

- 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 TBD** **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
- Sept TBD** **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 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 TBD Fri** **Homer Invitational - Homer**
 Meet TBA – Homer High School
 5K – hilly, trails, Race time TBD
 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**
RACE CANCELLED

- 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**
RACE CANCELLED
- Sept 3
Sat** **Trek the Trails with The Arc 5K – Anchorage**
RACE CANCELLED
- 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.klondikeroadrelay.com
- Sept 10
Sat** **Arctic Cross Series Race #1 – 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 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** **Alaska Nanooks Ester Dome 5K – Fairbanks**
Sat 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** **Alyeska Climbathon – Girdwood**
Sat Meet 8 am – Base of Alyeska Tramway
2.2+ - North Face Hiking Trail
Race time – 9 am – 6 pm, most laps wins
Entry fee: \$30
Contact: Brian Burnett 754-2536
 bburnett@alyeskaresort.com
 Alyeska Ticket Office 754-2275
Sponsored by: Alyeska Resort
Register on-line @ www.alyeskaresort.com
- Sept 10** **6th Titan Trail Run - Wasilla**
Sat 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** **Golden Leaf 8K - Fairbanks**
Sun 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** **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 Futures Series
www.healthyfuturesak.org
- Sept 16** **Equinox Marathon Bib Pick-Up &**
Fri **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**
RACE CANCELLED

- 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
 Sponsored by: Anchorage Skijor Club, www.skijoring.org
 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
lmhaggblom@besafeandfree.org
www.besafeandfree.org
 Sponsored by: SAFE & Nushagak Cooperative
 Potluck provided afterwards
- Sept 18 Sun** * **20th Annual Tony’s Run 10K – Dillingham**
 Meet 1:30 pm – Mile 20 Kakanak Road
 10K – paved, hilly, weather can be windy
 Race time 2 pm, Entry fee: \$35
 Contact: Lisa Haggblom 842-2320
lmhaggblom@besafeandfree.org
www.besafeandfree.org
 Sponsored by: SAFE & Nushagak Cooperative
 Potluck provided afterwards
- Sept 18 Sun** * **20th Annual Tony’s Run 5K – Dillingham**
 Meet 2:30 pm – Mile 23, Kakanak Road
 5K – paved, hilly, weather can be windy
 Race time 3 pm, Entry fee: \$35
 Contact: Lisa Haggblom 842-2320
lmhaggblom@besafeandfree.org
www.besafeandfree.org
 Sponsored by: SAFE & Nushagak Cooperative
 Potluck provided afterwards

- Sept 18 Sun** **Tram to Tram Run – Girdwood**
 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 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 21 Wed** **Arctic Cross Series Race #3 – Anchorage**
 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 Sat** **Octoberfest – Anchorage**
 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
- 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, Entry fee: \$15
 Laps - circuit, Race time 11 am & Noon
 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 Wed** **Klondike Advertising/Fast Times 5K – Anchorage**
* Meet 4:30 pm – Anchorage Christian Schools Parking Lot
Race time 5 pm, Entry fee: \$7/\$10 race day
Contact: jhofacker@acsedu.org
Age group awards
- Oct 5 Wed** **Art's Night-Orienteering – Anchorage**
* 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 Sat** **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 8 Sat** **The Home Run– Anchorage**
* 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 Run The Rock – Kodiak

Sat
*
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 Run The Rock – Kodiak

Sat
*
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 Arctic Cross Championship– Anchorage

Sun
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 Hay Bale & Heath 6K - Fairbanks

Sun
*
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** **Columbus Day Observed**
Mon
- Oct 11** **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, \$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** **Kids Boogie Man 2K - Anchorage**
Sat
* 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 Sat** **RCN Awards Social/Potluck – Fairbanks**
 Meet 6 pm – FNSB Birch Hill XC Ski Facility
 Contact: Bob Vitale 322-0117
www.runningclubnorth.org
 Sponsored by: Running Club North
- Oct 18 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 19 Wed** **RCN Annual Membership Meeting – Fairbanks**
 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** **Turkey Trot – Fairbanks**
Sat 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** **Go for the Gravy! Corre! - Wasilla**
Sat 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** **Thanksgiving Day**
Thu
- Nov 24** **Turkey Trot – Anchorage**
Thu 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** **Turkey Trot – Homer**
Sat 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** **Snowshoe Training Run – Fairbanks**
Tue 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** **“Run or Walk With Friends” – Anchorage**
Wed Meet 6 pm – Westchester Lagoon
 Contact: Anchorage Running Club
 www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club
 Meet Wednesdays throughout year
 Run or walk with friends for 1 hour on Coastal Trail
- Dec** **ARC Wed Night Run at The Dome – Anchorage**
Wed 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.lathroprunning.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 11 Sun** **Colony Christmas Triathlon – Palmer**
 Registration 9 am – Peak Fitness
 5K run, approx 10K bike, 500 meter swim
 at Palmer pool, Race time 11 am
 Contact: Palmer Chamber of Commerce 745-2880
 info@palmerchamber.org
 Ann Riggs 746-3305
 peak@mtaonline.net
 Sponsored by: Peak Fitness Inc, & Palmer Chamber of Commerce
 Pre-register on-line at www.palmerchamber.org

Dec 17 **25th Annual George Bloom Memorial Mid-Day**
Sat **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 **Christmas Day**

Dec 31 **New Year's Eve Run – Fairbanks**
Sat 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 **Snowshoe Training Run – Fairbanks**
Tue 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

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

Jan **ARC Wed Night Run at The Dome – Anchorage**
Wed 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 **Fahrenheit-Be-Darned Winter Training Run –**
Wed **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 **New Years Day**

Jan 1 **TriFlake Winter Triathlon – Anchorage**
Sun 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** **UAF Campus Hill Run – Fairbanks**
Sat Race time 11 am – UAF Patty Center
4 miles, free run at any temperature
Contact: Tracey Martinson 474-8353
 www.runningclubnorth.org
Sponsored by: Running Club North
- Jan 7** **Frosty Bottom 50/25 - Anchorage**
Sat Meet 8 am – Kincaid Outdoor Center
50 & 25 miles – run, ski, bike
Race time 9 am, Entry fee: \$45
Contact: Chain Reaction Cycles 336-0383
 chainreaction@acsalaska.net
 www.chainreactioncycles.us
Sponsored by: Chain Reaction Cycles
- Jan 7** **Moose Mountain Snowshoe Challenge – Fairbanks**
Sat Race time 12 Noon – 2875 Monteverde Rd
5 & 8K – challenging single track trails
Contact: Chad Carroll 458-7173
 www.runningclubnorth.org
Sponsored by: Running Club North
Extra snowshoes available
- Jan 14** **32nd Airport Run – Fairbanks**
Sat Race time 11 am – Pike’s Landing
* 4 & 8 miles – flat out & back
Run regardless of temperature
Entry fee: None, free ice fog
Contact: Bob Vitale 322-0117
 www.runningclubnorth.org
Sponsored by: Running Club North
- Jan 16** **Martin Luther King Jr Day**
Mon
- Jan 21** **Emily’s 8K Snowshoe Run – Fairbanks**
Sat Race time 10 am – Isberg & Cripple Creek Rds
* Contact: Dave Cowee 479-2852
 Keith Pollock 479-0779
 www.runningclubnorth.org
Sponsored by: Running Club North
Extra snowshoes available, hot chocolate & taquitos
- Feb** **“Run or Walk With Friends” – Anchorage**
Wed Meet 6 pm – Westchester Lagoon
Contact: Anchorage Running Club
 www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club
Meet Wednesdays throughout year
Run or walk with friends for 1 hour on Coastal Trail
- Feb** **ARC Wed Night Run at The Dome – Anchorage**
Wed 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@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 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@attalacom.net
Pam Richter 346-1220
www.susitna100.com
5 checkpoints with warm water available
15# of survival gear & food required to be carried over entire course. T-shirt, finisher award & post-race pizza party