



## Peak Performer's and Friends Weekly Email

June 16, 2017

### Coach Jason's Workout for Peak Performers - June 20

Finally some sun again! I hope everyone is getting out to enjoy it. This week we will be doing 5x1000m at 5k pace w/ 2 minute rest in between. We have done some shorter intervals the last couple of weeks to work on leg turnover. This week our workout is to work on speed strength, the ability to run fast over a longer period of time.

See you Tuesday,  
Jason Hofacker

### Saturday Training Runs: Westchester Lagoon

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

### Happy Fun Group

In June the Happy Fun Group will meet each Saturday at 9:00 a.m. in a new location suggested by a long time Happy Fun Group member: Arnold L. Muldoon Park. The park is located on the south side of the east end of Northern Lights Boulevard, directly across the street from the Carr's grocery store on the northwest corner of Northern Lights Boulevard and Muldoon Road intersection. There is a small parking lot near the entry to the park trail and additional parking across the street in the Carr's parking lot.

We are into racing season, so some weeks the group might be small. 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, June 17

**Anchorage Mayor's Marathon Events** - Anchorage

Midnight Sun☀️☐Marathon and Marathon Relay, 7:30 am, Bartlett High School

Alaska 1/2 Marathon & 1/2 M Relay, 9:00 am, Delaney Park Strip  
Coastal 5k, 9:15 am, Delaney Park Strip

[www.anchoragemarathon.com](http://www.anchoragemarathon.com)

Final registration opportunity at Fitness Expo, Friday, 6/16, 10 am - 6 pm at AK Airlines Center.  
No race day bib pickup.

### **Tuesday, June 20**

**Rainbow☀️ Run 5k** – Anchorage

Meet time: 5:15 pm; Ship Creek Trail - starts behind the Ulu Factory & Comfort Inn

Race time: 6 pm

Entry fee: \$25; Online registration at <https://register.chronotrack.com/r/28672>

Eric Van Dongen [907-240-2904](tel:907-240-2904); [AKRainbowRun@gmail.com](mailto:AKRainbowRun@gmail.com)

An official event of Anchorage PrideFest. Sponsored by: Identity Inc.; <http://identityalaska.org/>

Lace up your running shoes & show off your most creative rainbow costume. Enjoy beer & barbecue after the run.

### **Coming Attractions:**

**Alaska Men's Run** – Saturday July 8, Anchorage

\* 5 mile run/2 mile walk – Chester Creek paved trails

Register on-line @ [www.alaskamensrun.com](http://www.alaskamensrun.com) thru July 7

Men, women, children, teams & military encouraged.

**Boondocks Breakaway 2.5 & 5k Trail Run** -- Sunday, July 9, Anchorage

Race day registration only.

More information at [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

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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).*