



Peak Performers and Friends Weekly Email

January 19, 2018

Icy -- concrete snow -- cold. Lace up your skates or your Ice Bugs, bundle up and get out the door ...

Saturday Training Runs: **Postmark Run**

Meet at Postmark Drive/West Northern Lights for an out and back starting at 8:00 am. It's about 7.5 miles, if you go to road's end. Coffee at Rustic Goat afterwards.

Happy Fun Group

In **January** the Happy Fun Group will meet each Saturday at 9:00 a.m. at the parking lot on Northern Lights Boulevard at the end of Postmark Drive. If you drive west on Northern Lights the parking lot will be your next right after you pass Earthquake Park. It is the parking lot that provides a clear view of Cook Inlet.

We are looking for a new breakfast/lunch place to eat after running/walking, so if you are just coming to eat it would be best to call the cell number below first, so you don't end up at the wrong place. If you need further directions or more information, email Rich Wenrich at rjwenrich@aol.com or call [907-223-8337](tel:907-223-8337).

Featured Race Events:

No 2018 Alaska Runner's Calendar yet, but the Muni has announced that it will be electronic only.

Coming Up

Wolf Run - Anchorage, Saturday, January 27

Join the Architecture and Engineering Club at UAA for its annual Wolf Run, a fundraiser for Habitat for Humanity. 5k and half-marathon options. Both courses start and end at UAA. Half starts at 9:15 a.m. and 5k at 10:15 a.m. Wolf-themed costumes are encouraged. Learn more and register at AEclubUAA.com.

New! February Freeze Up Run, Anchorage, February 3

Enjoy a winter trail run that's almost an obstacle course starting at Abbott Loop Community Park at 8101 Elmore Road. Run up and down hills, across a swamp, and back through narrow trails with boardwalks to the ball fields and the finish. Afterward cozy up to a fire at the picnic shelter. Benefits Steller Secondary School programs.

5k starts at 10 a.m. and 1 mile at 10:10 a.m.

[Info & registration.](#)

Love Run (formerly Chocolate Run), Anchorage, February 10

Cupid has the particulars [here](#).

Lost & Found:

Left behind at the Grovers' New Year's Day event: a plaid neck scarf and a black, Midnight Sun soft carry bag. To claim, contact Charles Utermohle/Carrie Erickson at thule@alaska.net.

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.