#### **Race day shuttle information**

#### **VISITING MARATHONER SHUTTLE SCHEDULE**

Shuttle service for all visiting Marathon participants is available from hotels to the start area and from the finish back to hotels. Participants should look for the name of their hotel in the shuttle schedule. If a hotel is not listed, ask a hotel representative to identify the nearest hotel shuttle stop. Shuttle stops are located in hotel parking lots or at street side People Mover bus stops. Check with the hotel representative for the exact location. Departure times are approximate. Visiting runners who are staying in the downtown area may also catch the downtown shuttle to the start (see Local Marathoner Shuttle Schedule). After the race, participants can ride a shuttle from the finish to their hotel. Post-race shuttles will leave every 30 minutes; the last shuttle will leave at 5:30 p.m.

The coaches and spectator shuttle from the Marathon start directly to the Marathon finish will leave at 8:20 a.m.

#### **LOCAL MARATHONER SHUTTLE SCHEDULE**

Local Marathon participants may park their cars at West/Romig parking lot or at the Sixth Avenue Parking Garage and ride the downtown shuttle to the start. Participants may also park their vehicle at the start. After the race, participants can ride the shuttle from the finish area to the Sixth Avenue Parking Garage and the Bartlett start area. Shuttles will leave every 20-30 minutes; the last shuttle will leave at 5:30 p.m.

#### **VISITING HALF MARATHONER AND FIVE-MILER SHUTTLE SCHEDULE**

Shuttle service is available for visiting Half Marathon and Five Mile participants from the Sixth Avenue Parking Garage to the start area at West High School. Ask a hotel representative how to get to the parking garage. After the race, participants can ride a shuttle from the finish area back to their hotel. Check the Hotel to Marathon Start schedule to see which shuttle services each hotel. Post race shuttles will leave every 20-30 minutes; the last shuttle will leave at 5:30 p.m.

#### LOCAL HALF MARATHONER AND FIVE-MILER INFORMATION

Parking is available at West High School and Romig Junior High School. Parking is limited and carpooling is encouraged.

#### **MILITARY** continued from page 12

gives a lion's share of time and talent to the success of the Mayor's Marathon. Anyone who has ever completed a race of any sort knows the value of staying hydrated, and the Air Force comes through in fine form. "Water Buffaloes," huge trailersupported tanks, are stationed along the course for volunteers to utilize in their mission to keep runners cooled down and able to continue. Base personnel also provide enormous tents for use as post-race changing rooms, much to the relief of runners who often need to add or remove layers after finishing. Tom Lawson, Elmendorf Fitness Center manager, says participation in the Marathon, be it through running the course or volunteering behind the scenes,

is valuable to the Base's contribution to the community. "Our military guys get involved, from the Services Squadron to the Civil Engineer Squadron, and it really benefits everyone."

Air Force Tech Sergeant Drew Timms, stationed at Elmendorf, agrees that Anchorage is something special when it comes to community events. "I ran the half-marathon last year, and plan to do it again this year," he says. "I think Anchorage is by far the most pro-military city I've ever lived in."

With value-added support and participation from all facets of the Anchorage community, the Anchorage Mayor's Marathon has incrementally stepped from successful to super-charged, and cooperation, teamwork, and sheer willpower gets it done.

## 2009 Mayor's Midnight Sun Marathon Shuttle Bus Services

Bus service is available for marathon entrants from hotels to the start areas and from the finish back to hotels. Participants staying at hotels should look for name of their hotel in the list below. If your hotel is not listed, then ask your hotel desk clerk to identify the nearest hotel bus stop. Bus stops are located in the hotel's parking lot or at the street side *People Mover* bus stop. Check with the desk clerk for the exact location. *Departure times are approximate*. Visiting runners staying in the downtown area may also catch the **Downtown Shuttle** to the start (See *Local Marathoners* on the next page). After the race, participants can ride a bus from the finish area to their hotel also listed below. Post race buses will leave every 20- 30 minutes. The last bus leaves at 5:20 p.m.

	Finish Line		
		Marathon Runners and Walkers 8:00 a.m. Start	to Hotel Shuttle
Hotel	Address	Departure Times – 6:30a	Shuttle Name
Historic Anchorage Hotel	330 E Street	Go to Hilton Hotel	North
Anchorage Grand Hotel	505 West Second Ave	Go to Hilton Hotel	North
Deluxe Extended Stav	108 E 8 <sup>th</sup> Ave	6:30	Bartlett
Barrett Inn Best Western	4616 Spenard Rd	Go to Executive Suites Inn	South
Best Western Golden Lion	1000 E 36th Ave	No morning service	East
Captain Cook Hotel	4th and K St	Bus stop on 5th - 6:30	North
Clarion Suites	335 W 8th Ave	Bus stop C & 7 <sup>th</sup> - 6:30	Bartlett
Comfort Inn	111 W Ship Creek	6:30	North
Days Inn	321 5th Ave	6:30	North
Embassy Suites	650 Benson Blvd.	No morning service	East
Executive Suites Inn	4360 Spenard Rd	6:30	South
Fairfield Inn & Suites	5060 A Street	6:30	South
Hampton Inn	4301 Credit Union Dr	Go to Hilton Garden Suites	East
Hawthorn Suites	1110 W 8th Ave	Go to Marriott Downtown	North
Hilton Hotel	500 W 3rd Ave	Bus Stop on 3 <sup>rd</sup> - 6:30	North
Hilton Garden Suites	7540 A Street	6:30	East
Howard Johnson	239 W 4th Ave	6:30	North
Holiday Inn Express	4411 Spenard Rd	Go to Executive Suites Inn	South
Homewood Suites	7640 A Street	Go to Executive States IIII	East
Inlet Tower Hotel & Suites	1200 L Street	No morning service	North
Lakeshore Inn	3009 Lakeshore Dr	Go to Executive Suites Inn	South
Longhouse	4335 Wisconsin	Go to Executive Suites Inn	South
Marriott Courtvard	5005 Spenard Rd	Go to Millennium Hotel	South
Marriott Downtown	820 W 7th Ave	6:30	Bartlett
Merrill Field	420 Sitka St	No morning service	Bartlett
Motel 6	5000 A Street	Go to Fairfield Inn	South
Puffin Inn	4400 Spenard Rd	Go to Executive Suites Inn	South
Millennium Hotel	4800 Spenard Rd	6:30	South
Ramada Inn on 3 <sup>rd</sup> Ave.	115 E 3rd Ave	Go to Howard Johnson	North
Red Roof	1104 E. 5 <sup>th</sup> Ave	Stop on Downtown Shuttle - Bus stop 6 <sup>th</sup> & Karluk	Bartlett
Residence Inn	1025 E 35th Ave	No morning service	East
Rodeway Inn	720 Gambell	Stop on Downtown Shuttle - Bus stop on 6 <sup>th</sup> & Gambell	Bartlett
Sheraton Hotel	401 E 6th Ave	Bus stop on 5 <sup>th</sup> Ave - 6:30	Bartlett
Springhill Suites	3401 A St	Second stop after Fairfield – 6:35a	East
Voyager Hotel	501 K Street	Go to 6 <sup>th</sup> and G Bus Station	Bartlett
Coast International	3333 W International Rd	Go to Millennium Hotel	South
Westmark Anchorage	720 W. Fifth Ave.	Go to 6 <sup>th</sup> and G Bus Station	Bartlett
Bartlett High Start Area Arrival for all Hotel Buses	7:20		

#### **Local Marathoners**

Local runners and walkers may park their car at Romig Jr. High School or at the  $6^{th}$  Avenue Parking Garage and ride the Downtown Shuttle to the start. You may also park your vehicle at the start. After the race, runners can ride the Bartlett Shuttle from the finish area to the  $6^{th}$  Avenue Garage and the Bartlett Start Area. Buses will leave every 20-30 minutes. The last bus leaves at 5:20 p.m.

Downtown to Marathon Start Shuttle						
	Marathon Runners and Walkers 8:00 a.m. Start					
Bus Stop	Departure Times					
West High Parking Lot / Hillcrest	6:00	6:30	7:00			
Downtown 6th & G St. Bus Station & Parking Garage	6:10	6:40	7:10			
Sheraton Hotel / Denali St.	6:20	6:50	7:20			
Bartlett High Start Area Arrival	6:35	7:05	7:35			
Bartiett High Start Area Arrival	0.35	7.05	7.35			

#### Visiting Half Marathoners and Five Milers

Bus service is available for visiting runners from the 6<sup>th</sup> Avenue Bus Station to the start area at West High School. Ask your hotel desk clerk how to get to the bus station. After the race, runners can ride a bus from the finish area to their hotel. Check the *Hotel to Marathon Start Shuttle* schedule to see which shuttle services your hotel. Post race buses will leave every 20-30 minutes. The last bus leaves at 5:20 p.m.

Downtown to Half Marathon & Five Miler Start Shuttle					
	Half Marathon & Five Miler 9:00 a.m. Start				
Bus Stop	Departure Times				
Downtown 6th & G St. Bus Station & Parking Garage	7:45	8:10			
West High Start/Finish Area Arrival	8:10	8:30			

#### **Local Half Marathoners and Five Milers**

Parking is available at West High School and Romig Jr. High School.



# Alaska's Biggest Winter Adventure Expo!

## 2nd Annnual Oxygen & Octane

Expo Exhibit Space

All booths are situated on the main 50,000 square-foot exhibit hall.

STANDARD BOOTH: 8X10 (80 sq ft)

QUAD: 16X20 (320 sq ft)

PREMIUM: 16X40 (640 sq ft)

XL: 32X70 (2,240 sq ft)

## **VENDORS:**

- Check out what the Big O Show Offers:
- Ample parking
- Admission is free!
- All the booths are 8X10 or larger!
- This is the second annual Oxygen Octane Expo after record numbers last year, folks will show up in droves just to check it out! Make sure they check out your business too!
- The mid-October dates coincide perfectly with the change of season (outside of hunting season, just inside Termination Dust, right on time for PFD checks!)
- Huge overhead doors and a full day set aside for set-up make move-in a breeze!
- Unmatched pre-event marketing via radio, TV and print!
- Every vendor who buys a booth gets a SPECIALLY DISCOUNTED AD in the official Expo Guide!



Specially

Discounfed AD

INCLUDED
IN THE OFFICIAL EXPO GUIDER

## FEATURING:

- Huge discounts on lodging, gear, travel, snowmachines and more!
- Avalanche and safety seminars!
- · Advice from the experts!
- How to score that kitchen pass - all season long!
- Food, fun, music and so much more!
- 50,000 square feet filled with all the things Alaskans love to do in winter!





#### FOR INFORMATION OR QUERIES:

Alaska Adventure Media 6921 Brayton Drive, Suite 207

Anchorage, Alaska 99507 (907) 677-2900 Fax: (907) 677-2901

John@alaskaadventuremedia.com Advertising@alaskaadventuremedia.com alaskaadventuremedia.com oxygenandoctane.com

## 2009 Alaska runner's calendar

#### **JUNE EVENTS**

#### PEAK PERFORMERS TRACK CLUB (ANCHORAGE)

WHEN: Tuesdays, June-August, 6 p.m.

WHAT: Training and conditioning program led by coaches

WHERE: West High Track

COST: \$50 membership fee, \$85 family (2), \$110 for 3 or more

individuals

CONTACT: Chester Franz 274-5050, Kim Baldwin 274-1061

#### **EXCEED WOMEN'S RUNNING TEAM (ANCHORAGE)**

WHEN: Tuesdays through September, 6 p.m. WHAT: Coached track and trail runs for women

WHERE: Wendler Middle School and various Anchorage trails

COST: \$100 for season

CONTACT: Pam Barbeau 346-3427, pambarbeau@gci.net, Bonnie Lind

522-8889, www.runexceed.org

#### **VALLEY WOMEN'S RUNNING TEAM (PALMER)**

WHEN: Tuesdays/Thursdays June through September, 5:45 p.m.

WHAT: Track and trail runs

WHERE: Palmer High track Tuesdays, trail run Thursdays

COST: Fre

CONTACT: Rhonda Knopp 373-3975, knopp@mtaonline.net, Norm

Rousey coachrousey@hotmail.com, www.vwrt.org

#### **RUN OR WALK WITH FRIENDS**

WHEN: Wednesdays throughout year, 6 p.m. WHAT: Run or walk for one hour on Coastal Trail WHERE: Westchester Lagoon, Coastal Trail

COST: Free

CONTACT: Anchorage Running Club, www.anchoragerunningclub.org

#### DAVE AND DIANE'S ORIENTEERING (ANCHORAGE)

WHEN: Wednesday, June 3, 5-7 p.m.

WHAT: Traditional long course orienteering for all skill levels

WHERE: Bicentennial Park, Mile 2.2 COST: \$5 member, \$6 non, \$1 under 18

CONTACT: Dave Evans 343-0217, www.oalaska.org

#### ALL COMERS TRACK AND FIELD

WHEN: Thursday, June 4, 6 p.m. WHAT: Track and field events WHERE: Wendler middle School COST: \$20 adult, \$15 child series **CONTACT:** Jerry perkins 317-9068, jperkins@gci.net, Ben Larson 317-1613, www.usatf.org/assoc/ak

#### **SKINNY RAVEN TWILIGHT 12K**

**WHEN:** Friday, June 5, 7 p.m. **WHAT:** 12k road, trail race

WHERE: Skinny Raven Sports, 800 H Street, Anchorage

COST: \$20 until 6/3, \$25 until 6/5

CONTACT: Jerome Ross 274-7222, Jerome@skinnyraven.com,

www.skinnyraven.com

#### **RUN FOR THE WAVES**

WHEN: Saturday, June 6, 1:30 p.m.

WHAT: 5k

WHERE: Delaney Park Strip and Coastal Trail

**COST**: \$25/\$35 race day

CONTACT: Butch Allen 274-3626, butch@akcenter.org,

www.alaskaoceansfestival.org

#### ALASKA RUN FOR WOMEN REGISTRATION (ANCHORAGE)

WHEN: Saturday, June 6, 10 a.m.-3 p.m.

WHAT: Register for Alaska Run for Women June 13

**WHERE:** University Center Mall **COST:** Donation for entry fee

CONTACT: Missy Anderson 561-3136, run@akrfw.org, www.akrfw.org

#### 35TH ARCTIC VALLEY RUN

WHEN: Saturday, June 6, 8:45 a.m.

WHAT: 12.6 and 5 mile runs up Arctic Valley Road (800'-2,500' gradi-

ents)

WHERE: Moose Run Golf Course COST: \$15/\$20 race day, \$15 for t-shirt

CONTACT: Ellis Alston 384-1304, Ellis.alston@richardson.army.mil

#### **GOVERNMENT PEAK HILL CLIMB**

WHEN: Saturday, June 6, 10:30 a.m.

WHAT: Uphill mountain race, south face of Government Peak WHERE: Hatcher Pass, meet at Mountain Streams B&B COST: \$25/\$35 after 5/25 LIMITED TO 200 PEOPLE CONTACT: Mark Strabel 746-7547, strabel@mtaon-line.net

#### **RUN FOR THE RIVER (SOLDOTNA)**

WHEN: Saturday, June 6, 9 a.m. WHAT: 5k, 10k on city streets WHERE: Kenai River Festival Grounds

**COST**: \$15

CONTACT: Jennifer McCard 260-5469, jennifer@kenaiwatershed.org. Josselyn O'Conner 260-5449

#### THREE BARONS RENAISSANCE RUN

WHEN: Tuesday, June 9, 6 p.m. WHAT: 5k on flat, scenic bike trail WHERE: Tozier Track, Tudor Road

COST: \$15

CONTACT: Mel Kalkowski, 694-5203, melkal@gci.net; Carol Lalone 274-

2913

#### ALASKA RUN FOR WOMEN REGISTRATION

WHEN: Tuesday, June 9, 4-7 p.m.

WHAT: Registration for June 13th event; NO day of race registration

WHERE: University Center Mall

**COST**: Donation

CONTACT: Missy Anderson run@akrfw.org, www.akrfw.org

#### ALASKA RUN FOR WOMEN REGISTRATION (WASILLA)

WHEN: Wednesday, June 10, 4-7 p.m.

WHAT: Registration for June 13th event; NO day of race registration

WHERE: Alaska Club COST: Donation

CONTACT: Missy Anderson run@akrfw.org, www.akrfw.org

#### **CORY'S ORIENTEERING**

WHEN: Wednesday, June 10, 6 p.m.

WHAT: Orienteering course offering beginning through advanced courses

WHERE: Hillside drive, Storck Park
COST: \$5 members/ \$6 non/ \$1 under 18

CONTACT: Cory Smith 317-3962, www.oalaska.org

#### ALASKA RUN FOR WOMEN REGISTRATION

WHEN: Thursday, June 11, 4-7 p.m.

WHAT: Registration for June 13th event; NO day of race registration

WHERE: University Center Mall

COST: Donation

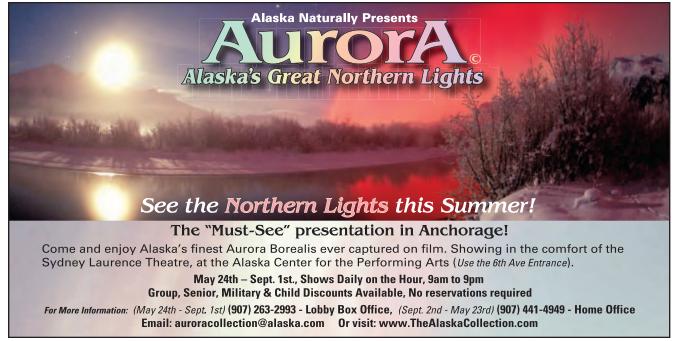
CONTACT: Missy Anderson run@akrfw.org, www.akrfw.org

#### KIDS BEAR BELL RUN (SEWARD)

WHEN: Friday, June 12, 10:30 a.m. WHAT: 1 mile race along Two Lake Trail

WHERE: First Lake Park

**COST:** \$12 by 6/5, \$15 after; for kids 5-12 **CONTACT:** Maggie Wilkins 224-4054





#### ALASKA RUN FOR WOMEN

WHEN: Saturday, June 13, 9 a.m.

WHAT: 8k along Anchorage city streets and Coastal Trail to fight breast

cancer

WHERE: Anchorage Football Stadium

**COST**: Donation

CONTACT: Missy Anderson 561-3136, run@akrfw.org

NO RACE DAY REGISTRATION

#### TRI THE KENAI (SOLDOTNA)

WHEN: Saturday, June 13, 9 a.m. meet-up WHAT: Sprint distance lake swim, road bike, trail run

WHERE: Solid Rock Bible Camp

**COST:** \$50, no day of race registration or bib pick up **CONTACT:** Fee-Dee Aye 398-7676, www.fitalaskans.com

#### **COLONY DAYS BILL MITCHELL RUN (PALMER)**

WHEN: Sunday, June 14, 11 a.m.

WHAT: 5k ,1k for age 13-under on flat course

**WHERE:** Mat-Su Borough Building **COST:** \$25/\$20 13 and under

CONTACT: Palmer Chamber of Commerce 745-2880,

info@palmerchamber.org

#### **MUGWUMPS 10K**

WHEN: Wednesday, June 17, 6 p.m. WHAT: 10k along Coastal Trail WHERE: Point Woronzof, out and back

COST: ARC membership; limited to those who have never run a 10k

under 45 min.

**CONTACT:** www.anchoragerunningclub.org

#### **ERIC'S ORIENTEERING (FT. RICHARDSON)**

WHEN: Wednesday, June 17, 5-7 p.m.

WHAT: Orienteering w/ beginner to advanced courses available WHERE: Fossil Creek, bring driver's license, car registration/proof of

insurance for base admittance.

COST: \$5 member/ \$6 non, \$1 under 18
CONTACT: Erin Follet 346-2294, www.oalaska.org

#### MAYOR'S MIDNIGHT SUN MARATHON, MARATHON RELAY, HALF MARATHON 5-MILER, YOUTH CUP BIB PICK-UP, LATE REGISTRATION

WHEN: Thursday, June 18, 6-9 p.m.

WHAT: Late registration and bib pick-up; NO day of race registration of

bib pick-up

WHERE: Sheraton Hotel

**COST**: Variable

CONTACT: Anchorage Parks and Recreation 343-4296, UAA 786-1325, track@uaa.alaska.edu, www.mayorsmarathon.com

#### MAYOR'S MIDNIGHT SUN MARATHON LAST-CHANCE BIB PICK-UP

AND REGISTRATION

WHEN: Friday, June 19, 10 a.m.-6 p.m.

WHAT: Last opportunity to pick up bib and/or register for event

WHERE: Sheraton Hotel

**COST**: Variable

CONTACT: Anchorage Parks and Recreation 343-4296, UAA 786-1325, track@uaa.alaska.edu, www.mayorsmarathon.com

#### MAYOR'S MIDNIGHT SUN MARATHON, MARATHON RELAY, HALF

MARATHON, 5-MILER, YOUTH CUP WHEN: Saturday, June 20 start times vary

WHAT: Multiple courses for multiple events, visit Web site for course

descriptions

**WHERE:** Bartlett High school, West High School **COST:** Variable; NO day of race registration

CONTACT: Anchorage Parks and Recreation 343-4296, UAA 786-1325,

track@uaa.alaska.edu, www.mayorsmarathon.com

#### FAMILY FUN RUN IN THE MIDNIGHT SUN (NIKISKI)

WHEN: Saturday, June 20, 10 a.m.

WHAT: 3 and 5 mile runs on wooded/paved trails

WHERE: Nikiski Pool facility

COST: \$15

CONTACT: Rachel Parra 776-8800, rparra@borough.kenai.ak.us Tammy Berdahl 776-8800, www.northpenrec.com

#### FAMILY SOLSTICE FAMILY FUN RUN (PALMER)

WHEN: Saturday, June 20, 9 a.m.

WHAT: 5k and 1 mile on flat surface, mostly paved

WHERE: Palmer Depot

COST: TBA

CONTACT: Cheryl Grove 373-4459, afswiccoordinator@yahoo.com

#### TSALTSHI SOLSTICE DUATHLON (SOLDOTNA)

WHEN: Saturday, June 20, 10 a.m.

WHAT: 5k run, 10k bike over rolling hills, dirt surface

WHERE: Skyview High School

COST: \$20

CONTACT: Laura Pilifant 262-7740, Kent Peterson 394-6231 www.tsalteshi.org

#### **BOB SPURR MEMORIAL HILL CLIMB**

WHEN: Sunday, June 21, 8:30 a.m.

WHAT: 3-mile, uphill-only run, 3400' elevation gain WHERE: Bird Ridge Trailhead, M102 Seward Highway

COST: \$25 if received by 6/17, \$35 race day

CONTACT: Alaska Mountain Runners, akmtrun@hotmail.com,

www.alaskamountainrunners.org

#### IAN & JEN'S ORIENTEERING

**WHEN:** Wednesday, June 24, 5-7 p.m. **WHAT:** Orienteering club-sponsored event

WHERE: Service High School

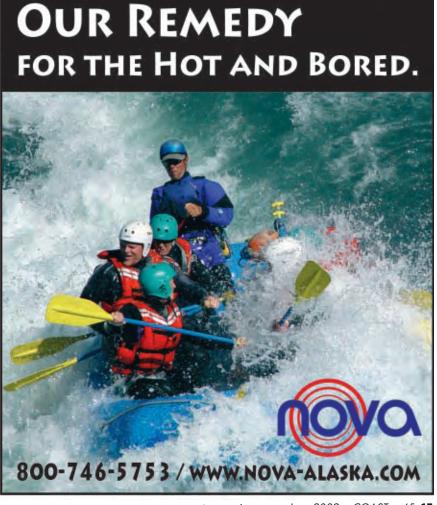
COST: \$5 members/ \$6 non, \$1 under 18 CONTACT: Ian Moore 348-0237, www.oalaska.org

#### KILTED MILE (EAGLE RIVER)

WHEN: Saturday, June 27, 11 a.m.

continued on next page





WHAT: 1 mile track run, all entrants must wear kilts (available for use)

WHERE: Eagle River Lions Park

**COST:** \$15

CONTACT: Chris Anderson 243-7255, Anderson\_ak@yahoo.com Kerry Howard 338-1123, www.alaskascottish.org

#### HOMER NEWS SPIT RUN (HOMER)

WHEN: Saturday, June 27, 10 a.m.

WHAT: 10k on flat course from town to end of Homer Spit

WHERE: Homer High School start

COST: Free if register before 6/22, \$5 after

CONTACT: Lori Evans 235-7767, lori.evans@homernews.com

McKibben Jackinsky 235-7767

#### RACE FOR TECHNOLOGY (PALMER)

WHEN: Saturday, June 27, 10 a.m. WHAT: 5k race on flat course WHERE: Palmer Public Library

COST: \$27

CONTACT: Palmer Library 745-4690, pkilmain@palmer.ak.org

#### **JULY EVENTS**

#### PEAK PERFORMERS TRACK CLUB

WHEN: Tuesdays, July-August, 6 p.m.

WHAT: Training and conditioning program led by coaches

WHERE: West High School Track Cost: \$50, \$85 family (2), \$110 3 or more

Contact: Chester Franz 274-5050, Kim Baldwin 274-1061

#### **VALLEY WOMEN'S RUNNING TEAM (PALMER)**

WHEN: Tuesdays/Thursdays, 5:45 p.m.

WHAT: Coached training for all skill levels on track and trail surface

WHERE: Palmer High Track

COST: Free

CONTACT: Rhonda Knopp 373-3975, knopp@mtaonline.net

Norm Rousey, coach rouse@hotmail.com

#### **RUN OR WALK WITH FRIENDS**

WHEN: Wednesdays, 6 p.m.

WHAT: Run or walk one hour on Coastal Trail WHERE: Westchester Lagoon/Coastal Trail

COST: ARC membership

**CONTACT:** Anchorage Running Club, www.anchoragerunningclub.org

#### ANDREW'S BILLY GOAT ORIENTEERING

WHEN: Wednesday, July 1, 6:30 p.m.
WHAT: Points-format orienteering
WHERE: Jodhpur Entrance/ Kincaid Park
COST: \$5 members/ \$6 non/ \$1 under 18
CONTACT: Andrew Lee 562-2448, www.oalaska.org

#### ALL COMERS TRACK AND FIELD

WHEN: Thursday, July 2, 6 p.m.

WHAT: Track and field events, all abilities/ages welcome

WHERE: Wendler Middle School COST: \$20 adult/ \$15 child series

CONTACT: Jerry Perkins 317-9068, gherkins@gci.net, Ben Larson 317-

1613

#### MOUNT MARATHON RACE (SEWARD)

When: Saturday, July 4, 9:30 a.m. Juniors; 11:15 a.m. Women; 3 p.m. Men

What: 3,022 ft climb up Mount Marathon, Junior Race ? way

Where: 4th and Adams Street

Cost: \$20 Juniors/ \$45 Adults, limited to 350 men/women, 200 juniors.

Lottery selection for new runners. Safety briefing required.

Contact: Seward Chamber of Commerce 224-8051, events@seward.net

#### FREEDOM 4-MILER (WILLOW)

WHEN: Saturday, July 4, 11 a.m.

WHAT: 4 miles, 1k kids race on flat terrain

WHERE: Willow Community Center COST: Free 12 & under, \$20 adults and over 12

CONTACT: Andrea Haltmann 495-2202, andreahaltmann@yahoo.com Yvonne Leutwyler 495-0105, yvonneleutwyler@yahoo.com

#### KAREN AND TOM'S SCORE-O

WHEN: Wednesday, July 8, 6:30 p.m.

WHAT: Mass-start orienteering through APU campus

WHERE: Moseley Sports Center

COST: \$5 members/ \$6 non/ \$1 under 18 CONTACT: Karen Bronga 333-0610, www.oalaska.org

#### ALASKA SPIRIT RUN

WHEN: Saturday, July 11, 10 a.m.
WHAT: 5k out and back along Coastal Trail

WHERE: Westchester Lagoon

COST: \$25/ \$15

CONTACT: Morgann Jensen 274-7787, Morgan Dahlgren@hotmail.com

#### **BEAR PAW 5K CLASSIC (EAGLE RIVER)**

WHEN: Saturday, July 11 10:30 a.m.

WHAT: 5k run prior to Bear Paw parade, families encouraged

WHERE: New China Restaurant COST: \$20, \$25/ \$60 family

CONTACT: Joey Caterinichio 274-6960, Ja Dorris 274-6960

#### MOOSE DROPPING FESTIVAL FUN RUN (TALKEETNA)

WHEN: Saturday, July 11, 10: 30 a.m. WHAT: 5k race through downtown Talkeetna

WHERE: Downtown COST: \$25, t-shirt included

CONTACT: Karl Swanson 733-7547, karlswanson@hotmail.com, Chris

Mannix 733-2427

#### **BOONDOCKS BREAKAWAY**

WHEN: Sunday, July 12, 11 a.m. WHAT: 2.5k kids race, 5k scenic trail race

WHERE: Kincaid bunker

COST: ARC membership/race day registration only

# Alaska Aviation Museum Annual Great Alaskan Salmon Bake & Fly By





Special Guest Captain Phil Harris from TV's "Deadliest Catch"!

Fresh Salmon, Hamburgers and Hot Dogs Beer & Wine Gardens \* Silent & Live Auctions Live Music \* Vintage Fly Bys All Afternoon! Saturday, July 4th, 2009 3pm-8pm

Tickets are \$25 for Adults and \$15 for Children 907-248-5325 or www.alaskaairmuseum.org
Or Stop by the House of Harley-Davidson on Spenard Rd
To Get Your Tickets Today!







Help raise funds for men's cancer awareness, education and research.

Register for the 14th Annual

## Alaska Men's Run

Saturday, July 18, 2009

- Open to men, women and children
- Teams and families encouraged
- USATF-sanctioned 5-mile race (a Flint Hill Series race)
- 2-mile fun walk
- Register and get a free T-shirt & eligibility for door prizes

To register, donate or volunteer go to www.alaskamensrun.com or call 907.317.3550 or 907.223.1374.



Ready. Set. 60.

CONTACT: Betty Cronin 561-0297, blcronin@qci.net

WHEN: Monday, July 13, 6:30 p.m. WHAT: 1 mile track run

WHERE: Wendler Middle School

**COST**: \$5

CONTACT: Jerry Perkins 317-9068, gherkins@gci.net Ben Larson 317-1613

TOBY'S SCORE-O

WHEN: Wednesday, July 15, 6:30 p.m. WHAT: Mass-start orienteering WHERE: Russian Jack Springs Park **COST:** \$5 members/ \$6 non/ \$1 under 18 CONTACT: Toby Schwoerer 274-3208,

www.oalaska.org

ALL COMERS TRACK AND FIELD

WHEN: Thursday, July 16, 6 p.m. WHAT: Track and field events for all ages/abilities

WHERE: Wendler Middle School COST: \$20 adult/ \$15 child series

CONTACT: Jerry Perkins 317-9068, gherkins@gci.net Ben Larson 317-1613

**CROW PASS MANDATORY BIB PICK-UP AND** 

WHEN: Friday, July 17, 6:30 p.m.

WHAT: Mandatory meeting for race entrants; no

meeting-no race

WHERE: UAA Sports Center

**COST**: Variable

CONTACT: Mike Friess 786-1325, anmaf@uaa.alaska.edu

ALASKA MEN'S RUN/WALK

WHEN: Saturday, July 18, 9 a.m.

WHAT: 2 mile walk, 5 mile run on city streets and

Coastal Trail

WHERE: Skinny Raven Sports, 8th and H

COST: \$35

CONTACT: Christian Harpel 345-4004,

jharpel@gci.net

Janyce Harpel 317-3550

HAMMERMAN DUATHLON

WHEN: Saturday, July 18, 10 a.m. WHAT: 1.5k trail run, 14 mile bike, 4 mile run, off

WHERE: Little Campbell Lake/ Kincaid Park

**COST:** \$50

CONTACT: Bill Fleming 243-4709,

moflem@acsalaska.net, Andy Duenow 344-2740

www.hammermantriathlon.com

XTERRA HAMMERMAN

WHEN: Saturday, July 18, 10 a.m.

WHAT: .5 mile swim, 14 mile bike, 4 mile run triathon

WHERE: Little Campbell Lake/ Kincaid Park

**COST:** \$50

CONTACT: Bill Fleming 243-4709,

moflem@acsalaska.net, Andy Duenow 344-2740

www.hammermantriathlon.com

**CROW PASS CROSSING** 

WHEN: Saturday, July 18, 7 a.m. WHAT: 24-mile Crow Pass run, Girdwood to Eagle

River Visitor's Center

WHERE: Crow Pass Trailhead

COST: \$60, mandatory race meeting, limited to 130

CONTACT: Mike Friess 786-1325,

anmaf@uaa.alaska.edu

KNOYA RIDGE HILL CLIMB

WHEN: Sunday, July 19

WHAT: 3 mile, 2,900 ascent, shorter Junior race WHERE: Klutina Street, corner of Muldoon/Tudor

COST: \$20 adult/ family, \$5 ages 15-17, 14-under

CONTACT: Bill Spencer 346-3582, billspencerak@gmail.com Marianne Pedersen 333-8836, mari-

anne\_Pedersen@hotmail.com

MASTERS' 5K AND 10K

WHEN: Wednesday, July 22, 6 p.m. WHAT: 5k, 10k out and back on Coastal Trail WHERE: Point Woronzof parking lot COST: ARC membership, limited to age 40+ **CONTACT:** Anchorage Running Club, info@anchoragerunningclub.org

DOG JOG

WHEN: Saturday, July 25, 10 a.m.

WHAT: 1 mile, 5k on trails w/ pets (must be on

WHERE: Service High School

COST: \$20/\$45 family (four members) CONTACT: Michele Girault 333-9534, michele@friendsofpets.org

ALL COMERS TRACK AND FIELD **CHAMPIONSHIPS** 

WHEN: Saturday, July 25, 12 noon

WHAT: Track and field events for all ages/abilities

WHERE: Wendler Middle School

COST: \$20 adult/ \$15 child

CONTACT: Jerry Perkins 317-9068, gherkins@gci.net,

Ben Larson 317-1613

POWERLINE PASS TRAIL RUN (INDIAN)

WHEN: Saturday, July 25, 10 a.m.

WHAT: 13 mile run from Indian to Upper Huffman

on powerline/gasline trails

WHERE: Indian Valley Trailhead

COST: \$25 if register by 7/24, \$30 race day CONTACT: Trond Flagstad 786-1285/229-3518,

Nordic@uaa.alaska.edu

www.signmeup.com/62969

**EVERYTHING BUT THE RED RUN** (SOLDOTNA)

WHEN: Saturday, July 25, 6 p.m.

WHAT: 5k+ on Tsalteshi trail system, rolling hills

Where: Skyview High School

**COST**: \$5

CONTACT: Tom Seggerman 262-3189, tdconst@alaska.net, Laura Pilifant 262-7740,

www.tsalteshi.org

ARCTIC VALLEY TRAIL RUN

WHEN: Sunday, July 26, 10 a.m.

WHAT: 9k, 6k, Juniors 3k, munchkins 1.5 k WHERE: Alpenglow Ski Area, mile 7 Arctic Valley

**COST:** \$25/ 6k, \$35 9k, \$15 juniors, \$5 munchkins CONTACT: Karl Volz 786-7235, Jennifer Branchflower

248-8978, www.signmeup.com

GARY AND DAVID'S WEIRD-O

WHEN: Wednesday, July 29, 5-7 p.m. WHAT: Weird-O orienteering format

WHERE: Goose Lake

COST: \$5 members/ \$6 non/ \$1 under 18

CONTACT: Gary Snyder 337-2089, www.oalaska.org

**RESURRECTION PASS 100-MILER (HOPE)** 

WHEN: Friday, July 31, 2 p.m.

WHAT: 100-mile run, 24 miles gravel road, 76 miles

WHERE: Hope School

COST: Free





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# Alternate routes

## A marathon of activities await after the race

By Erin Kirkland

nce the Mayor's Marathon is over, and competitors and family are ready to see more of Alaska than 26 miles of race course, Anchorage and vicinity are set to deliver a ton of summertime fun.

Marathon organizers have long recognized that much of the roster consists of out-oftowners who see the race as a destination event. Pre- and post-race fun is part of the reason the marathon has achieved status as a premier contest in the United States. Really, where else could one run a scenic 26-plus miles one day, then stand in a swiftly-flowing river the next, holding a rod in one hand and a salmon in the other? Or perhaps perching atop a rocky peak, enjoying the sights and sounds of wild Alaska? The obvious bliss that can be achieved by taking a few extra days to experience what the greater Anchorage area

has to offer is worth the time and expense.

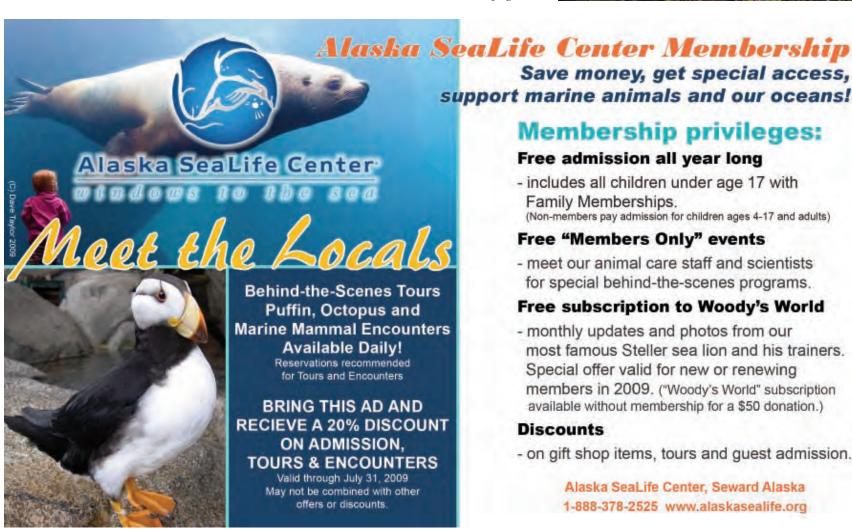
Fortunately, for those who are unsure where to begin their adventure, the Mayor's Marathon Web site

www.mayorsmarathon.com provides helpful tips for everything from lodging options and arranged tours and excursions to maximize fun and minimize hassle.

One must plan carefully, however, for Alaska is an enormous swath of real estate and many a visitor has arrived with plans of grandeur, only to be bitterly disappointed when time simply runs out. The remedy for such a let-down is to allow the professionals at the Anchorage Convention and Visitor's Bureau (www.anchorage.net, 907-274-3531) to assist in sightseeing plans. Their little log cabin on Fourth Avenue and F Street is the starting line for all activities in and around



continued on page 22



## Membership privileges:

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#### Discounts

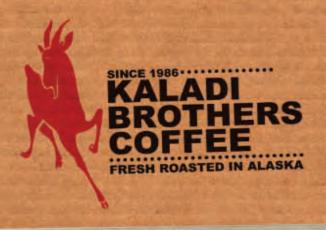
on gift shop items, tours and guest admission.

Alaska SeaLife Center, Seward Alaska 1-888-378-2525 www.alaskasealife.org



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6th & G Street

HUFFMAN 12350 Industry Way

SAGAYA 3700 Old Seward Hwy.

SOUTHSIDE 9900 Old Seward Hwy.

TITLE WAVE

Anchorage (starting with the quaint structure; it's one of the most photographed buildings in town).

If delving into Anchorage's history appeals to you, start by taking a stroll of the city using the Downtown Walking Tour brochure. Taking visitors on a trek past some of the city's most historic structures provides a glimpse into early Anchorage life and the struggles of establishing a new city in The Last Frontier. Maps can be picked up at the Visitor Center; allow a few hours to amble along city streets and take it all in.

For a glimpse into a vital component of Alaska's past and present success, take a short drive toward the Anchorage International Airport to the Aviation Heritage Museum at 4721 Aircraft Drive. Alaska depends heavily upon its relationship with airplanes of all sizes, and the Museum showcases the best of the best in aviation history. Don't miss the outdoor displays and the huge hangars a few feet from the indoor exhibits. The Aviation Heritage Museum is open every day except Tuesday, and admission is \$5 (www.alaskaairmuseum.org, 248-5325). The facility sits upon the shores of Lake Hood, the busiest seaplane port in the world, and visitors would be remiss to not spend some time watching pontoonoutfitted seaplanes taking off and landing with engines roaring and water flying. A park near the

continued on page 24

## **Downtown Anchorage events**

Join the fun going on downtown this summer. All events listed are free. More information can be found via the Anchorage Convention and Visitors Bureau, www.anchorage.net .

MUSIC IN THE PARK, featuring various local artists Wednesdays and Fridays, June 3 - June 26, Noon - 1 p.m. Peratrovich Park, Fourth Avenue and E Street

#### MUSIC FOR LITTLE ONES WITH FIDDLE DEE DEE

Mondays, June 1 - June 29, Noon - 1 p.m. Peratrovich Park, Fourth Avenue and E Street

#### SALMON IN THE CITY FESTIVAL

June 5 - 14, times vary Downtown Anchorage

#### ALASKA OCEANS FESTIVAL

Saturday, June 6, Noon - 10 p.m. West Delaney Park Strip

#### AIR FORCE BAND 'TOP COVER' IN TOWN SQUARE

Sunday, June 7, 1 - 3 p.m. Town Square, downtown Anchorage

#### SHIP CREEK SLAM'N SALMON KING DERBY

June 12 - 21, 6 a.m. - 11 p.m.

Ship Creek, downtown Anchorage

#### JOHN DAMBERG QUINTET

Saturday, June 13, 1 - 3 p.m. Town Square, downtown Anchorage

#### **AWAIC SUMMER SOLSTICE FESTIVAL**

Friday/Saturday, June 19 - 20, 10 a.m. - 10 p.m. Anchorage Town Square

#### JUNETEENTH CELEBRATION

June 19 - 20, 1 - 10 p.m.; June 21, 2 - 8 p.m. Delaney Park Strip

#### **G STREET ARTISTS MARKET**

Saturday, June 20, 10 a.m. - 6 p.m. G Street between Fourth and Fifth Avenues

#### ALASKA STATEHOOD CELEBRATION AND HERO GAMES

Saturday, June 27, Noon - 5 p.m. Fourth Avenue between C and H Streets

#### ANCHORAGE MARKET AND FESTIVAL

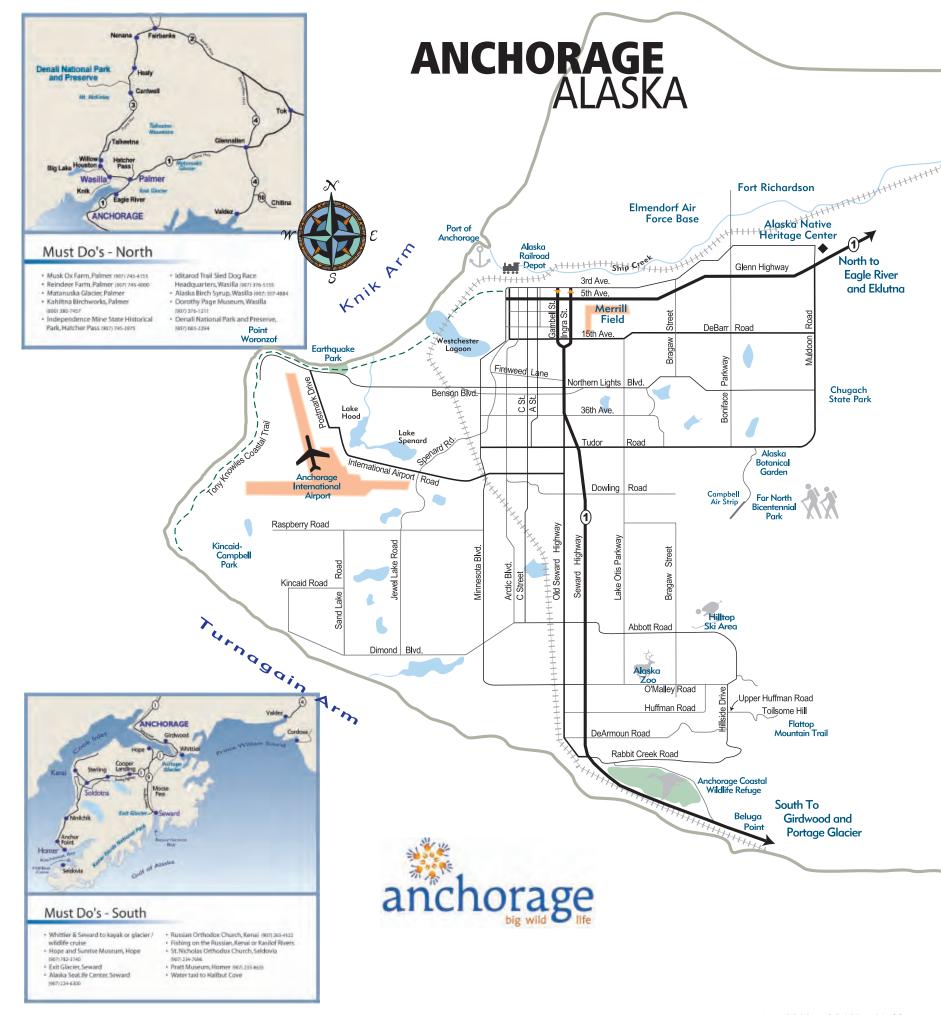
May 16 - September 13, 10 a.m. - 6 p.m. Saturdays and Sundays Third Avenue and E Street Parking Lot

www.alaskawildlife.org

Discover Your Wild Side Life at the Alaska Wildlife Conservation Center is always a little wild! Come meet the 'locals' - bison, bull moose, caribou, muskox and others - that call the Alaska Wildlife Conservation Center home. Wildlife viewing, photography and educational opportun<u>ities abound!</u> **Open Daily Year-Round** Mile 79 Seward Highway Just 45 minutes south of Anchorage on the scenic Seward Highway! Portage, AK 99587 907-783-2025

AWCC is a non-profit wildlife refuge located on a scenic 200 acre

preserve dedicated to wildlife conservation and education.



east side of the lake offers nice viewing in a grove of birch trees, with picnic tables and easy access to a local bike and walking trail.

If running did not provide enough exercise, consider a trip down the Tony Knowles Coastal Trail, an 11-mile stretch of paved pathway that hugs the shoreline of Cook Inlet and begins in downtown Anchorage at the end of Second Avenue. Cycling is a popular way to cruise the trail system; rent bikes from Alaska Bike Rentals (www.Alaska-bike-rentals.com). They have everything from bike trailers to panniers to helmets so visitors can truly have a memorable day along the trail.

A little farther out of town, heading north on the Glenn Highway, sits Eklutna Village Townsite. The village cemetery, still in use, features brightly adorned spirit houses that replicate small dwellings combining Russian Orthodox religion with Athabascan beliefs. Also on the property are two Russian Orthodox churches, one built out of logs, that provide visitors with further insight into the ways of early southcentral Alaska residents. Admission is by donation, and during the summer months guides are available to answer questions and give brief tours of the cemetery and St. Nicholas Orthodox Church. Don't forget the bug repellent; the skeeters are plentiful and gregarious.

After satisfying your curiosity into



Stop in to the Anchorage Convention and Visitors Bureau log cabin for information on Alaska's largest city.

Alaskan history and culture, take a short drive back across the Glenn Highway to Thunderbird Falls, an easy one-mile stroll through thick forest toward a rushing waterway that affords great views and peaceful ambiance. To reach both Eklutna Village and Thunderbird Falls, take the Glenn Highway north 25 miles to the Thunderbird Falls/Eklutna Village exit.

Hungry yet? Head for some of Anchorage's top dining spots to satiate yourself through choices ranging from fine dining, pub-n-grub, and



Keep a keen eye out for moose calves, both on the course and while adventuring.

everything in between. During the summer months, fresh choices abound, and the most difficult decision is where, or how, to try it all.

If you and your cohorts need to fuel up before hitting the road, don't miss Snow City Café at 1034 W. 4th Avenue. Although incredibly crowded on weekends (call ahead to get on the list), Snow City provides a delectable combination of mostly-vegetarian dishes coupled with the satisfaction of home cookin'. Bright and cheery, the café attracts a nice mix of folks who want to spend the morning downing homemade eggs Benny with smoked salmon, wraps,

granola, breakfast burritos and great coffee. Kids are more than welcome. 907-272-CITY,

www.snowcitycafe.com.

For a simple but fabulous meal after a hard day of hiking or wandering around town, the Lucky Wishbone provides not-so-greasy fried chicken and the city's best milkshakes. Really. Lucky Wishbone is popular with local legislators, pilots, and anyone else that knows the establishment's melt-in-your-mouth chicken and other well-known favorites. They even have a drive-in if you wish to take your meal to the park and eat while people watching. 1033 E. Fifth Avenue, near the intersection of Karluk, 907-272-3454.

If something featuring Alaskan seafood sounds more appealing after running a marathon, try Simon and Seafort's Saloon and Grill. Not only is the food fresh and the atmosphere decidedly upscale without seeming stuffy, the view from Simon's is to die for. Gaze upon Cook Inlet while dining on fresh halibut and salmon, or visit during the early evening hours in the bar and sample their appetizer selections. Make reservations; the place is hopping during the summer months. 420 L. Street, 907-274-3502.

The folks at the Log Cabin Visitor's Center can assist diners in their quest for the ideal meal while in Anchorage and vicinity. Stop by or browse Coast Magazine for more restaurant and café selections www.coast-magazine.com.





## 2009 Mayor's Marathon & Half Marathon Official Sponsors

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The Mayor's Marathon & Half Marathon is hosted by the University of Alaska Anchorage and the Municipality of Anchorage



#### **MARATHON** continued from page 6

Anchorage, with its mild weather and interesting course, provides many West Coast runners with the chance of a lifetime. The 2009 race also welcomes other organizations who adapted the Team in Training approach, with the Team TSA Tourette Syndrome Association and Children's Tumor Foundation Marathon Team also participating. Friess says this is but one way the Anchorage event caters to runners of all experience levels. "Even with the state of the economy and a volcano eruption," Friess says, "We still expect a few hundred entrants from Team in Training and like programs."

Mayor's Marathon organizers have also realized their niche in sponsoring other running events to compliment the 26.2 mile marathon. A Half-Marathon, 5-Miler, and Youth Cup were added to the docket years ago, along with the Marathon Relay, during which hardy teams run the 26.2-mile distance



relay-style, with each leg just over six miles. The Half-Marathon is expected to hit capacity in 2009, and Friess and company plans for the division to gain popularity in the future.

Another contingent of the Marathon that appears to be quietly gaining members is the Nordic walker. A form of exercise that combines the benefits of walking with the aerobic advantages of crosscountry skiing, Nordic walking is becoming a fitness mode of choice for many Anchorage-ites. Ronn Randall, Anchorage Parks and Recreation Coordinator and the instructor of many Nordic walking classes around town, says walkers have participated in the Mayor's Marathon for two years, and hopefully will gain notoriety in 2009. "We have about 10 people signed up so far," he says. "It's our hope that we'll have our own division someday."

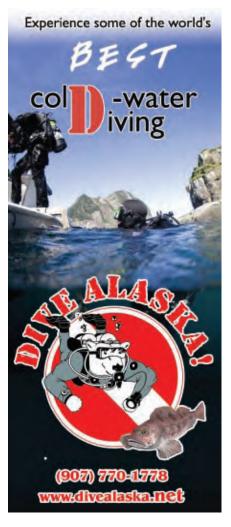
For runners who look upon a trip to Alaska as a family vacation destination, the myriad options are attractive for just about the entire crew to participate and then traipse off into the Alaskan wilderness to continue their adventures. With a little help from the Anchorage Convention and Visitors Bureau, Mayor's Marathon staff have created tour packages ranging from float trips to scenic hikes and drives.

In 36 years, the Mayor's Marathon has emerged victorious in more ways than one. Friess hopes that the allure of Alaska will send registration numbers over the 4,000 mark to bring the event onto yet another pinnacle of success. Friess sums it up this way. "What better way to get a true feeling for Alaska on one of the best days of the year?" Bring it on.











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