



Peak Performers and Friends Weekly Email

August 17, 2018

Peak Performers for Tuesday, August 21:

Show up and see what Coach has in store for you!

Saturday Training Runs:

Westchester Lagoon

Meet 8:00 a.m. at the Lagoon, Coastal Trail Mile 0. Coffee afterward at Rustic Goat.

Happy Fun Group

Abbott Loop Community Park - In August the Happy Fun Group will meet each Saturday at 9:00 a.m. in the northeast corner of the parking lot at Abbott Loop Community Park on Elmore Road (formerly Abbott Loop Road) near the A-frame picnic structure.

After run/walk: We will determine before the run where we will go to eat after the run/walk. If you can't make the run but want to come eat with the group, call Rich for location. If you need further directions or more information, email Rich Wenrich at rjwenrich@aol.com or call 907-223-8337.

Featured Race Events:

Saturday & Sunday, August 18 & 19

Anchorage RunFest - Anchorage

August 17 & 18: Health & Fitness Expo

August 18: Anchorage Mile and Kids' 2k

August 19: 49k Ultra, Marathon, 1/2 M, Relay, 5k

[Info & Registration](#)

Sunday, August 26

The Milk Run - Anchorage

Race time: 10 a.m. – Russian Jack Park, north side

2k & 5k – XC course, dirt & paved

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

www.owensmilkmoney.org

[2018 Alaska Runner's Calendar](#)

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.