

INTERACTIVE LINKS THROUGHOUT THE BOOKLET

# ALASKA RUN FOR WOMEN 2021



JUNE

12TH-19TH

RACE WEEK

SUPPORT THE BUSINESSES  
THAT SUPPORT ALL OF US!



[WWW.AKRFW.ORG](http://WWW.AKRFW.ORG)

# Alaska Virtual Run for Women Start



	Start Time	Elite Status
1-Mile Untimed	Whenever	<i>An Elite participant is anyone who competes in this year's Alaska Run for Women. You all have elite status no matter when and where you compete. It's a crazy year so go and have some fun, wear your costumes, rally your friends and get active! Run your tail off... It's all good!</i>
5-mile Untimed	Now!	
Your Bubble	In a minute	
Party Wave	Sometime this week	

**WAVE BUTTON**

**Send us a "Wave" on Messenger when you start.**

Staging will begin any time you want it to during race week June 12-19. See start area map for correlating starting positions. It is the participant's responsibility to be in their identified start location whenever they please.

Participant bib should be downloaded and printed to show our community that the fight continues.

Look for fellow supporters during the event week in your neighborhood. Post your finisher certificate ([link found on our Facebook page or newsletter](#)) in the front window of your home or a car window!



## Strollers & Baby Joggers

Strollers or baby joggers are only allowed if you have kids.

No hiding party supplies in there unless you invite the race committee.

**For insurance purposes, please no running with strollers or baby joggers.**

**We have drones monitoring all your locations.**

# The Finish Line

- Your couch
- The front door
- Your car
- When you return to the trail entrance
- The mountain top
- When you find a restroom
- End of workout video
- The evening soak
- When you stop the timer on your smart phone or watch.
- When you ring your friend to confirm she is done too.
- **Once you've posted your photos**

## Alaska Run for Women



June 2021

Dear Survivor, Runner, Walker and Donor,

Welcome and thank you for your support of the 29th annual Alaska Run for Women and our second Virtual Run. We had so hoped to be with you all in person this year, but health and safety concerns have led us to holding the event virtually again. Being the largest running event in Alaska and with many participants concerned about being in a large gathering, we made the hard decision to stay apart for everyone's health.

But know that our 2020 Run was epic in pulling women all across the country together to participate. Our virtual Run had nearly 4,000 participants and successfully raised more than \$220,000.

Another vital aspect of our event is our donors and they were awesome. Almost every one of our donors stayed with us, reinforcing our belief in the meaningfulness of the Run for Women. Because of all the support, we went over the \$5 million mark raising funds to support non-profits whose programs are directed towards fighting breast cancer. More than ever before, these groups needed support and you are all part of this powerful movement making a difference in the lives of many women and their families.

We discovered how much fun a virtual event can be and this year's Run is going to be another fun-filled eight days with lots of challenges, social media posts and inspiring messages.

Even with a pandemic and all the challenges and hardships our communities have faced, we still have much for which to be thankful. We are part of a wonderful community and we are grateful for each of you.

We look forward to seeing all the fun ways you celebrate the 2021 Run for Women. Together we are making a difference one step at a time.

Sarah Wottlin  
Race Director

Karla Kolash  
Kathy Wisthoff  
RFW Board Co-Presidents



The Alaska Run for Women is an annual women's run/walk event, which raises money for organizations concerned with breast cancer research and outreach. And even in these difficult times, the RFW will continue our mission to fight breast cancer. The AKRFW is a non-profit organization run by a volunteer board of directors. In addition to hosting this annual event, the board distributes funds through a grant process. A volunteer race committee organizes the Run.

### How will this still be like the Alaska Run for Women of past years?

While we cannot experience all of the fun of race day together in one place, we are bringing much of the event to participants and the community virtually. Look for the schedule of virtual events and challenges throughout the weeks leading up to and during race week on Facebook and our website. **These will include:**

- Alaska Run for Women virtual start line event on June 12, 2021.
- **Physical event:** pre-race yoga, race kick-off by our 2021 honorary starters, warm-up with Kikkan Randall and Sadie Maubet Bjornsen, post-race Zumba and more.
- Merchandise sales.
- Downloadable bibs and back tags to show your support of those you are running in honor or memory of.
- This race booklet with virtual event details, and recognition of our supportive donors.

Stay up to date and follow us on [akrfw.org](http://akrfw.org), Facebook, Instagram and Twitter!

## Alaska Run For Women



### Board of Directors

Karla Kolash, Kathy Wisthoff  
*Co-Presidents*  
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 Sharyl Toscano

### Race Committee

Sarah Wottlin  
*Race Director*  
 Alaska Professional  
 Volunteers  
 Anchorage Amateur  
 Radio Club  
 Marci Cartier  
 Paula Fish  
 Kristin Folmar  
 Emily Hoffman  
 Josh Howes  
 Mark Iverson  
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 Crystal Scott  
 Jackie Seiffert  
 Gina Strawn  
 Charlotte Tharp  
 Karlyn Wilkie  
 Kathy Wisthoff

### What is a virtual run/walk?

A virtual race is a race that can be run or walked from any location you choose at any time during the event dates from June 12-19, 2021. Run or walk on the trail, the treadmill, on a track or wherever you choose (following local and state mandates and distancing guidelines). Your choice, your pace, your race. Run in Alaska or have friends and family from anywhere across the US register and join the fun.

### Where can I run/walk?

Run or walk on the trail, the treadmill, on a track or wherever you choose. You must follow local and state mandates and distancing guidelines in place at the time of your event and follow all rules of the roads, trails or venues you run/walk in.

### Do I have to complete the distance all at one time?

This is your event. *Set your own goal and go out and accomplish it!* That can be completing the distance in one segment or breaking it up into multiple segments.

### Will the event be timed?

This year is an untimed 5 mile or 1 mile run/walk. All levels of walkers, runners and joggers are welcome.

### Can I do something other than running or walking?

Our event insurance requires participation be either running or walking.

## RULES/SAFETY:

- Participants must follow local and state mandates in place at the time of the run (*i.e. shelter in place orders, social distancing, face covering requirements, etc*).
- Participants will only participate if medically able and properly trained.
- Participants must follow all pedestrian safety ordinances including running on a sidewalk, multi-use trail, or running track where available and not on the road. Additionally, participants must follow the rules of the road if no sidewalk, multi-use trail, or running track is available. Run against oncoming traffic and not with traffic.
- Participants must agree to abide by any decision of race officials relative to any aspect of her participation in this virtual event.
- Participants agree to not use our usual AKRFW race day route as this is not pedestrian safe without our usual road closures and police escorts.

# Race Bibs

Sponsored by **Alaska Oncology And Hematology, LLC.**



Once you've registered, you'll be sent a link in your registration email that allows you to download your Race Bib with number. Trim it out and attach it to your race day clothes, so everyone knows you're participating to beat breast cancer.



# Back Tags

The 2021 Alaska Run for Women's back tags are sponsored by **Advanced Oncology Associates.**

You can select from two types:

- In Honor Of
- In Memory Of

Each tag has a place for you to add a name or message. *Be creative and decorate them as you'd like.*



**TIP:** *If you'd like to use your own fonts or colors to display a name, write the words out in a program like Word, in the font and color you want, and then copy and paste it into the form field. It should keep your style as long as it fits the size of the field. Modify to fit.*

## Be Inspired:

Print them out and pin them to your shirt when you participate. Or maybe this year you put it in the front window, your bathroom mirror, your car window...

*Anywhere that motivates you.*

## Show us who you're running for:

We encourage you to post images to our link [#akrfw2021](https://www.instagram.com/akrfw2021) with imagery that helps you celebrate life and that can inspire us all.

# Finisher Certificates

Sponsored by **Anchorage & Valley Radiation Therapy Centers.**



When you've completed your run, visit [www.akrfw.org](http://www.akrfw.org) and download your Finisher Certificate. *Take a selfie of yourself with the certificate and post it at #akrfw2021. Well done!*

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# WHEN WAS YOUR LAST MAMMOGRAM?

ANNUAL MAMMOGRAMS ARE RECOMMENDED BEGINNING AT AGE 40



## WHAT ARE THE BENEFITS OF MAMMOGRAPHY?

Mammography saves lives by detecting cancer in its earliest stages—when it is easiest to treat. It is considered the best method for detecting breast cancer before it becomes symptomatic.



Imaging Associates' accredited Breast Imaging Center of Excellence is proud to welcome Debra Bushnell and Haleigh Sacks to the Women's Imaging Team, offering the most advanced Breast Care Coordination Services to Anchorage and the Mat-Su Valley. Available to both referring physician and patient, Deb and Haleigh will provide education, support and follow up care for those diagnosed with breast cancer.

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**VALLEY**  
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# 8 Honorary Starters For 2021

Sponsored by Chevron of Alaska.



## Join us as we kick-off the 2021 Alaska Run for Women Virtual Race!

We're mixing things up for 2021!

Our eight-day celebration, June 12 - 19, parallels the statistic that 1-in-8 women will be diagnosed with breast cancer in her lifetime. Each day, a different honorary starter will inspire you to safely hit the trails, treadmills, parks and neighborhoods - *properly social distanced of course!*

They represent women from all over Alaska - survivors, supporters, frontline workers and more! Each have their own unique story but share a common bond to broaden awareness and education about breast health and breast cancer.

Look for their stories and the countdown each day online on the AKRFW Facebook page!

This year sisters, mothers, daughters, friends, aunts, grandmothers, and neighbors are coming together from all 50 states celebrating survivors and remembering those warriors whom we have lost. *We have unity as a community with the end goal of finding a cure for breast cancer!*

**Let's do this!**



Photography Courtesy of Kirby Trapolino

**June 12**

Anchorage

April Powers

**June 13**

Homer

Andrea Huyck

**June 14**

Kotzebue

Dawn Richard

**June 15**

Nome

Megan MacKiernan

**June 16**

Anchorage

Amanda Priest

**June 17**

Kodiak

Sulua Stager

**June 18**

Fairbanks

Dr. Jessica Panko

**June 19**

Anchorage

Britney Hert

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**JUNEAU 364-4398**

Valley · Downtown

## Overall Winners By Year

1993	Laura Downey	36:52 (10k)	2007	Kikkan Randall	29:54
1994	Suzanne Ray	28:27	2008	Kristi Waythomas	29:38
1995	Heidi Gerken	28:23	2009	Kristi Waythomas	29:56
1996	Chris Clark	28:26	2010	Kelsey Jones	28:19
1997	Kristi Waythomas	29:06	2011	Najeby Quinn	29:39
1998	Kristi Waythomas	28:27	2012	Kikkan Randall	28:18
1999	Chris Clark	27:53	2013	Susan Bick	29:11
2000	Chris Clark	28:00	2014	Hallidie Wilt	28:49
2001	Chris Clark	28:23	2015	Anna Dalton	28:59
2002	Chris Clark	27:36	2016	Denali Strabel	29:40
2003	Liz Wilson	28:17	2017	Kikkan Randall	28:41
2004	Najeby Quinn	28:24	2018	Rosie Brennan	27:31
2005	Esther Jurasek	30:04	2019	Anna Dalton	27:46
2006	Najeby Quinn	28:46	2020	Eve Re Juan	3,742 🏆

## Merchandise

Each year, we sell a variety of commemorative merchandise featuring a unique artistic design. All merchandise will be sold exclusively in the online store. All orders will be shipped; prices include shipping costs.

*All proceeds are added to the Alaska Run for Women grant program benefiting breast cancer programs throughout the state.*

[Click To Order](#)



## Alaska Run for Women 2021 Grant Deadline

Our event may be virtual this year, but there is nothing virtual about breast cancer. Grant guidelines and applications can be found at [www.akrfw.org/grants](http://www.akrfw.org/grants). **Applications must be postmarked by August 15, 2021.** Thanks to our runners and walkers, and our donors, the AKRFW will still award grants in 2021.

## Questions, Problems, Constructive Feedback, Volunteer?

Email: [run@akrfw.org](mailto:run@akrfw.org)

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Care for your car

## Breast Cancer Survivors



### Post your photos:

Show us how you participated in the year of the virtual run by tagging your photos #akrfw2021

## Breast Cancer Survivors



### Pink Hats

You will receive a pink hat after the event. It will be mailed to you or a pick-up location will be announced.

### Pink Carnations

Print out your pink carnation Finisher Certificate to hang in a window and post to your Facebook page tagged #akrfw2021.

### Special Drawing

All survivors will be entered in a drawing for a small handmade quilt donated by **MH3 Designs**. *The winner will be announced online during closing ceremonies.*

### Male Survivors

Male breast cancer survivors may register online to enter the survivor division.

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5AM-7AM | NOON | 4PM | 5PM  
5:30PM | 6PM | 6:30PM | 10PM

**2** **5**

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- ◆ Jeanne Anderson, MD
- ◆ Ellen Chirichella, MD
- ◆ Theodore Kim, DO
- ◆ Shannon Smiley, MD

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

# Hydration Station

## Training Run/Hydration

- **Feeling good?** You're most likely hydrated.
- **Feeling sluggish?** Try more water- (not right before your run) or sip during your run

## Exercise Duration/Hydration

- One hour or less - Water works
- Longer than one hour - Add electrolytes

## Race Preparation/ Hydration

- Hydrate well the few days before the run
- Bring something with you as needed
- Resupply fluids lost during the event

We will certainly miss cheering you on at our water stops - however - know we are with you in spirit and energy towards the cause.



## 2021 Race Design by Alexandra Steinke

Entitled "Forget Me Not" the 2021 race design was created by 3-time Alaska Run for Women artist, Alexandra Steinke. Born in Anchorage and daughter of a long-time Run volunteer, Alex is happy to donate her time and talent to an event that keeps proceeds in the local community. When asked about her inspiration for this design she said:



For the women who have passed, don't forget their perseverance and spirit.

For the marginalized communities, don't forget that they might need an extra helping hand.

For the Alaskans who take care of their own community, you are not alone.

*Indiscriminate.  
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Forget-me-not, love.*

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# alaska run for women

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insight...  
compassion...



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## Alaska Run for Women History Past Race Results Top 3 Overall and Survivors

### 1993 – 10K

1. Laura Downey
2. Kathleen Dunbar
3. Wendy Reeves
4. Lisa Keller
5. Patti Donley

### 1994 – 8K

1. Suzanne Ray
  2. Kristi Klinnert
  3. Laura Downey
- Survivors:**
1. Mary Reiman
  2. Jodi Martinez
  3. Lavonne Rhyneer

### 1995 – 8K

1. Heidi Gerken
  2. Nicola Ratcliffe
  3. Suzanne Ray
- Survivors:**
1. Mary Flanigin
  2. Mary Marsolais
  3. Coretta Clark

### 1996 – 8K

1. Chris Clark
  2. Laura Downey
  3. Lisa Keller
- Survivors:**
1. Mary Flanigin
  2. Coretta Clark
  3. Mary Marsolais

### 1997 – 5-miles

1. Kristi Waythomas
  2. Chris Clark
  3. Darcy Dugan
- Survivors:**
1. Mary Flanigin
  2. Coretta Clark
  3. Mary Marsolais

### 1998 – 5-miles

1. Kristi Waythomas
  2. Chris Clark
  3. Darcy Dugan
- Survivors:**
1. Coretta Clark
  2. Mary Marsolais
  3. Deeta Lonergan

### 1999 – 5-miles

1. Chris Clark
  2. Kristi Waythomas
  3. Lisa Keller
- Survivors:**
1. Mary Flanigin
  2. Kathy Bingman
  3. Coretta Clark

### 2000 – 5-miles

1. Chris Clark
  2. Cindy L. Jones
  3. Suzanne Ray
- Survivors:**
1. Coretta Clark
  2. Mary Flanigin
  3. Kathy Bingman

### 2001 – 5-miles

1. Chris Clark
  2. Christy Virgin
  3. Kikkan Randall
- Survivors:**
1. Mary Flanigin
  2. Dyanne Brown
  3. Mary Marsolais

### 2002 – 5-miles

1. Chris Clark
  2. Susan Faulkner
  3. Kristi Waythomas
- Survivors:**
1. Mary Flanigin
  2. Susan Windle Beam
  3. Kathy Bingman

### 2003 – 5-miles

1. Liz Wilson
  2. Susan Faulkner
  3. Chris Clark
- Survivors:**
1. Lisa Keller
  2. Mary Flanigin
  3. Susan Windle Beam

### 2004 – 5-miles

1. Najeby Quinn
  2. Kristi Waythomas
  3. Jen Michel
- Survivors:**
1. Susan Windle Beam
  2. Mary Flanigin
  3. Lesley Yamauchi

### 2005 – 5-miles

1. Esther Jurasek
  2. Monica Tibbetts
  3. Kendra Kennedy
- Survivors:**
1. Lisa Keller
  2. Susan Windle Beam
  3. Mary Barrett

### 2006 – 5-miles

1. Najeby Quinn
  2. Kristi Waythomas
  3. Esther Jurasek
- Survivors:**
1. Lisa Keller
  2. Mary Barrett
  3. Janet Tune

### 2007 – 5-miles

1. Kikkan Randall
  2. Tazlina Mannix
  3. Esther Jurasek
- Survivors:**
1. Lisa Keller
  2. Mary Barrett
  3. Janet Tune

### 2008 – 5-miles

1. Kristi Waythomas
  2. Monica Tibbetts
  3. Larrell Lockard
- Survivors - Age Graded**
1. Mary Barrett
  2. Lesley Yamauchi
  3. Arlene Gerety

### 2009 – 5-miles

1. Kristi Waythomas
  2. Holly Brooks
  3. Najeby Quinn
- Survivors - Age Graded**
1. Mary Barrett
  2. Arlene Gerety
  3. Lesley Yamauchi

### 2010 – 5-miles

1. Kelsey Jones
  2. Shoshana Keegan
  3. Hallidie Wilt
- Survivors - Age Graded**
1. Mary Barrett
  2. Lesley Yamauchi
  3. Mary Marsolais

### 2011 – 5-miles

1. Najeby Quinn
  2. Leslie Varys
  3. Kristi Waythomas
- Survivors - Age Graded**
1. Mary Barrett
  2. Mary Marsolais
  3. Elaine Tibbetts

### 2012 – 5-miles

1. Kikkan Randall
  2. Holly Brooks
  3. Hallidie Wilt
- Survivors - Age Graded**
1. Mary Barrett
  2. Mary Marsolais
  3. Lesley Yamauchi

### 2013 – 5-miles

1. Susan Bick
  2. Hallidie Wilt
  3. Monica Ross
- Survivors - Age Graded**
1. Lesley Yamauchi
  2. Lisa Keller
  3. Elaine Tibbetts

### 2014 – 5-miles

1. Hallidie Wilt
  2. Susan Bick
  3. Denali Foldager
- Survivors - Age Graded**
1. Lesley Yamauchi
  2. Mary Marsolais
  3. Lisa Keller

### 2015 – 5-miles

1. Anna Dalton
  2. Hallidie Wilt
  3. Lia Slemmons
- Survivors - Age Graded**
1. Lesley Yamauchi
  2. Mary Marsolais
  3. Elaine Tibbetts

### 2016 – 5-miles

1. Denali Strabel
  2. Hallidie Wilt
  3. Lia Slemmons
- Survivors - Age Graded**
1. Lisa Keller
  2. Lesley Yamauchi
  3. Mary Marsolais

### 2017 – 5-miles

1. Kikkan Randall
  2. Briahna Gerlach
  3. Mandy Vincent-Lang
- Survivors - Age Graded**
1. Cynthia Decker
  2. Mary Ann Renkert
  3. Teresa Hull

### 2018 – 5-miles

1. Rosie Brennan
  2. Anna Dalton
  3. Caroline Pennacchio
- Survivors - Age Graded**
1. Lesley Yamauchi
  2. Lisa Keller
  3. Cynthia Decker

### 2019 – 5 miles

1. Anna Dalton
  2. Rosie Brennan
  3. Kikkan Randall
- Survivors - Age Graded**
1. Kikkan Randall
  2. Lesley Yamauchi
  3. Cynthia Decker

### 2020 - 5 miles

1. PeaRL
- Survivors - Age Graded**
1. PeaRL Sr.





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**Course Record Overall:** Rosie Brennan, 2018, 27:31

*(Chris Clark's 2002 finish of 27:36 stood for 16 years)*

**Course Record Breast Cancer Survivor:** Kikkan Randall, 2019, 29:29

*(Mary Reiman's 1994 finish of 33:19 stood for 25 years)*

**Most Top 3 Overall Finishes:** 1. Kristi Waythomas - 10 (overall

*winner 4 times) 2. Chris Clark - 8 (overall winner 5 times)*

**Most Consecutive Wins:** Chris Clark: 1999 - 2002

**Age Group Course Records:**

10 & Under: Delia Luch 32:08 (2002)

11-14: Marcelyn Luch 32:14 (2007)

15-18: Darcy Dugan 29:01 (1998)

19-24: Najeeby Quinn 28:24 (2004)

25-29: Rosie Brennan, 27:31 (2018)

30-34: Liz Wilson 28:17 (2003)

35-39: Chris Clark 27:36 (2002)

40-44: Suzanne Ray 28:27 (1994)

45-49: Monica Ross 29:42 (2013)

50-54: Debbie Cropper 32:28 (2013)

55-59: Rosalyn Singleton 34:15 (2013)

60-64: Rosalyn Singleton, 36:27 (2019)

65-69: Lesley Yamauchi 40:54 (2018)

70-74: Irene Taylor 44:14 (2018)

75-79: Mary Marsolais 48:21 (2012)

80-84: Mildred Spezialy, 57:31 (2019)

85 & Better: Sally Brownsberger, 1:20:37

(2019)

*(If you think there's an error in results history, let us know at [run@akrfw.org](mailto:run@akrfw.org))*



ANCHORAGE: 344-1239

MAT-SU: 373-1239

FAIRBANKS: 455-1239



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# Prizes, Prizes, Prizes!!!

## 3 - Grand Prizes

Everybody who registers for the event will be entered in a drawing to win one of these great prizes:

  
One of two trips to Maui on Alaska Airlines with a 3-night stay at Ho'oiolo House

OR

A 1 Year Gold Family Membership to  THE ALASKA CLUB

## White Spruce & Paper Birch



Everyone will also be entered in a drawing to win either a **white spruce** or a **paper birch** tree, all good in Alaska. *Trees are 2-3 ft in height and ready to plant.*

100 trees generously donated by



## Survivors

Every breast cancer survivor registered will be entered in a drawing to win a one-of-a-kind handmade quilt.



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M.D., Ph.D.

[alaskaradiationtherapy.com](http://alaskaradiationtherapy.com)

# Where In The World Is PeaRL?

(Pink) (Running) (Lady)

Show us how the Alaska Run for Women  
inspires you to kick it into high gear for  
your health.

Take **PeaRL** on all of your adventures - *the treadmill,  
walking your neighborhood, trail running or wherever*

— give it your best shot.

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## PeaRL wants you to know...

- The Alaska Run for Women was started in 1993 as an alternative event to the 16th annual Alaska Women's Run, and was organized in less than a month by race director Terri Pauls with assistance from Dan Ellsworth and many supporters. It had 758 participants.
- Since 1993, the Alaska Run for Women grants program has distributed \$5.2 million in cash and donated mammograms.
- A woman's chance of developing breast cancer increases with age. Approximately 95% of all breast cancers occur in women over 40.
- The 5-year survival rate for localized breast cancer has increased to 98% today. If the cancer has spread beyond breast tissue, the 5-year survival is 81%. **Early detection is important!**
- Get regular screening tests for breast cancer such as an annual mammogram and breast exam. Mammograms can often detect abnormalities before they can be felt.
- In the U.S. a woman has a 1 in 8 (12%) risk of developing breast cancer in her lifetime.



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This list is current as of May 21, 2021. Visit [www.akrfiw.org](http://www.akrfiw.org) for an updated list of donors.