



## Peak Performers and Friends Weekly Email

September 15, 2017

Woosh! -- the sound of sub-4:00 minute milers and of summer changing to fall next Friday. Also next Friday, there will be no PP&F Weekender. Keep calm and run on!

### **Saturday Training Runs:**

If you have a recurring run you'd like to share with "the world" or would like company for a one-off run, let your PP&F editor know and I'll post it in the PP&F Weekender. By Friday mid-morning to be posted in that day's newsletter. Contact info at the bottom of this email.

### **Westchester Lagoon**

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

### **Happy Fun Group**

In September the Happy Fun Group will meet each Saturday at 9:00 a.m. in the rear parking lot of the Peanut Farm -- behind the Peanut Farm, which is located on the southeast corner of International Airport Road and Old Seward Highway. You can access the rear parking lot via East 54th Avenue off the Old Seward Highway, or via Juneau Street off International Airport Road. Rich is helping with races on September 16th and 23rd, so someone take charge and call Denny's on Denali at 276-0536 and let them know how many to plan on for breakfast/lunch. If you have any questions, email Rich Wenrich at [rjwenrich@aol.com](mailto:rjwenrich@aol.com), or call him at [907 223-8337](tel:9072238337).

### **Featured Race Events:**

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

### **Saturday, September 16**

**Good luck to Equinox racers in Fairbanks!**

### **Run/Walk for Recovery - Anchorage**

5k fun run/walk

Meet time: 9 a.m. - Westchester Lagoon

Race time: 10 a.m., Entry Fee: \$25.00 / \$30.00 race day

Contact: Kim Whitaker 440-7289; [kwhitaker@realaboutaddiction.net](mailto:kwhitaker@realaboutaddiction.net)

Sponsored by: R.E.A.L. About Addiction - Recovery is Everyone's Access to Life

<http://www.realaboutaddiction.net>

**Saturday, September 23**

**Oktoberfest/Run to End Homelessness** - Anchorage

5k and 10k races. A Sleeping Lady Challenge Event.

Race time: 9 a.m., 2nd Avenue at Christensen Drive

Meet at 49th State Brewing Co, 717 W. 3rd Avenue - bring food and clothing donations.

Costumed racers get a head start!

[anchoragerunningclub.org](http://anchoragerunningclub.org)

-----  
*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).*