



Peak Performers and Friends Weekly Email

February 15, 2019

Last Friday I didn't know what week it was! Today, I know it's not Friday. Traveling ...

Saturday Training Runs:

Postmark Run

Meet 8:00 a.m. at the parking lot at Postmark and West Northern Lights. Totem run of 7.2 miles or other options either on road or Coastal Trail. Runners and walkers of all abilities are welcomed and encouraged. Coffee afterward at Rustic Goat on Northern Lights.

Happy Fun Group

Valley of the Moon - In February the Happy Fun Group will meet each Saturday at 9:00 a.m. in the parking lot at the Valley of the Moon Park located at the corner of 17th Avenue and E Street. From the south access the park via Arctic Blvd. and from the north via 15th Avenue.

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.

Spring Clinics:

Anchorage Running Club has a slate of clinics designed to help you get ready for the 2019 racing season. Free! for members.

This coming week, a double-header:

Wednesday, 2/20, 6:00 pm

Shin Splints & Plantar Fasciitis, Mason McCloskey DC, CSCS

Location: Special Olympics Alaska, 3200 Mountain View Drive, 2nd floor conference room

Explore the common running pains associated with shin splints and plantar fasciitis/fasciosis.

Why they are painful, common causes, and how you might treat or even prevent these common diagnoses.

Thursday, 2/21, 6:00pm

Nutritional Strategies: Training vs. Competing, Marie Sternquist

Location: Bayshore Clubhouse, 3131 Amber Bay Loop

The performance difference - the facts/myths of carb-loading and how to structure nutrition for the different phases until race day.

Featured Race Events:

February

2/16 Little Su 50k and Susitna 100

Wilderness races starting from Big Lake, AK. Keep Away from Run Around Su(e)! 🎶

2/23 Frostbite Footrace & Costume Fun Run

Get ready to Rondy!

2019 Alaska Runners 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.