee Daniels 347-7277
Karen Nanseth 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North

July 16 **Alaska Men's Walk/Run – Anchorage**
Sat Meet 8:30 am – Anchorage Football Stadium
* 2 (walk) & 5 (run) miles – Chester Creek paved trails
Race time 10 am, Entry fee: \$35/\$45 race day, prizes/t-shirts
Contact: Dave Fisher 622-9243
dfishr@gci.net
Theresa Day 223-1374
akmencancer@gmail.com
Sponsored by: Alaska Men's Run Board of Directors
Register on-line @ www.alaskamensrun.com thru July 12
Race day registration from 8:30–9:30 am
Proceeds benefit prostate & testicular cancer research
Grants awarded to organizations supporting
advocacy, education and early detection

July 16 **XTERRA Hammerman Duathlon – Anchorage**
Sat 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@gci.net
Jason Lamoreaux 929-4835
www.hammermantriathlon.com
Sponsored by: Chain Reaction Cycles &
Kaladi Brothers Coffee
Use of road, hybrid or cyclo-cross bikes not
allowed, mountain bike event only
Think water is for ducks? Come do the Du!

July 16 **XTERRA Hammerman Triathlon – Anchorage**
Sat Meet 8 am – Little Campbell Lake/Kincaid Park
.5M lake swim, 13M off road mtn bike,
4 mile trail run, Race time 10 am, Entry fee: \$50
Contact: Andy Duenow 344-2740
ajdino@gci.net
Jason Lamoreaux 929-4835
www.hammermantriathlon.com
Sponsored by: Chain Reaction Cycles &
Kaladi Brothers Coffee
Use of road, hybrid or cyclo-cross bikes not
allowed, mountain bike event only

July 16 **Run of the Valkyries - Fairbanks**
Sat Race time 10 am – Pioneer Park
* 8K – flat, Entry fee: \$20, includes t-shirt
Contact: Thomas Gross 455-7335/322-7093
www.runningclubnorth.org
Sponsored by: Fairbanks Opera
Flint Hills Cup Series Event #4

July 16 **Rotary Unity Run – Soldotna**
Sat Meet 7:45 am – Soldotna High School
* 5K & 10 miles – Unity bike trail, Race time 9 am
Entry fee: \$30/\$10 12 & under/\$50 family
Race day \$35/\$15 12 & under/\$55 family
Contact: Dale Bagley 398-1865
dale@redoubtrealty.com
www.soldotnarotary.org
Sponsored by: Kenai Peninsula Rotary Clubs
Awards to top three finishers. Register on-line @
www.active.com/event_detail.cfm?event_id=1926093
Bus transportation to start lines - 8:15 am 10 miler,
8:45 am 5K, t-shirts, socks & post race BBQ

July 17 **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 July 10

\$45 solo/\$90 relays by July 13
Contact: Ramona Reeves 378-5835
reeves.ramona@gmail.com
www.northernaarea.org
Sponsored by: Northern Area Aquatics
No entries after July 13, t-shirts available

July 18 – Gold Discovery Run Bib Pick-up – Fairbanks
July 23 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 20 Kathy & Joyce's Bike Orienteering – Anchorage
Wed Starts from 5 - 7 pm – Kincaid Park Stadium
* Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Joyce Goodell 360-5016
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Bike-O, course available for runners. Take Raspberry Rd west to stadium parking lot
Beginner thru advances courses available

July 20 Bun on the Run – Fairbanks
Wed Race time 6 pm – Check website
5K – flat trail, Entry fee: \$20/\$25 race day
Contact: Kevin Brinegar 378-8897
Chad Carroll 458-7173
www.runningclubnorth.org
Sponsored by: Running Club North
Race limited to 100 runners

July 20 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
Andy Holland 479-4444
www.runningclubnorth.org
Sponsored by: RCN & Literacy Council of Alaska
Leads the Golden Days Parade
Proceeds benefit the Literacy Council of Alaska

July 21 Masters' 5 & 10K – Anchorage
Thu 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 Steve's Equinox Training #2 – Fairbanks
Thu Meet 6 pm – Ann's Greenhouse pull-out
8 miles – Equinox Trail Mile 8.5 – 4.5 – 8.5
Contact: Dee Daniels 347-7277
Karen Nanseth 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North

July 22 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 22 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
 Monte Jordan 451-8696
www.runningclubnorth.org
 Sponsored by: Running Club North
- July 22 Everything But The Red Run – Soldotna**
Fri 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 23 Dog Jog – Anchorage**
Sat 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, Dog Tired
 Day Care, VCA Animal Hospitals & AK Petography
 Fun run for people & dogs, leashes required
 Proceeds benefit Friends of Pets
- July 23 All Comers T&F State Championships – Anchorage**
Sat 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 23 Alyeska Golden Mile – Fairbanks**
Sat Race time 10 am – Aurora Energy Power Plant
 * \$15/\$10 youth/\$25 family, runner gets a book
 Contact: Jim Brader 452-4986
 Andy Holland 479-4444
www.runningclubnorth.org
 Sponsored by: RCN & Literacy Council of Alaska
 Leads the Golden Days Parade
 Proceeds benefit the Literacy Council of Alaska
- July 23 Crow Pass Crossing – Girdwood**
Sat Meet 6 am – Crow Pass Trailhead
 24 miles – Cross Pass, Girdwood to Eagle
 River Visitor's Center, Race time 7 am
 Entry fee: \$60 – Limited to 130 entrants
 Mandatory bib pick-up & meeting July 22
 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 May 6
 @ www.goseawolves.com
- July 23 Smart Energy Works, Tri the Trails – Palmer**

- Sat** Meet 7:30-8:30 am – Matanuska Lake State Park
 * 800M swim, 20K bike, 5K run – cold lake swim, dirt/gravel/grass trails, some hills, scenic
 Entry fee: \$60 – 100 person limit
 Contact: Joseph Hawkins 745-4357
joe@smartenergyalaska.com
 Lucas Strickland 746-0060
www.smartenergyalaska.com
 Sponsored by: Smart Energy Alaska, BIONIC Chiropractic, Body In Balance & Alpine Chiropractic
 Volunteer 1 hour on the Alaska State trail system - receive a \$10 discount per entrant off entry fee.
 This Tri is designed for the intermediate triathlete. Not too hard for a beginner, but will also challenge the advanced. Wet suits strongly recommended. USA triathlon sanctioned. Check website for updates.
- July 24** **Run for Good 5K...Do Good, Run Hard, Be**
Sun **Green - Anchorage**
 * Meet 6:30 am – 4th Avenue & F Street
 5K – challenging, downtown streets
 Race time 9 am, packet pick up 6:30-8 am
 Entry fee: \$30/\$35 after June 15
 Contact: info@rfg5k.org
www.rfg5k.com
 Bib pick-up Fri June 21 at Skinny Raven Sports 5-7 pm, prize purse & outstanding swag!
 Elite thru walkers, strollers welcome
 A USATF certified course
- July 24** **46th Gold Discovery Run – Fairbanks**
Sun Race time 8 - 9 am – Fox Roadhouse
 16.5 miles, Entry fee: \$30
 Contact: Gary Pohl 452-2128
 Mike Kramer 347-1240
www.runningclubnorth.org
 Sponsored by: Running Club North
 Unique prizes to 1st 200 entrants, bus to start
 Flint Hills Cup Series Event #5
- July 27** **Mike's Orienteering – Anchorage**
Wed Mass Start 6:30 pm – Goose Lake
 * 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. NL Blvd to UAA Drive, turn South, then East into Goose Lake Park
 Beginner thru advanced courses available
- July 28** **Steve's Equinox Training #3 – Fairbanks**
Thu Meet 6 pm – Ann's Greenhouse Pull-out
 8 miles – Equinox trail Mile 8.5 – 12.5 – 8.5
 Contact: Dee Daniels 347-7277
 Karen Nanseth 378-8504
www.runningclubnorth.org
 Sponsored by: Running Club North
- July 28** **Great Alaskan Marathon Cruise – Ketchikan**
Thu Race time ~ 8 am – Ward Lake
 * ~ 6 miles – course varies, Entry fee: free for locals
 Contact: Leigh Woodward
leighanastasia@gmail.com
 This is the Ketchikan leg of a cruise ship run. Passengers are running a marathon while docking in various SE Alaska cities. Approximately 100 runners from Holland America cruise, The Westerdam, will be bused to Ward Lake for a 'real Alaskan run'. Locals are encouraged to participate.

- July 29 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 29 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
www.respassultras.org
 Aid stations Mile 12, 50, 88 & 95
- July 30 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
rsvpvolunteer@voaak.org
 Lindsey Holland 354-4900
valleyakrsvp@yahoo.com
www.voaak.org
 Proceeds benefit Volunteers of America Alaska
- July 30 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
miles@alaska.net
www.faihak.com
 Sponsored by: Faith Christian Community
 Increase awareness of the situation in Burma
 Proceeds benefit the relief efforts in Burma
- July 30 Sat** **18th 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 BBQ at finish
 Trail Series Event #5
- July 30 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
www.respassultras.org
 Aid station Mile 38 & 45
- July 30 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 Carpenter 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 30 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 Carpenter 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 30 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 Carpenter 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 30 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 Carpenter 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 30 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 Carpenter 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 30 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
seejuneaurun@gmail.com
www.southeastroadrunners.org/marathon.htm
Sponsored by: Southeast Road Runners
Aid stations every 2.25 miles
Finisher medals, t-shirts, custom awards for winners (both events), BBQ afterwards. Boston certified marathon course!
An Empire Cup Series Event
- July 30 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

July 31 **Run for the Refuge – Fairbanks**
Sun 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

July 31 **Alaska Bearfest Marathon - Wrangell**
Sun Meet time 7 am – Nolan Center
* 26.1 miles – paved & dirt roads, out & back, some hills, beautiful scenery, Race time 8 am, Entry fee: \$5
Contact: Sylvia Etefagh 206-849-4127
Carol Rushmore 874-2381
fun@alaskabearfest.org
www.alaskabearfest.org
Sponsored by: Alaska Bearfest
Pasta feed with campfire Saturday night

Aug **Peak Performers Track Club – Anchorage**
Tue 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 **Exceed Women's Running Team – Anchorage**
Tue Meet 6 pm – Various locations
Coached workouts, track with some trail runs
Membership: \$100/season
Contact: Katie Povolo 830-8196
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 **Women's Training – Fairbanks**
Tue Meet 6 pm – West Valley HS Track
Track & Intervals – all levels welcome, Free
Contact: Bruce Miller 479-5585
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Tuesday thru summer

Aug **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

Aug **Valley Women's Running Team – Palmer**
Tue & Thu Meet 5:45 pm – Palmer High Track
Tue track work out, Thu 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 3
Wed
*** **Traditional Orienteering – Ft. Richardson**
Starts from 5 - 7 pm – Fossil Creek
Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Ellyn Brown 346-2006
 www.oalaska.org
Sponsored by Arctic Orienteering Club
Traditional points meet. Glenn Hwy to Ft.
Rich., turn R at light, R at T intersection.
Follow controls to start. Beginner thru advanced
courses available. Bring driver's license, car
registration & proof of insurance to get on base
Check website for security requirements.

**Aug 3
Wed** **Santa Claus ½ Marathon Bib P/U – North Pole**
5 - 7 pm – Pioneer Park Pavilion
Entry fee: \$20, t-shirt
Contact: Joe Trubacz 488-9888
Sponsored by: Flint Hills Resources
Proceeds benefit non-profit organizations

**Aug 4
Thu** **Steve's Equinox Training #4 – Fairbanks**
Meet 6 pm – Top of Ester Dome
5 miles – Equinox “out & back”
Contact: Dee Daniels 347-7277
 Karen Nanseth 378-8504
 www.runningclubnorth.org
Sponsored by: Running Club North

**Aug 4
Thu** **16th 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 6
Sat
*** **Alaska 5K Classic – Anchorage**
Meet 9:30 am – Elderberry Park
Race time 10 am, Entry fee: \$30
Contact: www.10kclassic.com
Sponsored by: Peak Performers Track Club
Register on-line @ www.active.com
Proceeds benefit Special Olympics Alaska

**Aug 6
Sat
*** **Alaska 10K Classic – Anchorage**
Meet 9:30 am – APU, Moseley Sports Center
Race time 10 am, Entry fee: \$30
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

- Aug 6 Sat *** **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
connie@akwildlife.org
Sponsored by: Alaska Wildlife Alliance
T-shirts available for \$20, refreshments, timed event
- Aug 6 Sat** **Bushwhack This! – Cooper Landing**
Location – TBA
Disciplines include pack rafting or canoeing, orienteering, trekking, mountain biking, and mystery events
Contact: Darren Hull 529-8985
www.alaskaadventureracing.com
www.usaranationals.com
Top 3 teams qualify for Adventure Racing National Championships in Kentucky Oct 6-8. Coed 3 person teams for premier division. Male, female & 2 person team divisions also available. Winners get \$400 towards their entry fee at the USARA national championships.
- Aug 6 Sat *** **Blueberry Fun Run & Walk – Ketchikan**
Meet 8 am – Police Department
1 mile kids race, 5 & 10K – out & back,
Race time 9 am, 8:30 am 1 mile, Entry fee: \$10/\$7
KRC members, \$40 family
\$5 children/students thru age 18
Contact: Lori & Dan Ortiz
ortizd@kpunet.net
Leigh Woodward
leighanastasia@gmail.com
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 6 Sat** **18th 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 #6
- Aug 7 Sun** **AK State Championship Duathlon – Knik**
Meet 8 am – Knik Lake & Knik Bar
5K run, 40K road bike, 10K trail/paved run
Race time 10 am, Entry fee: \$50
Contact: Andy Duenow 344-2740
ajdino@gci.net
Jason Lamoreaux
www.akstatetriathlon.com
Sponsored by: Northern Trust Real Estate, Chain Reaction Cycles & Kaladi Brothers
Olympic distance road based Duathlon
- Aug 7 Sun** **AK State Championship Triathlon – Knik**
Meet 8 am – Knik Lake & Knik Bar
1.5K lake swim, 40K road bike, 10K trail/paved run
Race time 10 am, Entry fee: \$50
Contact: Andy Duenow 344-2740
ajdino@gci.net
Jason Lamoreaux
www.akstatetriathlon.com

Sponsored by: Northern Trust Real Estate, Chain
Reaction Cycles & Kaladi Brothers
Olympic distance road triathlon, open to everyone

**Aug 7
Sun**
*

Running With the Bulls – Palmer
Meet 9:30 am – Musk Ox Farm/Mile 50.1
1, 5 & 10K – trail run through pastures,
rolling hills, Race time 11 am
Entry fee: \$20 early, \$25/\$10 kids
Contact: Mark Austin 745-4151
mark@muskoxfarm.org
www.muskoxfarm.org

Sponsored by: Friends of the Musk Ox
Proceeds benefit the Palmer Musk Ox Farm

**Aug 7
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 9
Tue**
*

Fossil 5K (Don't Be Petrified, It's Just 5K!) – Anchorage
Meet 6 pm – Kincaid Timing Shack
Entry fee: \$25/\$20 per person team (5 or more)
Contact: Katch Bacheller 274-2400
www.alaskamuseum.org

Bib pickup Aug 7 & Aug 9, 10am – 5pm the Alaska
Museum of Natural History, 201North Bragaw
Benefit for the Alaska Museum of Natural History
in Mt View

**Aug 9
Tue**
*

Tyrannosaurus 10K – Anchorage
Meet 6 pm – Kincaid Timing Shack
Entry fee: \$30/\$25 per person team (5 or more)
Contact: Katch Bacheller 274-2400
www.alaskamuseum.org

Bib pickup Aug 7 & Aug 9, 10am – 5pm the Alaska
Museum of Natural History, 201North Bragaw
Benefit for the Alaska Museum of Natural History
in Mt View

**Aug 9
Tue**
*

High School Score-O – Anchorage
Starts from 9 am - 6 pm – Kincaid Park 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 11
Thu**

Steve's Equinox Training #5 – Fairbanks
Meet 6 pm – Top of Ester Dome
9 miles – Equinox Trail Mile 17 – 21.5 – 17
Contact: Dee Daniels 457-7277
Karen Nanseth 378-8504
www.runningclubnorth.org

Sponsored by: Running Club North

**Aug 13
Sat**
*

Run for Relief 5K– Fairbanks
Race time 10 am – Pioneer Park
Entry fee: \$15/\$20 race day
Contact: Kathy Petersen 388-6830
Keith Petersen 388-6628

Sponsored by: Partners Relief Aid & Development
T-shirts & awards after race

- Aug 13 Sat** **AK Int'l Sr Games Track/Field Events – Fairbanks**
 Meet – Lathrop HS Track, various times/distances
 Contact: Jim Loftus 479-8161
 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 13 Sat** **Alyeska Classic Mountain Run – Girdwood**
 Meet 10 am – Alyeska Tram
 Race time – 12 Noon, Entry fee: \$30
 2K – uphill only, 2000' climb, courtesy tram ride down
 There will not be an up & down race
 Contact: Brian Burnett 754-2536
bburnett@alyskaresort.com
 Alyeska Ticket Office 754-2275
 Sponsored by: Alyeska Resort
 Register on-line @ www.alyskaresort.com
 Final race of AK Mountain Runner Grand Prix
- Aug 13 Sat** **4th Mount Healy Challenge - Healy**
 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 683-7755
 Sponsored by: Denali Outdoor Festival
 Limited parking, bring wind gear
- Aug 13 Sat** **Kenai Peninsula Run for Women – Kenai**
 Meet 9 am – Kenai City Park
 * 5 & 10K – multi-looped certified course thru downtown streets, Race time 10 am
 Entry fee: \$20/\$25 race day
 Contact: Kathryn Tomrdle 283-9479
leeshoreaa@alaska.net
 Jennette Browning 283-9479
www.leeshore.org
 Sponsored by: The LeeShore Center
 Course is wheelchair accessible & certified
- Aug 14 Sun** **Rogaine/Mountain Orienteering – Anchorage**
 * Starts from 10 am – Location TBD
 Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Eeva Latosuo 301-3281
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Navigate in the mountains. Check website for details.
 Beginning (short) thru advanced (long) courses available
- Aug 14 Sun** **Breast Cancer Run - Homer**
 * Meet 11 am – Bishop's Beach Pavilion
 1 & 5 miles – road & path, Race time 11am
 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!
- Aug 17 Wed** **Kimball's Orienteering – Anchorage**
 * Starts from 5 – 7 pm – Mirror Lake Middle School
 Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Kimball Forest 360-0519
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Traditional points meet. Glenn Hwy North to Peters

Creek Exit. Follow Lake Creek Dr & controls to start
Pre-registration required, beginner thru advanced
courses available

- Aug 17 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 18 Thu** **Steve's Equinox Training #6 – Fairbanks**
Meet 6 pm – Top of Ester Dome, 9+ miles
Equinox Trail Mile 17 to St Pats & up Ester Dome
Contact: Dee Daniels 347-7277
Karen Nanseth 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North
- Aug 19 Fri** **Anchorage Running Club's "Big Wild Life Runs" Bib/Package PU & Registration - Anchorage**
4 – 7 pm – Providence Sports Medicine & Rehab Clinic
3800 Lake Otis
Contact: www.bigwildliferuns.org
- Aug 20 Sat** **Anchorage Running Club's "Big Wild Life Runs" Bib/Package PU, Last Change Registration - Anchorage**
10 am – 7 pm – AK Center of Performing Arts, 6th Avenue
Contact: www.bigwildliferuns.org
- Aug 20 Sat** **Wickersham Dome Trail Run - Fairbanks**
Race time 11 am – Trailhead Mile 28 Elliott Hwy
7.75 miles – hills, out & back, Entry fee: \$5
Contact: Drew Harrington 451-6604
drew.harrington@live.com
Trail Series Event #6
- Aug 21 Sun** **Anchorage Running Club's "Big Wild Life Runs" Moose's Tooth Marathon, Bear Tooth 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
www.bigwildliferuns.org
Sponsored by: Moose's Tooth, Bear Tooth & ARC
Register on-line before April 30 and get a discount
USATF certified course, Champion Chip Timing
No Race Day Registration or Bib Pick-up
- Aug 21 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 before April 30 and get a discount
USATF certified course, Champion Chip Timing
No Race Day Registration or Bib Pick-up
- Aug 21 Sun** **Anchorage Running Club's "Big Wild Life Runs" Snow City Café 5K - Anchorage**
*
Meet 8:30 am – 610 W 6th Avenue
2 loop flat course on downtown streets
Race time 9:15 am runners/walkers

Entry fee: Check website
Contact: bwlr@anchoragerunningclub.org
Sponsored by: Snow City Café & ARC
Register on-line before April 30 and get a discount
USATF certified course, Champion Chip Timing
No Race Day Registration or Bib Pick-up

Aug 21 **Anchorage Running Club's "Big Wild Life Runs"**
Sun **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 8:10 am
Entry fee: Check website
Contact: bwlr@anchoragerunningclub.org
Sponsored by: The Children's Hospital at Providence & ARC
Register on-line before April 30 and get a discount
Medals & hats for all
Part of the Healthy Futures Series
www.healthyfuturesak.org
No Race Day Registration or Bib Pick-up

Aug 21 **Run Lu Lu Run – Fairbanks**
Sun Race time 10 am – Lu Lu's Bread & Bagels
* 5K – flat, 10K - hilly, Entry fee: \$15 before August 16
Contact: Julie Schwab 374-3804
Sponsored by: Lu Lu's Bread & Bagels
T-shirt, water bottles & bagels

Aug 24 **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: Karl Swanson 333-7547
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 25 **Steve's Equinox Training #7 – Fairbanks**
Thu Meet 5:30 pm – UAF Patty Center
9.5 miles, Equinox Trail Mile 17 – 26.2 finish
Contact: Dee Daniels 347-7277
Karen Nanseth 378-8504
www.runningclubnorth.org
Sponsored by: Running Club North
Shuttle from Patty Center to Ester Dome

Aug 27 **Golden Heart Trail Run - Fairbanks**
Sat Meet 9:30 am – Birch Hill Recreation Area
* 1K 7 & under, 2.5K 8-14 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 374-1061
Pete Leonard 518-637-2061
www.nscfairbanks.org
Sponsored by: Seekins Ford
T-shirts to first 200 entrants
Trail Series Event #7
A Flint Hills Cup Series Event

Aug 27 **Lost Lake Breath of Life Run – Seward**
Sat Meet 6 am – Bear Creek Fire Station, Mile 6
Transportation provided to start,
Race time 8 am walkers, 10 am runners
16 miles – mountain trail, peak elevation 2,100'
Entry fee: \$100/\$200 June 26 thru July 30
\$300 thru August 24
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 28
Sun**

Fun Guy Fun Gal Fun Run - Girdwood

*

Meet 8 am – Base of Alyeska Tramway
5K & 1 mile – Forested trail, very hilly, lots of roots, mud & slick boardwalks, Entry fee: \$15/\$5 walkers, Free Kids Spore Sprint – 1 mile
Race time 10 am 5K, 10:45 am 1 miler
Contact: Brian Burnett 754-2536
bburnett@alyseskaresort.com
Alyeska Ticket Office 754-2275
Betty Charnon 754-2326
bcharnon@fs.fed.us
www.fungusfair.com

Sponsored by: Girdwood Fungus Fair
Timed running, race limited to first 50 entrants, unlimited, untimed walker division
Register on-line @ www.alyseskaresort.com

**Aug 28
Sun**

Equinox Training Run – Fairbanks

Meet 9 am – Ann’s Greenhouse pull-out
11 & 16 miles – Ester Dome
Contact: Dee Daniels 347-7277
Karen Nanseth 378-8503
www.runningclubnorth.org

Sponsored by: Running Club North

**Aug 31
Wed**

Dwight’s Orienteering – Anchorage

*

Mass Start 6:30 pm – UAA Wendy Williamson parking lot
Entry fee: \$5 members / \$6 non / \$1 under 18
Contact: Dwight Iverson 952-7675
www.oalaska.org

Sponsored by: Arctic Orienteering Club
Relay-O format. From Providence Dr to Wendy Williamson Auditorium parking lot, follow controls north thru UAA Campus to start
Beginner thru advanced courses available

**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
Thu**

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
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 1 Thu *** **Trek the Trails with The Arc Bib PU – Anchorage**
 5:30 – 7 pm – The Arc of Anchorage (2211 Arca Dr)
 5K & 1 mile fun run, Race time TBA
 Contact: Dave Falsey 345-4243
david.falsey@gmail.com
 Sponsored by: The Arc of Anchorage
- Sept 1 Thu** **Musk Ox Run – Fairbanks**
 Race time 6:30 pm – UAF Musk Ox Farm
 11 miles – hilly, out & back, Entry Fee: None
 Contact: Ashlee Homan 457-2362
www.runningclubnorth.org
 Sponsored by: Running Club North
 Trail Series Event #7
- Sept 3 Sat *** **Trek the Trails with The Arc Fun Run – Anchorage**
 Meet 11 am – The Arc of Anchorage (2211 Arca Dr)
 1 mile – out & back on paved trails
 Race time 12 Noon, Entry fee: \$20
 Contact: Dave Falsey 345-4243
david.falsey@gmail.com
 Sponsored by: The Arc of Anchorage
 Serving Alaskans With Disabilities Since 1957
- Sept 3 Sat *** **Trek the Trails with The Arc 5K – Anchorage**
 Meet 9:30 am – The Arc of Anchorage (2211 Arca Dr)
 5K – out & back on paved trails
 Race time 10 am (see below), Entry fee: \$20
 Contact: Dave Falsey 345-4243
david.falsey@gmail.com
 Sponsored by: The Arc of Anchorage
 Register on-line @ www.active.com
 Open class runners (men 22-28) start at 10 am. Others get a head start based on gender and age. International age grading tables used to calculate a handicap for each runner in minutes and seconds. The handicap determines start time. A countdown clock is used and the competitor starts running when the clock reaches his/her handicap time. When the clock reaches zero, the open class runners start and the clock counts up as a normal race. The first runner to cross the finish line is the winner.
- Sept 3 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 3 Sat** **Delta Junction 5K – Delta Junction**
 Race time 2:30 pm – DJ XC Course off Milton Rd
 5K – mostly flat, 4x trails, Entry fee: \$15/\$20 race day
 \$50 all four XC series events
 Contact: Roger Sayre 374-8105
rwsayre@hotmail.com
 Sponsored by: FAST & Fairbanks Youth Track
 XC Series Event #1
- Sept 3 Sat** **Homer High Triathlon – Homer**
 Meet 7 am – Homer High School
 1,000 yd swim, 15 mile bike, 5 mile run
 Race time 8 am, Entry fee: \$50/\$100 team (3)
 Contact: Teresa Olesch
oleschtro@gmail.com
 Individuals or teams welcome

Proceeds benefit Homer High School Swim/Dive Team

- Sept 3 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: \$50, t-shirts & prizes
Contact: Phoebe O’Connell 272-1424
poconnel@diabetes.org
1-888-342-2383 (Alaska toll free)
www.diabetes.org
Sponsored by: American Diabetes Association
Proceeds benefit American Diabetes Association
- Sept 5 Mon** **Labor Day**
- Sept 5 Mon** **Labor Day Run - Fairbanks**
Race time 12:30 pm – SE corner Pioneer Park
* 5K – flat, fast course, Entry fee: \$20/\$25 race day
Contact: Kevin Brinegar 378-8897
Chad Carroll 458-7173
www.lathroprunning.com
Sponsored by: Running Club North
- Sept 5 Mon** **34th 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 6 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 6 Tue** **Equinox Marathon Bib Pick-Up & Spaghetti Feed – Fairbanks**
5 - 8 pm – Pump House Restaurant
Contact: John Estle 347-1061
Susan Kramer 590-5086
www.runningclubnorth.org
Sponsored by: Running Club North
Register on-line @ www.active.com
- Sept 9 & 10 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 867-393-8334
mfreese@sportyukon.com
www.klondikeroadrealay.com
- Sept 10** **Arctic Cross Series Race #1 – Anchorage**

- Sat** Meet 10 am – Location TBA
Laps - circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
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 10 Sat** **Pedal, Paddle & Skedaddle Triathlon – Anchorage**
Meet 8:15 am – Westchester Lagoon
10 mile bike, 4 mile walk/run, 500 yard swim – Coastal Trail (bike), West High & pool (walk/run & swim)
Race time 8:30 am, Entry fee: \$25
Contact: Brandy Pennington 227-6682
mytrainerbrandy@gmail.com
www.mytrainerbrandy.com
Sponsored by: Brandy Pennington
Surprisingly refreshing, you will feel great after this one!
- Sept 10 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
Matt Dunlap 474-5534
Sponsored by: AK Nanooks XC Running Program
Post race refreshments & a UAF keepsake
- Sept 10 Sat** **Alyeska Climbathon – Girdwood**
Meet 8 am – Base of Alyeska Tramway
2.2+ - North Face Hiking Trail
Race time – 9 am – 6 pm, most laps wins
Entry fee: \$30g
Contact: Brian Burnett 754-2536
bburnett@alyskaresort.com
Alyeska Ticket Office 754-2275
Sponsored by: Alyeska Resort
Register on-line @ www.alyskaresort.com
- Sept 10 Sat** **6th Titan Trail Run - Wasilla**
Meet 8 am – Teeland Middle School
* 100 yds 4 years & under, 1.2 miles K-6th grade
2.4 & 5 miles – rugged/rooted single track trail run
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 11 Sun** **Golden Leaf 8K - Fairbanks**
Race time 11 am – UAF Timing Hut, West Ridge
* Rolling hills, roots & trails, Entry fee: \$15/\$20 race day
\$50 all four XC series events
Contact: Roger Sayre 374-8105
rwsayre@hotmail.com
Sponsored by: FAST & Fairbanks Youth Track
XC Series Event #2
- Sept 13 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 16 Fri Equinox Marathon Bib Pick-Up & Spaghetti Feed – Fairbanks

5 - 8 pm – Pump House Restaurant
Contact: John Estle 347-1061
Susan Kramer 590-5086
www.runningclubnorth.org
Sponsored by: Running Club North
Register on-line at www.active.com

Sept 17 Sat Light the Night Walk – Anchorage

* Meet 5:30 pm – Delaney Park Strip
2.5 miles – paved, Entry fee: None
Walk time 7 pm, all ages & levels
Contact: Jennifer Bauermeister 888-345-4572
Jennifer.bauermeister@lls.org
LLS 677-7980
www.lightthenight.org/ak
Sponsored by: The Leukemia & Lymphoma Society
Fundraiser for The Leukemia & Lymphoma Society

Sept 17 Sat Harvey P Sullivan Heart Walk - Anchorage

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

Sept 17 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
Part of the Healthy Futures Series

Sept 17 Sat Arctic Cross Series Race #2 – Anchorage

Meet 10 am – Location TBA
Laps - circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
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 17 Sat 49th Equinox Marathon, 20th Marathon Relay & 3rd Annual Equinox Ultramarathon – Fairbanks

Race time 8 am – UAF Patty Center
26.2 miles & 50K – hilly, 3-person relays
Contact: John Estle 347-1061
Susan Kramer 590-5086
www.runningclubnorth.org
Sponsored by: Running Club North
Register on-line at www.active.com
One of America's toughest marathons

A Flint Hills Cup Series Event

- Sept 17 Sat** * **9th 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, Entry fee: \$12
Contact: Tracey Martinson 474-8358
Monte Jordan 451-8696
www.runningclubnorth.org
Sponsored by: Running Club North
- Sept 17 Sat** * **Amblin' for Alzheimer's Run/Walk - Homer**
Meet 9 am – Lighthouse Village
10K timed run/2 mile walk, Race time 10 am
Entry fee: \$20 donation
Contact: Fran Kelly 561-3313
fkelly@alzalaska.org
Angela Anderson 561-3313
aanderson@alzalaska.org
Sponsored by: Alzheimer's Resource of Alaska
Register on-line @ www.alzalaska.org
Fundraiser for Alzheimer's Resource of Alaska
- Sept 17 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 17 Sat** * **Parks & Recreation 5K – Ketchikan**
Meet 9:30 am – Recreation Center (Schoenbar Rd)
5K – begins & ends at Recreation Center
Race time 10 am, Entry fee: \$15/\$25 family
Contact: Susan Wall 225-6657
Sponsored by Ketchikan Parks & Recreation
Awards to 1st youth, female & male finishers
T-shirts for all, food provided in center after race
- Sept 18 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: \$15 members/\$20 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 18 Sun** * **20th 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 18 Sun** * **20th 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

lmhaggbloom@besafeandfree.org
www.besafeandfree.org

Sponsored by: SAFE & Nushagak Cooperative
Potluck provided afterwards

Sept 18 **20th Annual Tony's Run 10K – Dillingham**
Sun Meet 1:30 pm – Mile 20 Kanakanak Road
* 10K – paved, hilly, weather can be windy
Race time 2 pm, Entry fee: \$35
Contact: Lisa Haggblom 842-2320
 lmhaggbloom@besafeandfree.org
 www.besafeandfree.org
Sponsored by: SAFE & Nushagak Cooperative
Potluck provided afterwards

Sept 18 **20th Annual Tony's Run 5K – Dillingham**
Sun Meet 2:30 pm – Mile 23, Kanakanak Road
* 5K – paved, hilly, weather can be windy
Race time 3 pm, Entry fee: \$35
Contact: Lisa Haggblom 842-2320
 lmhaggbloom@besafeandfree.org
 www.besafeandfree.org
Sponsored by: SAFE & Nushagak Cooperative
Potluck provided afterwards

Sept 18 **Tram to Tram Run – Girdwood**
Sun Meet 2 pm – Base of Alyeska Tramway
 5 miles – Winner Creek Trail
Race time 3 pm, Entry fee: \$30
Contact: Brian Burnett 754-2536
 bburnett@alyeskaresort.com
 Alyeska Ticket Office 754-2275
Sponsored by: Alyeska Resort
Fund raiser for trail improvements, BBQ top of mountain

Sept 20 **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 21 **Arctic Cross Series Race #3 – Anchorage**
Wed Meet 5:30 pm – Location TBA
 Laps – circuit, Race time 6:30 pm
Entry fee: \$15
Contact: Bruce Ross 230-7635
 akprint@alaska.net
 John Lackey 406-581-0588
 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 24 **Octoberfest – Anchorage**
Sat Meet 7:30 am – Snowgoose Restaurant
* 5 & 10K – out & back course on Coastal Trail
 ¼ mile children's fun run, free but 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 24 Sat Arctic Cross Series Race #4 – Anchorage**
 Meet 10 am – Location TBA
 Laps - circuit, Race time 11 am & Noon
 Entry fee: \$15
 Contact: Bruce Ross 230-7635
akprint@alaska.net
 John Lackey 406-581-0588
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 25 Sun Kenai River Marathon – Kenai**
 Meet 8 am – Kenai Visitors/Cultural Center
 * 26.2 miles – flat, fast, paved, scenic
 Race time 9 am, Entry fee: \$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 27 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 28 Wed Birch Hill 10K - Fairbanks**
 Race time 5:30 pm – Birch Hill Recreation Area
 * Challenging & interesting, Entry fee: \$15/\$20 race day
 \$50 all four XC series events
 Contact: Roger Sayre 374-8105
rwsayre@hotmail.com
 Sponsored by: FAST & Fairbanks Youth Track
 XC Series Event #3
- Sept 29 Thu 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
 Part of the Healthy Futures Series
- Sept 30 Fri 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
 Part of the Healthy Futures Series
- 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 Wed **ARC Wed Night Run at The Dome – Anchorage**
Meet 6 pm – The Dome, Raspberry Rd
Run the track, Entry fee: ARC membership
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends the first & third
Wednesday throughout winter

Oct Wed **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Ed Debevec 978-8961
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Wednesday thru March

Oct 1 Sat **Arctic Cross Series Race #5 – Anchorage**
Meet 10 am – Location TBA
Laps - circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
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 winter cross training sport

Oct 1 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 1 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 Spurkland
megancorazza@hotmail.com
Day of registration day begins 8:30 am

Oct 2 Sun **Trond's Fall Orienteering – Anchorage**
Starts from 10 am - Noon – Bicentennial Park, Mile 2.2
*
Entry fee: \$5 member / \$6 non / \$1 under 18
Contact: Trond Jensen 344-2634
www.oalaska.org
Sponsored by: Arctic Orienteering Club
Traditional points meet. Tudor Rd to Campbell
Airstrip Rd, turn south and go to Mile 2.2 parking lot
Beginner thru advanced courses available

Oct 4 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 **Klondike Advertising/Fast Times 5K – Anchorage**
Wed 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 5 **Art's Night-Orienteering – Anchorage**
Wed Mass Start 7:30 pm – APU, Mosley Sports Center
* 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. In the dark excitement. From Providence
Dr, follow controls east thru APU Campus to start
Beginner thru advanced courses available

Oct 8 **Arctic Cross Championship– Anchorage**
Sat Meet 10 am – Location TBA
Laps - circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
www.arcticcross.org
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/winter cross training sport

Oct 8 **The Home Run– Anchorage**
Sat Meet 8 am – UAA Central Parking Garage
* 2, 5 & 10K – loop courses, bike path & trails around
Goose Lake & UAA/APU Campuses
Entry fee: Check website
Race time 9:15 am 2K, 9 am 5K, 8:30 am 10K
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com
Sponsored by: AE Club at UAA
Proceeds benefit Habitat for Humanity

Oct 8 **Making Strides Against Breast Cancer - Anchorage**
Sat Meet time 8 am – Delaney Park Strip
* 3 miles, Stride time 10 am, Entry fee: Free
Contact: Tracey Thomas 382-1232
tracey.thomas@cancer.org
Sarah Robinson 273-2075
www.anchoragestrides.org
Making strides is not a race, it is a celebration of
survivorship, an occasion to express hope and a shared
goal to end a disease that threatens the lives of so many
people we love. Help raise money to fund breast cancer
research, resources and assistance to patients in Alaska

Oct 8 **Run The Rock – Kodiak**
Sat Meet 11:30 am – Bear Valley Club House
* 5K – flat, paved, Race time 12:30 pm
Entry fee: \$15/\$18 late
Contact: Pam Foreman 489-3181
pam@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 8 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: Pam Foreman 489-3181
pam@kmxt.org
Sponsored by: Kodiak Public Broadcasting Corp
Register on-line @ www.kmxt.org/run_the_rock/
Post race BBQ included

Oct 8 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: Pam Foreman 489-3181
pam@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 9 Sun
Arctic Cross Championship– Anchorage
Meet 10 am – Location TBA
Laps - circuit, Race time 11 am & Noon
Entry fee: \$15
Contact: Bruce Ross 230-7635
akprint@alaska.net
John Lackey 406-581-0588
www.arcticcross.org
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/winter cross training sport

Oct 9 Sun
* **Hay Bale & Heath 6K - Fairbanks**
Race time 12 Noon – Dog Musher's Hall
European style circuit, Entry fee: \$15/\$20 race day
\$50 all four XC series events
Contact: Roger Sayre 374-8105
rwsayre@hotmail.com
Sponsored by: FAST & Fairbanks Youth Track
XC Series Event #4

Oct 10 Mon
Columbus Day Observed

Oct 11 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 15 Sat
* **Kids Boogie Man 2K - Anchorage**
Race time 12 Noon – Kincaid Park
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Sponsored by: ARC & Skinny Raven Sports
Register on-line @ www.active.com

Halloween treats at finish line
Part of the Healthy Futures Series

- Oct 15** **Zombie ½ Marathon - Anchorage**
Sat Race time 10 am – Goose Lake
* 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 15** **Zombie Undead Marathon - Anchorage**
Sat Race time 8 am – Kincaid Park
* 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 15** **The Never Die Zombie Ultra 50K - Anchorage**
Sat Race time 8 am – Kincaid Park
* 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 15** **Walk a Mile In Her Shoes & 5K – Douglas**
Sat 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
 Ati Nasiah 586-6623
 atin@awareak.org
 International men’s march to stop gendered violence &
 to honor victims of domestic violence awareness month
 Proceeds benefit AWARE, Inc
- Oct 15** **RCN Awards Social/Potluck – Fairbanks**
Sat Meet 6 pm – FNSB Birch Hill XC Ski Facility
 Contact: Bob Vitale 322-0117
 www.runningclubnorth.org
 Sponsored by: Running Club North
- Oct 18** **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
- Oct 19** **RCN Annual Membership Meeting – Fairbanks**
Wed Meet 6:30 pm – AK Dog Musher’s 4M Farmers Loop
 Contact: Gary Pohl 388-8085
 Bob Vitale 322-0117
 www.runningclubnorth.org
 Meeting to set 2012 running schedule & election

- Oct 22 Sat** **Cache Creek Warm Up – Fairbanks**
 Race time 10 am – Cache Crk Rd at 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 25 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 29 Sat** **Karen & Tom’s Halloween-O – Anchorage**
 * Mass start 6:30 pm – Selkregg Chalet
 Entry fee: \$5 members / \$6 non / \$1 under 18
 Contact: Karen Bronga 333-0610
www.oalaska.org
 Sponsored by: Arctic Orienteering Club
 Back by popular demand. In the dark excitement, Boo!
 Score-O format. Bring headlamp. Take DeBarr Rd,
 turn South on Selkregg Lane, follow controls to start
- Oct 29 Sat** **30th 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 30 Sun** **Halloween Costume Crawl – Homer**
 Race time 9 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 378-8897
 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** **ARC Wed Night Run at The Dome – Anchorage**
 Meet 6 pm – The Dome, Raspberry Rd
 Run the track, Entry fee: ARC membership
 Contact: Anchorage Running Club
www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Run or walk with friends the first & third

Wednesday throughout winter

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

Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Ed Debevec 978-8961
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North

Nov 1 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 6 Sun Daylight Saving Time ends

It's OK to arrive early. You can help set up!

Nov 9 Wed 2012 Runner's Calendar Meeting – Anchorage

Meet 6 pm – Selkregg Chalet (Russian Jack Springs)
Meeting to set the 2012 running schedule, vote on cover
Race information deadline Dec 3, Ads Dec 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 11 Fri Veteran's Day Observed

Nov 19 Sat * Turkey Trot – Fairbanks

Race time 10 am – UAF Patty Center Bus Shelter
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, no watches, prizes

Nov 19 Sat * Go for the Gravy! Corre! - Wasilla

Meet 9 am – Wasilla High School
3K, 5K & Kids Run, Race time 10 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 24 Thu Thanksgiving Day

Nov 24 Thu * 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 26 Sat Turkey Trot – Homer**
Race time 10 am – Two Sisters Bakery
5K, Entry fee: Donation
Contact: Rachel Lord 235-3250
Rachel.e.lord@gmail.com
Sponsored by: Kachemak Runners
Proceeds benefit Homer Community Food Pantry
- Dec Tue Snowshoe Training Run – Fairbanks**
Meet 5:30 pm – Check website
Contact: Chad Carroll 458-7173
Kevin Brinegar 378-8897
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 ARC Wed Night Run at The Dome – Anchorage**
Meet 6 pm – The Dome, Raspberry Rd
Run the track, Entry fee: ARC membership
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends the first & third
Wednesday throughout winter
- Dec Wed Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Ed Debevec 978-8961
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Wednesday thru March
- Dec 3 Sat Jingle Bell Run/Walk – Anchorage**
Meet 9:30 am – Snow Goose
5K, Race time 11 am, Entry fee: \$10-\$30
Contact: Laura Goss 277-2784
lgoss@arthritis.org
www.AnchorageJingleBellRun.kintera.org
Sponsored by: Arthritis Foundation
On-line registration, fee varies depending on age & day
of registration. Holiday costumes optional.
Jingle for a reason to benefit the Arthritis Foundation
- Dec 3 Sat Heart of Darkness Snowshoe Race – Fairbanks**
Race time 12 Noon – End of Eldorado Rd
3 & 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 10 Sat Solstice Snowshoe Shuffle – Fairbanks
Race time 12 Noon – Morris Thompson Cultural Center
1 mile – extra snowshoes available
Contact: Chad Carroll 458-7173
www.lathrorunning.com

Dec 10 Sat Girls on the Run Fall Season 5K – Juneau
Meet 9:30 am – Dimond Park Field House
Race time 11 am, Entry fee: \$15/\$20 race day
Contact: Swarupa Toth 586-6623
swarupatt@awareak.org
Ati Nasiah 586-6623
atin@awareak.org
www.awareak.org
Girls on the Run educates and prepares girls for a lifetime of self-respect and healthy living through an after school program for girls 3rd-8th grade.
10 am face painting/hair coloring & festivities
Proceeds benefit Girls on the Run of SE Alaska, a program of AWARE, Inc

Dec 17 Sat 25th 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: Frank Ganley 452-1369
David Bloom 452-5441
www.runningclubnorth.org
Sponsored by: Running Club North

Dec 25 Sun Christmas Day

Dec 31 Sat New Year's Eve Run – Fairbanks
Race time 11:30 pm – The Diner on Illinois Street
3 miles – run regardless of temperature, Free
Contact: Paul Reynolds 452-1142
George Berry 687-8769
www.runningclubnorth.org
Sponsored by: Running Club North

2012 Races

Jan Tue Snowshoe Training Run – Fairbanks
Meet 5:30 pm – Check website
Contact: Kevin Brinegar 378-8897
Chad Carroll 458-7173
www.lathrorunning.com
Extra snowshoes available, bring headlamp
Beginners welcome. Training held every Tuesday through February

Jan Wed “Run or Walk With Friends” – Anchorage
Meet 6 pm – Westchester Lagoon
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 Wed ARC Wed Night Run at The Dome – Anchorage
Meet 6 pm – The Dome, Raspberry Rd
Run the track, Entry fee: ARC membership
Contact: Anchorage Running Club
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends the first & third Wednesday throughout winter

Jan Wed **Fahrenheit-Be-Darned Winter Training Run – Fairbanks**
Meet 5:30 pm – UAF Patty Center
Distances vary, run regardless of weather
Contact: Ed Debevec 978-8961
 George Berry 687-8769
 www.runningclubnorth.org
Sponsored by: Running Club North
Training held every Wednesday thru March

Jan 1 Sun **New Years Day**

Jan 1 Sun **TriFlake Winter Triathlon – Anchorage**
Race Time 11 am – Service High School
5K run, 10K bike, 10K ski
Contact: Lisa Keller 242-9361
 lisa@gci.net
 Lauri Bassett 301-1804
 lbassett@alaska.com
 www.upandrunning.com
Sponsored by: Up & Running Event Management
Individual & relay divisions

Jan 7 Sat **UAF Campus Hill Run – Fairbanks**
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 7 Sat **Frosty Bottom 50/25 - Anchorage**
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 7 Sat **Moose Mountain Snowshoe Challenge – Fairbanks**
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 14 Sat **32nd Airport Run – Fairbanks**
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 16 Mon **Martin Luther King Jr Day**

Jan 21 Sat **Emily’s 8K Snowshoe Run – Fairbanks**
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 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 **ARC Wed Night Run at The Dome – Anchorage**
Meet 6 pm – The Dome, Raspberry Rd
Run the track, Entry fee: ARC membership
Contact: Anchorage Running Club
 www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Run or walk with friends the first & third
Wednesday throughout winter

Feb 18 Sat **Little Su 50K – Point MacKenzie**
Meet 10 am – Pt. MacKenzie General Store
XC course across lakes & woodlands
Race time 11 am, Entry fee: Check website
 Rita Wade 345-2282
 Susitna100@attalasc.com
 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 18 Sat **Susitna 100 – Point MacKenzie**
Meet 8 am – Pt. MacKenzie General Store
100 miles – XC across rivers & woodlands
Race time 9 am, Entry fee: Check website
Contact: Rita Wade 345-2282
 Susitna100@attalasc.com
 Pam Richter 346-1220
 www.susitna100.com
5 checkpoints with warm water available
15# of survival gear & food required to be
carried over entire course. T-shirt, finisher award
& post-race pizza party