



## Peak Performer's and Friends Weekly Email

August 18, 2017

If you're not racing or volunteering this weekend, put on your rain jackets and head out to support racers in the various RunFest events.

Remember how those cheers boost you when you're racing? And if the weather is wet, that support will be even more important!

### **Coach Jason's Workout for Peak Performers - August 22**

This week we will be doing some 1600 pace work to get ready for the Annual Peak Performers 1600 Run. We are going to do 4x400 at mile pace with 1:30 rest and 2x800 at mile pace with 3:00 minutes rest. These should help you find your pace to maximize your run next week.

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 August the Happy Fun Group will meet each Saturday at 9:00 a.m. in the parking lot at the Alaska Native Tribal Health Consortium, which is located just north of the Tudor Road and Elmore Road intersection. Take Ambassador Drive then take the first right turn into the parking lot. The prime racing season is over but there are a couple of big races during August as noted below, so expect a smaller group the weeks there are big races. 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](mailto: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, August 19

**Anchorage RunFest** - Anchorage

Anchorage Mile - Race time: 11:00 am – Delaney Parkstrip

Race consists of six heats. USATF-certified mile course.

Kids' 2k - Race time: 10:00 am – Delaney Parkstrip

Un-timed, flat, city streets for ages 12 & under. Entry fee: None, but donations are welcome. Must register.

Register to run at <http://www.anchoragerunfest.org/index.html>

### Sunday, August 20

**Anchorage RunFest** - Anchorage

United Physical Therapy 49K Ultra - Meet: Sixth Avenue near Town Square

Race time: 8:00 am; Relatively flat course on paved trails, a couple of hills.

Humpy's Marathon Run, Walk, and Relay - Meet: Sixth Avenue near Town Square

Race time: 8:00 am for walkers; 9:00 am for runners and relay.

Relatively flat course on paved trails, a couple of hills. USATF-certified course.

Skinny Raven Half Marathon - Meet: Sixth Avenue near Town Square

Race time: 9:30 am. Relatively flat course on the Chester Creek Trail. USATF-certified course.

Spenard Roadhouse 5k - Meet: Sixth Avenue near Town Square

Race time: 10:00 am. Relatively flat course on downtown streets and the Coastal Trail. USATF-certified course.

Register to run at <http://www.anchoragerunfest.org/index.html>

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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](mailto:Akpeaksmail@gmail.com). Or, contact Pam Barbeau at [pambarbeau@gmail.com](mailto:pambarbeau@gmail.com) or [907-230-1427](tel:907-230-1427).