



Be a Healthy Alaskan this year

Run, walk and bike for a good cause and good health. Join Providence Alaska Medical Center in supporting these community events.

✓ Bonny Sosa Tuesday Night Races Series

Tuesdays, Sept. 10 to Nov. 5



For many Anchorage families, the Tuesday Night Race Series is a fall family tradition. Come rain, snow, sleet, hail or wind, these races are never canceled. Whether you are a competitive runner or you just want to get out and see a new trail or meet new friends, this is the event for you.

Three separate racecourses are set each week at a different location around town. While the Munchkin and Farm Leagues usually stay on heavily used trails, the Lightning League courses have been known to follow narrow game trails, cross streams and slog through swamps.

This race series runs for approximately nine consecutive weeks and concludes with an awards banquet and potluck at Kincaid Park. The race series is supported by The Children's Hospital at Providence. For more information, visit www.muni.org/departments/parks/pages/TuesdayNightRaces.aspx.

✓ Heart Walk

Saturday, Sept. 14

This great family-friendly event is designed to promote physical activity and heart-healthy living. It's a 3-mile walk to fund lifesaving research and initiatives. When you join Heart Walk, you join more than a million people in more than 300 cities across America in taking a stand against heart disease. For more information, visit www.anchorageheartwalk.org.

✓ Oktoberfest

Saturday, Sept. 28

Hosted by the Anchorage Running Club, Oktoberfest is a benefit for Bean's Cafe and the Brother Francis Shelter. Oktoberfest donations include clothing, canned food and cash. This family-friendly race is complete with 5K and 10K races for adults and a quarter-mile race for kids. For more information, visit www.anchoragerunningclub.org.

✓ Zombie Half Marathon and Kid's Boogie Man 2K

Saturday, Oct. 12

Wear your best zombie costume for this late-season event on the Coastal and

Chester Creek trails. This day features events for the whole family. The races will be held regardless of weather and trail conditions. For more information, visit www.anchoragerunningclub.org.

✓ Frightening 4K Run & Costume Contest

Saturday, Oct. 26

Kick off the Trick-or-Treat Street event with the Skinny Raven Frightening 4K Run & Costume Contest. Hosted by Skinny Raven Sports and the Anchorage Downtown Partnership, this family-friendly run/walk includes a costume contest and trick-or-treat stops at each water station. For more information, visit www.skinnyraven.com.

✓ Turkey Trot 5K

Thursday, Nov. 28

Hosted by Skinny Raven Sports, the Turkey Trot 5K benefits the Food Bank of Alaska and Team Alaska Track Club. This downtown, family-friendly event is a healthy way to celebrate Thanksgiving. Nonperishable food donations are welcome. For more information, visit www.skinnyraven.com.

✓ Jingle Bell Run/Walk for Arthritis

Saturday, Dec. 14

Put on your reindeer antlers and running shoes, and join us for some holiday fun! The holiday-themed 5K run/walk and 1K Children's Run With the Elves supports the Alaska office of the Arthritis Foundation. This year's event starts at the University of Alaska Anchorage. Be part of the largest holiday 5K race series aimed at fighting arthritis. For more information, visit www.anchoragejinglebellrun.com.

✓ Tour of Anchorage

Sunday, March 2, 2014

See all of Anchorage in a 50K, 40K or 25K ski route across town. Billed as a premier ski marathon, the tour is part of the American Ski Marathon Series, North America's largest, longest-running citizens' racing and touring series. To register, visit www.tourofanchorage.com.