



Peak Performer's and Friends Weekly Email

July 21, 2017

Coach Jason's Workout for Peak Performers - July 25

Summer is floating away. Don't miss out on these workouts as we begin to wrap up our summer. This week we will be doing one of my favorite workouts. We will do: 6 or 7 x 800 at 10 seconds faster than 5k pace with 1:30 rest in between. Let's keep working towards improving ourselves for the last racing weekends of the summer.

See you on Tuesday,
Coach Jason

Saturday Training Runs: Westchester Lagoon

Meet 8:00 a.m. at the Lagoon. Coffee afterward.

Happy Fun Group

In July the Happy Fun Group will meet each Saturday at 9:00 a.m. in the parking lot at Valley of the Moon Park. The park is located on West 17th Avenue where it connects with Arctic Boulevard on the west and E Street on the east.

We are into racing season, so some weeks the group might be small. Someone take charge and coordinate breakfast by calling Denny's on Denali at 276-0536 and let them know how many to plan on. If you have any questions, email Rich Wenrich at rjwenrich@aol.com, or call him at [907-223-8337](tel:907-223-8337).

Featured Race Events:

For additional race listings, visit the [Alaska Runners Calendar](#) online.

Saturday & Sunday, July 22 & 23

Looks like you need to go out of town to race.

Coming Attractions:

Running Free 4 Miler - Saturday, July 29, Eagle River HS

Info and registration: <https://runningfreealaska.com/running-free-4-miler-august-1/>

REI Trail Series - Sunday, July 30, Anchorage

5k – Hilly, loop course on Hillside ski trails and single track.

Info and registration: www.rei.com/anchorage

Alaska Distance Classic – Saturday, August 5, Anchorage
5k, 10k or both -- "The Double-up"
Info and registration: www.skinnyraven.com

Anyone interested in having a group run or other running-related message listed in the Peak Performers & Friends (PP&F) Weekender can submit the particulars by email to Akpeaksmail@gmail.com. Or, contact Pam Barbeau at pambarbeau@gmail.com or [907-230-1427](tel:907-230-1427).