



Peak Performer's and Friends Weekly Email

May 19, 2017

Coach Jason's Workout for Peak Performers for May 23:

We are moving up one more time. This week we will be doing 3x1600 at 5k pace with 3:30 rest in between. I love this workout to help indicate our fitness level going into the summer races. If you can nail these miles on your 5k pace, then you should have a good summer racing. I will also bring an article on arm swing (running form) to help maximize your running efforts.

See you Tuesday,
Jason Hofacker

Saturday Training Runs:

Westchester Lagoon (*the winter Postmark Run has moved west for the season*)

Meet 8:00 a.m. at Westchester Lagoon. Coffee afterwards at Rustic Goat.

City Market Run - *Not this week, either.*

Happy Fun Group

In May the Happy Fun Group will meet each Saturday at 9:00 a.m. in the northeast parking lot at **Abbott Loop Community Park** on Elmore Road. The park is about two blocks south of Lore Road with a large parking lot and several baseball and soccer fields. If you have any questions, email Rich Wenrich at rjwenrich@aol.com, or call him at [907-223-8337](tel:907-223-8337).

Fitness for Sale:

NordicTrack Treadmill (12 MPH) - \$500 with warranty

ParaBody weight machine - \$100

Nautiraider 2-person folding ocean kayak - \$500 w/equipment

Contact Peggy Cobey: peggyc@gci.net or 243-6939.

Featured Race Events:

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

Saturday, May 20

Bear Valley 5k Challenge – Anchorage

Varied terrain: roads, trails, hills, creek bed

Race time: 10 am

Entry fee: \$9 adult/\$6 children thru high school

Contact: Bear Valley Community Association, 345-0434

exec_director@bearvalleycommunityassoc.org

Sponsored by: Bear Valley Comm. Assoc. & Healthy Futures

Scholarships available, family fun run/walk for all.

<http://www.akbvca.com/5KRace.php>

Sunday, May 21 - Good luck to **Gold Nugget** competitors!

Thursday, May 25

Kal's Knoya Ridge Hill Climb - Anchorage

Meet time: 5 pm – Klutina St, Chugach Foothills, Race time: 6 pm

2.5, 5.6 & 8.5k – 1,200, 2,900 & 4,300 elevation gains, rolling climb along forest trail with alpine finishes

Entry fee: Donation

Contact: Bill Spencer (907) 306-0077, bill.spencer@hdrinc.com

www.alaskamountainrunners.org

All proceeds benefit Tom Besh Memorial Scholarship.

Looking Ahead

Trent-Waldron Glacier Half or **Pulsator 10k** - Anchorage, Saturday, May 27

The first event in the new Sleeping Lady Challenge.

<https://register.chronotrack.com/r/28157>

Twilight 12k - Anchorage, Friday, June 2

Alaska Run for Women - Anchorage, Saturday, June 10

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).