



## Peak Performers and Friends Weekly Email

June 15, 2018

Coach Jason's Workout for Peak Performers for Tuesday, June 19<sup>th</sup>. This weather in June is making up for our dreary spring! 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.

I am also going to bring an article on tips for racing. This is a good article that actually gives racing tips as opposed to show up early, smile, wear pretty shoes, etc.

See you on Tuesday,  
Coach Jason

Saturday Training Runs:

[City Market](#)

Not today.

[Westchester Lagoon](#)

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

[Happy Fun Group](#)

East High School - In June the Happy Fun Group will meet each Saturday at 9:00 a.m. at the southeast corner of the parking lot at East High School, which is just off Northern Lights Boulevard near the pedestrian overpass. The turnoff into the parking lot is about a block east of Bragraw. It is running race season so the group might be smaller, but normally at least a few people show up to walk or run.

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](mailto:rjwenrich@aol.com) or call 907-223-8337.

Monday Training:

[Potter Valley](#)

Run or walk up Potter Valley Road: meet at 10 a.m. at the mailboxes at the south end of Potter's Marsh.

Featured Race Events:

[Saturday, June 16 +](#)

USATF Track & Field Summer Series - Anchorage

At The Dome - [Info here](#)

[Saturday, June 23](#)

Anchorage Mayor's Marathon

*plus...* Marathon Relay, 1/2 Marathon, Buddy Half & 5k

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

[A Busy July is Coming ...](#)

Alaska Men's Run, July 7

Boondocks Breakaway, July 8

Masters' 5k & 10k, Age 40 & Over, July 11

Bear Paw 5k, July 15

Hightail 1/2 and 1/4 Marathon, Women-Only, July 15

Running Over Cancer 5k, July 21 - new

Running Free 4 Miler, July 28

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