



Peak Performers and Friends Weekly Email

April 20, 2018

♥**Heart Runners** may meet up with April showers ☁️. Good luck and have fun, wet or dry!

Coach Jason's Workout for Peak Performers for Tuesday, April 24:

Those beautiful sunny days have done their job. The track at Central is clear. Probably still some snow on the infield. We are going to head to Central Middle School this week for our workout. We are doing 8 or 10 x 400 at 5k pace with 45 seconds rest in between. John Weber will be leading the workout because I will be in Seward for a high school track meet. Get your warm-up in and get ready to do some footwork at 6:00 pm.

Let's get ready for a great summer of training!
Coach Jason

Saturday Training Runs:

Postmark Run

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

Postmark runners: let me know when you're ready to switch to your summer route.

Happy Fun Group

In April the Happy Fun Group will meet each Saturday at 9:00 a.m. at the parking lot behind the Peanut Farm, which is located on the southeast corner of the International Airport Road and Old Seward Highway intersection.

After run/walk: The service issues at Denny's on Denali have supposedly been fixed so we are going to go back and see. Plan on Denny's on Denali and Benson for the month of April unless things go terribly wrong on the first Saturday. If you need further directions or more information, email Rich Wenrich at rjwenrich@aol.com or call 907-223-8337.

Featured Race Events:

[Alaska Heart Run](#), Saturday, April 21, Anchorage

9:30 am: 5k Timed Run

10:00 am: 5k Non-Timed Run/Walk & 3k Walk

UAA Alaska Airlines Center

[Info/registration](#)

[80's 5k Fun Run/Walk/Dance](#), Saturday, April 28, Anchorage

Race time: 12:00pm; UAA Social Science Bldg.

2 courses - one with 6 dance stops and one for the 5k runner who wants to be timed.

5k Run is out and back. 80's Dance 5k is a loop course around UAA and Goose Lake with 6 stops where you dance to 80's music!

Entry fee: \$30

Contact: Bob Maxwell 907-786-4914; AEclubUAA.com

Info at <http://teamfrostbite.uaa.alaska.edu/>

Registration: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=113886>

[Plan Ahead for May:](#)

May 6: Salmon Run

May 12: Faster Than a Falcon

Love a Nurse 5k

May 26: Trent-Waldron 1/2 Marathon and 10k

[2018 Alaska Runner's Calendar](#)

[Anchorage Running Club:](#)

Running Clinic #3, Thursday, [April 26](#):

Dynamic Stretching with Michael Wahlig, PT, DPT, OCS, COMT

6pm, Kincaid Bunker - Free for ARC Members!

[Full Clinic Schedule](#)

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.