

Alaska Runner's Calendar



2018

FAIRBANKS, ALASKA

Come Run Under the MIDNIGHT SUN!

June 23, 2018
Saturday, 10:00pm

SPONSORED BY
Daily News-Miner
THE LEADER IN ALASKA'S COMMUNITY NEWS

Midnight Sun Run

Fairbanks

Alaska

10K

Race produced by:

FRA
FAIRBANKS RESOURCE AGENCY

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



BEAVER
SPORTS

Sponsoring:
Prize Money for
Top Male and
Top Female Finisher

www.midnightsunrun.net

907.456.8901



The running community is extremely proud to have selected this outstanding candidate for the cover of the 2018 Alaska Runner's Calendar. *(Photo courtesy of Alaska's Focus Photography)*

Corky Corthell is a shining example of true a sportsman. Corky and his wife Shirley have been part of the running scene in Alaska for a number of years, especially at mountain runs like Mount Marathon, Crow Pass, Bird Ridge, Alyeska Mountain Runs, and Hope/Sunrise Wagon Trail Run. If not running, Corky and Shirley would be there helping put on the race, or cheering on, and encouraging, the younger runners.

Corky, an engineer by profession, came late to the sport and was never a competitive threat until he got into the upper age groups, where he simply won his age group by outlasting the completion. He competed in 12 straight Mount Marathon races from 2000 to 2011, with a fastest time of 1:27:09 in 2002 at age 73. He was 80 – 82 years old for the last three races. He holds the 80 – 89 age group record of 1:52:59 in 2009. His record of being the oldest man to complete the Mount Marathon race still stands.

After suffering a stroke in 2012 Corky has slowed down but continues his fitness activities and can be seen walking with his wife Shirley regularly in their Rogers Park neighborhood. As a longtime member of the Happy Fun Group, he runs Saturdays at various locations around Anchorage including the hilly trails he honed the mountain goat type skills he is known for.

Running Tips

- The race calendar is a good starting point for planning your personal race schedule. Race directors reserve the right to change dates, locations, or cancel races. Use the race calendar for preliminary planning purpose only.
- To find out whether a race is still on, check with the race director and/or be on the alert for any newspaper announcements. Race directors can help by having an announcement in the local newspaper(s), usually a few days before the race. Some races may require more lead time, especially if there is an entry deadline.
- If you fill out a racing form, please read the instructions before asking questions.
- When you arrive at race start, be careful where you park. Observe all traffic regulations and do not park too close to the start.
- Allow ample time for check-in and warm-up.
- Pay close attention to all pre-race instructions.
- Use only your assigned running number and display it proudly
- Run on the side of the road facing traffic unless race course directs you otherwise.
- You are responsible for your warm-up clothes & personal items.
- Leave your pets at home unless race allows them!
- Slower runners please start behind the faster runners.
- Be at least two strides ahead before cutting in front of another runner.
- No pacing by non-race participants.
- Follow instructions after you cross the line.
- Unofficial runners **do not** cross the finish line. Do not hassle race officials – wait patiently or posted results!

Brad Cooke, Editor

**Produced by Anchorage Parks & Recreation
Over 11,000 online views by running enthusiasts!**

Contacting Alaska Runners Calendar

907-343-6566 (voice) 907-249-7725 (fax) 907-343-6457 (TDD)

Email: runnerscalendar@muni.org

Webpage: www.muni.org/parks

Note: All area codes are 907 unless otherwise listed

Dec 31 Sun **New Year's Eve Run – Fairbanks**
Meet time: 11:30 PM – The Diner on Illinois Street
Distance: 3 dark miles
Entry Fee: Free
Last run of 2017!
Contact: Paul Reynolds 322-1142
 nitrogenand@acsalaska.net
 RCN Website

Sponsored by: RCN
Regardless of temperature!

Jan Wed **Fahrenheit be Darned Winter Training Run – Fairbanks**
Meet time: 5:45 PM – Patty Center
Distance: Winter training group runs
Entry Fee: Check website
Various cold weather group runs around UAF environs, differs weekly.
Contact: George Berry 907-687-8770
 membership@runnningclubnorth.org
 RCN Website

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

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

Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year round event.

Jan 1 Mon **Full Moon Run – Fairbanks**
Meet time: 5:45 PM – UAF Patty Center
Distance: 4 Mile, Run by the light of the moon!
Entry Fee: Free
Contact: George Berry 687-8769
 membership@runnningclubnorth.org
 RCN Website

Sponsored by: RCN Winter training

**Jan 6
Sat**

**Moose Mountain Snowshoe Challenge
Snowshoe Series Event – Fairbanks**

Meet time: 12:00:00 PM Standard

11:00 AM Early – Starts and Ends at 2809 Waldheim Dr.

Distance: 6K and 9K, Snowshoe Series Event #3

Entry Fee: Check website

Snowshoe race for the hardy. Features a challenging 1-km climb mid-race on beautiful Moose Mountain trails.

Contact: Erika Burr 907-978-4481

burrlike@gmail.com

<https://www.facebook.com/AlaskaSnowshoe/>

Sponsored by: RCN

Those who wish to start early must contact the race director and make the request for an early start at least 24 hours in advance.

**Jan 12
Fri**

Borealis Color Run – Fairbanks

Meet time: 6:00 PM – UAF Borealis Ski Hut , West Ridge

Distance: 4 Mile , Fun Run

Entry Fee: Check website

Contact: Beaver Sports - TBD 687-8769

membership@runningclubnorth.org

Beaver Sports and RCN Website

Sponsored by: Beaver Sports

Early sign up at Beaver Sports. Tracer 360 Lighted safety vest sold at cost at Beaver Sports. 5 pm sign up night of event at Ski Hut, West Ridge - UAF. No fee!

**Jan 13
Sat**

Frosty Bottom Marathon - Anchorage

Meet time: 9:00 am – Kincaid Chalet

Distance: 26.2 miles– Multi-use trails from Kincaid to Hilltop

Race time: 10:15 am

Entry fee: \$55

Contact: Matias Saari 907-529-4178

matiasmountain@gmail.com

Event held in conjunction with Frosty Bottom cycling race.

Separate registration and additional info at www.ultrasignup.com.

The only aid station will be near Campbell Airstrip. There will not be a 43-mile running event as in years past.

**Jan 13
Sat**

37th Annual Airport Run – Fairbanks

Meet time: 12:00 PM Standard and 11:00 AM Early – Start /Finish
Pikes Landing parking lot
Distance: 4 and 8 Miles, Fun Run
Entry Fee: Check website
Fun Run around a FIA area, Pikes Landing to Dale Road. Out and back course

Contact: Paul Reynolds 907-322-1142
nitrogenand@yahoo.com
RCN Website

Sponsored by: RCN

Same as previous years . No fee, regardless of Temp., flat out and back

**Jan 17
Sat**

**18th Ballaine Ridge Snowshoe Classic Trail Run
Snowshoe Series Event – Fairbanks**

Meet time: 12:00 PM – 834 Goldfinch Rd.
Distance: 3K, 6K, 9K Snowshoes Event
Snowshoe from Ballaine Ridge on a single track snowshoe trail down into Goldstream Valley. Hilly, challenging course.
Entry Fee: Check website

Contact: Keith Pollock 907-479-0779
kpollockak@gmail.com
RCN Website

Sponsored by: RCN

**Jan 20
Sat**

**Emily-Oliver Snowshoe Race
Snowshoe Series Event – Fairbanks**

Meet time: Noon – At the end of Oboe Drive in Cripple Creek
Distance: 5K and 10K – Snowshoe on Cripple Creek Recreational Trails
Entry Fee: Free

Contact: Ariana Graf 460-4046
arianavgraf@gmail.com
RCN Website

Sponsored by: RCN

- Jan 27 Sat** **Chilly Buns Mid-Winter Run – Fairbanks**
Meet time: 11:00 AM – UAF Campus - UAF Bus Center across from Patty Center
Distance: 6.5 Miles, Fun run
Entry Fee: Free
Contact: George Berry 687-8769
 membership@runningclubnorth.org
 RCN Website
Sponsored by: RCN
- Jan 28 Sat** **Wolf Run- Half Marathon & 5K – Anchorage**
Meet time: Half starts at 9:15 and 5K at 10:15 – both courses are out and back
Half goes from UAA to Earthquake Park by Chester and Tony Knowles multi-use trails and back. 5K – UAA to Lake Otis underpass and back.
Entry Fee: \$45
Contact: Bob Maxwell 907-786-4914
 http://www.AEclubUAA.com
Sponsored by: AE Club
T-shirts for all finishers.
- Jan 31 Wed** **Full Moon Run – Fairbanks**
Meet Time: 5:45 PM – UAF Patty Center
Distance: 4 miles – Run by the light of the moon!
Entry Fee: Check Website
Contact: George Berry 907-687-8769
 Membership@runningclubnorth.org
 RCN Website
Sponsored by: RCN
- Feb Thu** **Hoodoo Goldstream Beer Runs – Fairbanks**
Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave
Distance: 1-3 Miles, walkers welcome
Contact: Stacy Fisk 907-455-6520
 stacy@goldstream@sports.com
Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year round event

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

**Feb 3
Sat** **Sven Eriksson 25k Tour– Willow**
Meet time: 9:30am – Willow Community Center
Distance: 25k – Flat, groomed winter trails
Race time: 10:30am
Entry Fee: \$10
Contact: Steve Charles 907-495-6368
 scharles@mtaonline.net
 Andrea Hambach 907-495-2205
 <http://www.waco-ak.org>
Sponsored by: Willow Area Community Organization
The Sven is an untimed “tour” of Willow Trails for runners, bikers, and skiers. The start is at EagleQuest Lodge near Deshka Landing and finishes at the Willow Community Center. Register either at EagleQuest or the community center. No shuttle provided.

**Feb 3
Sat** **Steller February Freeze Up - Anchorage**
Meet time: 9:00 am – Abbott Loop Community Center
Distance: 5k timed and 1 mile untimed
Race time 10:00am
Entry fee \$20 early registration, \$25 day of, and \$50 for family
Contact: Rebecca Gerik 907-240-9171
 regrikak@live.com
 Karen Gillis 907-887-1148
 <http://www.stellerschool712.org/main/freeze-trail-run/>
Sponsored by: Steller Secondary School



Frostbite Footrace & Costume Fun Run

9:30am Saturday, February 24

Register at furrondy.net



5K or 2.5K Fun Run

Join the fun with the entire family!

Break out of the winter blues by breaking out the running shoes! Warm up your winter with a downtown run!

Don't miss the Costume Contest!

Great Prizes!

Sponsored by OrangeTheory Fitness

**Feb 3
Sat**

**Fairbanks Snowshoe Classic
Snowshoe Series Event – Fairbanks**

Meet time: – Goldstream Sports or UAF Trails (TBD)

Distance: 6K and 9K, Snowshoe Event

Entry Fee: Check website

Snowshoe event.

Contact: Erika Burr 907-978-4481
burrluke@gmail.com

Sponsored by: RCN

**Feb 3
Sat**

RCN Members Winter Social – Fairbanks

Meet time: 6:00 PM – Goldstream Sports

Special presentations (TBA) and snacks.

Contact: George Berry 687-8769
membership@runningclubnorth.org

RCN Website

Sponsored by: RCN

**Feb 10
Sat**

Valentine’s Day Chocolate Run – Anchorage

Meet time: 9am – Ship Creek by the Ulu factory

5K - roads and bike path

Race time: 10am Entry fee: \$35

Contact: Mark Iverson 274-7222

timing@skinnyraven.com

www.skinnyraven.com/races/valentines-day-5K

Sponsored by: Skinny Raven Sports

Running, Chocolate, and Love. Three of the best things in life. Join us for all of them along Ship Creek. Let cupid chase you along the creek and through the Tunnel of Love! There is a couple’s team event.

**Feb 11
Sunday**

Valentine’s Day 5K – Homer

Meet time: 9:30AM – Homer High School

5K – Entry Fee: TBA

Race time: 10 AM

Entry Fee: TBA

Contact: Andy Hass 253-3270
yatra@ak.net

www.kachemakebayrunningclub.org

Sponsored by: Kachemak Bay Running Club

**Feb 17
Sat**

Susitna 100 – Big Lake

Meet time: 7:30m – Happy Trails Kennels
100 miles – Cross-country via rivers, lakes and trails

Race time: 9am Entry fee: Check website

Contact: Kim & Erin Kittredge 907-746-5959
info@susitna100.com
Pam Richter 907-346-1220
www.susitna100.com

5 checkpoints with warm water. 15# of survival gear & food required to be carried over entire course. T-shirt, finisher award and post-race party.

**Feb 17
Sat**

Little Su 50K – Big Lake

Meet time: 10am – Happy Trails Kennels

50 km- Cross-country via rivers, lakes and woodland trails

Race time: 11am Entry fee: Check website

Contact: Kim & Erin Kittredge 907-746-5959
info@susitna100.com
Pam Richter 907-346-1220
www.susitna100.com

1 checkpoint with warm water, check website for required gear. T-shirt, finisher award & post-race party.

**Feb 22
Thu**

Frostbite Footrace Reg/Bib Pick Up – Anchorage

Meet time: 3:30 - 7:30 pm – Glacier Brew House

Entry fee: \$22/\$10 youth/\$125 teams thru Feb 1

\$25/\$10 youth/\$150 team Feb 2 thru Feb 23

\$22 thru Feb 22 if adult runner in 2017

\$30/\$15/\$175 race day, registration 7:30 – 9am

Contact: Fur Rondy Headquarters 907-274-1177
info@furrondy.net

Sponsored by: Fur Rondy & Glacier Brewhouse, OrangeTheory Fitness

Timing & registration supported by Skinny Raven Sports

Late bib pickup at Skinny Raven Fe 23 3-6pm

Register on-line @ www.furrondy.net

Neck buffs to first 400 runners to pick up bibs.

**Feb 24
Sat**

Frostbite Footrace & Costume Fun Run – Anchorage

Race time: 9:30am – Glacier Brewhouse
Entry fee: \$22/\$10 youth/\$125 teams thru Feb 1
\$25/\$10 youth/\$150 team Feb 2 thru Feb 23
\$22 thru Feb 23 if adult runner in 2017
\$30/\$15/\$175 race day, registration 7:30 – 9am
2.5 & 5K – Downtown Parade Route
Contact: Fur Rondy Headquarters 274-1177
info@furrondy.net

Sponsored by: Fur Rondy & Glacier Brewhouse
Timing & registration supported by Skinny Raven Sports
Register on-line @ www.furrondy.net
Neck buffs to first 400 runners to pick up bibs
Cash prizes (\$25-\$100) for the costume contest
Sponsored by OrangeTheory Fitness
A Healthy Futures Series Event – www.healthyfuturesak.org

**Feb 24
Sat**

Fur Rondy Outhouse Race – Anchorage

Meet time: 3:00pm – Downtown, 4th Avenue between E & F
100ft- down & back pushing an outhouse on skis
Entry fee: \$100/team – 10 persons teams, 5 at a time on course
Contact: AEclubUAA@gmail.com
www.AEclubUAA.com

Sponsored by: AE Club at UAA & supported by AK Colorectal Surgery
Double elimination tournament brackets with 3 races guaranteed,
trophies for top finishers.

**Feb 25
Sun**

Rondy DASH – Anchorage

Meet time: 8:00am – Downtown, AK Alchemist 4th Avenue & A Street
Start time: 10:00 am – 90 minute downtown Anchorage Scavenger Hunt
Teams of 2-4 persons, register at www.furrondy.net
Entry fee: \$30/team (2) \$45/team (3) \$50/team (4) Max 200 teams
Sponsored by IHeartMedia & AK Alchemist
Portion of proceeds to American Cancer Society – Associate Board of Ambassadors of AK
Best costumes prizes and random draw Grand prize - 4 AK Airline tickets



MatSu Running Club
ALASKA

Who Let the Girls Out 5k

RUN/WALK 5K & FREE KIDS' FUN RUN
ALL WELCOME
APRIL, 2018
DOWNTOWN PALMER
VWTR.ORG

**Mar
Wed**

Fahrenheit be Darned Winter Training Run – Fairbanks

Meet time: 5:45 PM – Patty Center

Distance: Winter training group runs

Entry Fee: Check website

Various cold weather group runs around UAF environs, different weekly.

Contact: George Berry 907-687-8770
membership@runningclubnorth.org
RCN Website

Sponsored by: RCN

Regardless of temperature! Warm up with hot drinks and snacks after the run.

**Mar
Thu**

Hoodoo Goldstream Beer Runs – Fairbanks

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**Mar 1
Thu**

Full Moon Run – Fairbanks

Meet time: 5:45 PM – UAF Patty Center

Distance: 4 Miles – Run by the light of the moon!

Contact: George Berry 687-8769
membership@runningclubnorth.org
RCN Website

Sponsored by: RCN Winter training

**Mar 3
Sat**

11th Annual Running of the Reindeer – Anchorage

Race time: 4pm – 4th Avenue at H Street

Sat late bib pickup: 12-3:45pm Egan Convention Center Lobby
3 blocks – city streets

Entry fee: \$30\ Commemorative T-shirt \$10

Contact: Fur Rondy Headquarters 907-274-1177
info@furrondy.net

Sponsored by: Fur Rondy, KWHL 106.5 The Morning Show & AK
Communications

Register on-line @ www.furrondy.net

Come out for some whacky, Alaskan-style fun! See if you
can outrun the reindeer. Must be 18 yrs or older to participate.
Proceeds benefit Toys for Tots.

**Mar 3
Sat**

2nd Annual Running with the Critters– Anchorage

Race time: 3pm – 4th Avenue at H Street

Registration time: 2pm – Visit Anchorage Visitor Center

Youth event (3-12) running with Anchorage Critter Mascots
1 block- F to E street

Entry fee: \$10 per youth / \$25 for family of 4

Enjoy hot chocolate and photos with the Critters hosted by Hard
Rock Cafe

Contact: Fur Rondy Headquarters 907-274-1177
info@furrondy.net

Sponsored by: Fur Rondy, Hard Rock, Visit Anchorage

Register on-line @ www.furrondy.net

Come out for some whacky, Alaskan-style family fun!
Proceeds benefit Ronald McDonald House.

**Mar 6
Tues**

MatSu Running Club Information Meeting - Palmer

Meet time: 6:00 pm – MTA Building

Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
matsurunningclub.org

Sponsored by: MatSu Running Club

Information presented about the MatSu Running Club's women, co-ed, junior groups and beginner's clinic.

**Mar 17
Sat**

St. Patrick's Run – Fairbanks

Meet time: 11:30 AM – Goldstream Sports

Distance: 7.10 Miles

The St. Patrick's Run is a 7.1 mile out-and-back course running from Goldstream Sports up Ester Dome and St. Patrick roads up to St. Pat's intersection with Henderson Road and then returning.

Contact: Bruce Sackinger 907-3857792
bruce@trickyraven.com

Sponsored by: Running Club North

Registration happens on the day of the race, so please come a little early.

**Mar 17
Sat**

Bear Tooth & Skinny Raven Shamrock Shuffle – Anchorage

Meet time: 8:30am – Bear Tooth Theatre pub

5K - loop course, some hills

Race time: 9:30am

Contact: timing@skinnyraven.com
www.skinnyraven.com

Sponsored by: Bear Tooth Theatrepub & Skinny Raven

Entrants receive a fresh winter beanie, a pint glass at the finish line and a Bear Tooth beverage on us!

Mar 18 Sun **Green Day Gallop – Palmer, Alaska**
Meet time: 12:30 pm –Palmer Depot
Distance: Half marathon, kids 1 mile race, 5k and 10k races
Race time: 2:30 pm
Entry Fee: \$25 online before 3/17; \$35 day of registration
Contact: Kate Arnold 907-746-0600
 kevans.arnold@gmail.com
 Active Soles Performance Footwear 907-746-0600
 RunsSignup.com/greendaygallop
Sponsored by: Active Soles, Mat-Su Miners and We Run AK
Race Day Registration at the Palmer Depot 12:30pm – 2:00 pm
Road Half Marathon starts at 2:30pm
Kids Free 1 miler at 2:35 pm
10k & 5k start at 3:00 pm

Mar 24 Sat **Crazy Lazy – Palmer**
Meet time: 9:30am – Lazy Mountain Trailhead
6.0 mi – mountain race, loop course
Race time: 11am Entry fee: \$30
Contact: Dane Crowley 907-354-8461
 moosejv@hotmail.com
 John Clark 907-982-9001
Sponsored by: Lazy Mountain Foothills Running Club
Up and down, 3000' gain/loss. Winter event, ice and snow, cleats or spikes highly recommended. Register online @ www.webscorer.com. \$30 or \$50 race day sign up. 1 mile kids up- hill only race. Race t-shirts and other finisher awards. Proceeds benefit girls' athletics.

Mar 25 Sun **White Mountains 100 – Fairbanks**
Meet time: 8:00 AM – White Mountains National Recreation Area, Wickersham Dome Trailhead, Milepost 28 Elliott Highway
Distance: 100 Miles, Ultra (Bike, Run, or Ski)
Entry Fee: Check website
Contact: Joel Homan 907-388-9560
 wm100@endurancenorth.org
 <http://wm100.endurancenorth.org/>

This rugged wilderness will challenge racers with a variety of terrain and trail conditions, satisfying even the most experienced winter athlete. Traverse this diverse landscape on skis, bike, or just your feet.

**Mar 27
Tues** **MatSu Running Club Beginner's Running Clinic – Classroom Session**

6:00 pm – Teeland Middle School

Contact: Rhonda Knopp 907-355-6258
 coachknopp@yahoo.com
 matsurunningclub.org

Sponsored by: MatSu Running Club

**Mar 29
Thu** **MatSu Running Club Beginner's Running Clinic - Palmer**

Meet time: 6:00 pm – Colony High Track

Contact: Rhonda Knopp 907-355-6258
 coachknopp@yahoo.com
 matsurunningclub.org

Sponsored by: MatSu Running Club

**Apr
Thu** **Hoodoo Goldstream Beer Runs – Fairbanks**

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**Apr-
Aug
every
Tue** **Exceed Women's Running Team – Anchorage**

Meet time: 6pm – Various locations

Coached workouts, track and trail runs

Entry Fee: Membership \$100/season

Contact: Tara Wheatland 510-593-9210
 tara.wheatland@gmail.com
 www.runexceed.org

Sponsored by: Exceed Women's Running Team

We meet every Tuesday at 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

**Apr –
Aug
Tue** **Peak Performers Track Club – Anchorage**
6 pm – APU Moseley Sports Center thru mid April
Central Jr High Track late April thru Aug –
APU – paved roads, Central – track
Membership fee: \$65, \$110 family (2)/\$160 3 or more
Contact: Jason Hofacker 854-4863
 Kim Baldwin 274-1061
 and in spirit, Chester Franz
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

**Apr-
Aug
Tue,
Thu** **MatSu Running Club - Women's Group– Palmer**
Meet time: 6pm – Colony High School Track
Contact: Rhonda Knopp 907-355-6258
 coachknopp@yahoo.com
 website: matsurunningclub.org
Sponsored by: MatSu Running Club
Tuesday, Thursday. Ages 16+ runners of all ability levels welcome.
Coach training held each week of April- mid-August trail runs
through September.

**Apr-
Aug
Wed,
Thu** **Mat-Su Running Club-Co-Ed Group – Palmer**
Meet time: 6pm – Colony High School Track
Contact: Rhonda Knopp 907-355-6258
 coachknopp@yahoo.com
 Norm Rousey
 coachrousey@hotmail.com
 website: matsurunningclub.org
Sponsored by: MatSu Running Club
Wednesday, Thursday. Ages 16+. Runners of all ability levels
welcome. Coached training held each week of April - mid-August
with trail runs thru September.

**Apr
TBD** **Who Let the Girls Out 5k – Downtown Palmer**
Contact: Colleen Peterson 541-231-7600
 Colleenp@peak.org
 www.matsurunningclub.org
Sponsored by: MatSu Running Club
Race/Walk event; free Kid's Fun Run

**Apr 7
Sat**

Spring Fling – Fairbanks

Meet time: 11:00 AM – UAF Patty Center

Distance: 5K Fun Run

5K run starting at UAF lower campus. Out & back course along W. Tanana Drive.

Contact: Christopher Benshoof 907-460-2369
christopher.benshoof@k12northstar.org

Sponsored by: Lathrop High School XC Running Team

No fee, but donations to Lathrop Cross Country are appreciated.

**Apr 7
Sat**

**Ken Tuene Memorial Stampede Fun Run and Walk
Membership Drive 1 mile and 5K - Ketchikan**

Race time: 8:30 am - Start & Finish @ the Gateway Rec Center

Entry fee: Rates call Director

Contact: Richard Harney 907-821-0204
Sarah Harney 907-254-2535
sarahmayharney@gmail.com

**Apr 7
Sat**

Super Hero Showdown – Anchorage

Meet time: 9am – Chuck Albreth Softball Complex

Distance: 5K

Race time: 10am Entry fee: \$35-45

Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com

Sponsored by: Skinny Raven Sports

Who is the fastest bank of super heroes? Avengers, X-Men, Justice League, The Defenders, Fantastic Four, or is it another super group?

**Apr 14
Sat**

Beat Beethoven 5K Run – Fairbanks

Meet time: 11:00 AM – UAF Patty Center

Distance: 5K Run

Runners compete against Beethoven's 5th Symphony to cross the finish line before the final chord of the symphony. Those who "Beat Beethoven" receive a voucher to a Fairbanks Symphony concert.

Entry Fee: Bib/T-shirt pick-up - 4/9/18 5-7pm UAF Patty Center Lobby

Early Bird Registration - \$25 - ends 11:59pm 4/9/18

Late Registration - \$35 - ends 11:59pm 4/13/18

Race Day Registration - \$45

Official BB5K T-shirts with registration while supplies last

Contact: Dorli McWayne 907-479-6701

dorli@gci.net

www.fairbankssymphony.org

Sponsored by: Fairbanks Symphony Orchestra

**Apr 21
Sat**

Beach Bum 5k Run – Fairbanks

Meet time: 11:00 AM – UAF Campus- Taku Parking Lot

Distance: 5K Road Race

Entry Fee: Check website

Fun spring time 5k run with all proceeds going to support the UAF Cross Country Running Team.

Contact: Nick Crawford 9074746802

ncrawford2@alaska.edu

www.alaskanook.com

Sponsored by: UAF Cross Country Team

**Apr 21
Sat**

Tok Trot – Fairbanks

Meet time: 1:00 PM – Tok, Alaskas' Visitor Center

Distance: 10K Out and back

Entry Fee: Free

Flat out and back event for runners (standard start) and walkers (early start).

Contact: Paul Kelley 907-883-5393

kelleys@aptalaska.net

Sponsored by: Nancy and Paul Kelley

\$1.00 non-entry fee for those who do not run. Catered picnic at the Kelleys afterwards.

**Apr 21
Sat**

Alaska Heart Run – Anchorage

9:30am timed/10am untimed– UAA Alaska Airlines Center
3K & 5K – City Streets

Race time: 9:30am timed/10am untimed

Entry fee: varies, please see website

Contact: Dustin Morris 907-865-5303

Dustin.Morris@heart.org

Alaina Burton 907-865-5300

alaina.burton@heart.org

www.alaskaheart.org

Sponsored by: American Heart Association

Race/walk starts at the UAA Alaska Airlines Center. Register online at www.alaskaheartrun.org. Late fees apply after March 25th. Please see website for details. Bib Pickup at King Career Center on April 18th and 20th. Please see website for details. All proceeds benefit the American Heart Association.

**Apr 24
Tues**

Spring Out of the Den Duathlon 1 – Anchorage

Meet time: 5pm-6pm – Kincaid Park

Distance Varies – Start/finish at Biathlon Range

Race time: Varies

Entry fee: \$20/one race, \$50/series of 3

Contact: Heather Helzer 907-351-2232

heather@turnagaintraining.com

www.turnagaintraining.com

Sponsored by: Turnagain Training

This fun Tuesday night run/bike/run duathlon series at Kincaid has a distance for every member of your family! Check out more info on our website.

**Apr 28
Sat**

80's Fun Run/Walk/Dance 5K

Race time: 12:00pm – 2 courses – one with 6 dance stops and one for the 5K runner that wants to be timed. 5K run is out and back – 80's dance 5K is a loop course around UAA and Goose Lake with 6 dance stops where you dance to 80's music! Only the 5K run is timed. Order of finish for the fun run.

Entry fee: \$30

Contact: Bob Maxwell 907-786-4914

AEclubUAA.com

T-shirts for finishers.

**Apr 29
Sun**

GI Tract 5k Fun Run/Walk – Fairbanks

Meet time: 2:00 PM – Elvey Building at UAF

Distance: 5K Fun Run/Walk

Entry Fee: TBD

Fundraiser for the American Heart Association by the GeeWiz HeartWalk Team. Features a meandering path from the GI through the UAF campus, beginning and ending at the Elvey Building with the big, blue dish on top.

Contact: Nettie LaBelle-Hammer 907-322-2207

nettielbh@gmail.com

TBD

Sponsored by: TBD

**Apr 29
Sun**

Mark Brody Kidney Walk - Anchorage

Meet time: 1:30pm

Distance: 1 to 5 K - Wendler Middle School – inside gym or outside track

Race time: 2:00 pm

Entry fee: Free – fundraise \$100 for free t-shirt & other prizes

Contact: Kristie Lemmon 907-240-2562

kristie@alaskakidney.org

www.alaskakidney.org

Sponsored by: Alaska Kidney Patients Association (AKPA)

Mark Brody Kidney Walk & Celebration is a fun, non-competitive 5K for all ages & abilities, walk a lap or walk the 5K. Check AKPA website for details & fundraising prizes. Proceeds benefit the AKPA programs to prevent kidney disease and provide education & support for dialysis patients.

**May
Thu**

Hoodoo Goldstream Beer Runs – Fairbanks

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520

stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

**May
Tue**

RCN Track Interval training – Fairbanks

Meet time: 5:30 PM – West Valley H.S. track

Distance: Interval training

Entry Fee: Check website

Contact: Bruce Miller 907-479-5585

millerb@doyon.com <https://www.runningclubnorth.org>

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Women's group meets at 5:30 p.m. Men's group meets at 6:00 p.m.

Come early to warm up and be ready to run.

**May
every
Tue**

Exceed Women's Running Team – Anchorage

Meet time: 6pm – Various locations

Coached workouts, track and trail runs

Entry Fee: Membership \$100/season

Contact: Tara Wheatland 510-593-9210

tara.wheatland@gmail.com

www.runexceed.org

Sponsored by: Exceed Women's Running Team

We meet every Tuesday at 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

**May –
Aug
Tue**

Peak Performers Track Club – Anchorage

6 pm – APU Moseley Sports Center thru mid April

Central Jr High Track late April thru Aug –

APU – paved roads, Central – track

Membership fee: \$65, \$110 family (2)/\$160 3 or more

Contact: Jason Hofacker 854-4863

Kim Baldwin 274-1061

and in spirit, Chester Franz

Sponsored by: Peak Performers Track Club

Training & conditioning program led by coaches



2018 Usibelli Running Series

Races in this Fairbanks' eight race series include:

May 5th

37th Annual Chena River Run 5K

June 7th

Jim Loftus Mile

June 23rd

37th Annual Midnight Sun Run 10K

July 7th

Run of the Valkyries 8K

July 22nd

53rd Annual Gold Discovery Run 16.3 Mile

August 4th

25th Annual Santa Claus Half-Marathon

August 18th

11th Annual Golden Heart Trail Run

September 15th

56th Annual Equinox Marathon

Visit the RCN website at www.runningclubnorth.org



Earn your patch on the most challenging race in Alaska!

56th Annual Equinox Marathon & 26th Annual Marathon Relay

Saturday, September 15, 2018

Considered one of the toughest marathons in the country, the Equinox takes runners over a scenic rolling trail course up to the top of Ester Dome. There is also a relay division, and hikers/walkers are encouraged to participate as well.

Thursday, September 13th

Bib pick-up from 5-8 p.m. Last chance for early registration fee.

Friday, September 14th

Equinox eve bib pick-up from 5-8 p.m.

Location: Go up the stairs of the UAF Ice Arena, just like you would for a hockey game.

September 15th

RACE DAY! 8 a.m. at the UAF Patty Center. |

For race info, contact Race Director Stacy Fisk:

907.455.6520

stacy@goldstreamsports.com

or visit the Equinox Website:

www.equinoxmarathon.org

Registration online!

**May
Tue,
Thu**

MatSu Running Club - Women's Group– Palmer

Meet time: 6pm – Colony High School Track
Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
website: vwrt.org

Sponsored by: MatSu Running Club
Tuesday., Thursday. Ages 16+ runners of all ability levels welcome.
Coach training held each week of April- mid-August trail runs
through September.

**May
Wed,
Thu**

Mat-Su Running Club-Co-Ed Group – Palmer

Meet time: 6pm – Colony High School Track
Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
Norm Rousey
coachrousey@hotmail.com
website: vwrt.org

Sponsored by: MatSu Running Club
Wednesday, Thursday. Ages 16+. Runners of all ability levels
welcome. Coached training held each week of April - mid-August
with trail runs thru September.

**May 3
Thu**

Turnagain Arm Trail Run - Anchorage

Meet time: NA –Seward Hwy, Rainbow to Potter
Distance: 4 & 8 miles – the race will go Northbound from Rainbow
to Potter TH with the 4 mile race starting at McHugh TH.
Online registration will open on April 3 at 9 am.
Race time: 6:30 pm
Entry fee: \$35 Limited to 200 participants.
Contact: Anna Berez 907-786-4806
aberez@alaska.edu
Marine Dusser 907-786-6104
<https://www.facebook.com/uaaskiing/>

Hosted by the UAA Ski Team.

**May 5
Sat**

Walk & Roll for Hope - Anchorage

Meet time: 8:30 am – Park Strip 10th & P

Distance: 2k Lite Walk, 5K Full Walk, and 16k Roll Option

Race time: 9:00 am

Entry fee: \$15- Registration Fee

Contact: Mike Wachsmuth 907-433-4912

mwachsmuth@hopealaska.org

www.hopealaska.org

Registration opens March 1.

**May 6
Sun**

The Breakup Tri – Fairbanks

Meet time: 12:00 PM – UAF Patty Center

Distance: sprint distance

Entry Fee: \$40 + USAT Fee

500 Yrd swim, 13.1 Mile swim , and 5K Run

Contact: Amber Barlow 970-203-5535

abarlow5@alaska.edu

<https://arctic-triathlon-series.weebly.com/>

Sponsored by: Arctic Triathlon Series

Registration opens Feb. 1, 99 racer limit

**May 6
Sat**

Anchorage Salmon Run - Anchorage

Meet time: 10 AM - Inlet View Elementary School

Distance: 2K, 5K, 10 K - Begins and ends at Inlet View; out and back on Coastal Trail.

Race time: 10 am

Entry fee: \$35 before May 2nd; price increases after May 2nd

Contact: April Halpern 907-250-9297

info@anchoragesalmonrun.com

www.anchoragesalmonrun.com

Sponsored by Inlet View PTA

May 5 Sat **Polar Bear Pink Cheeks Triathlon – Seward**
Race time: 11am – Seward High School
5K run, 10K bike, 600Y swim – varied terrain
Entry fee: \$50 solo or \$100 team by 3/31, or youth team fee \$65 by 3/31. Discounts available.
Contact: Austin Ledford 224-4054
 aledford@cityofseward.net
 Melanie Hauze 224-4011
 www.cityofseward.us or www.runsignup.com
Sponsored by: Polar Bear Festival, Apollo, Major Marine Tours & Seward Parks & Recreation
Recommend off-road bike, bike stand and helmets required.
Registration remains open, space permitting until Thursday May 3.

May 5 Sat **36th Annual Chena River Run #1 Usibelli Cup– Fairbanks**
Race time: 10am – Woodriver Elementary to Princess Hotel
Distance: 5K Fast and flat 5k From Wood River Elementry through University West to the Princess Lodge
Entry fee: TBD
Contact: Travis Lewis 907-460-6040
 travis@datelinedigital.com
Sponsored by: Rotary Club of Fairbanks
This is a walker and family friendly point to point race. There is limited parking at both the start and finish areas. Shuttles are provided for your safety.

May 8 Tues **Spring Out of the Den Duathlon 2 – Anchorage**
Meet time: 5pm-6pm – Kincaid
Distance Varies – Start/finish at Biathlon Range
Race time: Varies
Entry fee: \$20/one race, \$50/series of 3
Contact: Heather Helzer 907-351-2232
 heather@turnagaintraining.com
 www.turnagaintraining.com
Sponsored by: Turnagain Training
This fun Tuesday night run/bike/run duathlon series at Kincaid has a distance for every member of your Family! Check out more info on our website.

May 9 **Water Walk & Run – Fairbanks**
Wed Meet time: 6:00 PM – Start at 1304 1st avenue, Fairbanks, AK.
Distance: 5K, Timed
Family oriented running race starting at the GHU Water Treatment Plant in celebration of National Drinking Water Week. Free hot dogs and other fun activities. Course follows the river on the bike path.
Entry Fee: Check website
Contact: Heather Richard 907-455-0144
 heather@akwater.com
 www.akwater.com
Sponsored by: Golden Heart Utilities
Registration at the Utilities Services of Alaska office - 3691 Cameron St, or day of race.

May 12 **Murphy Dome Roam – Fairbanks**
Sat Meet time: 9:00 AM – Start/Finish @8-mile Murphy Dome Rd.
Distance: 11.2 Miles – Gravel road race
Beautiful 11 mile loop course starting at the gravel pit at 8-mile Murphy Dome Road, up 3.3 miles to Abraham Road then winding through Lincoln Creek Subdivision to Cache Creek Rd, then back to the gravel pit on Murphy Dome Road. Runners have the option of running the course in either direction.
Contact: Amy Noon 907-460-7896
 noon.amy@gmail.com
Sponsored by: Goldstream Sports and Hot Licks Ice Cream
Day of registration from 8:00 - 8:45, no fee. 2 water stations on the course. Parking available at the gravel pit.

May 12 **Fairbanks Heart Walk – Fairbanks**
Sat Meet time: 9 am – Veteran’s Memorial Park
Distance: 1 & 2.75 mile – City Streets
Race time: 10 AM Entry Fee: \$25 minimum donation
Contact: Jacyn DeBaun 907-374-4446
 Jacyn.DeBaun@heart.org
 Janet Bartels 907-456-3659
 Janet.bartels@heart.org
 www.FairbanksHeartwalk.org
Sponsored by: American heart Association
Fun, non-competitive event for all ages and abilities. All proceeds benefit the American heart Association.

Your Athlete Repair Specialist



Rebound

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*Discover the
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aquatic physical
therapy at
Rebound.*

THREE CONVENIENT LOCATIONS

REBOUND SOUTH

O'Malley Square
11260 Old Seward Hwy, Anchorage
tel: 907.341.5555

REBOUND EAST

7731 E Northern Lights Blvd, Anchorage
tel: 907.245.5555

REBOUND WEST

1980 W Benson Blvd, Anchorage
tel: 907.375.5555

reboundptak.com

May 12 Battle Dawgs Warrior Memorial Challenge – Palmer

Sat

Meet time: 9 am – TBD

Distance: 5k/10k

Race time: 10 AM

Entry Fee: \$45/\$65

Contact: Rick Casillo 907-715-5646
jennifer@battledawgs.org
www.battledawgs.org

Sponsored by: Battle Dawgs

Dedicated to commemorate fallen combat veterans; course will include one or more easy obstacles/challenges; all proceeds to local 501(c)(3) non-profit; includes drink/beer at finish and t-shirts for those signed up by 14 April; prizes in numerous categories; BBQ/outdoor party to follow.

May 12 World Day 5k Fun Run & Kid 1 Mile– Palmer

Sat

Library

Meet time: 10:30am for kids 1 Mile, 11:00am for Adult 5k – Palmer

Distance: 5K Walk/Run

Race time: 11:00 am Kids 1 mile, 11:30 am Adult 5k

Entry: Adults 5k - \$30 early bird, \$40 after 5/5, Kids 1 mile- \$10 early bird, \$15 after 5/5 (ages 4-17), Family -\$50 earlybird, \$75 after 5/5 for family of 4 (must sign up at the same time)

Contact: Sonia Auld 907-315-3078

Sauld106@gmail.com

Lhing McNeal 907-322-9463

<https://runsignup.com/Race/AK/Palmer/WorldDay5KFunRun>

Sponsored by: Filipino-American Community of Mat-Su & Yoga Om Alaska

The 5K is a scenic loop from Palmer Library through Chugach St, the Outer Springer Loop, and the neighboring areas. Please wear any national costume and/or national color of your choosing and celebrate our community's diversity.

**May 12
Sat**

Faster Than A Falcon 5K – Anchorage

Meet time: 9:00 am – Anchorage, AK

Distance: 5k/ 3.1 mile - flat

Race Time: 10:00 am

Entry Fee: Reg. \$15 Adult – Free for kids

Contact: Ishmael Thompson 907-830-3505

ithompson@bgcalaska.org

David Barny 907-830-3135

www.fasterthanafalcon.info

Sponsored by: Enstar Natural Gas, Cook Inlet Housing, ML&P,
Lion Club-MTV

Our flat and fast race will start at Davis Park and run through the streets of Mountain View Community. A special prize will be awarded to anyone who can finish ahead of the Falcon Mascot. (The runner dressed as the falcon will run the 5k in about 27 minutes)

**May 12
Sat
Hotel**

Walk MS – Anchorage

Meet time: 9:00 AM – The Lakefront, Anchorage – Millennium

Distance: 4 miles – The 4-mile route goes around Lake Hood

Race Time: 10:00

Entry Fee: No Entry Fee – registration required

Contact: Lacey Dvorak 206-515-4564

Lacey.dvorak@nmss.org

Walkms.org

Sponsored by: National MS Society, The Lake Front, The Alaska Club, Ohana Media

Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we become a powerful force. And with every step we take, every dollar we raise...we're that much closer. Together, we will end MS forever.

- May 12 Sat** **Trailside Kids Triathlon – Anchorage**
 Meet time: 10am – Trailside Elementary
 Various Distances - Service HS swim and bike, trail run
 Race time: Staggered stations Entry fee: \$20
 Contact: Carleen Ulbrich 742-5500
 ulbrich_carleen@asdk12.org
 trailsidepta.org
 website: runsignup.com
 Sponsored by: Healthy Futures and Trailside PTA
 Service pool swim, bike loops around Service High School, run
 trails behind school. Course length vary
 according to grade, open to grades K-6. Register at
 runsignup.com. Volunteers needed, please e-mail
ulbrich_carleen@asdk12.org.
- May 12 Sat** **Totem to Totem Half Marathon**
 Distance - 13.1 walk and run or relay teams
 Start time: 8:00 am – Walkers, 9:00am- Runners - Rotary Beach
 South Tongass
 Entry fee: Early Bird Fee \$50.00 April 1st, after Fee \$60.00
 Contact: Gretchen Klein 907-617-7635
 Website: Sign up- active.com
 Medal and T-Shirt
- May 13 Sun** **Migration Run – Homer**
 Meet time: 8am –Homer Spit Fishing Hole
 5K –Point to Point Homer Spit bicycle/pedestrian path
 Race time: 9am Entry fee: TBA
 Contact: Andy Hass 253-3270
 yatra@ak.net
 www.kachemakbayrunningclub.org
 Sponsored by: Kachemak Bay Running Club
 Running season starts in Homer when the birds come back from
 winter.

ANCHORAGE RUNNING CLUB

2018 Calendar

ARC brings you a great series of races all season long.

The Anchorage Running Club is a not for profit association of over 500 individuals who share a common interest in running and/or walking.

BENEFITS FOR MEMBERS

- Discounted entry fees for Club races for all members.
- Two member-only races (Boondocks and Masters).

MAY

May 26, Saturday
Trent Waldron Half Marathon & 10K
Westchester Lagoon

Sleeping Lady Challenge is back for 2018.



JULY

July 8, Sunday
Boondocks 5K
Kincaid Park

July 11, Wednesday
Masters 5K/10K
Campbell Creek Trail from
Check Albrecht Fields

AUG

August 18-19, Sat. & Sun.
Anchorage RunFest
Downtown Anchorage
Saturday Kids 2K, Anchorage Mile
Sunday 49K, Marathon, Marathon Walk,
Marathon Relay, Half Marathon, and 5K



SEPT

September 22, Saturday
Oktoberfest 5K/10K
Coastal Trail from 2nd Avenue

CLICK
HERE
& JOIN

OCT

October 13, Saturday
Zombie Half Marathon
Goose Lake to Kincaid Park
Kids Zombie 2.5K
Kincaid Stadium

Join and don't get left behind at the start.

May 17 **Alaska Girls Walk N Wine – Fairbanks**
Thu Meet time: 6:00 PM – Fairbanks Curling Club
Distance: 5K or 2K Walk
5K Timed Run/Walk or 2K Walk (WOMEN ONLY) running the
course in any direction.
Entry Fee: Check website
Contact: Susan Kramer 907-590-5086
 eventplanning2004@hotmail.com
 www.goldenheartrotary.org
Sponsored by: Fairbanks Golden Heart Rotary Club
Event is for women only, registration available on line or at
Beaver Sports beginning the 2nd week of April. Wine glass and
wine tasting included in registration price.

May 18 **Alaskan Guys Beer and Brats 5K – Fairbanks**
Fri Meet time: 6:00 PM – Curling Club
Distance: 5K timed or 2K untimed
Flat 5K starts/finishes at Curling Club. Beer tasting after race.
(MEN ONLY)
Entry Fee: Check website
Contact: Susan Kramer 907-590-5086
 eventplanning2004@hotmail.com
 www.nscfairbanks.org

Sponsored by: Executive Events
On-line Register will be available 2nd week in April

Ma **The Annihilator**
y **Trail Series #1 – Fairbanks**
19 Meet time: 11:00 AM – Nenana, AK
Sat Distance: 10k (roughly) challenging trail run
The Annihilator trail run is a tough, hilly trail run near Nenana, AK.
Contact: Drew Harrington 907-451-6604
 drew.harrington@live.com

Sponsored by: RCN
BBQ and potluck after finish. \$5 suggested donation.

The Sleeping Lady CHALLENGE Is Back!

Runners who successfully complete at least three ARC races in 2018 will receive the **Sleeping Lady Challenge** medal to commemorate their accomplishments. Eligible races are listed here.

The Anchorage Running Club is a not for profit association of over 500 individuals who share a common interest in running and/or walking.



Race Entry Discounts For
Club Members - Join Now!



Trent/Waldron
- Half Marathon & 10k -

May 26, Saturday



RunFest

August 18-19,
Saturday & Sunday

Oktoberfest

10K, 5K Races

September 22, Saturday



ZOMBIE
Half Marathon

October 13, Saturday

**May 19
Sat**

Law Enforcement Torch Run Special Olympics

Meet time: 10:00 AM – UAF Police Department, 612 Yukon Drive

Distance: 5K, Fun Run

On May 19, 2018 more than 1,000 participants, including hundred's of Alaska Law Enforcement personnel, will run simultaneously in 14 Alaskan Communities. The purpose of the event is for Alaska Law Enforcement to raise both awareness and funds for our Special Olympics Athletes

Contact: Jessica Mathews 907-228-7362

Jessica.Mathews@alaska.gov

<http://specialolympicsalaska.org/torch-run/>

Sponsored by: Fairbanks Police Department.

\$35 in pledges will earn you a race day t-shirt. Join us after the run for a free hot dog lunch!

**May 19
Sat**

O'Malley Fun Run – Anchorage

Meet time: 11am – O'Malley Elementary School

Distance: 2K, 5K – wooded trail run and school grounds

Race Time: 11am & 11:30am

Entry fee: \$20

Contact: Melissa Sundberg

omalleypta@gmail.com

<https://omalley.asdk12.org/>

Sponsored by: O'Malley PTA & Healthy Futures

All ages welcome! Every child receives a medal!

**May 19
Sat**

Alaska Law Enforcement Torch Run – Statewide

Meet Time: 9am – Various cities (see below)

Distance: 5K – fun run

Race Time: 10am

Entry fee: Pledge Drive

Contact: Jessica 907-222-7625

Jessica@specialolympicsalaska.org

Jim Balamaci 907-222-7625

www.SpecialOlympicsAlaska.org

Sponsored by: Alaska Law Enforcement

Proceeds benefit Special Olympics Alaska athletes statewide. This is a simultaneous run held in Anchorage, Barrow, Delta Junction, Fairbanks, Homer, Juneau, Kenai, Ketchikan, Kodiak, Mat-Su Valley, Nome, Seward, Sitka & Valdez. Check website for updates and additional runs.

**May 19
Sat**

Terry Pollard Memorial Exit Glacier Race – Seward

Sat On-site registration opens: 8am - Resurrection Road House, Exit Glacier Rd

5 & 10K – gradual incline on paved road. Same weekend as the S.H.O.W. www.seward.com

Race time: 10am in conjunction with the Torch Run

Entry fee: Earlybird fee \$25-adults; \$15-17 and under by 4/21.

Contact: Austin Ledford 224-4054
aledford@cityofseward.net or
Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com

Sponsored by: Kenai Fjords Tours, Resurrection Roadhouse and Seward Parks & Rec.

Registration closes at 9:00 am on race day.

**May 20
Sun**

Presbyterian Hospitality House 5K Fun Run – Fairbanks

Meet time: 10:30 AM – UAF Patty Center

Distance: 5K

Flat and fast fundraiser for PHH

Entry Fee: \$25

Contact: Ty Tigner 907-378-9918
tytigner@aol.com

Sponsored by: Presbyterian Hospitality House
T-shirts for the first 100 entries. Prize.

**May 20
Sun**

Gold Nugget Triathlon – Anchorage

Meet time: 8am – Bartlett High School

Sprint Triathlon – 500 meter swim, 12 mile bike, 3 mile run

Race time: 9am Entry fee: \$75

Contact: Lia Keller 907-330-7019
kellerlia@gmail.com
Betsy Haines 907-223-7792
www.goldnuggettriathlon.com

Sponsored by: Gold Nugget Triathlon Board of Directors

The longest running all-female triathlon, is now in its 35th year, has 1,500 women competing in the sprint distance race. Registration fills up in less than five minutes. The biggest draws are the beginner friendliness, scenery, the sense of camaraderie, and the high quality of the event. It has been named one of the “13 Must-Do U.S. Destination Races” by USA Triathlon magazine.

- May 22 Tues** **Spring Out of the Den Duathlon 3 – Anchorage**
 Meet time: 5pm-6pm – Kincaid
 Distance Varies – Start/finish at Biathlon Range
 Race time: Varies
 Entry fee: \$20/one race, \$50/series of 3
 Contact: Heather Helzer 907-351-2232
 heather@turnagaintraining.com
 www.turnagaintraining.com
 Sponsored by: Turnagain Training
 This fun Tuesday night run/bike/run duathlon series at Kincaid has a distance for every member of your family! Check out more info on our website.
- May 24 Thu** **Kal’s Knoya Ridge Hill Climb - Anchorage**
 Meet time: 5pm – Klutina St, Chugach Foothills,
 2.5, 5.6 & 8.5K – 1,200, 2,900 & 4,300 elevation gains,
 rolling climb along forest trail with alpine finishes
 Race time: 6pm Entry fee: Donation
 Contact: Bill Spencer (907) 306-0077
 bill.spencer@hdrinc.com
 www.alaskamountainrunners.org
 Sponsored by: Alaska Mountain Runners, HDR Alaska,
 Skinny Raven Sports & JBER.
 Park with respect for neighbors, don’t block driveways. Course utilizes JBER property. You must have an iSportsman Recreational Access Permit to **train**. <http://jber.isportsman.net/>, **NO EXCEPTIONS**. iSportsman not required on race day. All donations are used to support scholarships for UAA/UAF student athletes.
- May 26 Sat** **Trent/Waldron Half Marathon and 10K– Anchorage**
 Meet time: 7:30 am – Westchester Lagoon
 Distance: 13.1 & 6.2 miles – Flat and fast on the Chester Creek and U-Med trails
 Race time: 8 am (walkers), 9 am (half), & 9:20 (10K)
 Entry Fee: Check ARC website for details
 Contact: Melanie@ancrun.org
 www.anchoragerunningclub.org
 Sponsored by: Anchorage Running Club

ANCHORAGE RUNNING CLUB

Trent/Waldron

~ Half Marathon & 10k ~

May 26th 2018

**Westchester Lagoon
Chester Creek & UMed Trails**

START: Walkers-8am, Half Marathon-9am, and 10K- 9:20am

USATF
CERTIFIED COURSE

**Sleeping Lady
Challenge
RACE**



Signup at: www.anchoragerunningclub.org

Race Discounts for Club Members

**May 26
Sat**

POW Island Marathon - Craig

Meet time: 8am – Craig HS

26.2 miles – out-and-back, hilly, quite scenic.

Race time: 8am Entry Fee: \$50 before April 15; \$65 after April 15

Contact: Jean Jackson 401-0805

jc4jackson@gmail.com

Anne Williams 907-965-4966

info@powmarathon.org

powmarathon.org

Sponsored by: Prince of Wales Runners and Walkers Club

Other options include half marathon and relay teams. Course runs along coast and then veers into more hilly terrain. Fifteen aid stations and multiple vans with EMTs on the course.

Salmon/hamburger feed at finish line. Medals and long sleeve, high tech race shirts. Winners' plaques 1st-3rd place. Certified, Boston qualifier.

**May 26
Sat**

Two Way Torture Test – Fairbanks

Meet time: 10:00 AM Standard

11:00 AM Early – Pump House Restaurant

Distance: Half Marathon team event (Everybody runs 13.1 miles!)

Teams of two run the 13.1 mile Chena Ridge-Chena Pump loop, one runner in the clockwise direction, one in the counterclockwise direction. (This is a torturously hilly road race, 3 months training on hills and pavement prior to the race is strongly recommended)

Entry Fee: Check website

Contact: Erika G Burr 907-978-4481

burrlike@gmail.com

RCN Website

Sponsored by: RCN

**May 28
Mon**

Mouth to Mouth Wild Run & Ride – Kenai/Kasilof

Meet time: 10:00 AM Registration 10 mi / 12:15 PM for 3 mi –

Kasilof River Special Use Area

Distance: 10 mi bike/run, 3 mi run – Flat beach run or fat bike ride between Keani & Kasilof

Race time: 12:00 PM for 10 mi / 1:30 for 3 mi

Entry fee: \$30 by 5/1, \$40 race day (\$5 off TTA & CIK members)

Contact: Kaitlin Vadla 907-252-6525

kaitlin@inletkeeper.org

outreach@inletkeeper.org

www.facebook.com/wildrunandride

Sponsored by: Cook Inletkeeper (inletkeeper.org)

Join us May 28 (Memorial Day) for the 5th annual Mouth to Mouth Wild Run & Ride: a 10-mile beach run or fat bike ride from the mouth of the Kasilof River to the mouth of the Kenai! There's also a 3-mile run beginning and finishing at the Cannery Loop beach access. 10 mile run & fat bike start: Kasilof River Special use Area off Kasilof Beach Stub Rd and finish: Kenai South Beach parking lot off Cannery Rd. 3 mile run start/finish: Kenai South Beach Parking lot off Cannery Rd. Beach party, awards, plus local food & drink at finish line 2-4pm Prizes: Fastest, youngest, & silliest salmon costume Shuttle available 4pm. First 100 to register get an awesome race shirt! Proceeds support Cook Inletkeeper's work ensuring clean water and healthy salmon in the Cook Inlet watershed.

**May 30
Wed**

All-Comers Track Meets – Fairbanks

Meet time: 6:30 PM – West Valley High School Track

Distance: Track races, 100 meters to 5000 meters.

Two meets, on Wednesdays May 30 and June 13, 2018.

100-5000 meters.

Entry Fee: Free

Contact: Dan Callahan 907-322-6097

akcallahans@hotmail.com

Sponsored by: RCN/West Valley XC

All welcome. No entry fee. Sign up at the track the evening of meet.

**May 30
Wed**

Alaska Run for Women Registration – Wasilla

Meet time: 4-6:30 pm, Location – The Alaska Club Valley

Contact: Babette Mclroy run@akrffw.org

Nicole Thibodeau

www.akrffw.org

Sponsored by: Alaska Run for Women

Registration for the 26th annual Alaska Run for Women on 6/9/18,

benefitting the fight against breast cancer. Additional registration an
d bib pick-

up dates and locations listed in this calendar on 6/2, 6/5, and 6/7.

**Jun
Tue**

RCN Track Interval training – Fairbanks

Meet time: 5:30 PM – West Valley H.S. track

Distance: Interval training

Entry Fee: Check website

Contact: Bruce Miller 907-479-5585

millerb@doyon.com <https://www.runningclubnorth.org>

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Women's group meets at 5:30 p.m. Men's group meets at 6:00

p.m. Come early to warm up and be ready to run.

**June
every
Tue**

Exceed Women's Running Team – Anchorage

Meet time: 6pm – Various locations

Coached workouts, track and trail runs

Entry Fee: Membership \$100/season

Contact: Tara Wheatland 510-593-9210

tara.wheatland@gmail.com

www.runexceed.org

Sponsored by: Exceed Women's Running Team
We meet every Tuesday at 6pm, April through August. Check website or Facebook for locations and workout details. You can attend twice for free before paying membership fee. All levels are welcome!

**Jun –
Aug
Tue**

Peak Performers Track Club – Anchorage

6 pm – APU Moseley Sports Center thru mid April

Central Jr High Track late April thru Aug –

APU – paved roads, Central – track

Membership fee: \$65, \$110 family (2)/\$160 3 or more

Contact: Jason Hofacker 854-4863

Kim Baldwin 274-1061

and in spirit, Chester Franz

Sponsored by: Peak Performers Track Club

Training & conditioning program led by coaches

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

2018

Alaska
Run For Women



START
Sullivan Arena
Parking Lot



1 Mile
Fun Run/Walk
5 Mile
Run/Walk



Saturday
June 9th

Race Registration

ONLINE Opens Saturday, April 15
www.akrffw.org

IN-PERSON Bib Pick-Up Events!

WASILLA - The Alaska Club

♦ Wed., May 30: 4pm - 6:30pm

ANCHORAGE - University Center Mall

♦ Sat., June 2: 10am-1pm

♦ Tue., June 5: 4pm - 7pm

♦ Thu., June 7: 4pm - 7pm

Every
donation
directly
supports the
fight against
breast cancer.

All abilities encouraged and welcomed!

Info Contact: run@akrffw.org ♦ To volunteer contact: volunteer@akrffw.org
Decorate your own Port-a-Potty contact: potties@akrffw.org

Jun **Run Into Summer 5k Series – Kenai**
Tues Meet time: 5:30pm - the Kenai Visitors & Cultural Center @ 11471
Kenai Spur Highway
Race Series: 5K – Winding through Old Town Kenai
Race time: 6:00 pm
Entry fee: 16 yo+ \$20/ 6-15 yo \$10/ family \$45
Contact: Johna Beech 907-283-1991
 johna@kenaichamber.org
 www.kenaichamber.org
June 5, June 12, June 19, June 26.

Jun **MatSu Running Club - Women's Group– Palmer**
Tue, Meet time: 6pm – Colony High School Track
Thu Contact: Rhonda Knopp 907-355-6258
 coachknopp@yahoo.com
 website: matsurunningclub.org
Sponsored by: MatSu Running Club
Tuesday,, Thursday. Ages 16+ runners of all ability levels welcome.
Coach training held each week of April- mid-August trail runs
through September.

Jun **Mat-Su Running Club-Co-Ed Group – Palmer**
Wed, Meet time: 6pm – Colony High School Track
Thu Contact: Rhonda Knopp 907-355-6258
 coachknopp@yahoo.com
 Norm Rousey
 coachrousey@hotmail.com
 website: matsurunningclub.org
Sponsored by: MatSu Running Club
Wednesday, Thursday. Ages 16+. Runners of all ability levels
welcome. Coached training held each week of April - mid-August
with trail runs thru September.

Jun **Hoodoo Goldstream Beer Runs – Fairbanks**
Thu Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave
Distance: 1-3 Miles, walkers welcome
Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year round event.

**Jun 1
Fri**

Twilight 12K - Anchorage

Meet time: 6pm – Skinny Raven Sports

12K - loop course, some hills

Race time: 7pm

Contact: timing@skinnyraven.com

www.skinnyraven.com

Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.

Pizza, beer, refreshments, live DJ & sweet prizes after race.

**Jun 1
Fri**

Skinny Mini 6K - Anchorage

Meet time: 6pm – Skinny Raven Sports

6K - loop course, some hills

Race time 7 pm

Contact: timing@skinnyraven.com

www.skinnyraven.com

Sponsored by: Skinny Raven Sports, Adidas, Bear Tooth.

Pizza, beer, refreshments, live DJ & sweet prizes after race

**Jun 2
Sat**

44th Anaul Arctic Valley Run – Ft. Richardson

Meet time: 7:30 – 8:45am – Moose Run Golf Course

Distance: 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 907-384-1304

Ellis.alston@us.af.mil

Sponsored by: Ft. Richardson Sports & Fitness

Mens, Womens & Military Team. Register at Buckner 9 am – 4 pm thru May 27, or mail registration w/entry fee (check payable to 673d Buckner Fitness Center) to: Buckner Physical Fitness Center, D Street Bldg 690. Att: Ellis Alston, JBER, AK 99505, Postmarked by May 23. Please call Ellis Alston at 907-384-1304 for credit card payments.

**Jun 2
Sat**

Rotary Interact Color Run & Walk, Suicide Prevention & Awareness 5K - Ketchikan

Meet time: 9:00 am - Wardlike

Distance - **3K & 5 K**

Race time: 9:30am Entry fee: Pending

Contact: Diane Gubatayao 907-225-7851

dianeblissom@yahoo.com

**Jun 2
Sat**

Alaska Endurance Trail Run – Fairbanks

Meet time: 8:00 AM – UAF West Ridge

Timed endurance race, with options for 6, 12, and 24 hours, on rolling loop trail course.

Entry Fee: Free

Contact: Don Kiely 907- 455-6749
don@donkiely.com

Sponsored by: Don Kiely Consulting, LLC

Note: The 24 hour race will start on Friday evening at 8PM, 12 and 6 hour races start on the 2nd.

**Jun 2
Sat**

Alaska Run for Women Registration – Anchorage

Meet time: 10am-1pm – University Center Mall

Contact: Babette Mcllroy
run@akrfw.org
Nicole Thibodeau
www.akrfw.org

Sponsored by: Alaska Run for Women

Registration for the 26th annual Alaska Run for Women on 6/9/18, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/30, 6/5, and 6/7.

**Jun 3
Sun**

Run Lu Lu Run – Fairbanks

Meet time: 10:00 AM – Chena Pump Plaza

Distance: 5K and 10K options

This is a hilly run with an option of doing a 5K or a 10K. It is both on road and trail, with all registration proceeds going to the Leukemia & Lymphoma Society.

Entry Fee: Check website

Contact Wendy Demers 907-388-6847
pioneerwendy@yahoo.com

<https://runsignup.com/Race/AK/Fairbanks/RunLuLuRun5K10k>

Sponsored by: Fairbanks Team in Training

45th Annual



June 23, 2018

Check out the
Fitness Expo June 21 & 22
at the
Alaska Airlines Center

Bartlett High School
to

Delaney Park Strip

Race Time 7:30 a.m.

(This is a Boston Marathon Qualifier)

Other Races Provided

Alaska Half Marathon & Buddy Half Marathon

Race Start: 9:00 a.m.

Coastal 5K - Race Start: 9:15 a.m.

Healthy Futures Kids Mile - June 21

Race Start: 7:00 p.m.

Registration Deadline June 22

No Race Day Bib Pickup

Anchorage Mayor's Marathon

Anchorage, Alaska

(907) 786-1325

www.anchoragemarathon.com

email: track@alaska.edu



**Jun 3
Sun**

Eagle River Triathlon – Chugiak

Meet time: 8am – Chugiak High School

Distance: Sprint Tri - 500 yd swim, 20k bike, 5k run

Race time: 8am

Entry fee: \$70 and up for adults

Contact: Kristin Folmar
info@eaglerivertri.com
Missy Roberts
www.eaglerivertri.com

Sponsored by: Eagle River Triathlon

Alaska's premier sprint triathlon. Individual and team categories -all abilities welcome. T-shirts for all pre-registered racers in adult tri.

Kid's event following adult race – great fun for the whole family!

USAT sanctioned event.

**Jun 3
Sun**

Eagle River Triathlon Kid's – Chugiak

Meet time: 2:30pm – Chugiak High School

Distance: Kid's Tri- 50-100 yd swim, 2 mi bike, 0.8 mi run

Race time: 2:30pm

Entry fee: \$20-25

Contact: Kristin Folmar
info@eaglerivertri.com
Missy Roberts
www.eaglerivertri.com

Sponsored by: Eagle River Triathlon and Healthy Futures

A great tri for youth 6-12 years old. Fun for all abilities. Medals and racer swag for all kid's racers. A great introduction for kids to the sport of triathlon! USAT sanctioned and a Healthy Futures event.

**Jun 5
Tue**

Masochism on Moose Mountain

Trail Series #2 – Fairbanks

Meet time: 6:30 PM – Near Moose Mountain Base Lodge

Distance: 4 Mile trail run

Steep 1300' ascent in 1.41 miles, 2.94 mile descent.

Entry Fee: Check website

Contact: Dan Bishop 907-322-4314
danbishop49@gmail.com
RCN Website

Sponsored by: RCN

**Jun 5
Tues**

Alaska Run for Women Registration – Anchorage

Meet time: 4-7pm, Location – University Center Mall

Contact: Babette Mclroy run@akrffw.org
Nicole Thibodeau
www.akrffw.org

Sponsored by: Alaska Run for Women

Registration for the 26th annual Alaska Run for Women on 6/9/18, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/30, 6/2, and 6/7.

**Jun 5-
Jul 25
Tue**

MatSu Running Club Junior Group - Palmer

Meet time: 4:30 pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
www.vwrt.org

Sponsored by: MatSu Running Club

Ages 10-15. Coached training sessions on track and trail. Contact Coach Knopp for more information

**Jun 7
Thu**

**Jim Loftus Mile
Usibelli Series #2 – Fairbanks**

Meet time: 6:00 PM – WVHS Track

Distance: 1 Mile

Mile Race for 10 and older

800 meter race for 9 and under

Entry Fee: \$10/Adults, Free/17 and under

Contact: Susan Kramer 907-590-5086
eventplanning2004@hotmail.com
www.runningclubnorth.org

Sponsored by: Running Club North

Registration is free for RCN members and all kids 17 and under, only if you register in advance

**Jun 7
Thu**

Alaska Run for Women Registration – Anchorage

Meet time: 4-7pm, Location – University Center Mall

Contact: Babette Mcllroy run@akrffw.org

Nicole Thibodeau

www.akrffw.org

Sponsored by: Alaska Run for Women

Registration for the 26th annual Alaska Run for Women on 6/9/18, benefitting the fight against breast cancer. Additional registration and bib pickup dates and locations listed in this calendar on 5/30, 6/2, and 6/5.

**Jun 8
Fri**

Kids XC Runs – Fairbanks

Meet time: 6:00 PM – West Valley H.S. soccer fields

Distance: 0.5, 1, and 1.5 Miles, Cross-country race

Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.

Entry Fee: Check website

Contact: Tracey Martinson 907- 474-8353

tamartinson67@gmail.com

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Meet at West Valley H.S. soccer fields. Registration at 5:45 p.m., run at 6 p.m. Dates are June 8, June 22, July 6, and July 20

**Jun 9
Sat**

2018 Mosquito Meander – Fairbanks

Meet time: 10:00 AM – Pioneer Park

Distance: 5K Run

The 26th Annual 5k Family Fun Run/Walk, sponsored by Kinross Fort Knox benefiting Resource Center for Parents & Children.

Contact: James "Scooter" Welch 907-456-9000

jwelch@rcpcfairbanks.org

<http://www.rcpcfairbanks.org/26th-annual-mosquito-meander-fun-runwalk/>

Sponsored by: Kinross Fort Knox

See website for additional information.

**Jun 9
Sat**

10K & 5K Cooper Landing Trail Run – Cooper Landing

Meet time: 9:30am – CL Community Hall, 0.6 mile Bean Creek Rd
10K & 5K walk – 1K paved, then rolling terrain, scenic and challenging

Race time: 11am Entry fee: donation

Contact: Karl Romig 907-288-2435
cooperlandingtrailrun@gmail.com
shrewsnest@gmail.com
Deb Carlson 595-1455
www.cooperlandingwalkablecommunity.org

Sponsored by: Cooper Landing Walkable Community Project
New this year, 10K out and back, both races start at Kenai River, the 5K ends overlooking Kenai Lake
Shuttle provided back to start area. The 10K out and back ends at start area.

**Jun 9
Fri**

Seward Real Estate Bear Bell Run for Kids – Seward

Meet time: 10:30am – Branson Pavilion

1 mile – along the waterfront bike path

Race time: 11am Entry fee: Earlybird fee \$13 by 5/18. Discounts available.

Contact: Austin Ledford 224-4054
aledford@cityofseward.net
Melanie Hauze 224-4011
www.cityofseward.us or www.runsignup.com

Sponsored by: Seward Real Estate
Race just for kids ages 5 to 12. Registration closes at 10:30 am on race day.

**Jun 9
Sat**

Happy Soles Triathlon – Palmer, AK

Meet time: 7 am – Palmer High School

Distance: 550 meter swim, 10 mile bike, 4 mile run – Moderately flat

Race time 9 am

Entry fee: \$50 solo/ \$80 (2 person team)/ \$120 (3 person team)

Contact: Anne Thomas 907-746-0600
happysolestri@gmail.com
Active Sole Performance Footwear 907-746-0600
Activesoles.net

Sponsored by: Active Soles Performance Footwear
Registration Feb 1st – May 31st. For course description, registration information, updates, and more please see our website.

**Jun 9
Sat**

Happy Soles Triathlon –Kids – Palmer, AK

Meet time: 2 pm – Palmer High School

Distance: 120 meter swim, 3 mile bike, 1.5 mile run – Moderately flat

Race time 3:30 pm

Entry fee: \$25

Contact: Anne Thomas 907-746-0600

happysolestri@gmail.com

Active Sole Performance Footwear 907-746-0600

Activesoles.net

Sponsored by: Active Soles Performance Footwear

Registration Feb 1st – May 31st. For course description, registration information, updates, and more please see our website. Ages 6-12.

Limited to 120 entrants.

**Jun 9
Sat**

Cooper Landing Trail Run– Cooper Landing

Meet time: 9:30am –Cooper Landing Community Hall (0.6 Mile Beun Creek Rd.)

Distance: 10k & 5k

Race time: 11:00 am

Contact: Karl Roming 907-288-2435

Cooperlandingtrailrun@gmail.com

Deb Carlson 907-595-1455

Cooperlandingwalkablecommunity.org

Sponsored by: Cooper Landing Walkable Community Project

10k is out and back, 5k ends at Kenai Lake Shuttle provided back to start area.

**Jun 9
Sat**

Alaska Run for Women – Anchorage

Meet time: 8 am – Anchorage Football Stadium

Distance: 5 miles and 1 mile – Scenic on road and paved trail

Race time: 8:30 am

Entry Fee: Donation

Contact: Babette Mclloy

run@akrffw.org

Nicole Thibodeau

www.akrffw.org

Sponsored by: Alaska Run for Women

Grab your friends & family for this inspiring all women's event benefitting the fight against breast cancer. 100% of the entry fee goes towards mammograms, breast research & education. Walkers welcome! One of the largest all women's runs in the US.

**Jun 9
Sat**

Run for the River – Soldotna

Meet time: 8am – Soldotna Creek Park
5K & 10 miles – Trail, gravel, and paved roads, multiple
turn flat loop course
Race time 8:30 & 9am
Entry fee: \$25 thru 6/2, \$35 thru 6/8, and \$45 day of
Contact: Rhonda McCormick 907-260-5449 x1203
rhonda@kenaiwatershed.org
Tami Murray 907-260-5449 x1201
www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum
Bib pick up and FREE Runners Feed June 8. All runners receive
free T-shirt with registration. Run is a
component of the Kenai River Festival. “Like” our Facebook page
for updates, pictures and results!

**Jun 10
Sun**

Bill Mitchell Fun Run – Palmer

Meet time: 10am – MTA Events Center-Palmer Ice Rink
5K adult, 5K youth (18 & under), 1 mile (13 & under) - Flat course
Race time: 11am
Entry fee: Check website
Contact: Palmer Chamber 907-745-2880
info@palmerchamber.org
www.palmerchamber.org

Sponsored by: MTA

**Jun 10
Sun**

**Wickersham Dome Trail Run
Trail Series #3 – Fairbanks**

Meet time: 11:00 AM – White Mountains, Wickersham Dome
Trail Trailhead, 28 Mile Elliott Hwy
Distance: 7.75 Mile trail run
A hilly single-track trail run of 7.75 miles; a scenic out and back
that is often muddy.
Entry Fee: Check website
Contact: Karen Taber & Bobbi Jo Katchmar 907-450-9620
ktrailrunner@gmail.com or
bjkrcn2017@gmail.com

Sponsored by: Running Club North
On site registration open at 10:00; free but donations welcome.

**Jun 12
Tue**

Rainbow Run –Anchorage

Meet time: 5:15 pm – Ship Creek Trail, The race will start next to the Comfort Inn; 111 W. Ship Cr Ave

Distance: 5k – This 5k run, or walk, will be held along Ship Creek near downtown and is a featured Alaska PrideFest event.

Race time: 6 pm

Entry fee: \$30

Contact: Eric Van Dongen 907-240-2904
AKRainbowRun@gmail.com
Shelby Mahogany Wilson AK
RainbowRun@gmail.com
<http://identityalaska.org/>

Sponsored by: Identity Inc.

Lace up your running shoes, show off your most creative rainbow costume, and join in at Alaska PrideFest's 3rd annual Rainbow Run.

**Jun 13
Wed**

All-Comers Track Meets – Fairbanks

Meet time: 6:30 PM – West Valley High School Track

Distance: Track races, 100 meters to 5000 meters.

Two meets, on Wednesdays May 30 and June 13, 2018.

100-5000 meters.

Entry Fee: Free

Contact: Dan Callahan 907-322-6097
akcallahans@hotmail.com
N/A

Sponsored by: RCN/West Valley XC

All welcome. No entry fee. Sign up at the track the evening of meet.

**Jun 14
Thu**

USATF All Comers Track & Field Meet – Anchorage

Meet time 6:00pm at The West High Track Complex. A variety of Track and field events will be offered.

Contact: Jason Hofacker 907-854-4863
jhofacker@acsedu.org
alaska.usatf.org

Sponsored by USATF AK
\$5.00 entry fee

**Jun 16
Sat**

2018 Spruce Tree Classic – Fairbanks

Meet time: 10:00 AM – UAF West Ridge Ski Hut

Distance: 7 Miles

Run on UAF North Campus trails. Race is free. Course is over rolling terrain, on well established trails. Water stop midway.

Refreshments provided at finish. Depending on the year, can be a little muddy/wet.

Contact: Roy Strandberg 907-378-7111
roy@akwater.com

Sponsored by: Running Club North

Register day of race. Refreshments after the race.

**Jun 16
Sat**

USATF Junior Olympic Track & Field Meet – Anchorage

Meet time 9:00am at The West High Track Complex. A variety of Track and field events will be offered.

Contact: Jason Hofacker 907-854-4863
jhofacker@acsedu.org
alaska.asatf.org

Sponsored by USATF AK

\$5.00 entry fee

**Jun 16
Sat**

Family Fun Walk/Run – 3 miles and 5 miles - Nikiski

Meet time: 9am – Nikiski Community Recreation Center

3 & 5 miles – groomed trails

Race time: 10am Entry fee: \$25

(includes t-shirt)

Contact: Jackie Cason 907-776-6416
jcason@kpb.us
Teri Langston 907-776-8800
www.northpenrec.com

Sponsored by: North Peninsula Recreation Service Area

Groomed trails. Mostly flat with some hills. T-shirt included in registration fee. Choose your course, 3 or 5 miles. Visit the website for details & entry form.

**Jun 17
Sun**

Robert Spurr Memorial Hill Climb (Bird Ridge) - Indian

Meet time: 9:30 am – Bird Ridge Trailhead
Distance: 3 miles – 3400' vertical, uphill only
Race time: 10:00 am
Entry fee: \$35

Contact: Brad Precosky
akmtnrun@hotmail.com
www.alaskamountainrunners.org

No bib pickup after 9:30 a.m. on race day. No race-day registration. 250 person limit. Lottery registration begins May 1 at www.alaskamountainrunners.org. Use new large parking lot (called "Bird Creek Access").

**Jun 21
Wed**

The Aurora Walk – Fairbanks

Meet time: 5:00 PM – Near the FYSA Soccer Field Complex and Surrounding Areas on Davis Road.
Distance: 1.5 – 2 Miles, No times
Entry Fee: Check website

Contact: Celeste Cook 907-987-5268
ccook@petrostar.com
www.fysasoccer.org

The Aurora Walk is a family-friendly, 'non-race' event that will take place near the Fairbanks Youth Soccer Association field complex on Davis Road. A comfortable route (about 1.5 to 2 miles) will loop around the nearby areas including the FYSA soccer field

**Jun 21
Thu**

Dusk to Dawn D2D Part 1 – Fairbanks

Meet time: 12:47 AM – UAF- Ski Hut
Distance: Run as far as you can from dusk to dawn. Set loop and GPS options.
Run all night time hours of the longest day. 12:47 to 2:58
Entry Fee: Free

Contact: George Berry 907-687-8769
George Berry@att.net

Sponsored by: RCN
No fee. Sign up 30 minutes prior to start at UAF Ski Hut. Run a set loop, or take your GPS and run your own course!

**Jun 22
Fri**

Kids XC Runs – Fairbanks

Meet time: 6:00 PM – West Valley H.S. soccer fields

Distance: 0.5, 1, and 1.5 Miles, Cross-country race

Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.

Entry Fee: Check website

Contact: Tracey Martinson 907-474-8353

tamartinson67@gmail.com

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Meet at West Valley H.S. soccer fields. Registration at 5:45 p.m., run at 6 p.m. Dates are June 8, June 22, July 6, and July 20

**Jun 22-
Aug 4
Sat**

Midnight Sun Lazyman Triathlon – Wasilla/ Virtual Race

Location: Where you are

140.7 miles – Ironman Tri over 6 weeks

Entry fee: \$35

Contact: Traci Sanders 907-355-6110

htraci@hotmail.com

<http://midnightsunlazyman.weebly.com/>

Sponsored by: Midnight Sun Lazyman Triathlon

Experience an Ironman Triathlon at your own pace. Goal is 112 miles bike, 2.5 miles swimming, 26.2 miles running (see log sheet for alternative suggested activities). Celebration BBQ August 4th.

Enter by 6/25 to ensure your swag.

**Jun 23
Sat**

Fairbanks Daily News Miner Midnight Sun Run

Usibelli Series #3 – Fairbanks

Meet time: 10:00 PM – UAF - Patty Center Parking Lot

Distance: 10K Run or Walk

10K Course that starts at UAF and ends inside Pioneer Park.

Entry Fee: Check website

Contact: Susan Kramer 907-456-8901

racedirector@fra-alaska.net

www.midnightsunrun.net

Sponsored by: Fairbanks Daily News Miner and Fairbanks Resource Agency

Registration is available on-line at www.midnightsunrun.net

Registration Fees increase at Bib PU (6/20-22)

Jun 23 Anchorage Mayor's Marathon – Anchorage

Sat

Meet 6:30 am – Bartlett High School

26.2 miles – Bartlett to Delaney Park Strip

Race time 7:30 am, Entry fee: Check website

Registration on-line & save

Contact: UAA 786-1325

track@alaska.edu

www.mayorsmarathon.com

Sponsored by: Anchorage Parks & Recreation,

University of Alaska Anchorage & ConocoPhillips

Walkers welcome! Medallions to finishers, t-shirts all

No Race Day Registration or Bib Pick-up

Jun 23 Kesugi Ridge Traverse – Denali State Park

Sat

Meet time: 8:00 am – Little Coal Creek Trailhead

Distance: 15 miles – Challenging singletrack trail from Little Coal Creek to Byers Lake Trailhead

Race time: 9:00 am

Entry fee: \$50

Contact: Matias Saari 907-529-4178

Matiasmountain@gmail.com

www.kesugiridgegetraverse.com

Sponsored by: Active Soles, United Physical Therapy, Denali State Park, 49th State Brewing Co.

Registration opens April 1 at www.ultrasignup.com. Limited to 50 entrants. See website for information about mandatory gear, qualifier races, time cut-offs and camping.

Jun 23 15th Annual Only Fools Run At Midnight 5K - Ketchikan

Sat

Distance -5K & 1 Mile Fun Run/Walk/Wheel

Race time: 11:59pm Start & Finish @ the Parks & Recreation Center

Entry fee: Pre-registration: \$20.00 per person through June 22nd.

Night of registration: \$25.00 per person.

Contact: Stuart Whyte-907-225-9655

stuart@krbd.org

Register online @ krbd.org, or pick up a form at KRBD Studios, the Rec Center, Fat Stans, & the SAIL office. Prizes for the best costumes. Medals for the top finishers in the 5K Race.

**Jun 23
Sat**

Kesugi Ridge Half Traverse – Denali State Park

Meet time: 8:00 am – Little Coal Creek Trailhead

Distance: 15 miles – Challenging singletrack trail from Little Coal Creek to just beyond Ermine Trail junction

Race time: 9:00 am

Entry fee: \$50

Contact: Matias Saari 907-529-4178

Matiasmountain@gmail.com

www.kesugiridegetraverse.com

Sponsored by: Active Soles, United Physical Therapy, Denali State Park, 49th State Brewing Co.

Registration opens April 1 at www.ultrasignup.com. Limited to 50 entrants. Participants will race to just beyond Ermine Hill junction, then follow Ermine trail 3 miles to Parks Highway at own leisure. See website for information about mandatory gear, time cut-off, shuttle and camping.

**Jun 26
Tues**

Alaska Splash n' Dash #1 – Anchorage

Meet time: 5pm-6pm – Service High Pool

Distance Varies – Kids only Race – Swim in pool/ Run on Randy's Loop

Race time: 5:30pm-6:15pm

Entry fee: \$20/one race, \$50/series of 3

Contact: Heather Helzer 907-351-2232

heather@turnagaintraining.com

www.turnagaintraining.com

Sponsored by: Turnagain Training

This fun swim/run kids only race series has a short and long distance option. 100m or 300m swim, 0.75 or 1.5 mile run. Life jackets welcome in the swim! T-shirts and medals for every finisher!

**Jun 28
Thur**

USATF All Comers Track & Field Meet – Anchorage

Meet time 6:00 pm at The West high Track Complex. A variety of Track and field events will be offered.

Entry fee: \$5

Contact: Jason Hofacker 907-854-4863

jhofacker@acsedu.org

alaska.usatf.org

Sponsored by USATF AK

**Jun 30
Sat**

Sgt. Brandt Memorial Run From the Cops – Fairbanks

Meet time: 11:00 AM – 911 Cushman St, Fairbanks AK

Distance: 5K Run/Walk

"Run from the Cops" Walk & Run is a fun event for runners and walkers alike! A fun way to run from the cops without getting arrested. For everyone's safety, NO pets, bicycles, or roller skates/blades please.

Entry Fee: Check website

Contact: Kristi Merideth 907-687-7958

Fbksrunfromthecops@gmail.com

<https://www.facebook.com/FairbanksRunFromTheCops/>

Sponsored by:

Registrations can be taken in person at the Fairbanks Police Department or Beaver Sports. Online registration is available on Active.com

**Jun 30
Sat**

North Pole Triathlon – Fairbanks

Meet time: 9:00 AM – Chena Lakes Recreation Center

Distance: Olympic distance triathlon

1500M Swim, 40K Bike, and 10K Run.

Entry Fee: \$50 + USAT Fee

Contact: amber barlow 970-203-5535

thebreakuptri@hotmail.com

<https://arctic-triathlon-series.weebly.com/>

Sponsored by: Arctic Triathlon Series

Registration opens Feb. 1, 99 racer limit

**Jun 30
Sat**

Kilted Mile - Palmer

Distance: 1 mile- Run a mile, flat road, out & back

Race time: 12:30 pm

Entry fee: Free

Contact: Jeni McDaniel (602)-359-4893

ashgathletics@gmail.com

website: www.alaskascottish.org

Sponsored by: AK Scottish Club/ AK. Scottish Highland Games Participation Form will be on the AK Scottish club website May 1, 2018. Kilts can be provided. You must purchase a ASHG ticket to be admitted to the race course.

**Jun 30
Sat**

Spit Run 10K and Half Marathon – Homer

Meet time: 9:00 am – Homer High School
10K and Half Marathon – Homer Spit Bicycle and Pedestrian Path
Race time: 9:30 am walkers; 10 am runners
Entry fee: TBA

Contact: Andy Hass 253-3270
yatra@ak.net

www.kachemakbayrunningclub.org

Sponsored by: Kachemak Bay Running Club
USATF certified 10 K. Proceeds benefit local youth running sports.
Register online at kachemakbayrunningclub.org. Discounts
available for KBRC members.

**Jun 30
Sat**

Little a Triathlon – Palmer

Meet time: 10 am – Matanuska Lake State Recreation Park
Distance: Sprint – Open water, off road triathlon
Race time: 10 am

Entry fee: \$100 for individual/\$150 for teams

Contact: J.T. Lindholm
littleatriathlon@gmail.com
littleathriathlon.com

This memorial event is also a fundraiser for a family with a child who is going through treatment for cancer. In its third year, the recipient this year is Jazee Halloway. Jazee is a 7 year old from Anchorage who was diagnosed with pineoblastoma last summer. The swim is in Matanuska Lake and is 800 meters long. The bike (about 12 miles long) and run (about 4 miles long) are on the trails on the Matanuska Greenbelt.

**Jun 30
Sat**

Cosmic Hamlet Half – Homer

Meet time: 8 AM – Homer High School
Distance: ½ Marathon- From high school to the end of the spit.
Race time: 9 AM

Entry Fee: TBA

Contact: Andy Hass 253-3270
yatra@ak.net

www.kachemakebayrunningclub.org

Sponsored by: Kachemak Bay Running Club

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

Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year round event.

Jul **RCN Track Interval training – Fairbanks**
Tue Meet time: 5:30 PM – West Valley H.S. track
Distance: Interval training
Entry Fee: Check website
Contact: Bruce Miller 907-479-5585
 millerb@doyon.com <https://www.runningclubnorth.org>
 <https://www.runningclubnorth.org>

Sponsored by: Running Club North
Women's group meets at 5:30 p.m. Men's group meets at 6:00 p.m.
Come early to warm up and be ready to run.

Jul **Exceed Women's Running Team – Anchorage**
every Meet time: 6pm – Various locations
Tue Coached workouts, track and trail runs
Entry Fee: Membership \$100/season
Contact: Tara Wheatland 510-593-9210
 tara.wheatland@gmail.com
 www.runexceed.org

Sponsored by: Exceed Women's Running Team
We meet every Tuesday at 6pm, April through August. Check
website or Facebook for locations and details. You can attend twice
for free before paying membership fee. All levels are welcome!

Jul – **Peak Performers Track Club – Anchorage**
Aug 6 pm – APU Moseley Sports Center thru mid April
Tue Central Jr High Track late April thru Aug –
APU – paved roads, Central – track
Membership fee: \$65, \$110 family (2)/\$160 3 or more
Contact: Jason Hofacker 854-4863
 Kim Baldwin 274-1061
 and in spirit, Chester Franz
Sponsored by: Peak Performers Track Club
Training & conditioning program led by coaches

HeartReach Center

5k Life! 2018



and KID'S
FUN RUN!

**RACE STARTS AT 10:00AM
SATURDAY JULY 7, 2018**

**Day of Race Registration & BIB pick-up 9:00am
New Trunk Road Bike/Foot Path Palmer/Wasilla
Entry Fee \$25/\$50 Family—\$35/\$60 Day of Race**

**Runners-Walkers-Strollers-Bikes
Welcome!**

**Register Online:
www.HeartReachAlaska.com
Or 907-373-3456**

benefits
HeartReach Center
HOPE • LIFE • VALUE

**PRIZE DRAWINGS!
See Details online.**

Jul **MatSu Running Club - Women's Group– Palmer**

Tue,
Thu

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

website: vwrt.org

Sponsored by: MatSu Running Club

Tuesday,, Thursday. Ages 16+ runners of all ability levels welcome.

Coach training held each week of April- mid-August trail runs through September.

Jul **Mat-Su Running Club-Co-Ed Group – Palmer**

Wed,
Thu

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

Norm Rousey

coachrousey@hotmail.com

website: vwrt.org

Sponsored by: MatSu Running Club

Wednesday, Thursday. Ages 16+. Runners of all ability levels

welcome. Coached training held each week of April - mid-August with trail runs thru September.

Jul 4 **33rd Annual Independence Day Run – Fairbanks**

Wed

Meet time: 10:00 AM – From east entrance of Pioneer Park, along bike paths and side roads on each side of Chena River.

Distance: 5K Fun Run

5K race on bike path, side roads, and sidewalks.

Entry Fee: \$45

Contact: Dan Callahan 907-322-6097

akcallahans@hotmail.com

N/A

Sponsored by: RCN/West Valley High School Cross Country running team

Online Registration through July 2 at runningclubnorth.org

\$20 preregistration fee (\$25 on race day). Includes T-Shirt

In-person registration at Beaver Sports Proceeds benefit West Valley HS Cross Country Running Program

**Jul 4
Wed**

Salmon Shuffle – Seldovia

Race Time: 9:00 am – Start/Finish: Harbor

Entry Fee: \$20, includes tee shirt

5 km – Loop through town. Generally level.

Contact: Tobben Spurkland 907-399-0300

klippfisk@msn.com

Register: 7/2 & 7/3: 5-7 pm at Gateway Pavilion. Day of race: 7:00am.

**Jul 5
Thu**

Alaska Men’s Run Registration & Bib PU– Anchorage

4 – 6:30 pm – Skinny Raven Sports, 800 H St (run July 7)

5 mile run/2 mile walk – Chester Creek paved trails

Entry fee: \$35/\$70 family, \$45/\$80 race day

Contact: See website

Sponsored by: Alaska Men’s Run Race Board

Register on-line @ www.alaskamensrun.com thru July 6th. Race

day registration: 8:30–9:30 am, includes t-shirt & prizes, visit the website for additional info

**Jun 6
Fri**

Kids XC Runs – Fairbanks

Meet time: 6:00 PM – West Valley H.S. soccer fields

Distance: 0.5, 1, and 1.5 Miles, Cross-country race

Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.

Entry Fee: Check website

Contact: Tracey Martinson 907-474-8353

tamartinson67@gmail.com

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Meet at West Valley H.S. soccer fields. Registration at 5:45 p.m., run at 6 p.m. Dates are June 8, June 22, July 6, and July 20

**Jul 7
Sat**

**Run of the Valkyries
Usibelli Series #4 – Fairbanks**

Meet time: 10:00 AM – Pioneer Park

Distance: 8K Fun Race

Entry Fee: Check website

Contact: Morgan W. Reed 907-456-7573

morganreed@mac.com

www.operafairbanks.org

Sponsored by: Opera Fairbanks

See website for additional information.

**Jul 7
Sat**

Alaska Men's Run – Anchorage

Meet time: 8:30am – Anchorage Football Stadium

5 mile run/2 mile walk – Chester Creek paved trails

Race time: 10am

Entry fee: \$35/\$70 race day, includes t-shirt, prizes & post-race
BBQ!

Contact: see website

Sponsored by: Alaska Men's Run Race Board

Register on-line @ www.alaskamensrun.com thru July 6

**July 7
Sat**

5K for Life – Palmer/ Wasilla

Meet Time: 9 am Registration – New Trunk Road bike/ foot
pathway

Distance: 5k – Out & back, rolling hills, scenic byways

Race time 10 am

Entry Fee: \$25/\$50 Family, \$35/\$60 family day of race

Contact: Patti Price 907-373-3456

Patti.price@heartreachalaska.com

Joyce Moropoulos 907-373-3456

www.friendsofheartreach.com

Sponsored by: HeartReach Center

Registration/bib pick-up at Trunk Road Commuter Lot near the
roundabout where we will be starting and finishing all the events.

We will also have a kid's fun run to start the race. Food vendors on
site.

**Jul 7
Sat**

Hatcher Pass Marathon - Willow

Meet time: 8:00 am – Shirleytown Road, Mile 43.25 of Willow Fishhook Rd

Distance: 26.2 mile – Mostly gravel rd point to point route with 4900 ft elevation gain

Race time: 9:00 am

Entry Fee: \$60 solo/ \$120 relay until 06/08/2018

Contact: Shawn McTaggart 425-766-7446

HPmarathon@yahoo.com

Tony Covarrubias 253-880-2870

www.hatcherpassmarathon.com

26.2 Mile solo and 3-person relay. Start on Willow side of Hatcher Pass Road. Point to point uphill on gravel road 25 miles, then downhill 1.25 miles to finish at Independence Mine.

**Jul 8
Sat**

Ester Dome Ass Kicker: Trail Series #4 – Fairbanks

Meet time: 10:00 AM – Golder Eagle & Ester Gold Camp Parking Lots.

Distance: 6.75 miles of extreme hills & fun on roads and trails

Dirt road and trail. Steep up and steep down ~6.75 miles

Entry Fee: Check website

Contact: Oralee Nudson 907-252-0530

onudson@alaska.edu

Sponsored by: RCN & Goldstream Sports

Sign up on race day at the start.

**Jul 8
Sun**

Pioneer Ridge Vertical Mile - Palmer

Meet time: 10:00 am – Pioneer Ridge Trailhead, Mile 4 E. Knik River Rd.

Distance: 4.5 miles Uphill-only course on steep singletrack trail with 5,300 feet of vertical gain

Race time: 11:00 am

Entry fee: \$5

Contact: Matias Saari 907-529-4178

Matiasmountain@gmail.com

Ben Marvin 907-317-8115

Race day registration only. There will be no early start. Due to limited parking, all participants MUST take a shuttle to the trailhead. The shuttle will begin at 9:30 a.m. at the gravel bar parking area just north of the Knik River Bridge on the Old Glenn Hwy. (follow the signs)

**Jul 8
Sun**

Boondocks Breakaway 2.5 & 5k Trail Run– Anchorage

Meet time: 10:00 am – Kincaid Bunker

Distance: 2.5K & 5K – Trail run in Kincaid Park and social afterwards

Race time: 11 am

Entry Fee: ARC membership

Contact: info@anchoragerunningclub.org

www.anchoragerunningclub.org

Sponsored by: Anchorage Running Club

Race day registration only

**Jul 10
Tues**

Alaska Splash n’ Dash #2 – Anchorage

Meet time: 5pm-6pm – Service High Pool

Distance Varies – Kids only Race – Swim in pool/ Run on Randy’s Loop

Race time: 5:30pm-6:15pm

Entry fee: \$20/one race, \$50/series of 3

Contact: Heather Helzer 907-351-2232

heather@turnagaintraining.com

www.turnagaintraining.com

Sponsored by: Turnagain Training

This fun swim/run kids only race series has a short and long distance option. 100m or 300m swim, 0.75 or 1.5 mile run. Life jackets welcome in the swim! T-shirts and medals for every finisher!

**Jul 11
Wed
Date
Change**

Salmon Run Series #1 – Soldotna

Meet time: 5pm – Tsalteshi Trails

5K – multiple loop, hilly, groomed trail course

Race time: 6pm

Entry fee: \$10 on-line/\$15 in person/\$45 series

Contact: Tami Murray 260-5449 x1201

tami@keniawatershed.org

KWF Office 260-5449

Rhonda McCornick 260-5449 x1203

www.keniawatershed.org

Sponsored by: Kenai Watershed Forum

1K kids race at 6 pm \$5, with 5K race immediately following. Race course differs each week. 5 series race, all ages, walkers welcome. “Like” our Facebook page for updates and results.

**Jul 11
Wed**

Master's 5K & 10K– Anchorage

Meet time: 5:30 pm – Chuck Albrecht Fields
Distance: 5K or 10K limited to runners 40 years and older
Race time: 8 am (walkers), 9 am (half), & 9:20 (10K)
Entry Fee: Check ARC website for details
Contact: info@anchoragerunningclub.org
www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

**Jul 12
Thur**

USATF All Comers Track & Field Meet – Anchorage

Meet time 6:00pm at The West High Track Complex. A variety of Track and field events will be offered.
Contact: Jason Hofacker 907-854-4863
jhofacker@acsedu.org
alaska.usatf.org
Sponsored by USATF AK
\$5.00 entry fee

**Jul 12
Thu**

Steve's Equinox Training #1 – Fairbanks

Meet time: 6:00 PM – UAF Patty Center
Distance: 8+ Miles
Get ready for the Equinox on the installment plan.
Entry Fee: Free
Contact: George Berry 907-687-8769
membership@runningclubnorth.org
RCN
Sponsored by: RCN

**Jul 14
Sat**

Angel Creek 50 Miler – Fairbanks

Meet time: 5:00 AM – Chena River Rec Area
Distance: 50 Mile trail run
Challenging 50 mile ultra marathon in the Chena River Rec Area.
Contact: Drew Harrington 907-451-6604
info@angelcreek50.org
www.angelcreek50.org
Sponsored by:
See website for additional information.

**Jul 14
Sat**

Alaska Salmon Runs Sockeye Half-Marathon– Cordova

Meet time: 9:00 am – Cordova hospital parking lot

Distance: 13.1 miles – level, 1.2 miles gravel, 12 miles paved, point to point

Race time: 9:30 am

Entry fee \$50

Contact: Kristin Carpenter 907-424-3334

runningwild@copperiver.org

<http://copperiverwild.org/ak-salmon-runs/>

Sponsored by: Baja Taco, Skinny Raven, REI, Trident Seafoods

From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

**Jul 14
Sat**

Alaska Salmon Runs Coho 10K– Cordova

Meet time: 10am – Cordova hospital parking lot

Distance: 10K – one-way, flat, paved

Race time: 10:30 am

Entry fee \$20

Contact: Kristin Carpenter 907-424-3334

runningwild@copperiver.org

<http://copperiverwild.org/ak-salmon-runs/>

Sponsored by: Baja Taco, Skinny Raven, REI, Trident Seafoods

From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

**Jul 14
Sat**

Alaska Salmon Runs Humpy 5K – Cordova

Meet time: 10am – Cordova hospital parking lot

Distance: 5 K – level, paved, point to point

Race time: 10:45am

Entry fee \$20

Contact: Kristin Carpenter 907-424-3334

runningwild@copperiver.org

www.copperiverwild.org

Sponsored by: Baja Taco, Skinny Raven, REI, Trident Seafoods

From salmon to jammin', Cordova has it all! Mountains and glaciers line the course of this destination marathon with salmon barbecue and awards afterwards; Salmon Jam Music Festival and Small Fry arts and education activities same weekend!

- Jul 14 Sat** **AK Salmon Runs King Salmon Marathon– Cordova**
 Meet time: 6:00 am – Cordova hospital parking lot
 Distance: 26.2 mile – level, 15.2 mi gravel, 11 mi paved, pt. to pt.
 Race time: 7:00 am
 Entry fee \$50
 Contact: Kristin Carpenter 907-424-3334
 runningwild@copperriver.org
 <http://copperriverwild.org/ak-salmon-runs/>
 Sponsored by: Baja Taco, Skinny Raven, REI, Trident Seafoods
 From salmon to jammin', Cordova has it all! Mountains and
 glaciers line the course of this destination marathon with salmon
 barbecue and awards afterwards; Salmon Jam Music Festival and
 Small Fry arts and education activities same weekend!
- Jul 14 Sat** **Subway Tri-Harder-Thon – Seward**
 Bib check in: 7:15 - 8:15am - Wellington picnic area, last shuttle will
 leave at 8:20
 Adventure race starting at Primrose: 5 mile kayak, 6 mile trail run &
 15 mile bike
 Race time: 9:00 am Entry fee: Earlybird fee: Solo - \$90, Teams - \$140
 Need 30 racers paid by July 6th to hold event
 Contact: Melanie Hauze 224-4011
 mhauze@cityofseward.net
 Austin Ledford 224-4054
 aledford@cityofseward.net
 www.cityofseward.us to register go to: www.runsignup.com
 Sponsored by: Subway & Seward Parks and Rec
 Not you're traditional Triathlon, Seward's only Adventure Challenge!
 Teams must consist of three different individuals, 18 years and older.
 Athletes are required to provide own kayak. Limited to 60
 participants, need 20 participants to hold the event.
- Jul 14 Sat** **Karen Eakes Memorial Fun Run 3K/5K - Ketchikan**
 Distance: 3/5K
 Race time: 9:30 AM - Wardlake
 Entry fee: \$15.00
 Contact: Diane Gubatayao 907-225-7851
 dianeblossom@yahoo.com
 Sponsored by: Ketchikan Wellness Coalition

**Jul 14
Sat**

Bear Paw 5K Run – Eagle River

Meet time: 8:30am bib pick-up/Late reg. – Auto Zone, Main Street
Eagle River

Race time 10:30am, Entry fee: \$30

\$80 family of 4 (immediate only), additional members \$20

\$40/\$95 family of 4 race day, includes t-shirt

For entry only, no t-shirt, \$20/\$60 family of 4 (immediate
only), \$25/\$70 family race day

Contact: Joey Caterinichio
jcaterinichio@alaska.net,
info@cer.com

Sponsored by: Midas & Skinny Raven Sports.

Hosted by: ANR/ERNTC

Sign up at Skinny Raven, Eagle River Chamber of Commerce,
or register on-line @ www.cer.org or www.skinnyraven.com.

Fun for all ages. A Healthy Futures event.

**Jul 15
Sun**

Run for the Refuge – Fairbanks

Meet time: 12:00 PM – University of Alaska Fairbanks

Distance: 5K and 10K Family Fun Run

Since 1997, the Northern Alaska Environmental Center (Northern
Center) has held an annual family fun run to support and promote
the importance of the Arctic National Wildlife Refuge in northern
Alaska. This year's run marks the 22nd anniversary of the eve

Entry Fee: Check website

Contact: Anna Sorensen (907) 452-5021
officemanager@northern.org
www.northern.org

Sponsored by: Northern Alaska Environmental Center (and other
local businesses)

**Jul 15
Sun**

Skinny Raven Women's Only ½ and ¼ Marathon – Anchorage

Meet time: 8am – Delaney Park Strip (West End)

13.1/6.55 miles – out & back

Race time: 9am, 9:20 am ¼, walkers wave at 8am

Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com

Sponsored by: Her Tern Boutique, Brooks

Women's only ½ marathon, perfect training opportunity
for the Big Wild Life Full Marathon.

Jul 18
Wed
Date
Change

Salmon Run Series #2 – Soldotna

Meet time: 5pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time: 6pm
Entry fee: \$10 on-line/\$15 in person/\$45 series
Contact: Tami Murray 907-260-5449 x1201
tami@kenaiwatershed.org
Rhonda McCormick 907-260-5449 x1203
www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm \$5, with 5K race immediately following. 5
race series. Race course differs each week. All ages, walkers
welcome. “Like” our Facebook page for updates and results.

Jul 18
Wed

Run for Gold Bib Pick Up – Fairbanks

Meet time: 5:00:00 PM to 8:00 PM – Literacy Council of Alaska,
517 Gaffney Rd
Bib Pick up for Run for Gold. This 1 mile family fun run Benefits
Literacy Council of Alaska.

Entry Fee: \$10/Youth, \$15/Adult, \$25/Family
Contact: Jim Brader 907-452-4986
jimbrader@gmail.com
literacycouncilofalaska.org

Sponsored by: Running Club North
Leads the Golden Days Parade. Your chance to lead the parade and
win real gold!

Jul 19
Thu

Steve's Equinox Training #2 – Fairbanks

Meet time: 6:00 PM – Ann's Greenhouse pullout
Distance: 8+ Miles
Get ready for the Equinox on the installment plan.
Entry Fee: Free
Contact: George Berry 687-8769
membership@runningclubnorth.org
RCN

Sponsored by: RCN

Jul 20 **Kids XC Runs – Fairbanks**
Fri Meet time: 6:00 PM – West Valley H.S. soccer fields
Distance: 0.5, 1, and 1.5 Miles, Cross-country race
Free kids runs every other Friday in June and July. Generally for kids in grades K-6, but younger and older are welcome too.
Entry Fee: Check website
Contact: Tracey Martinson (907) 474-8353
 tamartinson67@gmail.com
 <https://www.runningclubnorth.org>

Sponsored by: Running Club North
Meet at West Valley H.S. soccer fields. Registration at 5:45 p.m.,
run at 6 p.m. Dates are June 8, June 22, July 6, and July 20

Jul 21 **Run For Gold – Fairbanks**
Sat Meet time: 9:50 AM – Aurora Energy Power Plant on First Ave.
Distance: 1 mile following Golden Days Parade route
This 1 mile family fun run Benefits Literacy Council of Alaska.
Entry Fee: \$10/Youth, \$15/Adult, \$25/Family
Contact: Jim Brader 907-452-4986
 jimbrader@gmail.com
 literacycouncilofalaska.org

Sponsored by: RCN
Leads the Golden Days Parade. Your chance to lead the parade and win real gold!

Jul 22 **53rd Annual Gold Discovery Run**
Sun **Usibelli Series #5 – Fairbanks**
Meet time: 9:00 AM Standard
8:00 AM Early – Silver Gulch Brewery
Distance: 16.3 miles trail/road
Felix Pedro struck gold on July 22, 1902, in a creek 12 miles north of E. T. Barnette’s Trading Post. In 1965 the Gold Discovery Run was inaugurated to commemorate his discovery, which led to gold fever and the founding of Fairbanks.
Contact: Rachael Kvapil 907-347-8756
 pagesculptor@gmail.com
 <https://www.runningclubnorth.org/gold-discovery/>
Sponsored by: Running Club North
Registration will be through Chronotrack

Jul 24
Tues

Alaska Splash n' Dash #3 – Anchorage

Meet time: 5pm-6pm – Service High Pool
Distance Varies – Kids only Race – Swim in pool/ Run on Randy's Loop
Race time: 5:30pm-6:15pm
Entry fee: \$20/one race, \$50/series of 3
Contact: Heather Helzer 907-351-2232
heather@turnagaintraining.com
www.turnagaintraining.com

Sponsored by: Turnagain Training
This fun swim/run kids only race series has a short and long distance option. 100m or 300m swim, 0.75 or 1.5 mile run. Life jackets welcome in the swim! T-shirts and medals for every finisher!

Jul 25
Wed
Date
Change

Salmon Run Series #3 – Soldotna

Meet time: 5pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time: 6pm
Entry fee: \$10 on-line/\$15 in person/\$45 series
Contact: Tami Murray 907-260-5449 x1201
tami@kenaiwatershed.org
Rhonda McCormick 907-260-5449 x1203
www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm \$5, with 5K race immediately following. 5 race series. Race course differs each week. All ages, walkers welcome. "Like" our Facebook page for updates and results.

Jul 25
Wed

Cruiseship Fun Run 5K & 10K- Ketchikan
Distance:5K & 10K

Race time: 8:00 AM - Wardlake
Entry fee: Free, but buy a t-shirt and support club for \$30.00
Contact: Leigh Woodard 907-617-8245
leighanastasia@gmail.com

Jul 26
Thu

Steve's Equinox Training #3 – Fairbanks

Meet time: 6:00 PM – Ann's Greenhouse pullout
Distance: 8+ Miles
Get ready for the Equinox on the installment plan.
Entry Fee: Free

Contact: George Berry 687-8769
membership@runningclubnorth.org
RCN

Sponsored by: RCN

Jul 26 **USATF All Comers Track & Field Meet – Anchorage**
Thur Meet time 6:00pm at The West High Track Complex. A variety of
Track and field events will be offered.
Contact: Jason Hofacker 907-854-4863
jhofacker@acsedu.org
alaska.usatf.org
Sponsored by USATF AK
\$5.00 entry fee

Jul 26 **Turnagain Triathlon & Alaska Triathlon High School State**
Thus **Championships – Anchorage**
Meet time: 9am – Bartlett Pool
Distance Varies – TBD
Race time: 10am
Entry fee: TBD
Contact: Heather Helzer 907-351-2232
heather@turnagaintraining.com
www.turnagaintraining.com
Sponsored by: Turnagain Training
Please check the website for more information about this race!
Dates, time, and location subject to change!

Jul 28 **Lucky Shot Gold Rush– Willow**
Sat Meet time: 9:00am – 1 mile, Willow Creek Parkway
Distance: 4 mile loop – A flat, gravel trail meandering through the
woods
Race time: 10:00am
Entry Fee: check website
Contact: Steve Charles 907-495-6368
scharles@mtaonline.net
Stuart Leidner 907-746-8757
http://matsutrails.org
Sponsored by: Mat-Su Trails and Parks Foundation
Walkers welcome. Stick around and enjoy food and festivities
afterwards.

**July 28
Sat**

Crow Pass Crossing - Girdwood

Meet time: 8:00 am – Crow Pass Trailhead

Distance: 22.5 miles – technical backcountry wilderness race from Crow Pass Trailhead to Eagle River Nature Center

Race time: 9:00 am

Entry fee: \$70

Contact: Matias Saari 907-529-4178

Matias@healthyfuturesak.org

Harlow Robinson 907-240-3684

www.healthyfuturesak.org

Sponsored by: Healthy Futures, Eagle River Nature Center

Registration opens May 1 (find link at HF website); event is limited to 150 entrants.

Mandatory bib pickup will be from 5-7 p.m. Friday, July 27 at Healthy Futures, 11901 Industry Way, Unit A-9, Anchorage. A safety and informational meeting (mandatory for race rookies, optional for veterans) will follow at 7:15 p.m.

**July 28
Sat**

Wildlife Rescue Run/Walk – Seward

Meet time: 9:30–11:30am – Alaska SeaLife Center

Distance: 5K – mostly flat, scenic route along waterfront

Race time: 12:00 pm

Entry fee: \$25; \$30 Race Day

Contact: Nancy Anderson 907-224-6396

nancya@alaskasealife.org

Shannon Wolf 907-224-6355

shannonw@alaskasealife.org

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. Walkers and runners start at Noon.

Jul 28 **USATF All Comers Championships Track & Field Meet**
Sat **Anchorage**
Meet time 9:00am at The West High Track Complex. A variety of
Track and field events will be offered.
Contact: Jason Hofacker
 jhofacker@acsedu.org
 alaska.usatf.org
Sponsored by USATF AK
\$5.00 entry fee

Jul 28 **Jakolof Bay 10 Miler – Run or Bike**
Sat Race Time: 11 am – Start: Jakolof Bay Dock Finish: Gateway
Pavilion, Seldovia
Entry Fee: \$ 10, includes socks
10 miles – One way, Jakolof Bay to Seldovia; transport available

back to Jakolof Bay
Contact: Tania Spurkland 907-399-7379
 ~~tmspurkland@gmail.com~~
Registration: July 27: 5-6 pm at Susan B. English School. Day of
Race: 9:30 am.

Jul 28 **Sourdough Triathlon – Fairbanks**
Sat Meet time: 10:00 AM – Steese Highway, Mile Marker 33.1
Distance: Half Ironman distance
1.2 mile Swim, 56 mile Bike, and 13.1 mile run.
Entry Fee: \$60 + USAT Fee
Contact: Amber Barlow 970-203-5535
 thebreakuptri@hotmail.com
 https://arctic-triathlon-series.weebly.com/

Sponsored by: Arctic Triathlon Series
Registration opens Feb. 1, 99 racer limit

Jul 28 **Chena Hot Springs Run 'n Soak**
Sat **Trail Series #5 – Fairbanks**
Meet time: 11:00 AM – Chena Hot Springs Resort/Angel Rocks
Trailhead
Distance: 8.5 mile trail run
Challenging, hilly, 8 1/2 mile run from Angel Rocks Trailhead up to
the ridge and down to Chena Hot Springs Resort. Potluck BBQ at
the finish. Reduced fee to soak in the hot springs.

Entry Fee: Free

Contact: Keith Pollock 907-479-0779
kpollockak@gmail.com
RCN

Sponsored by: RCN

Jul 30 Mon Calamity Kayak/Run/Bike in Partnership with KGB Parks & Recreation- Ketchikan

Distance: 5K, 1 mile kayak, & 8 mile bike
Race time: 9:30 AM - Totem Bight State Park
Entrance fee: For rates call Director
Contact: Diane Gubatayao 907-225-7851
dianeblissom@yahoo.com

**Aug 1
Wed
Date
Change**

Salmon Run Series #4 – Soldotna

Meet time: 5pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time: 6pm
Entry fee: \$10 on-line/\$15 in person/\$45 series
Contact: Tami Murray 907-260-5449 x1201
tami@kenaiwatershed.org
Rhonda McCormick 907-260-5449 x1203
www.kenaiwatershed.org

Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm \$5, with 5K race immediately following. 5
race series. Race course differs each week. All ages, walkers
welcome. “Like” our Facebook page for updates and results.

**Aug
every
Tue**

Exceed Women’s Running Team – Anchorage

Meet time: 6pm – Various locations
Coached workouts, track and trail runs
Entry Fee: Membership \$100/season
Contact: Tara Wheatland 510-593-9210
tara.wheatland@gmail.com
www.runexceed.org

Sponsored by: Exceed Women’s Running Team
We meet every Tuesday at 6pm, April through August. Check
website or Facebook for locations and workout details. You can
attend twice for free before paying membership fee. All levels are
welcome!

**Aug
Tue,
Thu**

MatSu Running Club - Women's Group– Palmer

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

website: vwort.org

Sponsored by: MatSu Running Club

Tuesday, Thursday. Ages 16+ runners of all ability levels welcome.

Coach training held each week of April- mid-August trail runs through September.

**Aug
Tue**

RCN Track Interval training – Fairbanks

Meet time: 5:30 PM – West Valley H.S. track

Distance: Interval training

Entry Fee: Check website

Contact: Bruce Miller 907-479-5585

millerb@doyon.com <https://www.runningclubnorth.org>

<https://www.runningclubnorth.org>

Sponsored by: Running Club North

Women's group meets at 5:30 p.m. Men's group meets at 6:00 p.m.

Come early to warm up and be ready to run.

**Aug
Tue**

Peak Performers Track Club – Anchorage

6 pm – APU Moseley Sports Center thru mid April

Central Jr High Track late April thru Aug –

APU – paved roads, Central – track

Membership fee: \$65, \$110 family (2)/\$160 3 or more

Contact: Jason Hofacker 854-4863

Kim Baldwin 274-1061

and in spirit, Chester Franz

Sponsored by: Peak Performers Track Club

Training & conditioning program led by coaches

**Aug
Thu**

Hoodoo Goldstream Beer Runs – Fairbanks

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact:

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.



31st Annual Kenai Peninsula Run for Women

5K and 10K Courses • 10 a.m. Start
Annual Awareness Event

Saturday, August 11, 2018

*Proceeds will benefit victims of
Domestic Violence & Sexual Assault*

Sponsored by: *The LeeShore Center*

907-283-9479

further information online: www.leeshoreak.org

The LeeShore Center is a United Way agency



**Aug
Wed,
Thu**

Mat-Su Running Club-Co-Ed Group – Palmer

Meet time: 6pm – Colony High School Track

Contact: Rhonda Knopp 907-355-6258

coachknopp@yahoo.com

Norm Rousey

coachrousey@hotmail.com

website: vwrt.org

Sponsored by: MatSu Running Club

Wednesday, Thursday. Ages 16+. Runners of all ability levels welcome. Coached training held each week of April - mid-August with trail runs thru September.

Aug 2 **Steve's Equinox Training #4 – Fairbanks**
Thu Meet time: 6:00 PM – Top of Ester Dome
Distance: 5 Miles
Get ready for the Equinox on the installment plan.
Entry Fee: Free
Contact: George Berry 907-687-8769
 membership@runningclubnorth.org
 RCN
Sponsored by: RCN

Aug 4 **Celebrate Life! 5K Run & Walk – Soldotna**
Sat Meet time: 8:30am – Soldotna Bible Chapel
Distance: 5K – flat, residential & along highway
Race time: 10am
Entry fee: No charge
Contact: Kris Harris 907-283-9062
 kharris@abcwecare.org
 Colleen Ward 907-283-9062
 www.abcwecare.org
Sponsored by: ABC Pregnancy Care Center
Free Registration, Donations welcomed. Free t-shirt and brunch.
Runners 5k starts at 10 a.m. and walkers start at 10:05 am on a
shorter course suitable for all ages.

Aug 4 **Blueberry Fun Run & Walk -Ketchikan**
Sat Distance: 1 mile/5k/10K -- Alaska State Office Building/Police
Station
Race time: 9am-1 mile run and all walkers, 9:30 am- 5K/10K runs
Entry fee: \$15.00
Contact: Lori Ortiz (907) 225-7309 or (907) 617-9136
On-line registration: ACTIVE.COM

Aug 4 **Alaska Distance Classic – Anchorage**
Sat Meet time: 9am – APU, Moseley Sports Center
Race time: 5K-9am, 10K- 9:45am
Entry fee: Check Website
Contact: Mark Iverson 274-7222
 timing@skinnyraven.com
 www.skinnyraven.com
You can run both the 5K and 10K and earn yourself a special
finisher award!

Aug 4 Sat **25th Annual Santa Claus Half Marathon**
Usibelli Series #6 – Fairbanks
Meet time: 9:00 AM Standard
8:00 AM Early – Chena Lakes Recreation Area
Distance: Half Marathon, 13.1 miles
Flat and fast course on paved and gravel trails. 8am start is available for anyone anticipating a time. Post-race BBQ @ 11:30 AM.
Contact: Ron Oliver 360-867-3279
 Ron.Oliver@TeamRWB.org
 <http://santaclausahalf.weebly.com/course-and-details.html>
Sponsored by: RCN

Aug 4 Sat **Matanuska Peak Challenge - Palmer**
Meet time: 8am – Lazy Mountain Parking Lot
14 miles – 9,100' vertical gain Mt. race
Race time: 9am Entry fee: \$30
Contact: Braun Kopsack 907-3550435
 knikg@gci.net
 Lance Kopsack 907-745-5966
 www.alaskamountainrunners.org
Sponsored by: Knik Glacier Adventures
No aid stations available. Mandatory gear (windbreaker/long underwear tops/bottoms, hat, gloves, H2O bottle) required.

Aug 8 Wed
Date Change **Salmon Run Series #5 – Soldotna**
Meet time: 5pm – Tsalteshi Trails
5K – multiple loop, hilly, groomed trail course
Race time: 6pm
Entry fee: \$10 on-line/\$15 in person/\$45 series
Contact: Tami Murray 907-260-5449 x1201
 tami@kenaiwatershed.org
 Rhonda McCormick 907-260-5449 x1203
 www.kenaiwatershed.org
Sponsored by: Kenai Watershed Forum
1K kids race at 6 pm \$5, with 5K race immediately following. 5 race series. Race course differs each week. All ages, walkers welcome. “Like” our Facebook page for updates and results.

**Aug 9
Thu**

Steve's Equinox Training #5 – Fairbanks

Meet time: 6:00 PM – Top of Ester Dome

Distance: 5 Miles

Get ready for the Equinox on the installment plan.

Entry Fee: Free

Contact: George Berry 907-687-8769
membership@runningclubnorth.org
RCN

Sponsored by: RCN

**Aug 11
Sat**

Lace Up for Leukemia 5K – Fairbanks

Meet time: 10:00 AM – Pioneer Park Wilderness Pavillion

Distance: 5K

This is a fast, flat, family friendly 5K run/walk. All race registration fees go directly to the Leukemia & Lymphoma Society. There will be door prizes at the end of the race.

Entry Fee: Check website

Contact: Wendy Demers 907-388-6847
pioneerwendy@yahoo.com

Fai<https://runsignup.com/laceupforleukemia>

Sponsored by: Fairbanks Team in Training

**Aug 11
Sat**

Granite Tors Trail Run

Trail Series #6 – Fairbanks

Meet time: 10:00 AM – Granite Tors trailhead (Mile 40 Chena Hot Springs Road)

Distance: 15 miles

Northern Trail Series event. 15 grueling miles of inspiring and scenic torture.

Entry Fee: Free

Contact: Chris Greene 907-978-6472
chrisgreene@gci.net

Sponsored by: RCN

Parking \$5 per vehicle

**Aug 11
Sat**

Nifty Fifty – Juneau

Meet time: 8am – End of Basin Road

50K, 25K, 10K – Perseverance trail, Granite Creek trail,
Mt. Roberts trail, and Salmon Creek Trail

Race time: 8:30am for 50K, 9am for 25K, 9:15 a.m. for 10K

Entry fee: \$25 for 50K, \$15 for 25K, and \$10 for 10K

Contact: Keith Levy 907-723-1427

keithblevy@gmail.com

<http://ultrasignup.com/register.aspx?did=53025>

Sponsored by: Juneau Trail and Road Runners

A Challenging course on beautiful trails with lots of climbing.

**Aug 11
Sat**

Kenai Peninsula Run for Women – Kenai

Meet time: 9am – Kenai City Park

Distance: 5K & 10K – see below

Race time: 10am

Entry fee: \$20/\$25 on race day

Contact: Georgia Putney 907-283-9479

gputney@leeshoreak.org

Ashley Blatchford 907-283-9479

www.leeshoreak.org

Sponsored by: The LeeShore Center

Course is wheelchair accessible & certified

Course Description: Multi-looped course through downtown streets.

Course certified and wheelchair accessible.

**Aug 11
Sat**

Eagle River Challenge Race – Eagle River

Meet time: 9am – Eagle River Nature Center

5 & 10K – Dew Mound and Historic Iditarod Trails

Race time: 10am

Entry Fee: \$30/\$35 on race day

Contact: Asta Spurgis 907-694-2108

info@ernc.org

Laura Kruger 907- 694-2108

www.ernc.org

Sponsored by: Friends of Eagle River Nature Center

Trail races on uneven with some hills. Proceeds benefit trail
maintenance at the Eagle River Nature Center.

- Aug 13** **Alaska International Senior Games 5K – Fairbanks**
Mon Meet time: 6:30 PM – Chena Lake Recreation Area
Distance: 5K road race
Sponsored by Alaska International Senior Games
Entry Fee: Check website
Contact: Don Kiely 907-455-6749
 donkiely@alaskaisg.org
 <http://www.alaskaisg.org>
- Sponsored by: Alaska International Senior Games
Must preregister with Senior Games and be age 50.
- Aug 15** **Alaska International Senior Games 10K – Fairbanks**
Wed Meet time: 6:30 PM – Chena Lake Recreation Area
Distance: 10K road race
Sponsored by Alaska International Senior Games
Entry Fee: Check website
Contact: Don Kiely 907-455-6749
 donkiely@alaskaisg.org
 <http://www.alaskaisg.org>
- Sponsored by: Alaska International Senior Games
Must preregister with Senior Games and be age 50.
- Aug 16** **Steve's Equinox Training #6 – Fairbanks**
Thu Meet time: 6:00 PM – Top of Ester Dome
Distance: 5 Miles
Get ready for the Equinox on the installment plan.
Entry Fee: Free
Contact: George Berry 907-687-8769
 membership@runningclubnorth.org
 RCN
- Sponsored by: RCN
- Aug 17** **Anchorage Runfest- Bib Pickup, Last chance Registration, and**
Fri **Expo - Anchorage**
Meet time: 3 – 7 pm – Dena'ina Center
Contact: sharron@ancrun.org
 www.anchoragerunfest.org
Sponsored by the Anchorage Running Club

Aug 18 Golden Heart Trail Run
Sat Usibelli Series #7 – Fairbanks
Meet time: 10:00 AM – Birch Hill Recreation Area, Fairbanks
Distance: 5K, 2.5k, 1K Cross Country run
7th of 8 races in Usibelli Series. The only race in the series that is 100% on trail and the only cross country format race in the series. Shorter distances for younger runners. Prize table.
Entry Fee: Check website
Contact: Susan Kramer 907-590-5086
eventplanning2004@hotmail.com
nscfairbanks.org
Sponsored by: Seekins Ford Lincoln

Aug 18 Anchorage Runfest- Bib Pickup, Last chance Registration, and
Sat Expo - Anchorage
Meet time: 9am-4 pm – Dena'ina Center
Contact: sharron@ancrun.org
www.anchoragerunfest.org
Sponsored by the Anchorage Running Club

Aug 18 Anchorage Runfest – Pasta Feed - Anchorage
Sat
Meet time: 12:30 – 2:30pm – Dena'ina Center
Contact: sharron@ancrun.org
www.anchoragerunfest.org
Sponsored by the Anchorage Running Club

Aug 18 Anchorage RunFest – The Children's Hospital at Providence
Sat Kids 2K – Anchorage
Race time: 10:00 am – Delaney Parkstrip
2K – untimed, flat, city streets for ages 12 & under.
Entry fee: None, but donations are accepted.
Contact: sharron@ancrun.org
More information at www.anchoragerunfest.org
Sponsored by the Anchorage Running Club and The Children's Hospital at Providence
A Healthy Futures Series Event – www.healthyfuturesak.org

- Aug 18 Sat** **Anchorage RunFest – The Anchorage Mile – Anchorage**
 Race time: 11:00 am – Delaney Parkstrip
 Race consists of four heats. USATF certified mile course. RRCA state championship event.
 Contact: sharron@ancrun.org
 Registration information at www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club
- Aug 19 Sun** **Alaska International Senior Games Triathlon – Fairbanks**
 Meet time: 10:00 AM – UAF Patty Center
 Distance: 400yd swim, 13.1 mile bike, 5K run
 Entry Fee: Check website
 Contact: Amber Barlow 970-203-5535
 abarlow5@alaska.edu
<https://www.alaskaisg.org/games/sports/triathlon/>
 Sponsored by: Alaska Internation Senior Games
- Aug 19 Sun** **Anchorage RunFest – United Physical Therapy 49K Ultra – Anchorage**
 Meet – Sixth Avenue near Town Square
 Race time: 8:00 am
 Relatively flat course on paved trails, a couple of hills. USATF certified course. RRCA National Championship event.
 Discounts for Anchorage Running Club members and current military.
 Contact: sharron@ancrun.org
 Registration information at www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club and United Physical Therapy
- Aug 19 Sun** **Anchorage RunFest – Humpy’s Marathon Run, Walk, and Relay – Anchorage**
 Meet – Sixth Avenue near Town Square
 Race time: 8:00 am walkers, 9:00 am. For runners and relay.
 Relatively flat course on paved trails, a couple of hills. USATF certified course. RRCA State Championship event. Discounts for Anchorage Running Club members and current military.
 Contact: sharron@ancrun.org
 Registration information at www.anchoragerunfest.org
 Sponsored by the Anchorage Running Club and Humpy’s Great Alaskan Ale House

Aug 19 Sun Anchorage RunFest – Skinny Raven Half Marathon –Anchorage
Meet – Sixth Avenue near Town Square
Race time: 9:30 am.
Relatively flat course on the Chester Creek Trail. USATF certified course. RRCA State Championship Event. Discounts for Anchorage Running Club members and current military.
Contact: sharron@ancrun.org
Registration information at www.anchoragerunfest.org
Sponsored by the Anchorage Running Club and Skinny Raven Sports

Aug 19 Sun Anchorage RunFest – Spenard Roadhouse 5K – Anchorage
Meet – Sixth Avenue near Town Square
Race time: 10:00 am.
Relatively flat course on downtown streets and the Coastal Trail. USATF certified course. RRCA State Championship event. Discounts for Anchorage Running Club members and current military.
Contact: sharron@ancrun.org
Registration information at www.anchoragerunfest.org
Sponsored by the Anchorage Running Club and the Spenard Roadhouse

Aug 19 Sun Run Wild- Girdwood
Meet – Nordic Loop
Race time: 10:00 am.
Entry Fee: Donation accepted
Contact: Little Bears Playhouse 907-783-2116
littlebearsplayhouse@gmail.com
Joan Lower
joan@alaska.net
<http://www.littlebearsplayhouse.com>
Run Wild Fun at Girdwood Nordic Loop just past Alyeska Resort. 1K Fun Run for kids, 5K Fun Run for all ages. Wild themed costumes encouraged, stay for the Alyeska Resort Blueberry Festival after the run. This event is a fundraiser to support Girdwood’s Little Bears Playhouse Childcare center. Donations from participants are accepted before the race or anytime online. Raffle drawing following the race.

ANCHORAGE RUNNING CLUB



August
18-19
2018



Start/Finish Downtown

RRCA State Championship Events
Courses Are USATF Certified*



Saturday

Kids' 2K Fun Run

*Uncertified Race Course, Not RRCA event.

The Anchorage Mile



Sunday



49K Ultra

RRCA National Championship



Marathon, Marathon

Walk, Marathon Relay

Boston Marathon Qualifier



Half
Marathon



5K

ARC is a 501(c) (3) organization whose mission is to promote healthy lifestyles is to promote healthy lifestyles through running and walking. Funds raised from the Anchorage RunFest are used to award scholarships to high school seniors, support high school running programs, and support other running events in the Anchorage area.

Register Online At: www.anchagerunfest.org

**Aug 21-
Sep 25
Tue** **MatSu Running Club – Extended Season– Palmer**
Meet time: 6pm – Colony High School Track
Entry Fee: see website
Contact: Rhonda Knopp 907-355-6258
coachknopp@yahoo.com
website: vwrt.org
Sponsored by: MatSu Running Club
Ages 16+ runners of all ability levels welcome. Coach training held
each week through late September.

**Aug 23
Thu** **Steve's Equinox Training #7 – Fairbanks**
Meet time: 5:30 PM – Meet at UAF Patty Center to shuttle to Ester
Dome
Distance: 9.5 Miles
Get ready for the Equinox on the installment plan.
Entry Fee: Free
Contact: George Berry 907-687-8769
membership@runningclubnorth.org
RCN
Sponsored by: RCN

**Aug 25
Sat** **Musk Ox Trail Run
Trail Series #7 – Fairbanks**
Meet time: 10:00 AM – UAF Large Animal Research Station (LARS)
on Yankovich Road
Distance: Half marathon, 13.1 miles
Tough, hilly out & back on trails. Fun & food after. Last race in the
Trail Series (#7).
Contact: Bobbi Jo Katchmar 907-888-2287
bjkrcn2017@gmail.com
Sponsored by: RCN
Registration day of event only; \$5 suggested donation to LARS.

**Aug 25
Sat** **Deer Mountain Challenge- Ketchikan**
Distance: 3 miles estimated
Race time: 9:00 AM - Tatusadas IGA Grocery Store Parking Lot
Contact: Erin Riddle (907) 220-7275
erinriddle19@gmail.com

**Aug 25
Sat**

Tustumena 5K - Kasilof

Meet time: 9:30am – Tustumena Elementary School
Distance: 5K – This is a mostly level course along roadsides and dirt trails. The race starts at Tustumena Elementary School and loops through Johnson Lake Campground and then returns to the school.

Race time 10:30am

Entry fee: \$8 for Tustumena Students, \$15 all other racers

Contact: JoEllen Fowler 907260-1345

JFowler@kpbsd.k12.ak.us

Sponsored by: Tustumena Elementary School

This race is a fund raiser for Tustumena El. School. It helps to pay for field trip buses and student activities.

**Aug 25
Sat**

Run for Relief - Anchorage

Meet time: 9am – 4240 Wisconsin St.

5K – flat, side walk/bike paths in West Anchorage

Race time: 10am Entry fee: Donation

Contact: Scott Clemetson 907-244-1119

miles@alaska.net

Dianna Clemetson 907-244-2217

www.faiythak.com

Sponsored by: Faith Christian Community

A fun family event to support relief efforts in Burma and Christian outreach to the oppressed and persecuted. This course is USATF certified, get an official PR!

**Aug 26
Sun**

The Milk Run - Anchorage

Race time: 10am – Russian Jack Park, 801 Pine Street

2K & 5K – XC course, dirt & paved

Entry fee: \$15 individuals/\$40 family

Contact: Arthur Harmon 333-2422

owensmilkmoney@gmail.com

www.owensmilkmoney.org

Proceeds benefit Owen's Milk Money, a memorial fund that supports breastfeeding women & children through the Providence Lactation Clinic. Join us after the race for prizes, fun and ice cream!

Aug 26 Equinox Training Run – Fairbanks

Sun

Meet time: 9:00 AM – Ann's Greenhouse pullout

Distance: 11,16 or ? Miles

The long training run

Entry Fee: Free

Contact: George Berry 687-8769
membership@runningclubnorth.org
RCN

Sponsored by: RCN

Aug 29 Old Murphy Dome Ridge Run – Fairbanks

Wed

Meet time: 6:00 PM – Take Pandora drive off of Goldstream road and follow it to the end. The race will start at the end of Green Leaf road.

Distance: 9.5 mile trail race

This is an ~9.5 miles race through the woods on a rooty trail along a ridge separating Eldorado and O'Connor Creeks between Green Leaf road, in the Goldstream area, and Old Murphy Dome Road. The course is an out and back race (~4.5 miles each way).

Contact: Trent Hubbard 907-699-2090
beltedhan72@gmail.com

Sep

Thu

Hoodoo Goldstream Beer Runs – Fairbanks

Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave

Distance: 1-3 Miles, walkers welcome

Contact: Stacy Fisk 907-455-6520
stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

This is a year round event.

Sep 1

Sat

McCarthy Half Marathon & 5 Mile Runs – McCarthy

Meet time: 12pm – Glacier View Campground

Distance: 13.1 and 5 miles – Run with a view- some hills.

Race time: 2pm

Entry fee: \$30 for adults/\$15 for 18 & under

Contact: Nate Anderson 907-554-4464
info@wrangells.org
www.wrangells.org/run

Sponsored by: Wrangell Mountains Center

**Sep 1
Sat**

Homer Mariner Tri - Homer

Meet time: 7:00 am –Homer High School

Distance: 0.57/15/5 mi – Pool/Bike hills above Homer to Spit/Run back to HHS

Race time: 8 am

Entry Fee: \$55 for individuals/ \$110 for teams

Contact: Paul Story 907-299-3523

pstory@kpbsd.org

Chris Perk 907-235-4600

www.facebook.com/homermarinertri

Sponsored by: Homer High Swim and Dive Team

A challenging course in one of the most beautiful places on earth: 1,000 yard swim; 15 mile bike up East Hill, across Skyline, and down to Spit; 5 mile run back to HHS. Commemorative t-shirts and awards available. Proceeds benefit HHS Swim and Dive Team. Join us Labor Day weekend.

**Sep 1
Sat**

Seldovia End of Summer Mini Marathon – Seldovia

Meet time: 9:30am– Gateway Pavilion

Distance: 5K/10K, Course: 5K runs thru town, 10K adds extra trails, some hills, dirt and gravel.

Early registration–Friday August 1 from 6:00-8:00pm at the Boardwalk Hotel. Final registration- Saturday

September 1-starting at 9:00am

Race time: 10am

Entry fee: \$25/\$74 immediate family up to 4

Contact: Steve Bainbridge 907-202-3095

Bainbridge.noblespirit.steve@gmail.com

www.SeldoviaChamber.org

**Sep 3
Mon**

Labor Day 5K – Fairbanks

Meet time: 12:00 PM – Pioneer Park

Distance: 5K Fun Run

5K Fun Run in conjunction with other Labor Day events. Race starts at Pioneer Park and runs paved sidewalk out and back.

Entry Fee: \$45

Contact: Christopher Benshoof 907-460-2369

christopher.benshoof@k12northstar.org

Sponsored by: Lathrop High School XC Team

Register at Beaver Sports or on race day. \$20 registration before race day, \$25 on race day.

Anchorage Parks and Recreation



50th
Anniversary

2018

TUESDAY NIGHT RACES

The Bonny Sosa Tuesday Night Race Series is an Anchorage family tradition. These fun races are like no other in town. Come join us and run through the seasons!

Race Time 6:30p

www.muni.org/parks

| | | |
|-----------|-------|----------------------|
| Munchkin | 1-5K | Kids & Kids at heart |
| Farm | 3-10K | Recreational Runners |
| Lightning | 4-12K | Competitive Runners |



Fall 2018

First Race September 11

**Sep 7
Fri**

Moda Health Blue and Gold 5k Open – Fairbanks

Meet time: 5:00 PM – UAF West Ridge Trails

Distance: 5k cross country race

Come run with the Nanooks in our annual season opener 5k on the UAF West Ridge Trails. Registration and start and finish are at the UAF ski hut. This race is free and open to the public courtesy of Moda Health.

Entry Fee: Check website

Contact: Nick Crawford 907-474-6802
ncrawford2@alaska.edu
alaskananooks.com

Sponsored by: UAF Cross Country Team

**Sep 8
Sat**

7th Annual Troth Yeddha' Run for the Park 5K – Fairbanks

Meet time: 12:00 PM – Troth Yeddha' Park (across from the UAF Museum of the North entrance)

Distance: 5K run/walk

Traverses the Troth Yeddha' (UAF) campus.

Entry Fee: \$20

Contact: Peter Pinney 907-978-0425
pppinney@alaska.edu

Sponsored by: UAF College of Rural and Community Development
Registration is \$20, free to UAF students with ID. Entries can be dropped off at Beaver Sports or CRCD 4th Floor Brooks, UAF. Mail-in entries must be postmarked by September 4th. Mail to: Troth Yeddha' Run for the Park, Running Club North, PO Box 84237,

**Sep 8
Sat**

12th Annual Coyote Classic - Anchorage

Meet time: 10 am – Kincaid Elementary

Distance: K-2 ¾ mi, 3-4 1.5 mi, 5-6 1.5 mi

Race time: K-2 at 10 am, 3-4 at 10:30 am, and 5-6 at 11:00 am.

Entry Fee: Free

Contact: Tim Akin 907-742-8527
Akin_Tim@asdk12.org

Sponsored by: Healthy Futures

This race is for Elementary age Kids and is sponsored by Healthy Futures! Parents may run with kids. All Kids will receive medals and snacks after the race!

**Sep 8
Sat**

Midnight Sun Fun Run – Wasilla[^]

Race time 2:00pm, Location- Lake Lucille Park, 1401 S Endeavor St (Mile 2.2 Knik Goose Bay Rd)

Entry: \$5 - 100yd, \$10 – 1 mi, \$20 - 5K, \$30 - 10K

Contact: msfunrun@gmail.com

www.midnightsunschool.com

www.facebook.com/midnightsunschool

Fundraiser for Midnight Sun Family Learning Center. All racers receive a free snow cone and t-shirt. The Midnight Sun Fun Run is a fundraiser for Midnight Sun Family Learning Center. Description Come and join us for a fun run in the afternoon!! We have a race for the whole family from little legs in our Balloon Dash and 1 Mile Run to the long legs in our 5k and 10k. This is an event for the whole family, as well as supports after school programs at one of our local schools!

**Sep 8
Sat**

Bun to Bun - Talkeetna

Meet time: 10am – Flying Squirrel Cafe

Distance: 26k & 5 k – Point A to B trail run with periods of moderate difficulty.

Race time 10am

Entry: \$50/26k, \$35/relayer, \$25/5k, and kids free

Contact: Dan Harrell 907-715-6600

Metta.dan@gmail.com

Abby Bradley 907-8441-8052

Sponsored by: Talkeetna Elementary PTA

Race starts at Flying Squirrel Café and ends at Northern Susitna Institute downtown. There is also a 3 person relay option for the 26k.

**Sep 8
Sat**

Halibut Hustle – Homer

Meet time: 9 am – Land’s End - End of Homer’s Spit

5K- Starts and ends at Land’s End parking lot

Race Time: 10am

Entry feeTBA

Contact: Andy Hass 235-3270

yatra@ak.net

www.kachemakbayrunningclub.org

Sponsored by: Kachemak Bay Running Club

Register online at www.kachemakbayrunningclub.org.

Day of registration available from 9-9:45 am – Land’s End Parking Lot. Discount available for KBRC members.

**Sep 8
Sat**

Skinny Raven XC Classic - Anchorage

Location: Russian Jack Golf Course

3K – Loop course with hills

Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com

Sponsored by: Skinny Raven Sports

Skinny Raven once again welcomes Alaska's Top High School XC runners to a fast and fun flight trace at the Russian Jack Golf Course. With 12 races in four hours and an open race for anyone, join us for an action packed Saturday.

**Sep 9
Sun**

Run Rover Run – Anchorage

Meet time: 11:30am -12:15 – Kincaid Park, Lower Parking Lot, 10 K-Mize loop

5K – run with your dog, hilly loop

Race time: 12:30pm

Entry fee: \$15 Anchorage Ski Club members, \$20 – non-members

Contact: Becky Voris 907-243-5234
beckyattla@gmail.com
ASC Hotline 349-WOOF (9663)
www.skijorclub.org

Sponsored by: Anchorage Skijor Club

Run with your dog on leash, all dogs present must have vaccines
Men & woman's class available.

Junior class available if 5 participants.

Anchiskijorclub membership: \$15 individual, \$20 family.

**Sep 11
Tue**

Bonny Sosa Tuesday Night Race Series - Anchorage

Meet time: 5:30pm – Kincaid Park

Distances up to 12K

Race time: 6:30pm

Entry fee: \$20 family/\$7 adult/\$2 youth or

\$70 family/\$35 adult/\$16 youth season pass

Contact: Outdoor Recreation 907-343-6397
www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active

A Healthy Futures Series Event – www.healthyfuturesak.org

Sep 13 **Equinox Marathon Bib Pick-Up – Fairbanks**
Thu Meet time: 5:00 PM – Upper Deck Level of Patty Ice Arena on the
UAF Campus
Equinox Marathon and Relay
Location: Go up the stairs of the UAF Ice Arena, just like you
would for a hockey game.
Entry fee: Check website
Contact: Stacy Fisk 907-455-6520
 equinox@runningclubnorth.org
 www.equinoxmarathon.org
Sponsored by: RCN and others

Sep 14 **Equinox Marathon Bib Pick-Up – Fairbanks**
Fri Meet time: 5:00 PM – Upper Deck Level of Patty Ice Arena on the
UAF Campus
Equinox Marathon and Relay
Location: Go up the stairs of the UAF Ice Arena, just like you would
for a hockey game.
Entry fee: Check website
Contact: Stacy Fisk 907-455-6520
 equinox@runningclubnorth.org
 www.equinoxmarathon.org
Sponsored by: RCN and others

Sep 15 **56th Annual Equinox Marathon and 26th Annual Marathon Relay**
Sat **Usibelli Series #8 (Marathon) – Fairbanks**
Meet time: 8:00 AM – UAF Patty Center
Distance: 26.2 Mile , Relay (x3)
One of America’s toughest marathons. Usibelli Running event. 3
person relays. Register online.
Entry Fee: Check website
Contact: Stacy Fisk 907-455-6520
 equinox@runningclubnorth.org
 www.equinoxmarathon.org
Sponsored by: RCN and others

Sep 15 **16th Annual Equinox Kids Marathon – Fairbanks**

Sat

Meet time: 9:00 AM – UAF Patty Center

Distance: 1.2 mile kids run

Kids in grades K-6 run 25 miles over 5-6 weeks, and then run the final 1.2 miles of their marathon effort on the day of the Equinox Marathon.

Entry Fee: \$12

Contact: Tracey Martinson 907-474-8353
 tamartinson67@gmail.com
 <https://www.runningclubnorth.org>

Sponsored by: Running Club North

Registration forms available at Beaver Sports or on the Running Club North or Equinox Marathon websites. \$12 entry fee includes finisher t-shirt.



Sep 15 Run/Walk for Recovery

Sat

Meet time: 9am – West Chester Lagoon

Distance: 5k

Race Time: 10am

Entry Fee: \$25.00 / \$30.00 race day

Contact: Kim Whitaker 907-440-7289

kwhitaker@realaboutaddiction.net

<http://realaboutaddiction.net>

Sponsored by: R.E.A.L. About Addiction

Recovery is Everyone's Access to Life. We bring awareness to the community and help those suffering from addiction, and their families, with resources, sponsorship and support. #YouAreNotAlone, #NoMoreLivesLost, #EraseTheStigma

Sep 18 Bonny Sosa Tuesday Night Race Series - Anchorage

Tue

Meet time: 5:30pm – check website

Distances up to 12K

Race time: 6:30pm

Entry fee: \$20 family/\$7 adult/\$2 youth or

\$70 family/\$35 adult/\$16 youth season pass

Contact: Outdoor Recreation 907-343-6397

www.muni.org/parks

Sponsored by: Anchorage Parks & Recreation

Farm, Lightning & Munchkin Leagues, Register on-line @

www.muni.org/Active

Sep 20 Thursday Night Run Series – Mat-Su Valley

Thu

Meet time: Thursday - TBD

Race time 6:00pm

Entry fee \$3; \$5 or Family for \$10

Contact: Kristi Shea 907-315-2424

Run4thevalley@gmail.com

Kate Arnold 907-746-0600

Vmbah.wildapriocot.org

Sponsored by: VMBAH & Active Soles

No matter the weather join us on the trails! Get active as a whole family – littles will run a short course following families & older runners will be challenged. FUN!

- Sep 22** **Making Strides Against Breast Cancer 5K Walk – Fairbanks**
Sat Meet time: 11:00 AM – Morris Thompson Cultural Center
Distance: 5K or 1 mile loop family fun walk
This is a family friendly 5K walk (1 mile route option for those who need it) in support of The American Cancer Society.
Entry Fee: Check website
Contact: Becky Zaverl 907-460-6326
 zaverls@gci.net
 www.makingstrideswalk.org/fairbanksak
Sponsored by: The American Cancer Society
- Sep 22** **Anchorage Heart Walk – Anchorage**
Sat Meet time: 9am – Delaney Park Strip
1 & 3 mile – streets, coastal trail
Race time: 10am
Entry fee: \$25 suggested donation
Contact: Dustin Morris 907-865-5303
 Dustin.Morris@heart.org
 Alaina Burton 907-865-5300
 Alaina.burton@heart.org
 www.AnchorageHeartWalk.org
Sponsored by: American Heart Association
A non-competitive family & dog friendly event. Details on website at www.anchorageheartwalk.org All proceeds benefit the American Heart Association to fight heart disease and stroke.
- Sep 22** **Oktoberfest 5K & 10k – Run to End Homelessness – Anchorage**
Sat This is a benefit for Brother Francis Shelter and Bean’s Cafe
Meet: 7:30 am - 49th State Brewing Company
Race time: 9:00 am. Costumed runners receive a head start.
Flat course on the Coastal Trail.
Contact: gregory@ancrun.org
Registration information at www.anchagerunningclub.org
Sponsored by: Anchorage Running Club

Sep 25 **Bonny Sosa Tuesday Night Race Series - Anchorage**
Tue Meet time: 5:30pm – check website
Distances up to 12K
Race time: 6:30pm
Entry fee: \$20 family/\$7 adult/\$2 youth or
\$70 family/\$35 adult/\$16 youth season pass
Contact: Outdoor Recreation 907-343-6397
 www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active

Sep 27 **Thursday Night Run Series – Mat-Su Valley**
Thu Meet time: Thursday - TBD
Race time 6:00pm
Entry fee \$3; \$5 or Family for \$10
Contact: Kristi Shea 907-315-2424
 Run4thevalley@gmail.com
 Kate Arnold 907-746-0600
 Vmbah.wildapriocot.org
Sponsored by: VMBAH & Active Soles
No matter the weather join us on the trails! Get active as a whole
family – littles will run a short course following families & older
runners will be challenged. FUN!

Sep 29 **It Ain't Easy Hill Run – Fairbanks**
Sat Meet time: 10:00 AM – Dog Musers Hall on Farmer's Loop
Distance: 11-mile trail run or flat 5-mile
Entry Fee: Check website
Contact: Andy Sterns 508-542-3036
 Andysterns1@gmail.com
Sponsored by: RCN

Sep 29
Sat

Watershed 5K – Fairbanks

Meet time: 10:00 AM – 4975 Decathlon Ave

Distance: 5K fun run

5K fun run/walk on roads and trails around the school to support Watershed School Activities.

Entry Fee: Check website

Contact: Kathy Petersen 907-388-6830

skeezbow@hotmail.com

www.watershed5K.weebly.com

Sponsored by: Watershed School PTSA

See website for additional information.

Sep 30
Sun

Kenai River Marathon – Kenai

Meet at the Kenai Visitors & Cultural Center @ 11471 Kenai Spur Highway

Race Series: Full Marathon, Relay Marathon, Half marathon, 5K
Marathon Course is a Boston Qualifier

Race time: Full/Relay Marathon - 9:00 am; Half Marathon - 10:00 am;

5Kish Family Fun Run/Walk - 10:15 am

Entry fee: Before 9/5/18 Full Marathon - \$65, Half Marathon - \$55, (4) person Relay Team - \$125, 5k

Fun Run/Walk - \$25.

If you register after 9/5/18 cost is: Full Marathon - \$75; Half Marathon - \$65; (4) person Relay Team - \$150; 5k Fun Run/Walk - \$35.

Contact: Johna Beech 283-1991

johna@kenaichamber.org

Kenai Visitor Center 283-1991

Sponsored by: Kenai Chamber of Commerce & Visitor Center in partnership with the City of Kenai. Register on-line @

www.kenairivermarathon.org. Toast your accomplishments afterwards with locally brewed beer.

ANCHORAGE RUNNING CLUB



ZOMBIE

Half Marathon

GOOSE LAKE TO KINCAID

Walkers-9am * Runners-10am

& Kids Mini
ZOMBIE 2.5K

KINCAID STADIUM - Noon

Saturday
OCT. 13th



The Anchorage Running Club is a not for

Registration online at
anchoragerunningclub.org

profit association of over 500 individuals who share a common interest

In running and/or walking and brains....

**Oct 4
Thu**

Thursday Night Run Series – Mat-Su Valley

Meet time: Thursday - TBD

Race time 6:00pm

Entry fee \$3; \$5 or Family for \$10

Contact: Kristi Shea 907-315-2424
Run4thevalley@gmail.com
Kate Arnold 907-746-0600
Vmbah.wildapriocot.org

Sponsored by: VMBAH & Active Soles

No matter the weather join us on the trails! Get active as a whole family – littles will run a short course following families & older runners will be challenged. FUN!

**Oct 6
Sat**

Hit the Trails – Anchorage

Meet time: 9am – Trailside Elementary

5K, 2K - trails behind Trailside Elementary

Race time: 10am Entry fee: Varying

Contact: Carleen Ulbrich 907-742-5500
Ulbrich_carleen@asdk12.org
trailsidepta.org
runsignup.com

Sponsored by: Healthy Futures and Trailside PTA

**Oct 7
Sat**

Dream Big 5K - Palmer

Meet time: 1:00 pm – Downtown Pavillion

Distance: 5 K – Flat, mostly side walks and bike trail

Race time: 1:00 pm

Entry Fee: Check Website TBD

Contact: Amy Lalor (907)-376-4617
Amy.lalor@bbbsak.org
Dream Big 5K Fun Run 2018 – Facebook
www.bbbsak.org

Sponsored by: Big Brothers Big Sisters of Alaska
Fun Run/Walk for all ages. Flat Course, Family Friendly,
Fundraiser

- Oct 9 Tue** **Bonny Sosa Tuesday Night Race Series - Anchorage**
 Meet time: 5:30pm – check website
 Distances up to 12K
 Race time: 6:30pm
 Entry fee: \$20 family/\$7 adult/\$2 youth or
 \$70 family/\$35 adult/\$16 youth season pass
 Contact: Outdoor Recreation 907-343-6397
 www.muni.org/parks
 Sponsored by: Anchorage Parks & Recreation
 Farm, Lightning & Munchkin Leagues, Register on-line @
 www.muni.org/Active
- Oct 10 Wed** **USATF All Comers Cross Country Championships – Anchorage**
 Meet time 4:30pm -3k, 5:00pm -5K at Anchorage Christian School.
 Contact: Jason Hofacker
 jhofacker@acsedu.org
 alaska.usatf.org
 Sponsored by USATF AK
 \$10.00 entry fee
- Oct 11 Thu** **Thursday Night Run Series – Mat-Su Valley**
 Meet time: Thursday - TBD
 Race time 6:00pm
 Entry fee \$3; \$5 or Family for \$10
 Contact: Kristi Shea 907-315-2424
 Run4thevalley@gmail.com
 Kate Arnold 907-746-0600
 Vmbah.wildapriocot.org
 Sponsored by: VMBAH & Active Soles
 No matter the weather join us on the trails! Get active as a whole
 family – littles will run a short course following families & older
 runners will be challenged. FUN!
- Oct 11 Thu** **RCN Annual Meeting – Fairbanks**
 Meet time: 6:30 PM – TBD
 Annual business, elections and calendar meeting.
 Contact: Gary Pohl 907-388-8085
 president@runningclubnorth.org
 RCN Website
 Sponsored by: RCN
 Race directors should plan on attending.

Oct 13 **Zombie Half Marathon -- Anchorage**
Sat Meet time: 8 am – Goose Lake Park
Race time: walkers 9:00 am, runners 10:00 am.
13.1 miles from Goose Lake to the Kincaid Chalet. Dress up like a zombie!
Contact: blcronin@gci.net
 info@anchoragerunningclub.org
Registration information at www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

Oct 13 **Kid's Zombie Mini 2.5K -- Anchorage**
Sat Race time: 12 noon – Kincaid Park
Costumes and lots of fun.
Contact: info@anchoragerunningclub.org.
Registration information at www.anchoragerunningclub.org
Sponsored by: Anchorage Running Club

Oct 13 **Goldstream To Hoodoo Half Marathon – Fairbanks**
Sat Meet time: 10:00 AM – Goldstream Sports
Distance: 13.1 Half Marathon
13.1 Miles from Goldstream Sports to Hoodoo Brewery. Rolling to flat, bike paths, roads, point to point.
Sponsored by Hoodoo Brewery and Goldstream Sports
Entry Fee: Check website
Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com

Sponsored by: Hoodoo Brewery and Goldstream Sports

Oct 16 **Bonny Sosa Tuesday Night Race Series - Anchorage**
Tue Meet time: 5:30pm – check website
Distances up to 12K
Race time: 6:30pm
Entry fee: \$20 family/\$7 adult/\$2 youth or
\$70 family/\$35 adult/\$16 youth season pass
Contact: Outdoor Recreation 907-343-6397
 www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active

- Oct 24** **Full Moon Run – Fairbanks**
Wed Meet time: 5:45 PM – UAF Patty Center
Distance: 4 Mile, Run by the light of the moon!
Entry Fee: Check website
- Oct 27** **37th Annual Halloween Family Run – Fairbanks**
Sat Meet time: 10:00 AM – UAF Patty Center
Distance: 2 miles or 10K
2 miles or 10K on the UAF / Miller Hill Bike Trail
Costumed runners get a 2:00 head start
Entry Fee: Free
- Oct 27** **Skinny Raven Frightening 4K – Anchorage**
Sat Meet time: 10am – Captain Cook Hotel
4K – out & back
Race time: 11am
Contact: timing@skinnyraven.com
 www.skinnyraven.com
Sponsored by: Skinny Raven
Costume contest & trick-or-treat aid stations
- Oct 30** **Bonny Sosa Tuesday Night Race Series - Anchorage**
Tue Meet time: 5:30pm – check website
Distances up to 12K
Race time: 6:30pm
Entry fee: \$20 family/\$7 adult/\$2 youth or
\$70 family/\$35 adult/\$16 youth season pass
Contact: Outdoor Recreation 907-343-6397
 www.muni.org/parks
Sponsored by: Anchorage Parks & Recreation
Farm, Lightning & Munchkin Leagues, Register on-line @
www.muni.org/Active

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

Nov **Hoodoo Goldstream Beer Runs – Fairbanks**
Thu Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave
Distance: 1-3 Miles, walkers welcome
Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year round event.

Nov 3 **11th Annual Cache Creek Warm-Up – Fairbanks**
Sat Meet time: 10:00 AM – Cache Creek Road, just off 8.7-mile
Murphy Dome Road
Distance: 6.8 mile run
Hilly out-and-back run on Cache Creek Road.
Entry Fee: Free
Contact: Jane Lanford 907-687-0769
 jane@usibelli.com

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

- Nov. 11 Sat** **Turkey Trot – Ketchikan**
 Meet time: 8 am - Ketchikan Gateway Borough Parks and Recreation Center
 Distance: 3.7 miles
 Walkers start at **8:30**, runners **9am**.
 Entry fee: \$10.00 plus/and/or bag of none perishable food items
 Contact: Sue Doherty, dohertyktn@gmail.com
 Donations goes to Ketchikan Homeless Shelter/Day Shelter, Salvation Army Soup Kitchen and Love Inc. dessert.
- Nov 17 Sat** **Turkey Trot – Fairbanks**
 Meet time: 10:00 AM – UAF Patty Center Bus Shelter
 Distance: 6K predicted time
 Entry Fee: \$1
 Contact: Jim Brader 907-452-4986
 jimbrader@gmail.com
 Sponsored by: RCN
 Predicted time. No watches. \$1 entry fee. Prizes.
- Nov 22 Thu** **Full Moon Run – Fairbanks**
 Meet time: 5:45 PM – UAF Patty Center
 Distance: 4 Mile, Run by the light of the moon!
 Entry Fee: Free
 Contact: George Berry 907-687-8769
 membership@runningclubnorth.org
 RCN Website
 Sponsored by: RCN Winter training
- Nov 22 Thu** **Skinny Raven Turkey Trot – Anchorage**
 3K & 5K Kids Run – One loop course
 Race time 10 am - Skinny Raven
 Contact: timing@skinnyraven.com
 www.skinnyraven.com
 Sponsored by: Skinny Raven
 Win your age class, win a pie. Help us support the Food Bank of Alaska.

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

Dec **Hoodoo Goldstream Beer Runs – Fairbanks**
Thu Meet time: 6:00 PM – Hoodoo Brewing Company, 1951 Fox Ave
Distance: 1-3 Miles, walkers welcome
Contact: Stacy Fisk 907-455-6520
 stacy@goldstreamsports.com
Sponsored by: Hoodoo Brewery and Goldstream Sports
This is a year round event.

Dec 8 **Hear of Darkness Show Shoe Race**
Sat **Snowshoe Series Event – Fairbanks**
Meet time: 12:00 PM – 1058 Pika Rd, off Moose Trail.
Distance: 3K and 6K snowshoe race
Snow shoe race. Hilly.
Entry Fee: Check website
Contact: Andy Holland 907-479-4444
 aholland1058@gmail.com
Sponsored by: RCN
Hilly. Regardless of temperature. Extra Snow shoes available. Free.

Dec 15 30th annual George Bloom Mid Day Sun Fun Run – Fairbanks

Sat

Meet time: 11:00 AM – UAF Patty Center

Distance: 6.5 mile fun run

Starts at Patty Center parking lot , running out past the Ag Far, up Miller Hill Road to Yankovich Road, to Farmers Loop Road and back to the Patty Center.

Contact: Monty Bloom 907-378-2362
powerlift505@gmail.com

Sponsored by: RCN

Race will be held regardless of temperature

Dec 22 Solstice Snowshoe Shuffle

Sat

Snowshoe Series Event – Fairbanks

Meet time: 12:00 PM – Morris Thompson Cultural Center

Distance: 1 mile snowshoe race

One-mile snowshoe run by the River

Entry Fee: Check website

Contact: Erika Burr 907-978-4481

burrlike@gmail.com

<https://www.facebook.com/AlaskaSnowshoe/>

Sponsored by: RCN

See website for additional information.

Dec 22 Full Moon Run – Fairbanks

Sat

Meet time: 5:45 PM – UAF Patty Center

Distance: 4 Mile, Run by the light of the moon!

Entry Fee: Free

Contact: George Berry 907-687-8769

membership@runningclubnorth.org

RCN Website

Sponsored by: RCN Winter training

Dec 23 Santa 2.5K Run – Anchorage

Sat

Meet time: 10:00am – UAA Social Sciences Building

Distance: 2.5 K – one lap around Goose Lake

Race time: 10:15am

Entry Fee: \$25

Contact Name: Bob Maxwell 907-786-4914

AEclubUAA.com

Sponsored by: AE club

Medals & T-Shirts for finishers.

Dec 23 Dawn to Dusk D2D Part 2 – Fairbanks
Sun Meet time: 10:58 AM – UAF Great Hall Fine Arts Complex
Distance: Run as far as you can from dawn to dusk. Set loop and GPS options.
Fun Run, run all daytime hours closest to 21st
Entry Fee: Free
Contact: George Berry 907-687-8769
membership@runningclubnorth.org
RCN
Sponsored by: RCN
No fee. Sign up 30 minutes prior to start at Great Hall. Run a set loop, or take your GPS and run your own course!

Dec 31 Northern Lights Resolution Run – Anchorage
Sun Meet time: 5pm
Distance: 5K roads and trails
Race time: 6pm
Entry fee: \$35
Contact: Mark Iverson 274-7222
timing@skinnyraven.com
www.skinnyraven.com/races/northern-lights-r
Run and dance yourself into 2019!

Dec 31 New Years Eve – Fairbanks
Mon Meet time: 11:30 PM – "The Diner" on Illinois Street
Distance: Novelty Fun run
Run into the New Year Day!
Entry Fee: Free
Contact: Paul Reynolds 907-322-1142
nitrogenand@acsalaska.net
RCN
Sponsored by: RCN
No entry fee. Regardless of temperature!

2019 ALASKA RUNNERS CALENDAR

- Jan 12**
Sat **Frosty Bottom Marathon - Anchorage**
Meet time: 9:00 am – Kincaid Chalet
Distance: 26.2 miles– Multi-use trails from Kincaid to Hilltop
Race time: 10:15 am
Entry fee: \$55
Contact: Matias Saari 907-529-4178
 matiasmountain@gmail.com
Event held in conjunction with Frosty Bottom cycling race.
Separate registration and additional info at www.ultrasignup.com.
The only aid station will be near Campbell Airstrip. There will not
be a 43-mile running event as in years past.
- Feb 16**
Sat **Susitna 100 – Big Lake**
Meet time: 7:30m – Happy Trails Kennels
100 miles – Cross-country via rivers, lakes and trails
Race time: 9am Entry fee: Check website
Contact: Kim & Erin Kittredge 907-746-5959
 info@susitna100.com
 Pam Richter 907-346-1220
 www.susitna100.com
5 checkpoints with warm water. 15# of survival gear & food
required to be carried over entire course. T-shirt, finisher award and
post-race party.
- Feb 16**
Sat **Little Su 50K – Big Lake**
Meet time: 10am – Happy Trails Kennels
50 km- Cross-country via rivers, lakes and woodland trails
Race time: 11am Entry fee: Check website
Contact: Kim & Erin Kittredge 907-746-5959
 info@susitna100.com
 Pam Richter 907-346-1220
 www.susitna100.com
1 checkpoint with warm water, check website for required gear. T-
shirt, finisher award & post-race party.

