

Thirty-eight Annual Edition

Featuring the 2012 Flint Hills Cup Series and Northern Trails Running Series

Photo: UAF T-field in February 1974

The 2012 Running Club North Event Calendar

Date	Day	Time	Event	Location	Distance	Directors	Contact	Sponsor	Comments
January									
31-Dec-11	Sat	11:30 PM	New Year's Eve Run	Diner on Illinois Street	3.0 Miles	Paul Reynolds George Berry	452-1142 687-8769	RCN	No entry fee. Regardless of temperature!
Every Wednesday		5:45 PM	Fahrenheit Be Darned Winter Training Run	UAF Patty Center	Various	Ed Debevec George Berry	978-8961 687-8769	RCN	Regardless of temperature
7-Jan-12	Sat	Noon	Moose Mountain Snowshoe Challenge	2875 Monteverde Rd. (top of Moose Mountain)	5K and 8K	Chad Carroll	458-7173	RCN	Challenging single track trails, extra snowshoes available. LathropRunning.com
14-Jan-12	Sat	11:00 AM	32nd Annual Airport Run	Pike's Landing	4 or 8 Miles	Bob Vitale	322-0117	RCN	No entry fee; regardless of temperature. Flat out & back.
21-Jan-12	Sat	12 Noon	Emily's 8K Snowshoe Run	Isberg & Cripple Creek Roads	2 miles	Dave Cowee Keith Pollock	687-5769 479-0779	RCN	Extra snowshoes available. Hot chocolate & more. Regardless of temperature.
28-Jan-12	Sat	10:00 AM	Chilly Buns Mid-Winter Run	UAF Bus Center across from Patty Ctr	6.5 Miles	Jane LeBlond Ken Leary	479-3910 479-3910	RCN	Free. Miller Hill loop. Regardless of temperature!
February									
Every Wednesday		5:45 PM	Fahrenheit Be Darned Winter Training Run	UAF Patty Center	Various	Ed Debevec George Berry	978-8961 687-8769	RCN	Regardless of temperature
4-Feb-12	Sat	12 Noon	13th Ballaine Ridge Snowshoe Trail Run	Keith Pollock's House - 834 Goldfinch	3, 6 & 9 K	Keith Pollock	479-0779	RCN	Regardless of temperature. Extra snowshoes available. Hot drinks & munchies.
11-Feb-12	Sat	11:00 AM	Snow Run	Patty Center	4.1 Miles & 7.2 Miles	Mary Brunner	699-1496	RCN	Sign up at the bus shelter across from Patty Center, free! Hilly. Cookies!
18-Feb-12	Sat	12 Noon	Fairbanks Snowshoe Classic	UAF Ski Hut	5K & 10K	Chad Carroll	458-7173	RCN	Regional Qualifier for US Natl Snowshoe. Extra snowshoes.
25-Feb-12	Sat	11:00 AM	Jamestown 5K Fun Run	Pull out on north side of Ballaine Hill	5K	Kat Betters	457-2936	Beaver Sports and RCN	Flat out and back course on mushing trails. No fee, cookies, prizes.
March									
Every Wednesday		5:45 PM	Fahrenheit Be Darned Winter Training Run	UAF Patty Center	Various	Ed Debevec George Berry	978-8961 687-8769	RCN	Regardless of temperature
14-Mar-12	Wed	6:28 (2T)	Pi Day Run	1686 Bluegrass	~3.14 miles	Tim Estes	451-0817	RCN	"Pi" potluck afterwards.
17-Mar-12	Sat	11:30 AM	St. Patrick's Run	Goldstream Sports	7 miles	Bruce Sackinger	(503) 351-7225	RCN	Free. Leprechaun chase and prizes!
April									
7-Apr-12	Sat	11:00 AM	Spring Fling	UAF Patty Center	5K	Kevin Brinegar Chad Carroll	378-8897 458-7173	RCN	No entry fee, \$5 suggested donation for LHS XC team.
9-Apr-12	Mon	5 to 7 PM	Beat Beethoven 5K Early Bib Pick Up	UAF Patty Center		Dorli McWayne	474-5733	Fairbanks Symphony	\$20 early bird, \$30 late and \$40 race day.
14-Apr-12	Sat	11:00 AM	Beat Beethoven 5K	UAF Patty Center	5K	Dorli McWayne	474-5733	Fairbanks Symphony	Fee shown above, T-shirt. Beat Beethoven and get free concert ticket.
26-Apr-12	Thur	4:00 PM to 7:00 PM	Chena River Run Bib Pick Up	Pioneer Park (Alaskaland) - Civic Center		Jim Little Jessica Woller Brian Newton	978-2396 452-2939 458-5866	Rotary Club of Fairbanks	Flint Hills Cup Event. T-Shirts. Fee: \$20/\$10 youth; \$25 race day. Certified course.
21-Apr-12	Sat	1:00 PM	32nd Annual Tok Trot	Tok Visitors Center	10K walk/run	Paul Kelley Corky Hebard	883-5393 474-0289	RCN	Ribbons and prizes. Catered picnic at Kelley's afterwards.

Date	Day	Time	Event	Location	Distance	Directors	Contact	Sponsor	Comments
21-Apr-12	Sat	2:00 PM	3rd Annual Run for Relief www.FriendsofPartners.com	Pioneer Park	5K fun run/walk	Kathy Petersen Keith Petersen	388-6830 388-6628	Partners Relief, Aid & Development	\$15 early, \$20 late. T-shirts, awards after. Flip-flop division.
28-Apr-12	Sat	11:00 AM	4th Annual Alaska Walk/Run for Autism	Pioneer Park	5K	Joanne Healy Heidi Haas	978-9119 388-1912	Autism Society of Alaska	\$15 entry fee includes T-shirt www.asagoldenheart.org
May									
Every Tuesday		5:30 PM	Women's Training	West Valley HS Track	Track & Intervals	Bruce Miller	479-5585	RCN	All abilities welcome! Free.
Every Tuesday		6:00 PM	Men's Training	West Valley HS Track	Track & Intervals	Tracey Martinson	474-8353	RCN	Interval workouts. All abilities welcome. Free.
Through May 9th		8:00 AM to 5:00 PM	GHU Water Walk & Run 5K Bib Pick Up	Utilities Services of Alaska, 3691 Cameron Street		Tiffany Van Horn Sylvia Brees	479-3118	Golden Heart Utilities	\$15 adults/\$10 children, T- shirts for first 350. Follow the bike path!
5-May-12	Sat	10:00 AM	31st Annual Chena River Run - #1 Flint Hills Cup	Woodriver Elementary to Princess Hotel	5K	Jim Little Jessica Woller Brian Newton	978-2396 452-2939 458-5866	Rotary Club of Fairbanks	Flint Hills Cup Event. T-Shirts. Fee: \$20/\$10 youth; \$25 race day. <i>Certified course.</i>
6-May-12	Sun	TBD	The Breakup Tri - 500 yd swim, 13.1 mile bike, 3.1 mile run	UAF Patty Center	Pool swim, bike, run	Brian Young Amber Barlow	474-7946 474-2435		Great first triathlon! T-shirt and swim cap included. USAT sanctioned event.
9-May-12	Wed	6:30 PM	21st Annual GHU Water Walk & Run 5K	Golden Heart Water Plant, 1304 First Avenue	5K	Tiffany Van Horn Sylvia Brees	479-3118	Golden Heart Utilities	\$15 adults/\$10 children, T- shirts for first 350. Follow the bike path!
12-May-12	Sat	10:00 AM	Run A Muck	Pearl Creek Elementary School	5K	Linda Burke	456-3976	Fairbanks Youth Soccer Association	Adults \$20, 18 and under \$10. Family \$40. Late fee on race day. T-shirts for first 250.
13-May-12	Sun	9:00 AM	16th Annual Murphy Dome Roam	Gravel Pit 8 Mile Murphy Dome Rd	11 Miles	Jane Lanford Donna Hawkins	687-0769 455-9017	RCN	Hilly back roads Potluck follows.
19-May-12	Sat	10:00 AM	Special Olympics Law Enforcement Torch Run	UAF Campus Police Station	5K	Ken Hall Debbie Hall	378-1292 474-0568		\$25 donation includes t-shirt Picnic after event!
19-May-12	Sat	10:00 AM	AAAA Run on the Runway	Ft. Wainwright Ladd Army Airfield	5K run/walk	Adam Zerr Travis Payne	(785) 223- 3994		Entry \$15, t-shirts, prizes. Supports AAAA scholarship.
20-May-12	Sun	10:00 AM	Presbyterian Hospitality House Fun Run	UAF Patty Center	5K	Ty Tigner Naomi Tigner	378-9918 354-7900	PHH	\$15 entry fee. Fast & flat, free T-Shirts for first 100. Prizes.
24-May-12	Thur	6:00 PM	Alaskan Girls Walk & Wine (Women only, must be 21 for wine tasting)	Carlson Center	5K flat out and back	Susan Kramer Denise Irish	590-5086 322-5646	Executive Events	\$15 includes wine tasting; \$20 race day. T-shirts \$10 extra.
26-May-12	Sat	11:00 AM	Annihilator - #1 Trail Series drew.harrington@live.com	Gravel Pit 1.5 Miles North of Nenana (marked on race day)	10K	Andy Huetten Drew Harrington	832-5561 451-6604	RCN	Toughest 10K in the Interior! \$20 entry includes t-shirt and BBQ potluck follows. Trail Series opener!
26-May-12	Sat	10:00 AM	Alaska Statehood 5.3K Fun Run/Walk 2012	Pioneer Park	5.3K	Mary Brunner Peggy Sullivan	699-1496	RCN/Team in Training	T-shirts for the first 53. All proceeds to Leukemia/Lymphoma Society
27-May-12	Sun	10:00 AM	Mud Run Obstacle Race liamortega@gmail.com big-gulps@hotmail.com	Birch Hill Recreation Area	2K kids 5K adults	Liam Ortega David Norris	378-3292 687-4233	Driven to Move Running Club	Fee, t-shirt, prizes. Proceeds benefit Wounded Warriors of Ft. Wainwright and Trail Maintenance Fund.
June									
Every Tuesday		5:30 PM	Women's Training	West Valley HS Track	Track & Intervals	Bruce Miller	479-5585	RCN	All abilities welcome! Free.
Every Tuesday		6:00 PM	Men's Training	West Valley HS Track	Track & Intervals	Tracey Martinson	474-8353	RCN	Interval workouts. All abilities welcome. Free.
2-Jun-12	Sat	9:00 AM	Two-Way Torture Test (returning in 2012!)	Pump House Restaurant	13.1 miles	Karen Harris	378-8504	RCN	Two person teams run in opposite directions!
5-Jun-12	Tues	6:30 PM	Masochism on Moose Mountain #2 Trail Series	Base of Moose Mountain	4 miles	Chad Carroll	458-7173	RCN	\$5 fee. Steep 1400' ascent in 1.25 miles, 2.75 mile descent.
7-Jun-12	Thur	6:30 PM	All Comers Track Meet - 37th Year!	West Valley HS Track	100M to 5000M	Jim Loftus	479-8161	RCN	All welcome.
8-Jun-12	Fri	6:00 PM	Kids' Cross Country Races	West Valley HS Trails (start at Soccer Field)	.75 and 1.5 Mile options	Tracey Martinson Monte Jordan	474-8353 451-8696	RCN	Free. Registration 5:45 pm

Date	Day	Time	Event	Location	Distance	Directors	Contact	Sponsor	Comments
10-Jun-12	Sun	10:00 AM	5th Run Lu Lu Run	Lu Lu's Bread&Bagels, Old Chena Spur Road	5K and 10K	Tamara Rose Julie Schwab	active.com	Lu Lu's Bread & Bagels	T-shirts first 100. 5K flat, 10K mixed hilly
13-Jun-12	Wed	4:00 PM to 8:00 PM	Midnight Sun Run Bib Pick Up	Pioneer Park Civic Center		Karen Lundquist	452-7211 Ext 22	Daily News-Miner	
14-Jun-12	Thur	6:30 PM	All Comers Track Meet - 37th Year!	West Valley HS Track	100M to 5000M	Jim Loftus	479-8161	RCN	All welcome.
16-Jun-12	Sat	10:00 AM	20th Annual Mosquito Meander www.fcaalaska.org	Pioneer Park	5K Run/Walk - Flat looped course	Camille Connelly Terhune Sabrina Davis	456-4729 456-4729	Fairbanks Counseling & Adoption	Registration \$20 Adult, \$35 Family, Child (under 12) \$10 Entry fee, T-shirt. After June 13, add \$5 late registration.
17-Jun-12	Sun	10:00 AM 11:00 AM	Granite Tors Trail Run #3 Trail Series drew.harrington@live.com	Mile 39 Chena Hot Springs Road	15 miles	Chris Greene	978-6472	RCN	Must carry water! \$5 parking fee at State Park. Early start at 10 am, regular at 11 am.
22-Jun-12	Fri	6:00 PM	Kids' Cross Country Races	West Valley HS Trails (start at Soccer Field)	.75 and 1.5 Mile options	Tracey Martinson Monte Jordan	474-8353 451-8696	RCN	Free. Registration 5:45 pm
23-Jun-12	Sat	10:00 PM	30th Annual Midnight Sun Run - #2 Flint Hills Cup	UAF Patty Center	10K run/walk	Karen Lundquist	452-7211 Ext 22	Daily News-Miner and United Way	Flint Hills Cup Event. <i>Certified course</i> . T-Shirts for racers and volunteers.
28-Jun-12	Thur	6:30 PM	Flint Hills Mile - #3 Flint Hills Cup	West Valley HS Track	1 mile	Jim Loftus	479-8161	RCN	Flint Hills Cup Event. \$5 fee, all welcome.
30-Jun-12	Sat	10:00AM	Spruce Tree Classic rtstrandberg@alaska.edu	UAF Patty Center	7.2 Miles	Roy Strandberg David McDowell	378-7111 479-0600	RCN	A classic run on UAF trails. Free.
July									
Every Tuesday		5:30 PM	Women's Training	West Valley HS Track	Track & Intervals	Bruce Miller	479-5585	RCN	All abilities welcome! Free.
Every Tuesday		6:00 PM	Men's Training	West Valley HS Track	Track & Intervals	Tracey Martinson	474-8353	RCN	Interval workouts. All abilities welcome. Free.
1-Jul-12	Sun	11:00 AM	2nd Annual Run of the Mine	Usibelli Coal Mine, Healy	10K	Jane Lanford	687-0769	Usibelli Coal Mine	Fun course! Unique trophies, post race eats!
4-Jul-12	Wed	10:00 AM	27th Annual Independence Day Run	Southeast corner of Pioneer Park	5K	Kevin Brinegar Chad Carroll	378-8897 458-7173	RCN	\$20 preregister at Beaver Sports and Play it Again Sports, \$25 race day. T-shirts for first 100 registered.
6-Jul-12	Fri	6:00 PM	Kids' Cross Country Races	West Valley HS Trails (start at Soccer Field)	.75 and 1.5 Mile options	Tracey Martinson Monte Jordan	474-8353 451-8696	RCN	Free. Registration 5:45 pm
7-Jul-12	Sat	10:00 AM	Jingle in July! North Pole Jingle Bell Run/Walk for Arthritis	Santa Claus House, North Pole	5K, 1K kids	Laura Goss	866-997-2784	Arthritis Foundation	\$15-\$30 depending on age & date of registration. T-shirt, bib and jingle bells included!
8-Jul-12	Sun	10:00 AM	13th Annual Ester Dome Ass Kicker - #4 Trail Series	Ester Gold Camp	6.75 Miles	Robbin Garber- Slaughter Nudson	455-9198 252-0530	RCN	Very steep trail run! Toughest short distance race in the Interior.
12-Jul-12	Thur	6:00 PM	Steve's Equinox Training #1	Patty Center	8+ Miles	Dee Daniels Karen Harris	347-7277 378-8504	RCN	Loop thru Equinox start to Mile 5 to T-field
14-Jul-12	Sat	10:00 AM	Opera Fairbanks/FNBA - Run of the Valkyries - #4 Flint Hills Cup	Pioneer Park	8K	Thomas Gross	322-7093	First National Bank of Alaska	Long sleeve T-shirt. Costume contest. Flat terrain. Prizes! Flint Hills Cup Event!
14-Jul-12	Sat	10:00 AM	21st Annual Sourdough Triathlon (1/2 Ironman)	41 Mile Steese Highway	1.2 Swim, 56 Bike, 13.1 Run	Mike Golub	347-4363 mi.golub@alaska.edu		\$50 solo, \$120 team entry fee. Limited! Sign-up early. Non-refundable.
16 thru 21 July	Mon - Sat	10 AM to 7 PM	Gold Discovery Run Bib Pick Up	Toy Quest		Gary Pohl Bob Hildebrandt	452-2128 479-7335	RCN & Others	
18-Jul-12	Wed	6:00 PM	Bun on the Run 5K Trail Run	Creamer's Field Barn	5K flat trail	Kevin Brinegar Ben Nelson	378-8897	RCN	Limited to 100 runners and t-shirts. Bun on the Run \$20. \$25 race day.
18-Jul-12	Wed	5 PM to 8 PM	Golden Mile Bib Pick Up www.literacycouncilofalaska.org	Literacy Council of Alaska, 517 Gaffney Road		Jim Brader Andy Holland	452-4986 479-4444	RCN & LCA	\$10 Youth, \$15 Adult, \$25 Family. Leads The Golden Days Parade
19-Jul-12	Thur	6:00 PM	Steve's Equinox Training #2	Ann's Greenhouse Pull-out	8 Miles	Dee Daniels Karen Harris	347-7277 378-8504	RCN	Equinox Trail Mile 8.5 - 4.5 - 8.5

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20-Jul-12	Fri	6:00 PM	Kids' Cross Country Races	West Valley HS Trails (start at Soccer Field)	.75 and 1.5 Mile options	Tracey Martinson Monte Jordan	474-8353 451-8696	RCN	Free. Registration 5:45 pm
21-Jul-12	Sat	9:50 AM	Alyeska Golden Mile Leads the Golden Days Parade!	Aurora Energy Power Plant on First Avenue	1 mile	Jim Brader Andy Holland	452-4986 479-4444	RCN & Literacy Council of Alaska	Great prizes. Fund Raiser for Literacy Council of Alaska. \$5 extra race day entry.
22-Jul-12	Sun	8:00 AM 9:00 AM	47th Annual Gold Discovery Run - #5 Flint Hills Cup	Fox Roadhouse	16.5 Miles	Gary Pohl Susan Kramer	452-2128 347-1240	RCN & Others	Flint Hills Cup Event, \$30 entry, something unique for first 200, bus to start.
26-Jul-12	Thur	6:00 PM	Steve's Equinox Training #3	Ann's Greenhouse Pull-out	8 Miles	Dee Daniels Karen Harris	347-7277 378-8504	RCN	Equinox Trail Mile 8.5 - 12.5 - 8.5
28-Jul-12	Sat	11:00 AM	19th Annual Chena Hot Springs Run & Soak - #5 Trail Series	Angel Rocks Trailhead	8.5 Miles Trail	Keith Pollock	479-0779	RCN, Chena Hot Springs	Entry Fee - Potluck BBQ.
29-Jul-12	Sun	1:00 PM	Run for the Refuge	UAF Ski Hut (West Ridge)	5K, 10K trail run	Pam Miller Jenna Hertz	452-5021 452-5021	Northern Ak Environ Ctr	\$20Adults/\$10 Children, \$5 late fee race day. Trail race.
August									
Every Tuesday		5:30 PM	Women's Training	West Valley HS Track	Track & Intervals	Bruce Miller	479-5585	RCN	All abilities welcome! Free.
Every Tuesday		6:00 PM	Men's Training	West Valley HS Track	Track & Intervals	Tracey Martinson	474-8353	RCN	Interval workouts. All abilities welcome. Free.
1-Aug-12	Wed	5:00 to 7:00 PM	Santa Claus Half Marathon Bib P/U	Pioneer Park Pavillion		Sheena Riemherr	719-252- 8943	Flint Hill Resources	T-Shirt, \$20 entry fee, proceeds to non-profits.
2-Aug-12	Thur	6:00 PM	Steve's Equinox Training #4	Top of Ester Dome	5 Miles	Dee Daniels Karen Harris	347-7277 378-8504	RCN	Equinox "out and back"
4-Aug-12	Sat	8:00 AM 9:00 AM	19th Santa Claus Half Marathon - #6 Flint Hills Cup	Flint Hills Refinery, North Pole	13.1 Miles Flat out and back	Sheena Riemherr	719-252- 8943	Flint Hill Resources	Flint Hills Cup Event. Awesome post race BBQ. \$20 advance entry.
9-Aug-12	Thur	6:00 PM	Steve's Equinox Training #5	Top of Ester Dome	9 Miles	Dee Daniels Karen Harris	347-7277 378-8504	RCN	Equinox Trail Mile 17 - 21.5 - 17
11-Aug-12	Sat	Various	Alaska International Senior Games Track & Field	TBA	Various	Jim Loftus	479-8161	AISG	Must preregister with Senior Games and be age 50.
15-Aug-12	Wed	6:30 PM	Alaska International Senior Games 5K	Woodrider Elementary	5K	Jane Lanford alaskaisg@gmail.com	687-0769	AISG	Must preregister with Senior Games and be age 50.
16-Aug-12	Thur	6:00 PM	Steve's Equinox Training #6	Top of Ester Dome	9+ Miles	Dee Daniels Karen Harris	347-7277 378-8504	RCN	Equinox Trail Mile 17 to St. Pats and up Ester Dome
18-Aug-12	Sat	11:00 AM	Wickersham Dome Trail Run - #6 Trail Series	Trailhead 28 mile Elliot HWY	7.75 Miles	Drew Harrington	451-6604	RCN	Free! Scenic hilly out-and- back. Drew.harrington@live.com
23-Aug-12	Thur	5:30 PM	Steve's Equinox Training #7	Meet at Patty Center to shuttle to Ester Dome	9.5 Miles	Dee Daniels Karen Harris	347-7277 378-8504	RCN	Equinox Trail Mile 17 to 26.2 Finish (Shuttle from Patty Center)
25-Aug-12	Sat	9:30 AM	5th Annual Seekins Ford Golden Heart Trail Run - #7 Flint Hills Cup	Birch Hill Recreation Area	7 & under 1K, 8-14 2.5K, 15+ 5K	John Estle	347-1061	Seekins Ford	T-shirts.
26-Aug-12	Sun	9:00 AM	Equinox Training Run (the annual long one)	Ann's Greenhouse Pull-out	11 or 16 Miles	Dee Daniels Karen Harris	347-7277 378-8504	RCN	Ester Dome
30-Aug-12	Thur	6:30 PM	Musk Ox Run - #7 Trail Series	UAF Musk Ox Farm	11 miles	Ashlee Homan	457-2362	RCN	Hilly out & back. Free.
September									
1-Sep-12	Sat	2:30 PM	Delta Junction 5K #1 XC Series	Delta Junction Cross Country Course off of Miltan Road	5K mostly flat 4x trails	Roger Sayre rwsayre@hotmail.com	374-8105 699-7100	FAST & Fairbanks Youth Track	\$15 preregistered, \$20 race day, \$50 for all four events in the XC Series
3-Sep-12	Mon	12:30 PM	Labor Day Run 5K	SE corner of Pioneer Park (Alaskaland)	5K along Chena River	Kevin Brinegar Chad Carroll	378-8897 458-7173	RCN	\$20 preregister at Beaver Sports, \$25 race day. T-shirts for first 100
8-Sep-12	Sat	11:00 AM	Alaska Nanooks Ester Dome 5K	St. Patricks & Ester Dome Roads	5K road race, all uphill!	Scott Jerome Matt Dunlap	474-6802 474-5534	Alaska Nanooks Cross Country	\$15 advance entry fee, \$20 race day; runners receive UAF keepsake.
11-Sep-12	Tues	5:00 to 8:00 PM	Equinox Marathon Bib Pick Up	Pump House Restaurant		Susan Kramer John Estle	590-5086 347-1061	RCN	Spaghetti Feed Register online at equinoxmarathon.org

Date	Day	Time	Event	Location	Distance	Directors	Contact	Sponsor	Comments
12-Sep-12	Wed	6:00 PM	Golden Leaf 8K #2 XC Series	UAF Timing Hut on West Ridge	8K rolling hills, roots & trails	Roger Sayre rwsayre@hotmail.com	374-8105 699-7100	FAST & Fairbanks Youth Track	\$15 preregistered, \$20 race day, \$50 for all four events in the XC Series
15-Sep-12	Sat	10:00 AM	Troth Yeddha Run for the Park	Troth Yeddha Park at UAF, Yukon Drive	5K	Pete Pinney Annette Freiburger	474-7089 474-5826	Troth Yeddha Nutrition Program	T-shirts for first 100. \$20.00 entry; free with UAF student ID. Donations encouraged.
21-Sep-12	Fri	5:00 to 8:00 PM	Equinox Marathon Bib Pick Up	Pump House Restaurant		Susan Kramer John Estle	590-5086 347-1061	RCN	Spaghetti Feed
22-Sep-12	Sat	8:00 AM	50th Annual Equinox Marathon - #8 Flint Hills Cup, 21st Annual Marathon Relay, 4th Annual Equinox Ultramarathon	UAF Patty Center	26.2 Miles, Relay (x3), and 40 mile Ultra	Susan Kramer John Estle	590-5086 347-1061	RCN & Others	One of America's toughest marathons. Flint Hills Cup event. 3 person relays. Register online at equinoxmarathon.org
22-Sep-12	Sat	9:00 AM	10th Annual Kids' Equinox	UAF Patty Center	Final 1.2 Miles	Tracey Martinson Monte Jordan	474-8353 451-8696	RCN	\$12 entry. Concluding 1.2 miles of a 5 week times 5 miles/week effort
October									
Every Wednesday		5:45 PM	Fahrenheit Be Darned Winter Training Run	UAF Patty Center	Various	Ed Debevec George Berry	978-8961 687-8769	RCN	Regardless of temperature
2-Oct-12	Tues	6:00 PM	Birch Hill 10K #3 XC Series	Birch Hill Recreation Area	Challenging and interesting	Roger Sayre rwsayre@hotmail.com	374-8105 699-7100	FAST & Fairbanks Youth Track	\$15 preregistered, \$20 race day, \$50 for all four events in the XC Series
6-Oct-12	Sat	10:00 AM	It Ain't Easy Hill Run	Dog Musers Hall, Farmers Loop	5 or 11.3 Miles	Chris Garber Slaught Andy Sterns	455-9198 451-7663	RCN	Flat 5 or hilly 11.3. No fee. Post race refreshments.
7-Oct-12	Sun	11:00 AM	Readers on the Run Benefit for JTEL	John Trigg Ester Library Gazebo, Village Road, Ester	5K fun run/walk	Ed Rouleau Melinda Harris	347-1208 378-6744	John Trigg Ester Library	Magnetic poetry! \$20 with T-shirt, \$10 without. Preregistration.
14-Oct-12	Sun	1:00 PM	Hay Bale & Heath 6K #4 XC Series	Dog Musers Hall, Farmers Loop	6K European style circuit	Roger Sayre rwsayre@hotmail.com	374-8105 699-7100	FAST & Fairbanks Youth Track	\$15 preregistered, \$20 race day, \$50 for all four events in the XC Series
17-Oct-12	Wed	6:30 PM	RCN Annual Membership Meeting	Alaska Dog Musers 4 Mile Farmers Loop		Gary Pohl Bob Vitale	388-8085 322-0117	RCN	Board Election, Race Calendar
20-Oct-12	Sat	6:00 PM	RCN Awards Social	FNSB Birch Hill XC Ski Facility		Bob Vitale	322-0117	RCN	Potluck: Last names S-Z Salads, A-J Desserts/Breads, K-R Main Course
27-Oct-12	Sat	10:00 AM	31st Annual Halloween Family Run	UAF Patty Center	2, 10 or you pick it miles	Jane LeBlond Ken Leary	479-3910	RCN	Free. Out & Back on paved roads. Treats at finish. Come in costume for extra fun!
November									
Every Wednesday		5:45 PM	Fahrenheit Be Darned Winter Training Run	UAF Patty Center	Various	Ed Debevec George Berry	978-8961 687-8769	RCN	Regardless of temperature
3-Nov-12	Sat	10:00 AM	Cache Creek Warm Up	Cache Ck Rd at Murphy Dome Rd	6.8 miles	Jane Lanford	687-0769	RCN	Out & back on Cache Creek Rd. Free!
17-Nov-12	Sat	10:00 AM	RCN Turkey Trot	UAF Patty Center Bus Shelter	6K	Jim Brader Andy Holland	452-4986 479-4444	RCN	Predicted time, no watches! \$1 entry fee, prizes.
December									
Every Wednesday		5:45 PM	Fahrenheit Be Darned Winter Training Run	UAF Patty Center	Various	Ed Debevec George Berry	978-8961 687-8769	RCN	Regardless of temperature
1-Dec-12	Sat	12 Noon	Heart of Darkness Snowshoe Race	End of Eldorado Road, off 2 mile Ballaine Road	7K and 3K	Andy Holland Jim Brader	479-4444 452-4986	RCN	Regardless of temperature! Hilly. Extra snowshoes available. Free!
8-Dec-12	Sat	12 Noon	Solstice Snowshoe Shuffle	Morris Thompson Cultural Center	1 mile	Chad Carroll	458-7173		Extra snowshoes available. www.lathroprunning.com
15-Dec-12	Sat	11:00 AM	25th Annual George Bloom Memorial Midday Sun Fun Run	UAF Patty Center	6.5 Miles	Frank Ganley Dave Bloom	452-1369 452-5441	RCN	No entry fee. Regardless of temperature!
31-Dec-12	Mon	11:30 PM	New Year's Eve Run	"The Diner" on Illinois Street	3.0 Miles	Paul Reynolds George Berry	452-1142 687-8769	RCN	No entry fee. Regardless of temperature!

2012 Running Club North Events Calendar

Running Club North Membership Information:	Running Club North P.O. Box 84237 Fairbanks, Alaska 99708	or for membership send your name, address, phone & e-mail along with 1 Year Membership: \$20 Individual, \$30 Family Lifetime Membership: \$200 per person
	www.runningclubnorth.org	
Join us on the World Wide Web for up to date information on all Club activities at http://www.runningclubnorth.org Or e-mail us at running@runningclubnorth.org Webmasters: Keith Pollock 479-0779 Ed Debevec 978-8961		
Please check our Website, the Fairbanks Daily News-Miner Sports Slate or the Race Director prior to any event for corrections or changes to races. Races will not be cancelled due to temperature, except as noted under "comments".		
Flint Hills Cup Series	Age Categories: 18-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.	
Automatic (and free!) entry by competing in Chena River Run, Midnight Sun Run, Flint Hills Mile, Gold Discovery Run, Santa Claus Half-Marathon, Run of the Valkyries, Golden Heart Trail Run and Equinox Marathon. Top 5 overall male and female scores and top 3 in each age category receive awards at RCN Awards Social in October. Overall Points: 1st - 100, 2nd - 85, 3rd - 75, 4th - 65, 5th - 60, 6th - 55, 7th - 51, 8th - 47, 9th - 44, 10th - 41, 11th - 40, ...50th - 1. Category Points: 1st - 30, 2nd - 25, 3rd - 21, 4th - 18, 5th - 16, 6th - 15, ...20th - 1. Age category standings based on age on May 1.		
Flint Hills Junior Series	Age Categories: 10-11, 12-14, 15-17	
Automatic (and free!) entry by competing in Chena River Run, Midnight Sun Run, Flint Hills Mile, Run of the Valkyries and Golden Heart Trail Run. Top 3 male and female in each age category receive awards at RCN Awards Social in October. Overall Points: 1st - 100, 2nd - 85, 3rd - 75, 4th - 65, 5th - 60, 6th - 55, 7th - 51, 8th - 47, 9th - 44, 10th - 41, 11th - 40, ...50th - 1. Category Points: 1st - 30, 2nd - 25, 3rd - 21, 4th - 18, 5th - 16, 6th - 15, ...20th - 1. Age category standings based on age on May 1.		
Northern Trails Running Series	Sponsored by Goldstream Sports and Beaver Sports!	
Automatic (and free!) entry by competing in The Annihilator, Masochism on Moose Mountain, Granite Tors Trail Run, Ester Dome Ass Kicker, Chena Hot Springs Run and Soak, Wickersham Dome and Musk Ox Run. Points based on best for all seven races; age category and overall awards given at RCN Awards Social in October.		
Snowshoe Series	See www.LathropRunning.com for more information!	
Interior Alaska Cross Country (XC) Series	Series of four events in the fall. Individual and team (3-6) competition. Open and Masters categories.	
Call Gary Pohl (RCN Calendar & Race Liaison) 452-2128 days, 388-8085 cell, or e-mail at gpohl@uskh.com for race director's guidelines and calendars, local and statewide.		

Running Club North supports safe and fun running events!

See our online calendar at runningclubnorth.org for more detailed event information, global links and updates!

Running Club North
P.O. Box 84237
Fairbanks, Alaska 99708

